



POWAY Today

A Quarterly Municipal Newsletter for the Residents of Poway, California

Winter 2013

Holiday Crime Prevention

Tips from the Poway Sheriff's Department



Each year, approximately \$1.3 billion worth of personal items and accessories are stolen from vehicles. From a crime prevention perspective, the holiday season is not only for giving but for stealing as well. According to statistics, most property offenses are crimes of opportunity. As you and your family prepare for the holidays, spend a few minutes to take precautions to minimize your chances of becoming a victim.

Thieves will take advantage of easy targets. This victim left their iPod in the front seat to charge over night. Be smart and don't become a victim.



Shopping Safety Tips

- Shop during daylight hours.
- Park under streetlights at night.
- Avoid parking next to a vehicle with dark, tinted windows.
- Lock packages in the trunk of your vehicle.
- Leave the store with others, especially at night. When possible, shop with a partner.
- If you feel uncomfortable and if security is available, request an escort to your vehicle.
- Walk briskly, confidently, and directly through the parking lot. Be wary of solicitors or people asking questions in the parking lot area.
- Do not display gifts that can be seen through vehicle windows, and lock up valuable gifts. Merely covering up valuable items sends a message to thieves that something valuable is underneath.
- Do not advertise the gifts you received by leaving boxes in the garbage for everyone to see. Place the boxes in a sealed, non-clear garbage bag.

Many of us will take time off to travel during the holiday season. Thieves work even harder to find unprotected homes or vulnerable travelers to prey upon. The Poway Sheriff's staff suggest following these travel safety tips to avoid becoming a victim of opportunistic thieves:

Travel Safety Tips

- Make sure your house looks lived-in when you are away. Consider having a neighbor park a car in your driveway to make it appear as if someone is home.
- Lock all doors and windows and set household lights on timers.
- Trim your hedges and bushes so thieves will not have a place to hide while breaking into your home.
- If you have an alarm system, use it to control access points.
- Ask a trusted neighbor or friend to watch your house.
- Utilize mail and newspaper holds.
- Do not stop if your car is bumped from behind. Immediately call law enforcement for help and drive to a well-lit and populated area to wait for their arrival.
- If someone says there is something wrong with your car, do not stop. Instead, drive to a well-lit and populated area to stop to inspect your vehicle.
- Fill your gas tank before dark.
- Remove valuables from your car and lock the doors.
- Carry money separately from credit cards.
- To avoid being an easy target, do not overburden yourself with packages.
- Stick to well-lit and well-traveled streets at all times.
- Use ATM machines in visible and well-lit locations.
- Do not leave valuables unprotected in your hotel room. Many hotels have safes in the rooms or in the office that guests can use.
- Keep your hotel room door locked, even when you are inside. Double check that the door is shut when leaving.



Did you know the City of Poway has over 600 volunteers who serve the community? These volunteers assist city staff in various areas throughout the City. From scanning documents in the City Clerk's office to providing tours at one of the City's parks,

The Value of VOLUNTEERING

volunteers are an integral part of the day to day operations of the City. For

example, in 1993 Old Poway Park opened and volunteer efforts immediately began to take shape. Volunteers at Old Poway Park safely operate railway equipment, offer train rides, give tours and provide presentations about the history of Poway. In addition, the Poway Midland Rail Road Volunteers (PMRRV), a non-profit organization that is dedicated to the restoration, operation and maintenance of the antique railroad equipment in Old Poway Park, also provide volunteer services to the community.

The following is a list of areas where volunteer services are often utilized:

- Blue Sky Ecological Reserve
- City Hall
- Community Park
- Kumeyaay-Ipai Interpretive Center
- Old Poway Park
- Poway Center for the Performing Arts
- Poway Midland Railroad
- Public Works
- Lake Poway
- Safety Services

Please visit our website at www.poway.org to find a volunteer position that is perfect for you!

Introducing Poway's New Economic Development Manager

The City is excited to introduce its new Economic Development Manager, Jay Virata, who joined the City in September, 2013. Mr. Virata brings more than 20 years of experience in economic development, redevelopment, asset management, and budgeting in the Los Angeles area. He has hit the ground running, meeting with brokers from the Business Park, other Poway business owners and familiarizing himself with Poway.

In the positions he previously held, Jay worked to retain and expand businesses, assisted businesses with navigating City approval processes, helped identify financial resources, provided site selection assistance and developed targeted marketing strategies. Jay is eager to work with all Poway businesses and to learn what they like about doing business in the City of Poway and what areas would benefit from improvement.

Jay will be focusing on conducting surveys, guiding businesses through City Hall processes, providing referrals for financing and technical assistance, networking to create strategic business linkages, assisting businesses with identifying potential sites



Jay Virata

and will be working with regional and local business associations to identify and create opportunities for Poway businesses. If you'd like to meet Jay, you can give him a call at 858-668-4509 or email him at jvirata@poway.org.

In addition to the above efforts, Jay will be revitalizing and resuming the City's electronic Economic Development Newsletter. If you would like to subscribe to future issues of the Economic Development Newsletter, or review previous issues, you can do so from the City's website at www.poway.org.

This Issue:

What's Your Water Worth?

The City works hard to ensure that your water is clean, safe and low in cost.

pg. 2



Fire Department FAQs

Want to know more about our Fire Department? The answers to your questions are inside.

pg. 15



Deck the Halls with Less Stuff

This season, rethink your gift ideas to generate less waste. And be sure to recycle your wrap! pg. 15



Plant a Tree this Year

Support the Tree Trust Fund to care for and beautify Poway's urban forest future. pg. 15



What's Your Water Worth?

Every day, around the clock, the City of Poway delivers safe, clean, high-quality water through an extensive system of pipes, valves, and pumps to residents and businesses. This is water for homes, businesses, industry, agriculture, and firefighting. Our lives and economy rely on "tap" water.

Poway's water is imported from thousands of miles away, from the Rocky Mountains to the Grand Canyon. Transporting our water on its long journey requires major infrastructure and a massive amount of energy. Once in Poway, our water starts its local trek in Lake Poway before it is pulled into the Lester J. Berglund Water Treatment Plant for transformation to potable water. On average, the Poway water system moves 8.65 million gallons of water each day through 289 local miles of pipe to reach your tap.

With some of the water systems in this transportation network nearly 100 years old, many skilled, hardworking professionals are constantly at work throughout the system to ensure safe, clean water is delivered to our community with a guarantee of meeting all state and federal quality standards.

Additionally, both regional and local water agencies are making major investments in new, local water sources to improve water reliability. Options include groundwater, seawater desalination, recycled water and potable water reuse. All of these possibilities will help ensure the reliability of our water for future generations and limit our dependence on tenuously available imported water.

In spite of the billions of dollars required to operate the multi-state system that brings us water, Poway customers pay less than half a cent per gallon for drinking water – significantly less than the cost of soda or bottled water. It's a tremendous value, considering the thousands of miles of transportation infrastructure, energy requirements and the extensive systems needed to provide safe, clean, reliable water for our community.

Every dollar from customers' water bills is invested back into the water system to help ensure reliable water availability 24

hours a day, seven days a week. While some of these system improvements are local (within Poway), others are regional, paid for as part of the City's cost to buy water from the San Diego County Water Authority including:

Securing water supplies: Developing local water supplies, such as recycled water, desalinated water, and programs to maximize water efficiency.

Pumping and moving water: Energy, supplies, and facilities to move water where it's needed and investing in technology to conserve and generate re-usable energy.

Testing and treating water: Chemicals, energy, and equipment to ensure safe, clean water.

Upgrading systems: Replacing or improving equipment and facilities to meet growing demand, develop system redundancy and keep systems up-to-date and in good working order.

Operating and maintaining systems: Operators, engineers, technicians, plumbers, inspectors, accountants, managers, and others ensure smooth operations and fiscal stability.

Protecting the environment: Maintaining and managing watersheds and water quality.

Although the cost of water is still comparatively low, the price has risen sharply within the past six years, primarily due to the cost of imported water supplies, emergency storage, energy, supply development and system reinvestment. Adjusting to this increased cost for water

has been even more difficult during an economic downturn. One way to help mitigate the increased cost of water for the long-term is to focus on water efficiency for your home and business.

There are many resources available to help you better understand your daily water use patterns and opportunities for improving efficiency, as well as financial incentives to replace lawn with California-friendly landscaping and to help purchase water-saving appliances, toilets, and irrigation equipment. Learn more at www.poway.org/waterconservation.

Adapted from an article produced by the California Urban Water Agencies



Storm water runoff naturally flows untreated toward our streams, creeks and rivers. Unfortunately, items such as soapy water, cigarettes, oil, pet waste, fertilizers and pesticides are harmful to our waterways.

When it rains, storm water flows over streets, yards, and other surfaces gathering sediment, oil, pesticides, fertilizers and cigarettes. Even pet waste is carried down the storm drain system to our creeks, lakes, rivers, and finally into the ocean.

Poway residents can do their part in reducing the amount of pollutants that are carried into our waterways:

- Reduce or eliminate the amount of fertilizers and pesticides you use in the yard.
- Sweep sidewalks and driveways rather than washing them down.
- Wash cars on the lawn or go to a car wash that recycles water.
- Clean up after your pet regularly.
- Never dump motor oil, gasoline or soapy water down the storm drain.



Private Lift Stations Need Special Attention

New State Requirements Increase Focus

Whenever possible, wastewater systems use gravity to transport sewage to a treatment plant. When the topography doesn't allow the use of gravity, sewer "lift stations" are used to push the flow through the pipes. The City's system includes five public sewage lift stations. There are also dozens of private lift stations in the City on properties that are below the elevation of the sewer system and, thus, must pump their wastewater uphill to the sewer main line.

If you have a private lift station, you have an important responsibility for proper operation and maintenance to protect your health and property, along with helping to ensure the proper functioning of the larger sewer system and the comfort of your neighborhood.

Routine and preventive maintenance can help avoid costly repair bills. Lift stations require daily, weekly, semi-annual and yearly maintenance activities--without routine maintenance, grease and solids build-up in your station. This can damage the pump or cause a sewer back-up into your home or business. It also causes hydrogen sulfide gas and a foul odor that often results in complaints to the City.

Lift station owners should consult a pump maintenance

professional for recommended maintenance practices for your system. Additionally, as a result of new state compliance requirements, you may be placed on a City monitoring program. For more information, please call (858) 668-4719.



Pumps like these are utilized in lift stations to move wastewater uphill - proper maintenance is key to preventing pump clogs and system overflows.

Problems can be avoided through routine maintenance that includes the following:

- Cleaning the lift station wet well to prevent accumulation of solids and grease. Wet wells should be pumped out and cleaned as often as necessary, but at least twice a year to prevent more expensive repairs due to pump damage.
- Inspecting submersible pumps and impellers at least quarterly. The inspections assure the impeller is free of debris.
- Inspecting the lift station's check valve(s) at least twice a year to ensure proper functioning and to prevent backflow from a force main into the private wet well.
- Cleaning and inspecting floats at least four times a year.
- Checking light and alarm systems weekly to ensure immediate problem alerts.
- Using a natural chemical to minimize odors and prevent corrosion.
- Don't flush "flushable wipes" – they do not break-down and often cause blockages.



POWAY

Community Services

Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

WINTER 2013

Registration begins **DECEMBER 3**
for Poway Residents & Nonresidents

Join us at Old Poway Park for an old-fashioned holiday tradition! This free event takes you back in time with caroling, live musical performances, a holiday craft boutique, and square dancing demonstrations. Create a unique gift in the North Pole Workshop, enjoy a horse-drawn hayride, visit with Santa and Mrs. Claus, or board the 1907 Baldwin Steam Engine for a thrilling night-time ride around the park. Watch historic blacksmithing and view an extensive model train display.

Bring an ornament for the community Christmas tree, which will be lit at 5:15pm, followed by Santa's arrival. The event is co-sponsored by the City of Poway, the Old Poway Park Action Committee, The Home Depot, Old Poway Village, Neal Electric, Walter Andersen Nursery, and Francis Ralph Potograpiya. Information: (858) 668-4576 or visit our website at www.poway.org/oldpowaypark.



Saturday, December 14
3:30-8:30pm
FREE for the whole Family!

Winter Festival

Experience the magic and charm of winter like never before! Feel snow between your fingers while sledding down snow hill; smell roasted marshmallows as you devour delicious s'mores; experience the wind in your hair skating around the synthetic ice rink; and peruse a variety of vendors and their sensational products. Lights will twinkle, as music sets the tone and laughter fills the air. The Winter Festival brings to life all of the appeal and entertainment of a cold-mountain town set right in Poway. Bring the whole family; there's something for everyone! Information: (858) 668-4671 or www.poway.org.

Special thanks to Toyota of Poway for their sponsorship!

January 10, 2014
5:00-9:00pm
January 11, 2014
4:00-9:00pm

FREE

GO FISHING

3 Great Reasons to
get to Lake Poway

1 Trout Season Returns! Thursday, November 21

Lake Poway currently holds the county record for rainbow trout at 17.85 pounds and our reputation as the "Big Trout Destination" still holds true. Back by popular demand, Lake Poway has contracted with Chaulk Mound Trout Ranch in Nebraska to ship the finest trout in Southern California. These fish have been dubbed "tail walking" because of the breathtaking, above-water spectacle seen as you reel them in. The fishing frenzy will continue through mid-May. The Lake is generally stocked every two weeks throughout the season. The full-service Lake Poway Concession offers fishing permits, bait, boat rentals, grill items, and refreshments. We have the best permit and boat prices in the area including reduced rates for seniors 55+ and active duty military. State Fishing Licenses are not required. Please check our website for the most up-to-date fishing conditions and stocking dates at www.poway.org/lakepoway.

3 FREE "Youth Only" Fishing Derby! Saturday, February 8, 6:00am

Join the City of Poway, Captain Ron Baker, licensed sport boat captain for 45 years, and several big-name sponsors for a great day of fun and prizes! Lake Poway will be stocked with 1,500 pounds of hungry rainbow trout for the event, which begins at 6:00am. Fishing continues until 12:00pm when all participating youth and their families are invited to enjoy a free barbecue lunch, followed by the awards ceremony and raffle drawing. Winners of the Kids Greatest Fishing Story Contest will also take home a prize, so bring your best tale about the one that got away! Rent fishing boats in advance at the Lake Poway Concession starting January 2. In preparation for the event, Lake Poway will be closed to fishing and boating February 5 through February 7. Information: (858) 668-4772.



2 Fishing Seminar & Campout!

**Friday, February 7,
5:00pm**

Learn great tips from pro-bass angler, Mike Long, at a free trout rigging 101 class followed by a free dinner at 6:00pm. Then, settle in and sleep under the stars. Overnight camping will be available Friday evening for a \$15 registration fee per car. Families will need to bring their own camping supplies and food. Grills are available, but you are encouraged to bring your own. Portable propane fire pits are permitted. Families may start setting up their campsites at 7:00am Friday morning. No alcohol is permitted. Information: (858) 668-4772.



Farmers Market!

**Fresh & Affordable
Produce from
Farm to Table!**

The
City of
Poway Farmers

Market has moved to a new location, extended the hours, and added vendors! Come check us out!

The Farmers Market is now located on Midland Road from 8:00am to 1:00pm every Saturday, creating a pedestrian-friendly shopping and entertainment experience in the Old Poway Park area. The Farmers Market offers vendors providing fresh produce, flowers, music, and freshly-prepared food. All produce is inspected by the agricultural commission, and brought to you direct from the grower.

When visiting the market, take time to explore all that the Old Poway Park area has to offer! Shop the small boutiques in Old Poway Village, pay tribute to the Armed Forces at Veterans Park, ride the 1907 Baldwin Steam Engine, or learn about Poway's history touring the Nelson House and Heritage Museum. The Hamburger Factory provides the perfect sit-down, family experience with a full breakfast, lunch, and dinner menu. Information: (858) 668-4576 or www.poway.org/oldpowaypark



Never Miss a Recreation Opportunity Again!



Sign up today for our Community
Services Department Email
Newsletter!

www.poway.org/community

SAVE THE DATE!

**Summer Day Camp Early Registration
starts April 16, 2014**

Watch our website for more details: www.poway.org/classes



Give the Gift of Recreation this Season!

The season of giving is upon us. This year, give the gift of health and wellness, new experiences, and fun through recreation! The City of Poway offers gift certificates in customizable denominations that are good towards any class, camp, or swim lesson. To purchase a gift certificate, please visit the Community Services Department in City Hall at 13325 Civic Center Drive or call (858) 668-4570.

Health & Wellness Check out these Exciting NEW Classes!

Register online at: www.poway.org/classes

NEW! Country Dancing Done Right | Ages 14+

Tired of being a wallflower when country music comes on? Blossom into a well-rounded country dancer while learning the basics of the Country Western partner dances including Country Waltz, Swing, Nightclub, and the Cowboy Cha-Cha. Learn to lead or follow several simple routines in each dance with ease. Develop rhythm, timing, footwork, turn technique, and style. No experience necessary. Partners are not required. Wear comfortable clothes and shoes with a smooth sole.

Instructor: Liza Mariani

Location: Old Poway Park, Templars Hall

No Class: Jan 23

5417.320 Thu 6:30-7:30pm Jan 16-Mar 27

**RES/NON
\$80/\$90**

NEW! Country Western Two-Step | Ages 14+

Wear your cowboy boots to this fun and easy dance class that teaches the fundamentals of Country Western Two-Step partner dancing. Learn to lead or follow several beginning to intermediate-level dance routines that can be used at clubs and events around town. Develop rhythm and timing, and learn proper footwork and turn technique. No experience necessary. Partners are not required. Wear comfortable clothes and shoes with a smooth sole.

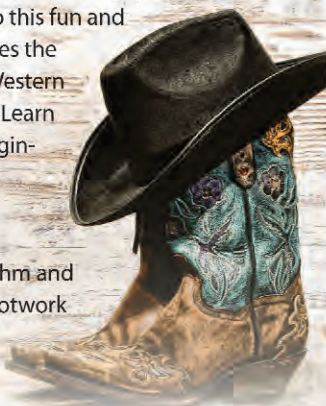
Instructor: Liza Mariani

Location: Old Poway Park, Templars Hall

No Class: Jan 23

5417.321 Thu 7:30-8:30pm Jan 16-Mar 27

**RES/NON
\$80/\$90**



NEW! Low Back Care on the Pilates Reformer | Ages 16+

Learn how to find your deep core muscles as we introduce you to simple movements and techniques using the Pilates Reformer. This will help you support and strengthen your back, not only in the Pilates environment, but in your daily life, as well. This class is for people with chronic low back pain, recent back injury that has kept them from returning to regular exercise, and people who may not have pain but feel fatigue in their backs with strenuous or activities requiring endurance.

Instructor: Poway Pilates

Location: Poway Pilates: 14053 Midland Road

No Class: Feb 19

5417.345 Wed 12:30-1:30pm Jan 8-Feb 5

5417.346 Wed 12:30-1:30pm Feb 12-Mar 19

**RES/NON
\$74/\$84**

Pilates | Ages 16+

Transform your body from the inside out. Strengthen your abdominals and back. Improve posture and become more visibly toned while your arms and legs become leaner. Pilates is a safe and sensible way to exercise that will help you feel your best. People around you will notice a substantial difference in your overall appearance. Join the nearly nine million other people in the U.S. who have discovered the benefits of Pilates.

Instructor: Emma Sarmiento

Location: Community Park, Activity Rooms I & II

No Class: Feb 18

5417.301 Tue 6:00-7:00pm Jan 7-Mar 25

**RES/NON
\$99/\$109**

Yogazander | Ages 17+

Experience a unique approach to yoga! Practice gentle breathing exercises and classical yoga poses combined with the profound body wisdom of the Alexander Technique. Yogazander will help you softly release muscle tension and develop natural body alignment. Enjoy less stress and more flexibility! Bring a yoga mat, small blanket or beach towel, and water.

Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

5417.312 Thu 10:00-11:15am Jan 9-Feb 6

5417.313 Thu 10:00-11:15am Feb 13-Mar 13

5417.314 Thu 10:00-11:15am Jan 9-Mar 13

**RES/NON
\$59/\$69
\$59/\$69
\$118/\$128**

NEW! Kettlebell Kickboxing | Ages 16+

Restart your fitness goals with Kettlebell kickboxing interval training; a non-intimidating approach to exercise that will turn your body into a fat-burning machine.



Kettlebell kickboxing training works to develop dense muscles, which require much more energy. In addition, it will help with stamina, flexibility, and developing your core muscles. Your metabolism will keep burning calories for up to 24 hours after the workout. Working with kettlebells is safe fun for all fitness levels. **Equipment supplied.** Wear comfortable workout clothes and bring a towel to class. Are you ready to rumble with get-fit greatness?

Instructor: Poway Pilates

Location: Poway Pilates: 14053 Midland Road

No Class: Jan 20

5417.340 Mon 6:00-6:45pm Jan 6-Feb 17

5417.341 Mon 6:00-6:45pm Feb 24-Mar 31

**RES/NON
\$74/\$84
\$74/\$84**

NEW! Morning Zumba® Fitness | Ages 16+

Party yourself into shape with the world's leading branded fitness program!! Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Zumba® exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Instructor: Meg Snipes

Location: Community Park, Auditorium

No Class: Feb 18

5417.350 Tue 10:00-11:00am Jan 7-Mar 25

**RES/NON
\$99/\$109**

Hatha Yoga | Ages 18+

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement and stretches. Relaxation is emphasized through music and gentle instructions. Wear comfortable clothing and bring a yoga mat or large towel.

Instructor: Jon Brock

Location: Old Poway Park, Great Room

5417.300 Wed 6:30-8:00pm Jan 8-Mar 26

**RES/NON
\$75/\$85**

Zumba® | Ages 16+

Are you ready to party yourself into shape? That's exactly what Zumba® is about. It's an exhilarating, effective, calorie-burning dance party that's moving millions of people toward health and joy. Zumba® fuses spellbinding Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

Instructor: Emma Sarmiento

Location: Old Poway Park, Templars Hall

No Class: Jan 27 and Feb 17

5417.305 Mon 6:00-7:00pm Jan 13-Mar 24

**RES/NON
\$90/\$100**



Zumba® Toning & Sentao | Ages 16+

When it comes to body sculpting, Zumba® has raised the bar. Zumba® Toning combines basic dance footwork and upper body-sculpting exercises with the use of toning sticks to create a calorie-torching, strength-training, dance fitness party. Zumba® Sentao transforms a chair into a sizzling dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Sentao is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast!

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

No Class: Feb 19

5417.303 Wed 6:15-7:15pm Jan 8-Mar 26

**RES/NON
\$99/\$109**

NEW! Healing Qigong for Deep & Restful Sleep | Ages 17+

A good night's sleep transforms fatigue into vitality, emotional stress into inspiration, and mental turbulence into clarity and focus. Learn how to transition from a hectic day so you can replace stress with relaxation, tranquility, and inner peace. Practice a weekly routine to balance and relax your nervous system. Rhythmic, flowing movements, and guided imagery will infuse your being with soothing energy. Discover new ways to surrender the demands of the day, settle your emotions, and prepare your body for deep, restful sleep. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Midland Elementary School Multipurpose Room: 13910 Midland Rd

No Class: Feb 5

5417.315 Wed 6:00-7:15pm Jan 8-Feb 12

**RES/NON
\$59/\$69**

NEW! Healing Qigong for Increased Energy | Ages 17+

Described by the ancients as the elixir of life, Qi, or "life energy," is the vital essence that naturally restores health, harmony, and well-being. Learn how to tap into your internal energy source. Put every cell of your body in balance with the world within and around you. Practice a series of warm-up exercises designed to invigorate your body. Gentle stretches and flowing movements will stimulate your entire system. Explore self-care methods that will help you release trapped energy, rejuvenate your mind, enliven your spirit, and awaken your vital life force. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Midland Elementary School Multipurpose Room: 13910 Midland Rd

5417.316 Wed 6:00-7:15pm Feb 26-Mar 26

**RES/NON
\$59/\$69**

Tai Chi 24 Forms—Refine & Deepen! | Ages 17+

Continue your Tai Chi 24 Forms adventure with this intermediate-level class. Deepen your understanding of the Tai Chi principles and refine your movements, all while experiencing softer flow and greater relaxation. Enjoy Coiling Silk warm-ups – simple movements that open and close the joints, stimulate the Qi to reach congested or tight areas, and help us feel and move Qi throughout the body.

The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Midland Elementary School Multipurpose Room: 13910 Midland Rd

No Class: Jan 20 and Feb 3 & 17

5417.310 Mon 6:00-7:15pm Jan 6-Mar 17

**RES/NON
\$95/\$105**



Get more fitness for less!! Sign up for a combination class:

Zumba® + Zumba® Toning & Sentao **RES/NON**
5417.306 Mon 6:00-7:00pm Jan 8-Mar 26 \$147/\$157
Wed 6:15-7:15pm

Zumba® + Pilates **RES/NON**
5417.307 M/T 6:00-7:00pm Jan 7-Mar 25 \$147/\$157

Pilates + Zumba® Toning & Sentao **RES/NON**
5417.308 Tues 6:00-7:00pm Jan 7-Mar 26 \$154/\$164
Wed 6:15-7:15pm

**See individual class descriptions for No Class dates and locations.*

Children's Activities



More Than Ready: Preschool Program | Ages 3½-5½

This innovative preschool program introduces your child to the "exact" reading, writing, math, and social skills necessary for a smooth transition into kindergarten. The program is designed to integrate your child into a classroom learning environment aligned with the early learning standards of the California Department of Education. The program promotes independence, and provides practice for following rules and routines. Your child will become "book-smart" through fun storytelling techniques taught by a children's librarian. We put the READ in READY! A free evaluation is included for new participants and additional evaluations can be provided for \$20 each. **All participants must be toilet trained without the need for assistance.**

Instructor: More Than Ready, Ms. Taylor:

www.morethanready.com

Location: Community Park, Youth Activity Room

			RES/NON
4011.300	MW 9:00am-12:00pm	Jan 6-Jan 29	\$149/\$159*
4011.301	MW 9:00am-12:00pm	Feb 3-Feb 26	\$149/\$159*
4011.302	MW 9:00am-12:00pm	Mar 3-Mar 26	\$149/\$159*
4011.303	TuTh 9:00am-12:00pm	Jan 7-Jan 30	\$149/\$159*
4011.304	TuTh 9:00am-12:00pm	Feb 4-Feb 27	\$149/\$159*
4011.305	TuTh 9:00am-12:00pm	Mar 4-Mar 27	\$149/\$159*

*\$20 materials fee due first day of class



Ice Skating | Ages 3-5

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. **Skate rental is included in the fee.**

Instructor: Ann Daniels

Location: San Diego Ice Arena: 11048 Ice Skate Place

			RES/NON
2091.300	Wed 4:00-4:30pm	Jan 8-Jan 29	\$45/\$55
2091.301	Wed 4:00-4:30pm	Feb 5-Feb 26	\$45/\$55
2091.302	Wed 4:00-4:30pm	Mar 5-Mar 26	\$45/\$55

Abrakadoodle: Mini Doodlers | Ages 2-5

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. Each class introduces a new artist or art technique, and each child leaves class with a framed piece of art. Using real artists' materials, children sculpt, paint, draw, and print to create artwork that is truly unique.

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

No Class: Feb 17

			RES/NON
4011.306	Mon 9:30-10:15am	Jan 6-Jan 27	\$56/\$66
4011.307	Mon 10:30-11:15am	Jan 6-Jan 27	\$56/\$66
4011.308	Mon 9:30-10:15am	Feb 3-Feb 24	\$42/\$52
4011.309	Mon 10:30-11:15am	Feb 3-Feb 24	\$42/\$52
4011.310	Mon 9:30-10:15am	Mar 3-Mar 24	\$56/\$66
4011.311	Mon 10:30-11:15am	Mar 3-Mar 24	\$56/\$66



Mom & Tot Gymnastics | Ages Walking-3½ years

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere. Wear comfortable clothes or a leotard with no snaps, zippers, or buttons.

Instructor: Poway Gymnastics

Location: Poway Gymnastics: 12850 Brookprinter Place

No Class: Jan 23 & 25

			RES/NON
2312.300	Thu 10:45-11:15am	Jan 9-Mar 27	\$161/\$171*
2312.301	Sat 8:45-9:15am	Jan 11-Mar 29	\$161/\$171*

*\$10 materials fee due first day of class

NEW! Baby Boppers | Ages 2-3

You won't want your Baby Bopper to miss this class! A fusion of creative movement and basic hip hop is all they'll need to get the wiggles out. Baby Boppers focuses on muscle development, coordination, and musicality through fun and creative ways!

This is a parent participation class.

Instructor: Dance to Evolve:

www.danceto evolve.com,

(858) 876-5327

Location: Old Poway Park, Templars Hall

			RES/NON
5131.300	Wed 3:00-3:45pm	Jan 15-Feb 19	\$94/\$104
5131.301	Wed 3:00-3:45pm	Feb 26-Apr 2	\$94/\$104



NEW! Nursery Rhyme Jam Session | Ages 2-4

Mother Goose Rocks! And we will too, as we take classic Nursery Rhymes and give them a twist. Kids will have a blast moving around the room while acting and singing during songs.

Instructor: Catherine Colby

Location: Old Poway Park, Great Room

			RES/NON
Ages 2 to 3			
4011.320	Thu 10:00-10:30am	Jan 16-Feb 13	\$50/\$60
4011.322	Thu 10:00-10:30am	Feb 20-Mar 27	\$50/\$60
Ages 3 to 4			
4011.321	Thu 10:40-11:10am	Jan 16-Feb 13	\$50/\$60
4011.323	Thu 10:40-11:10am	Feb 20-Mar 27	\$50/\$60

NEW! Soccer Shots Minis | Ages 2-3

Soccer Shots Minis is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Instructor: Soccer Shots

Location: Community Park, Open Play Area

No Class: Feb 17

			RES/NON
2443.300	Mon 9:00-9:30am	Jan 27-Mar 10	\$84/\$94*

*\$10 materials fee due first day of class



NEW! Soccer Shots Classic | Ages 3-6

Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport.

Instructor: Soccer Shots

Location: Community Park, Open Play Area

No Class: Feb 17

			RES/NON
2443.301	Mon 9:45-10:30am	Jan 27-Mar 10	\$84/\$94*

*\$10 materials fee due first day of class

Night Out Activities

Kid's Night Out | Grades 1st-5th

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. Offered every month during the school year, kids in grades 1st-5th will enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It's not your average night ... its Kid's Night Out! **Registration is required.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

			Fee/Participant
8432.300	Fri 4:30-9:00pm	Jan 24	\$2
8432.301	Sat 4:30-9:00pm	Feb 8	\$2
8432.302	Fri 4:30-9:00pm	Mar 7	\$2

Teen Night Out | Grades 6th-9th

It's time to party! Teens in grades 6th - 9th will have an absolute blast choosing which activities THEY want to participate in during Activity-A-Palooza! Jam like a rock star, become a game show contestant, create a masterpiece, gobble down delicious treats, play recreation games, and so much more! Register early as spots are limited. **For more information or to register now, call (858) 668-4671.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 4:00-9:30pm	Jan 18	FREE	
Sat 4:00-9:30pm	Mar 15	FREE	

Mystery Night | Grades 6th-9th

We cordially invite you to attend a mystery party. What mystery might you ask? Well, it's a mystery of course! Join us for a thrilling night of curiosity as the mystery unfolds right before your very eyes. We may ask you to be a character or invite you to be our guest, but don't be surprised if the person you're sitting next to is the culprit. This mystery party will intrigue and challenge you to figure out whodunit! Register early as spots are limited. **For more information or to register now, call (858) 668-4671.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 5:00-8:00pm	Feb 15	FREE	

Register online at: www.poway.org/classes



Dance | Youth/Teens

Please note: Dance classes are designed to increase in difficulty with continued enrollment. Continuing participants can take part in the annual June dance recital. Costumes for the dance recital will be ordered in January and are paid for by the participants. Parent watching days are the last class of each month.

Dance for Children | Ages 3-5

Pre-Dance and Tumble with Ms. Debbora

The perfect introduction to dance and movement, this fun-filled, creative and music-infused program teaches preschool-aged dancers skills needed in any future class. This class is structured to ensure success for every child and to keep them wanting more! Participants will dance, sing, tumble, balance, imagine, express, gain self-confidence, strength and flexibility during this non-parent participation class. Come join the fun! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

Instructor: Debbora Childress: Debbora@cox.net, (760) 747-9777

Location: Community Park, Auditorium

No Class: Mar 17

			RES/NON
5111.300	Mon 10:00-10:45am	Jan 6-Mar 24	\$108/\$118

Ballet for Kids | Ages 3-12

Learn the beautiful art of classical ballet with a magical twist! This musical and creative class will teach all the basics of ballet, while we make believe we're princesses, fairies, unicorns, and more! Children will learn rhythm, coordination, and a love for dance! Dance attire and pink leather ballet slippers are required.

Instructor: Kellie Childress-Nichols: kchildress04@yahoo.com

Location: Community Park, Auditorium

No Class: Jan 11 and Mar 18 & 22

			RES/NON
Ages 3-4	5121.300	Sat 9:00-9:45am	Jan 4-Mar 29 \$98/\$108
Ages 5-7	5121.301	Sat 9:45-10:30am	Jan 4-Mar 29 \$98/\$108
	5121.302	Tue 3:45-4:30pm	Jan 7-Mar 25 \$98/\$108
Ages 8-12	5121.303	Sat 10:30-11:15pm	Jan 4-Mar 29 \$98/\$108



Dance Production | Ages 6-18

Danced Version of a Famous "Story"

Participants will perform a danced version of a famous "story", using a variety of dance styles and music! This theatrical experience puts dance in perspective - giving participants a true stage experience complete with beautiful sets, props, and scene changes on a professional stage. A truly enriching experience that can't be beat! We perform this show at the annual dance recital in addition to the regular class dances. The "story" will be announced at the first class! **Concurrent enrollment in Tap & Ballet is required.**

Instructor: Debbora Childress: Debbora@cox.net, (760) 747-9777

Location: Community Park, Auditorium

No Class: Mar 17 & 20 and May 22 & 26

			RES/NON
5111.315	Thu 6:15-7:30pm	Jan 9-Jun 19	\$108/\$118*

* One time fee through June!

\$20 materials fee due first day of class.



Fun 'n Funky Jazz for Kids! | Ages 7-18

Come move and groove to the music as we learn Fun 'n Funky Jazz! Have you ever watched "So You Think You Can Dance"? This class will give participants a taste of this popular dance form as seen on the show! Set to the current music of today, participants will learn dance moves that can be used in many other forms. Gain flexibility, teamwork, musicality, and a love of dance! Age-appropriate moves and music choices are offered at every level. Dance attire and black jazz shoes are required.

Instructor: Kellie Childress-Nichols: kchildress04@yahoo.com

Location: Community Park, Auditorium

No Class: Mar 18

			RES/NON
Ages 7-12 Years	5121.307	Tue 4:30-5:15pm	Jan 7-Mar 25 \$98/\$108
Ages 13-18 Years	5121.308	Tue 5:15-6:00pm	Jan 7-Mar 25 \$98/\$108

Tap and Ballet | Ages 3-18

Tap dance is one of the most joyful, active, and theatrical forms of dance around! Look out Broadway! We dance to great tunes while learning tap technique, rhythm, coordination, and showmanship in a progressive, creative, fun-filled, and musical environment. The beautiful art of basic ballet technique is also included! Classes are offered at multiple skill and age levels including: beginner, intermediate, advanced, and everything in between. Dance attire, leather ballet slippers, and tap shoes are required.

Instructor: Debbora Childress: Debbora@cox.net, (760) 747-9777

Location: Community Park, Auditorium

No Class: Mar 17 & 20

			RES/NON
Ages 3-4 Years	5111.301	Mon 11:00am-12:00pm	Jan 6-Mar 24 \$108/\$118
	5111.303	Thu 1:00-2:00pm	Jan 9-Mar 27 \$108/\$118
Ages 5-7 Years	5111.307	Mon 3:00-4:00pm	Jan 6-Mar 24 \$108/\$118
	5111.308	Mon 4:00-5:00pm	Jan 6-Mar 24 \$108/\$118
Ages 6-8 Years	5111.309	Thu 3:00-4:00pm	Jan 9-Mar 27 \$108/\$118
Ages 8-12 Years	5111.310	Mon 5:15-6:15pm	Jan 6-Mar 24 \$108/\$118
Ages 8-10 Years	5111.311	Thu 4:00-5:00pm	Jan 9-Mar 27 \$108/\$118
Ages 12-13 Years	5111.312	Thu 5:00-6:00pm	Jan 9-Mar 27 \$108/\$118
Ages 12-18 Years	5111.313	Mon 6:15-7:15pm	Jan 6-Mar 24 \$108/\$118

Lyrical for Teens | Ages 13-18

Come join our class as we learn the art of Lyrical! Lyrical dance is the fusion of ballet, jazz, and contemporary techniques - combining the beauty and grace of classical ballet with the freedom and expressiveness of jazz and modern dance. Lyrical is a great way to learn the terminology and steps used in ballet class and still have lots of fun dancing Lyrical style to the music you love! Dance attire and tan Foot Undeez are required.

Instructor: Kellie Childress-Nichols: kchildress04@yahoo.com

Location: Community Park, Auditorium

No Class: Mar 18

			RES/NON
5121.309	Tue 6:00-6:45pm	Jan 7-Mar 25	\$98/\$108

Kids Hip Hop Dance

Beat Breakers & Hip Hop | Ages 4-12

This fun, high-energy hip hop and breakdancing class will definitely have you movin' to the beats. Learn to let loose while developing confidence, coordination, musicality, and listening skills. No need to be intimidated ... this class is great for those who want to enhance their creativity. All music and moves are age appropriate. Classes fill up quickly; register early.

Instructor: Dance to EvOLvE: www.danceto evolve.com, (858) 876-5327

Location: Old Poway Park, Templars Hall

			RES/NON
Beat Breakers Ages 4-7	5131.300	Wed 3:50-4:45pm	Jan 15-Feb 19 \$94/\$104
	5131.301	Wed 3:50-4:45pm	Feb 26-Apr 2 \$94/\$104
	5131.302	Wed 3:50-4:45pm	Jan 15-Apr 2 \$170/\$180
Hip Hop Ages 8-12	5131.303	Wed 4:50-5:45pm	Jan 15-Feb 19 \$94/\$104
	5131.304	Wed 4:50-5:45pm	Feb 26-Apr 2 \$94/\$104
	5131.305	Wed 4:50-5:45pm	Jan 15-Apr 2 \$170/\$180



Creative Arts

Musical Theatre | Ages 8-16

Do you have a budding Broadway star? In this class, participants will take a classic musical and adapt it into their own smash hit! Acting, dancing, and vocals will be the main focus, as well as production (costumes, props, and set design). Everyone has a huge part in bringing the magic together for the big production on the last day of class. At the end of the session, participants will have an understanding and love for live theatre!

Instructor: Julie Clemmons

Location: Wed: Community Park, Auditorium

No Class: Feb 19

6182.340 Wed 4:00-6:00pm Jan 8-Mar 26

* \$20 materials fee due first day of class

RES/NON
\$120/\$130*



Art Start | Ages 7-12

Artist Susan Bainbridge will use directed drawing techniques to encourage participants to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter and the first steps toward realistic drawing. A variety of media will be explored: pencil, water color, markers, and pastels, as well as one clay project; because children always request it!

Instructor: Susan Bainbridge: www.artstart1.com

Location: Old Poway Park, Great Room

No Class: Feb 20

			RES/NON
6182.300	Thu 4:00-5:15pm	Jan 16-Mar 13	\$105/\$115*

* \$20 materials fee due first day of class



NEW! Storybook Acting | Ages 6-9

It's story time like you've never seen it before! Here, the characters leap off the page and into your child's imagination as they sing, dance, and act to fun songs and stories. On our final class day, we will present a 20-minute, mini-musical presentation of our Storybook Acting!

Instructor: Catherine Colby

Location: Old Poway Park, Templars Hall

			RES/NON
6182.350	Thu 4:00-5:00pm	Jan 9-Mar 27	\$120/\$130*

* \$15 materials fee due first day of class

NEW! Acting Improv | Ages 9-14

Let your goofy side run wild! This class encourages you to think on your feet as we spontaneously create crazy situations, characters, and settings. Laugh as you learn the basics: team work, trust, active listening, and more. Learn real acting skills in a safe, non-competitive environment while playing fun acting games.

Instructor: Catherine Colby

Location: Old Poway Park, Templars Hall

			RES/NON
6182.351	Thu 5:10-6:10pm	Jan 9-Mar 27	\$125/\$135*

NEW! Woodshop Wizards | Ages 6-13

The Woodshop Wizards Program has been created specifically to provide youth the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and offering a skill set. This is a hands-on wood working program where students construct several projects, allowing them to experience using real tools, creative painting, and personalizing their creation! Tools include hammers, cordless drills, squares, and miter saws. Safety and proper use of tools is always stressed. All projects are taken home to treasure!

Instructor: Anthony Demopoulos

Location: Old Poway Park, Templars Hall

			RES/NON
7617.310	Tue 4:00-5:00pm	Jan 14-Feb 18	\$90/\$100*

* \$40 materials fee due first day of class





Sports | Youth/Teens

Ice Skating | Ages 6-12

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. **Skate rental is included in the fee.**

Instructor: Ann Daniels

Location: San Diego Ice Arena: 11048 Ice Skate Place

			RES/NON
2091.303	Wed 4:30-5:00pm	Jan 8-Jan 29	\$45/\$55
2091.304	Wed 4:30-5:00pm	Feb 5-Feb 26	\$45/\$55
2091.305	Wed 4:30-5:00pm	Mar 5-Mar 26	\$45/\$55



Youth Taekwondo | Ages 6-13

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, children develop respect, self-discipline, self-control, concentration, and confidence. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25. Parents who wish to attend with their children may enroll in the Adult Taekwondo class (1247.304) and attend either class.

Instructor: Master Wolpert; (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: Jan 10 & 20 and Feb 17

			RES/NON
2091.309	MWF 6:00-7:00pm	Jan 6-Mar 21	\$95/\$105

Teen Taekwondo | Ages 14-17

This class is designed to help teens develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Master Wolpert; (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: Jan 10 & 20 and Feb 17

			RES/NON
2091.310	MWF 7:00-8:00pm	Jan 6-Mar 21	\$95/\$105

Youth Volleyball | Ages 9-14

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

Instructor: David Claycomb

Location: Meadowbrook Gymnasium

No Class: Feb 17 and Mar 3

			RES/NON
Ages 9-12 Years			
2091.312	Mon 5:30-6:30pm	Jan 6-Mar 10	\$50/\$60
Ages 12-14 Years			
2091.313	Mon 6:30-7:30pm	Jan 6-Mar 10	\$50/\$60



Girls Running Strong | Ages 9-13

Girls Running Strong is an 8-week running/fitness and self-esteem program for girls ages 9-13. The culmination will be the completion of a 5k (see run date, time, and location below). Entrance fee included. Girls will learn the basics of running, how to set and achieve goals, proper nutrition, team building, leadership skills, the importance of a great attitude, healthy lifestyle, and positive self-body image. All girls will receive a GRS t-shirt, cinch sack, notebook, and recognition celebration with awards.

Instructor: Joanne Olson: www.girlsrunningstrong.com

Location: Silverset Park

Finish Chelsea's Run 5k - Saturday, March 1 at Balboa Park

2091.320	TTh 4:00-5:30pm	Jan 7-Mar 4	\$129/\$139*
----------	-----------------	-------------	--------------

* \$50 materials fee due first day of class

Location: Lake Poway

Cinco De Mayo Trail Run 5k - Saturday, May 3 at Lake Poway

2091.321	TTh 4:00-5:30pm	Mar 11-May 6	\$129/\$139*
----------	-----------------	--------------	--------------

* \$50 materials fee due first day of class

Skateboarding | Ages 6-13

Are you a first time rider? Do you want to improve your skills? We welcome brand new beginners to those looking to learn how to do tricks, ramps, grinds, and more! This class is designed to help build balance, confidence, and coordination for skateboarders of all skill levels. Join the fun! **All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa: Andrew@sdskatelife.com, (619) 354-7998

Location: Community Park, Skate Park

No Class: Feb 19

			RES/NON
7600.300	Wed 5:00-6:00pm	Jan 8-Mar 5	\$95/\$105

CAMP! Skateboarding | Ages 6-13

Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! All participants will receive an SD SkateLife t-shirt and sticker pack. **All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa: Andrew@sdskatelife.com, (619) 354-7998

Location: Community Park, Skate Park

			RES/NON
7600.301	M-F 9:00am-12:00pm	Feb 17-Feb 21	\$150/\$160



Information: www.poway.org/classes

Tennis - Beginner | Ages 5-14

Beginning tennis skills are taught in this class. These skills include: forehand and backhand ground strokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, footwork drills, doubles play and strategy, scoring system, and court etiquette. **Tennis racquets will be provided if needed.**

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

			RES/NON
Ages 5 to 7			
3013.300	Sat 9:00-10:00am	Jan 11-Feb 8	\$40/\$50*
3013.301	Sat 9:00-10:00am	Mar 1-Mar 29	\$40/\$50*
Ages 8 to 14			
3013.302	T/Th 4:00-5:00pm	Jan 7-Feb 6	\$65/\$75*
3013.303	Sat 10:00-11:00am	Jan 11-Feb 8	\$40/\$50*
3013.304	T/Th 4:00-5:00pm	Feb 25-Mar 27	\$65/\$75*
3013.305	Sat 10:00-11:00am	Mar 1-Mar 29	\$40/\$50*

* \$5 materials fee due first day of class



Tennis - Intermediate | Ages 7-16

At this level, you will be incorporating advanced techniques, along with fine-tuning beginning strokes. Participants will refine topspin forehand and backhand ground strokes, conventional volleys, a good first and second serve, and a good overhead smash. Instruction will include footwork drills, groundstrokes, approach shots, volleys, singles and doubles play and strategy, scoring system, light competitive games, and court etiquette. **Tennis racquets will be provided if needed.**

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

			RES/NON
3013.306	TTh 5:00-6:00pm	Jan 7-Feb 6	\$65/\$75*
3013.307	Sat 11:00am-12:00pm	Jan 11-Feb 8	\$40/\$50*
3013.308	TTh 5:00-6:00pm	Feb 25-Mar 27	\$65/\$75*
3013.309	Sat 11:00am-12:00pm	Mar 1-Mar 29	\$40/\$50*

* \$5 materials fee due first day of class

Tennis - Advanced Juniors | Ages 11-16

At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground strokes drills, volley drills, serving drills, and overhead smash drills. The class includes singles and doubles play, and strategy. The class is preparing participants for tournaments, league play, and high school teams. Advanced class placement determined by instructor. **Tennis racquets will be provided if needed.**

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

			RES/NON
3013.310	MW 4:00-5:30pm	Jan 6-Feb 5	\$75/\$85*
3013.311	MW 4:00-5:30pm	Feb 24-Mar 26	\$75/\$85*

* \$5 materials fee due first day of class

Sports | Open Play

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 months of January, February, and March the free open gym times are as follows:

Twin Peaks Multipurpose Center
14640 Tierra Bonita Road
(858) 668-4599

Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 668-4598

Friday Open Badminton 6:00-9:00pm	Saturday Open Badminton 6:30-9:00pm	Sunday Open Volleyball 6:30-9:00pm
--	--	---

Sunday Adult Open Basketball 8:00-11:00am	Open Pickleball 11:30am-2:30pm
--	--

Hours are subject to change without notice. For the most up-to-date operating hours, please visit our website at www.poway.org/community.

Sports | Adults

Beginning Coed Volleyball | Ages 16+

Interested in learning to play volleyball? This is the place! This coed class is designed for beginning players or those who need work on the basic skills. Volleyball play will be mixed with the learning of volleyball fundamentals including serving, passing, setting, and hitting.

Instructor: David Claycomb

Location: Twin Peaks Multipurpose Center

1247.320	Wed 6:00-7:30pm	Jan 8-Feb 12	RES/NON \$60/\$70
----------	-----------------	--------------	----------------------

Intermediate Coed Volleyball | Ages 16+

All intermediate 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 strongly recommended.**

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

Men's	1247.300	Thu 6:30-9:30pm	Jan 16-Mar 13	RES/NON \$60/\$70
Women's	1247.301	Thu 6:30-9:30pm	Jan 16-Mar 13	\$60/\$70

Adult Taekwondo | Ages 18+

This is a complete martial arts program for men and women. It is designed to help you develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Master Wolpert; (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: Jan 10 & 20 and Feb 17

1247.304	MWF 7:00-8:00pm	Jan 6-Mar 21	RES/NON \$95/\$105
----------	-----------------	--------------	-----------------------



3-on-3 Basketball League | Ages 18+

Teams can have up to four persons on their roster and there is free substitution during the games. The teams play half-court; best two out-of-three games to 21 points. The season ends with a tournament, where the winning team will receive bragging rights for the next season! All players must sign the roster before the team's first game.

Instructor: Recreation Staff

Location: Meadowbrook Gym

1247.305	Wed 6:30-9:30pm	Jan 8-Mar 26	RES/NON \$68/Team
----------	-----------------	--------------	----------------------



Advanced Coed Volleyball | Ages 16+

All advanced 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 league experience is required.**

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

Men's	1247.302	Tue 6:30-9:30pm	Jan 14-Mar 11	RES/NON \$60/\$70
Women's	1247.303	Tue 6:30-9:30pm	Jan 14-Mar 11	\$60/\$70

Women's 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 strongly recommended.**

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

1247.310	Mon 6:30-9:30pm	Jan 6-Mar 3	RES/NON \$60/\$70
----------	-----------------	-------------	----------------------

Special Needs

Bowling | Ages 13+

This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. **All participants must be picked up by 3:30pm.**

Instructor: Sarah D'Agostino-Gana

Location: Poway Fun Bowl, 12941 Poway Road

9397.300	Fri 1:30-3:30pm	Jan 10-Mar 14	RES/NON \$40/\$50*
----------	-----------------	---------------	-----------------------

* \$8 class fee due at bowling alley each week



Safety Training

Please Note: If registering for both the First Aid and CPR class, there is a one-time \$36 (certification) or \$9 (informational; no certification) materials fee.

First Aid | Ages 11+

This American Red Cross class will prepare you on how to respond and assist in many common emergency first aid situations. Participants pursuing a certificate will receive a ready reference card and an American Red Cross certification valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Nutrition Room

5418.301	Wed 6:00-9:00pm	Jan 15	RES/NON \$20/\$30*
----------	-----------------	--------	-----------------------

* \$25 (certification) or \$5 (information only) materials fee due on the first day of class

CPR for the Adult/Child/Infant | Ages 11+

This American Red Cross CPR class will help you learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. Participants pursuing a certificate will receive a ready reference card and an American Red Cross certification card valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Nutrition Room

5418.300	Tue 6:00-9:00pm	Jan 14	RES/NON \$30/\$40*
----------	-----------------	--------	-----------------------

* \$28 (certification) or \$9 (information only) materials fee due on the first day of class



Babysitter's Training | Ages 11-18

The American Red Cross has created a course for babysitters with components that include: leadership, professionalism, responsibility, child development, safety, and responding to emergencies while on the job. Participants will receive a card from the American Red Cross with no expiration date. **Bring a lunch and large doll or stuffed animal to class.**

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Rooms I & II

7617.300	Sat 9:00am-3:00pm	Jan 25	RES/NON \$45/\$55*
----------	-------------------	--------	-----------------------

*\$26 materials fee due on first day of class

Babysitter's Training CPR & First Aid | Ages 11-18

Participants who are registered in a Babysitter's Training course can also choose to receive an American Red Cross certification in Pediatric CPR and First Aid valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Rooms I & II

7617.301	Mon 5:00-8:00pm	Jan 27	RES/NON \$20/\$30*
----------	-----------------	--------	-----------------------

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



Dog Obedience Training

Information: www.poway.org/classes

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

Beginning Obedience | Owners Aged 12+ Dogs 12 weeks to Adult

In the Beginning Obedience class, your dog will learn to walk politely and appropriately socialize while on a leash. Behavioral problems associated with the leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.

Instructor: Good Dog Training School, Lynne Moore

Location: Tue: Old Poway Park, Green Park

Sat: Garden Road Park

RES/NON

9019.300	Tue 6:30-7:30pm	Jan 7-Feb 11	\$95/\$105*
9019.301	Sat 9:30-10:30am	Jan 11-Feb 15	\$95/\$105*
9019.302	Tue 6:30-7:30pm	Feb 18-Mar 25	\$95/\$105*
9019.303	Sat 9:30-10:30am	Feb 22-Mar 29	\$95/\$105*

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



Intermediate Obedience | Owners Aged 12+ Dogs 6 months to Adult

In the Intermediate Obedience class, your dog will work to obtain a Canine Good Citizen Certification (AKC program) and experience more distraction training such as leaving other dogs and people alone. Dogs in this class must have taken an introductory course or have knowledge of basic commands.

Instructor: Good Dog Training School, Lynne Moore

Location: Garden Road Park

9019.304	Sat 10:45-11:45am	Jan 11-Feb 15	
9019.305	Sat 10:45-11:45am	Feb 22-Mar 29	

RES/NON
\$95/\$105
\$95/\$105



Poway Swim Center

Information: www.poway.org/swim



Location: 13094 Civic Center Drive

Hours:

Winter (October 28, 2013 - March 30, 2014)

Monday-Friday 11:00am-1:30pm / 3:00-7:00pm
Saturday/Sunday CLOSED

Pool Closed

November 28, 29 Thanksgiving Holiday
December 16, 2012 - January 5, 2013 Pool Maintenance
February 14 & 17 Swim Meet

Lap Swimming Hours

During open recreational swim, lanes will be set aside for those interested in swimming laps. Some open recreational swim times will be shared with swim lessons and swim clubs. Portions of the pool may not be available for use by the public during these times.

Information:

The Poway Community Swim Center is located at 13094 Civic Center Drive, within Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours, Poway residents and nonresidents can enjoy the one-and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot baby pool is available for play during the spring, summer, and fall months. The Swim Center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4580. Swimmers may be required to show proof of residency in order to be eligible for resident rate.

Please Note: Swimmers may be required to show proof of residency in order to be eligible for resident's rate. Pass holders must stop and have their cards scanned prior to entering the facility.

Costs:

Daily Admission

Adults (Ages 18+)	RES/NON \$2.50/\$5.00
Youth	\$2.00/\$4.00
Seniors (Ages 60+)	\$2.00/\$4.00

Season and Yearly Passes

Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults (18 and over) and all immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from date of purchase.

Season Pass Rates

Adults (Ages 18+)	RES/NON \$94/\$125
Youth	\$73/\$105
Seniors (Ages 60+)	\$73/\$105
Family	\$157/\$256

Yearly Pass Rates

Adults (Ages 18+)	\$225/\$355
Youth	\$183/\$261
Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643



Water Exercise | All Ages

Water Exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required. **Class is dependent on instructor availability.**

MWF 11:00am-12:00pm
RES/NON
Daily Admission Fee

Want a Spring or Summer Job?

Red Cross Lifeguard Training | Ages 15+

This lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguarding/First Aid/CPR/AED. The following skills will be tested on the first day. Failure to complete these skills will result in dismissal from the course: swim 300 yards continuously using front crawl and breaststroke; tread water for 2 minutes without using hands; and enter the water feet-first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards and climb out of the pool in under 1 minute and 40 seconds. **100% attendance is required.** Class fee does not include books from the Red Cross. Students must purchase the Lifeguarding book and a pocket resuscitation mask through the American Red Cross prior to the start of class.

0700.301	M-Th 9:00am-5:00pm	Feb 17-20	RES/NON \$100/\$110
0700.302	T/Th 5:00-8:00pm	Mar 11,13,18,20	\$100/\$110
	Sat 8:00am-5:00pm	Mar 15,22	



Poway Community Park

Information: www.poway.org/communitypark



Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

Recreation Office

Ball Fields

Bocce Courts

Dog Park/Tennis Courts/Basketball Court

Mon-Sat 8am-9pm | Sun Noon-9pm

Daily, 8am-10pm

Same hours as Rec Office

Daily, Sunrise-10pm

Please Note: Recreation Office hours are subject to change.

Information:

(858) 668-4671 or visit www.poway.org/communitypark

POWAY SKATE PARK

Unsupervised Skate Park Hours | All Ages

Enrollment in the Poway Skate Park is required. For more information, call the Community Park recreation office at (858) 668-4671 or visit www.poway.org/skatepark. The skate park is subject to closure due to rain or inclement weather, maintenance, holidays, and special events. State law requires that helmets, elbow pads, and knee pads be worn at all times while at the skate park. Skates, roller blades, and skate boards are the only items allowed in the skate park. A guardian must supervise children 12 and younger.

Saturday-Thursdays	8:00am-8:00pm	FREE
Wednesday	8:00am-6:00pm	
Friday	8:00am-4:00pm	

Youth Supervised Skate Park Sessions | Ages <14

Family members over the age of 14 are welcome to participate as long as they accompany a registered participant. A parent or legal guardian must accompany youth signing up for supervised skate park sessions.

Friday	6:00-8:00pm	FREE
--------	-------------	------

Supervised Bike Sessions | All Ages

Join us for supervised bike sessions at the Poway Skate Park; open to all ages. Helmets, plastic-covered bike pegs, and completed waiver forms required.

Wednesday	6:00-8:00pm	FREE
Friday	4:00-6:00pm	

Art in the Park

Join us for a morning of free arts and crafts; offered throughout the school year during select PUSD holidays. Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone! Bring a picnic lunch and hang out in beautiful Poway Community Park afterward. **For more information call (858) 668-4671 or visit www.poway.org/communitypark.**

Instructor: City Staff

Location: Community Park, Auditorium Patio

Monday	10:00am-12:00pm	Jan 20
Monday	10:00am-12:00pm	Apr 7
Monday	10:00am-12:00pm	May 26



Old Poway Park

Information: www.poway.org/oldpowaypark



Location:

14134 Midland Road

Information:

(858) 668-4576

Historical Tours

We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are now being accepted for December through June, Tuesdays through Thursdays for just \$4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth and eighth grades. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad. Tours are great for schools, Scout troops, ESS, and adult daycares. For more information or to book your tour, call (858) 668-4576 or visit our website: www.poway.org/oldpowaypark



Artist in Residence Program

Step back in time and watch a local artisan craft their magic. The City of Poway and the Poway Arts and Crafts Guild are pleased to announce the Artist in Residence Program from January 4 through March 30 at Old Poway Park. From January 4 through February 8, catch crafter Kris Osborn hard at work as she spins and weaves. From February 15 through March 30, learn about collages and gourd art as you interact with artist Kellie Delp. Information: (858) 668-4576 or www.poway.org/oldpowaypark.



Farmers Market Offers Winter-Season Goods

For a year-round fresh adventure, the City of Poway Certified Farmers Market is the place to be! Walk through the aisles and experience seasonal fruits, vegetables, flowers, and food. The Farmers Market is every Saturday from 8:00 a.m. to 1:00 p.m., rain or shine. All produce is certified and inspected by the agricultural commission and brought fresh to you from the grower. Don't let the cool weather keep you away! Come and enjoy a great "City in the Country" atmosphere. Information: (858) 668-4576.

Kumeyaay-Ipai Interpretive Center at Pauwai

Information: www.poway.org/kiic



Location:

13104 Ipaayuk Trail (formerly Silver Lake Rd)

FREE Docent-led Tours:

(858) 668-1292

Classes Offered: Basket Weaving, Native Food, Medicines & Materials, Flint Knapping, & more

Information: (858) 668-1292

www.poway.org/kiic

www.friendsofthekumeyaay.org

Docents Wanted!

Interested in Native American culture or helping students learn about this valuable archaeological site? A variety of opportunities are available. For information, please leave your name and telephone number at (858) 668-1292.

Ancient Community of Pauwai Uncovered!

Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. The evidence of their lives and work can be seen today at the Kumeyaay Center. Visit us on Saturday mornings and take a guided tour of this archaeological site where you will experience artifacts, 'ewaas, and a milling and grinding station.



Kumeyaay-Ipai School Tours

Students learn the history, experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. School tours are available Thursday & Friday mornings throughout the school year. Cost: \$4 per student. Information and scheduling: www.poway.org/kiic

Lake Poway

Information: www.poway.org/lakepoway



Park Hours:

Year Round

Daily, 6am to Sunset

Lake Fishing & Boating Hours:

**November - Sept
October**

Wed-Sun, 6am to Sunset
Wed-Sun, 6am to Sunset
(Shoreline fishing only Mon-Fri)

Information:

(858) 668-4770 | www.poway.org/lakepoway
Park/Pavillion Reservations **(858) 668-4595**
Lake Poway Concession **(858) 668-4778**



Blue Sky Ecological Reserve

Information: www.poway.org/bluesky



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, resource preservation activities, and programs. Bring your school or Scout group for an outdoor nature program, discover skins, skulls, and animal artifacts with the family, or enjoy a relaxing hike in this unique habitat. Information: www.poway.org/bluesky.

Discovery Tables

Interactive display on Animals and Plants of Blue Sky with docents on hand to answer your questions.

Sunday

8:30-11:00 am

January 19 **FREE**



FREE Docent-led Nature Walks

Find our Activities Schedule on the website or at Blue Sky Reserve, City Hall, or Lake Poway. Please wear comfortable shoes, a hat, and carry plenty of water. Binoculars are recommended. Scout and group tours are available by reservation. All hikes begin at the south end of the Blue Sky parking lot.

Junior Nature Ranger Program

Become a Blue Sky Junior Nature Ranger! This program is a wonderful opportunity for families to share time together and connect with nature. Children must be between the ages of 6-10. Docents will lead children through a series of activities allowing them to experience nature first-hand, and have fun in the outdoors. A Nature Ranger certificate will be issued upon completion of activities. Limited to 15 children. To sign up, or for more information, call the Blue Sky office at (858) 668-4781.



Saturday 8:30-10:30am February 8 FREE

School Tours and Outreach Program

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



Wanted! Docents

Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? Want to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve? We have something for everyone!

Docents assist year-round in a wide variety of capacities. Whether leading regularly-scheduled nature hikes; working with scout or school groups; helping with special events; restoring habitat, or conducting patrols, docents contribute significantly to the preservation and enjoyment of our natural areas.

To become a docent, some prior knowledge of natural history is desirable but a willingness to learn is more important. Orientation will be held on Saturday, February 1, 2014, from 8:00 a.m. to 12:00 p.m. Seven additional training sessions will be spread out over the following three months on Saturday mornings, and will also include two Wednesday evening sessions.

If you are interested in becoming a docent, please call the Blue Sky office at (858) 668-4781 for more information.

Sycamore Canyon Goodan Ranch Preserve



Location:

16281 Sycamore Canyon Road
Poway, California 92064

Information:

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: www.sdparks.org

Over ten miles of trails and service roads open to hiking, mountain biking and equestrian use. Preserve visitors are welcome to visit our new visitor center. Live animals and exhibits on Goodan History, Cedar Fire, Kumeyaay and the MSCP are on display.

Events, hikes and programs start at various Preserve locations. **Some require a one mile walk from Goodan Ranch staging to the Visitor Center.** Please check descriptions closely. No vehicular traffic is permitted in the Preserve. Transportation for those with disabilities can be arranged, by calling the ranger at (858) 513-4737.

Goodan staging area accessed from Poway Rd. east on Garden Rd, then south on Sycamore Canyon Rd. Sycamore Canyon Rd. ends at staging area.

Highway 67 staging area accessed through SOUTHBOUND Highway 67 only, half a mile south of Scripps Poway Parkway. All events are free. For information or to make event reservations call (858) 513-4737 or email Justin.Gibbons@sdcounty.ca.gov



Goodan Ranch Winter Programs

Rain or clouds may cancel some activities. Please check with the Preserve.

Star Party

Friday, December 20, 2013 | Sunset

Scavenger Hunt

Saturday, January 11, 2014 | 9:30-11:30am

Star Party

Friday, January 17, 2014 | Sunset

Wildlife Bingo

Saturday, February 8, 2014 | 9:00am-12:00pm

Star Party

Friday, February 21, 2014 | Sunset



Poway Library



photo: T. Piranteau

Location:

13137 Poway Road, Poway, CA 92064

Hours:

Monday-Thursday: 9:30am-8:00pm
Friday & Saturday: 9:30am-5:00pm
Sunday: 12:00pm-5:00pm

Information:

(858) 513-2900
www.sdcl.org

All programs subject to change, please check our website, call, or stop in the Library for further information.

Children's Programs

(December 2013, January and February 2014)

Storytime

Baby Storytime Mon 9:45-10:15am
Toddler Storytime (ages 1-2) Mon/Tue 10:30-11:00am
Preschool Storytime (ages 3-5) Wed/Thu/Fri 10:30-11:00am

Family Storytimes

Hop on Pop: Storytime with Dad: The perfect chance to read with Dad (Moms are welcome, too!)
 Wed 7:00pm Dec 11/Jan 8/Feb 12

PJ Storytime: Snuggle up with a good story while in your comfy pajamas!
 Wed 7:00pm Jan 22/Feb 26

Book Clubs and Special Events

Puppet Show: Dec 4, 10:30am/Jan 2, 6:30pm/Feb 5, 10:30am

Elementary Afternoons: Early afternoon entertainment for elementary school children and homeschoolers
 Wed 12:30-2:30pm Dec 4, Jan 15, Feb 5 & 19

Toddler Time (ages 1-2): Featuring toddler-specific developmental and sensory activities.
 Wed 1:00-1:30pm Dec 11, Jan 8, Feb 12

Star Wars Party (ages 7-11): Enjoy an afternoon filled with fun, adventure and the force!
 Thu 4:00-4:45pm Dec 12

Storytime with Santa (children of all ages): Stories, milk, cookies and an appearance from Santa himself. Parents, don't forget your cameras!
 Wed 6:30pm Dec 18

Information: www.sdcl.org

Superhero Party (ages 7-11):

Explore the powers behind your favorite superheroes!

Thu 4:00-4:45pm Jan 9

Valentine Tea Party (children of all ages): Bring your Valentine to the library for a tea party and craft.

Thu 4:00-4:45pm Feb 13



Teen Programs

(6th-12th grade)

All activities start at 4:00 pm

Teen Activity	1st Tue of the Month
Teen Craft	2nd Tue of the Month
Teen Book Club	3rd Tue of the Month
Teen Movie and Pizza	4th Tue of the Month
Teen Activity	5th Tue of the Month

Adult Programs

Ask a Nurse: Free blood pressure screenings provided by a Palomar Hospital health specialist.

Mon 10:00am-12:00pm Jan 6/Feb 3

Learning About Stroke Risk: Presentation by a Palomar Hospital health specialist.

Thu 5:30pm Jan 30

Discovering Your True Love: A unique seminar offered by Victor Razee about love, acceptance, appreciation, and forgiveness.

Thu 5:30pm Feb 6

Poway Senior Center



Location:

Poway Community Park, Weingart Center Bldg.
 13094 Civic Center Drive, Poway, CA 92064

Hours:

Senior Center Mon-Fri 8:00am-4:00pm
Gift Shop Mon-Fri 10:00am-2:00pm

Information:

(858) 748-6094
www.powayseniorcenter.org



Need a Ride to Lunch? Call Paul Boston, Nutrition Manager at (858) 748-6094 ext. 304 for details.



Open to everyone 18 and up.
 All proceeds help support Poway Senior Center programs and services. Come have fun and win!

Saturdays at 5:30pm

Tuesdays at 12:15pm



Why not donate your time and give back to our very special senior community?

Call Mary Supanchick, Volunteer Services Manager, at (858) 748-6094 ext 305.

Volunteers are needed for:

- RECEPTIONIST:** Any four-hour shift Monday through Friday, must be good with people and answering questions.
- BINGO:** Monitors, Callers, Cashiers, or Managers. **Background check and one-year commitment required for bingo volunteers.**

Information: www.powayseniorcenter.org

Annual Membership only \$35.00!

Come Join Us for:

- **Feeling Fit Exercise** twice weekly
- **Wii Bowling**
- **Line Dancing**
- **Needlecrafts, Quilting, and Jewelry Making**
- **Health & Wellbeing Lectures and Presentations**
- **Social Groups**
- **Support Groups**
- **Local Discounts**
- **Fun Friday's!.... Ping-Pong, Board Games, Cards, Line Dancing, Billiards, and more**
- **Monthly Ball Room Dance (\$5 fee includes Live Band)**

"YES, I want to join Poway Senior Center!"

Here is my Membership fee of \$35 (cash or check), to Poway Senior Center.

Name _____

Address _____

Phone/email _____

Please deliver cash or mail check to:

Poway Senior Center
 Poway Community Park, Weingart Center Bldg.
 13094 Civic Center Drive
 Poway, CA 92064

Poway Senior Center is a 501(c)3 non-profit corporation that provides programs and services to the seniors of North County Inland. We rely on community volunteerism, donations, grants, and memberships.

Poway Center for the Performing Arts



POWAY CENTER *for the* PERFORMING ARTS

Location:

15498 Espola Rd, Poway, CA 92064

Hours:

Box Office Hours: Fri 12:00pm-5:00pm
Sat 10:00am-3:00pm

Closed Sunday-Thursday, and major holidays.

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

Art Gallery & Facility Tue-Fri 9:00am-5:00pm
Sat 10:00am-3:00pm

Closed Sunday, Monday, and major holidays.

Information:

Administration (858) 668-4693
Box Office (858) 748-0505
www.powaycenter.com

Check Out Our Website!

View our upcoming shows and purchase tickets online on our website at www.powaycenter.com. The Poway Center for the Performing Arts hosts professional performances ranging from major plays and concerts to appearances by individual artists of national acclaim. The Poway Unified School District and community-based organizations also host a variety of quality events for all ages and interests.



Purchase Tickets the Easy Way!

Tickets are available online, over-the-phone, or at our Box Office. Choose the method that works best for you! View upcoming shows and purchase tickets online at www.powaycenter.com. Handling fees vary; see our website for details.

Get Involved!

Become a part of the theatre world without ever stepping on stage! Our team of volunteer ushers provides valuable show services, such as taking tickets and assisting patrons to their seats. Sign-ups occur throughout the year and volunteers earn free tickets to performances. Information: www.powaycenter.com or (858) 668-4795.

Information: www.powaycenter.com

Upcoming Art Exhibits

Visit the PCPA, September through June, to view our featured Art Exhibits. A new exhibit opens monthly, showcasing a wide variety of styles, techniques, and media from local and regional artists, as well as student art.



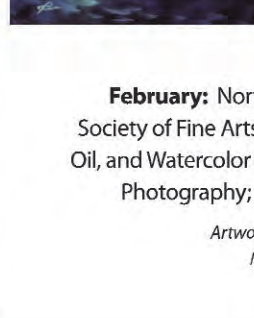
November:
Gordon Bashant
Watercolor Paintings
Artwork: Coronado Yacht Club
by Gordon Bashant



December:
Studio Art Quilt Associates
Textile Art Quilts
Quilt: City Buildings by
Ginny Eckley



January: L. Graham
Fine Art – Oil Paintings
Artwork by L. Graham



February: North County
Society of Fine Arts – Acrylic,
Oil, and Watercolor Paintings;
Photography; and More
Artwork: Jumbo by
Moses Muturi



Poway Center for the Performing Arts Foundation Presents

POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION PROFESSIONAL PERFORMANCE SEASON 2013-2014



GO TELL IT ON THE MOUNTAIN: BLIND BOYS OF ALABAMA CHRISTMAS SHOW

Saturday, December 7, 2013, 8pm

For foot-stomping, roof-raising gospel music, there is simply no substitute for the Blind Boys of Alabama. Get on your feet and dance to rousing and spiritual renditions of Christmas carols, hymns, and pop standards! You won't want to miss this very special holiday program.

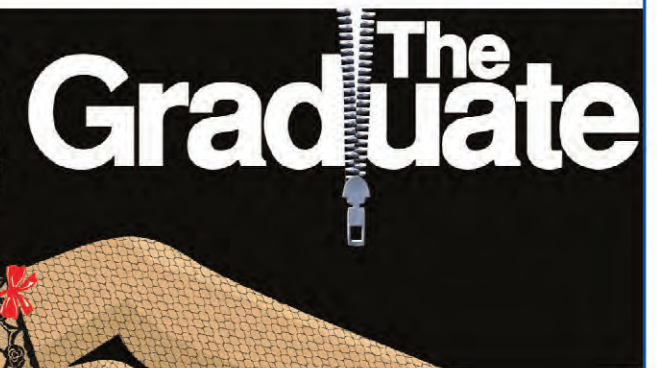


DIRECT FROM IRELAND CELTIC NIGHTS: THE EMIGRANTS BRIDGE

Friday, January 24, 2014, 8pm

A night of music, song and dance! The Emigrants Bridge celebrates the songs and people of the Emerald Isle, expertly weaving the lilting melodies and plaintive lyrics of the rich Celtic heritage to tell the story of the Celtic people – scattered across the globe yet unified through music.

The audience is invited on a journey, transported in time through traditional ballads, vivid choreography and the story of a people struggling to find their place in a changing world.



LA THEATRE WORKS SUSAN ALBERT LOWENBERG, PRODUCING DIRECTOR, PRESENTS THE GRADUATE

Saturday, February 22, 2014, 8pm

L.A. Theatre Works, a Los Angeles-based theater company whose mission is to match classic stories with headline actors, introduces a new stage version of *The Graduate*. Fifty years later, we ask the same question... "what does the future hold?"

Made possible by the McCarthy-Goldsmith Theatre Fund



TICKETS ON SALE NOW POWAYARTS.ORG 858-748-0505

SEASON SPONSORED IN PART BY



Mutual of Omaha Bank



REGISTRATION

Registration begins **DECEMBER 3** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Online

Online registration is available by visiting the City of Poway web site below. A \$1.50 convenience fee will be charged per class registration or waitlist request. Payment must be made by credit card only (MasterCard or VISA).

Website:
www.poway.org/classes

2. Walk-In

Walk-in registration is available at the Community Services Department during business hours.

Location:
13325 Civic Center Drive

Extended Hours:
Mon-Thurs 7:30am-5:30pm
Fri 8:00am-5:00pm (Closed every other Friday)

3. Mail-In

Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. 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

REFUNDS Should you withdraw from a class, you will be charged a \$15.00 administrative fee, which will be deducted from the refund amount. Full refunds will be issued for all classes canceled or overbooked by the City of Poway and/or the Independent Contract Instructor. Refunds after the start of the second class require written verification of an emergency/extended illness. Refunds approved after the second class will be prorated and the \$15 administrative fee will be applied. Requests may be mailed or submitted in person to the Community Services Department, located at 13325 Civic Center Drive. If a refund is approved, a check or credit will be issued within three to four weeks from the date of approval. Credit card accounts will be credited.

SWIM LESSON REGISTRATION

Please note the age and skill level requirements for each class. If you are unsure which level to enroll in, skill assessments are available at the Swim Center by appointment. Students who are 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 Mike Varga at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4595.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

ENROLLMENT PRIORITY is determined on a first-come, first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway once the registration period opens.

FINANCIAL ASSISTANCE – P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might 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 web site at www.poway.org/play.

Registration Form

City of Poway: P.O. Box 789, Poway, CA 92074-0789 | Community Services Dept: (858) 668-4595

Parent/Guardian Name (please print)

Home Phone

Address

Work Phone

City/State/Zip

E-mail

First & Last Name of Participant	Birthday (If under 18)	Age	Sex	Class Title	Class Registration #		
					First Choice	Alt. Choices	Fee

FORM OF PAYMENT:

☐ Cash | amount \$

☐ Charge | MC/Visa # Exp.

☐ Check | #

Would you like to support the PLAY Scholarship Program or the Fireworks Fund by including an additional ☐\$2 ☐\$5 ☐\$10 or ☐\$ in your payment?

Participant Waiver: The undersigned fully understands that my/my child's participation in the above events/classes potentially exposes my child or me to the risk of personal injury or property damage. I hereby acknowledge that participation in these events/classes is voluntary and agree to assume any such risks. Further, in consideration for being permitted to participate in these events/classes, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of Poway, and its officers, agents, and employees from any and all claims, demands, actions or suits arising out of the connection with my/my child's participation in these events/classes. I assign to the City of Poway and its officers, employees and agents, all rights to any photographs and/or video taken of me/my child and/or any organization(s) represented by me, and any printed matter in conjunction with such photographs and/or video hereinafter referred to as MATERIAL, for advertising and marketing purposes. I hereby authorize the City of Poway to reproduce, copy, exhibit, publish or distribute any and all such MATERIAL. I and/or any organization(s) represented by me understand and agree that the City of Poway will be held free and clear of any responsibility or claim for any liability directly or indirectly associated with the use of said MATERIAL.

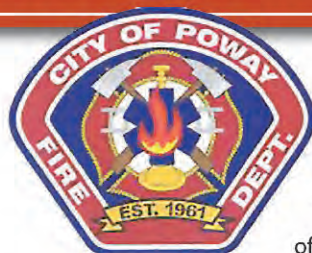
Signature

Date

FOR STAFF ONLY: Entered by:

Date:

City of Poway Fire Department **FAQs**



Why do I have to call 911? If I call the fire station directly, wouldn't it save time? Firefighters might not be at the station when you call. Even if they are, they will activate 911 so other emergency responders are notified. The 911 system is designed to save valuable seconds by quickly locating and routing the call to the sheriff or fire unit that is closest to your location.

When there is only a small fire, why do so many fire engines respond? Different types of fires require different levels of response from the fire department. Car fires, dumpster fires, and ringing alarms usually get a single fire engine response. If a single-family house fire is reported, typically three fire engines, a ladder truck, a paramedic ambulance, and a chief officer will respond. Fires reported at a commercial business will get a fourth engine and a second ladder truck. If these units are not needed, they will be released back into service by the Incident Commander.

When I call for the paramedics, why does a fire engine show up?

The Poway Fire Department has two firefighter/paramedics assigned to each of their ambulances and one or more on each fire engine and ladder truck. Our department responds with the closest engine and ambulance for medical aids; however, sometimes an ambulance may be responding from a distance, so having the closest engine respond can get help to a victim more quickly. There are also times when a medical emergency is quite serious and may require the assistance of multiple crewmembers. If the situation does not require both crews, one of the crews will be released and placed back into service.



Why does Poway need a ladder truck? While it is true that Poway does not have many tall buildings, there are a few structures in town such as Pomerado Hospital, a multi-story hotel, a number of apartment complexes, and some large industrial buildings set back from the street in the Poway Business Park that would require ladder truck service in an emergency event. Although most people believe that the large aerial ladder is used only for tall buildings, it is also utilized for horizontal reach.

In addition, the ladder truck carries an assortment of equipment not normally carried on a fire engine. Some of this equipment includes additional ground ladders, the Jaws of Life, forcible entry tools, generators, lights, and salvage equipment.

What kind of fire extinguisher should I buy for my home? Homeowners should buy an extinguisher that can handle Class A, B, and C fires.

These extinguishers are designed to put out the types of fires that usually occur in homes such as wood, paper, flammable liquids, and electrical fires.

Do I need to put a smoke detector in every room? How many do I need? At a minimum, smoke detectors

should be placed outside each sleeping area and on every level of the home including the basement. On floors without bedrooms, detectors should be installed in or near living areas such as dens, living rooms, or family rooms.

What can I do to protect my house from wildland fires?

To protect your home from wildfires, you must create a safety zone, buffer zone, or firebreak of at least 100 feet around your home by reducing the amount of dead or dying vegetation. For more information, please go to www.poway.org, call the Poway Fire Department at (858)668-4460 (for protecting your home) or call the Development Services Department at (858)668-4600 (for protection of sensitive habitat).



What do firefighters do when they are not on emergency calls?

Firefighters work 24-hour shifts with 24 hours off in between. Training and equipment maintenance are an important part of each day's schedule. Firefighters also conduct fire safety inspections of businesses, prefire planning of target hazards, educational fire safety talks and station tours to school children.

Why do I see firefighters working out while on duty? When a firefighter is suited up to fight a fire, he/she is

wearing close to 50 pounds of protective gear not including the hoses and tools that are required to perform their job. Because firefighting is a very physically demanding job, the firefighters are encouraged to work out while on duty and to stay physically fit.

What does a firefighter's workday routine consist of? A typical 24-hour shift will begin with firefighters inspecting

their safety gear and equipment and medical equipment. The engineer will inspect the fire engine and other fire apparatus to ensure that they are ready. The Captain schedules the day's activities which may include training drills, building inspections, physical fitness, report writing, and other assigned tasks or projects. Of course, they also respond to both emergency and routine calls for assistance.

Plant A Tree, Make a Difference! Tree Trust Fund Invests in Urban Forest Future



Poway is home to over 15,000 public trees that line our scenic roadways and beautify our public spaces. In our 14th year as a Tree City USA, Poway remains committed to the health, vibrancy and density of our community forest so that our country ambiance can be enjoyed by many generations to come.

According to the USDA Forest Service, trees are vital to community health and have a positive impact on a community's businesses and tax base. Their research shows that 100 trees remove 26 tons of carbon dioxide and 305 pounds of pollutants a year, and capture 204,000 gallons of storm water a year. While those 100 trees over 40 years require an estimated \$89,000 for caretaking, they return over \$160,000 in benefits. The Forest Service further states that trees significantly increase the value of homes and businesses while providing incalculable benefits to community health and happiness, including enhanced student learning.

Poway's public trees are regularly assessed and maintained. In almost all cases, for every tree that is removed (most often for poor health), two replacement trees are planted. Additionally, non-replacement plantings occur to ensure diversity of species for grove health and spacing of tree ages to support the long-term vitality and longevity of our local urban forests.

If you would like to support our public trees, please consider donating to the City of Poway's Tree Trust Fund so that we can continue to protect and expand this priceless community legacy. Tree Trust Fund donations are used to replace public trees and further reforestation efforts. Checks made out to City of Poway and clearly labeled "Tree Trust Fund" can be sent to the City at 13325 Civic Center Drive, Poway, CA 92064.

This Season, Deck the Halls with Less Stuff!



Just in time for the holidays, EDCO has expanded local curbside recycling to accept aseptic containers. Aseptic containers are also called "Tetra Pak" in reference to the maker of this product that is typically a mix of paper, polyethylene and aluminum with a tight polyethylene inside layer. These products include juice boxes, as well as coconut water, soy milk and broth containers.

And, speaking of the holidays and recycling... This is a great time of year to enhance our efforts to "use less stuff!" More waste is created between Thanksgiving and New Year's than any other time of year. According to CalRecycle, we generate an extra 25 million tons of garbage during this most wonderful time of the year. It's a great time to faithfully practice the expanded R's: Rethink; Refuse; Reduce; Repair AND Reuse; and Recycle (as a last resort).

We've heard it said that less stuff equals less stress—sounds like a worthy goal for wrapping up 2013 and kicking off a brand new year!!

Rethink Refuse Reduce Reuse Recycle

Consider greening your holidays by giving gifts that don't add to the "stuff," like:

- ▲ Tickets to a favorite sporting event, movie, play or concert
- ▲ Gift certificate to a favorite restaurant
- ▲ Gym or museum membership
- ▲ Donating to a loved one's favorite cause in their name
- ▲ Giving the gift of time by cooking a favorite meal, providing an evening of childcare or repairing a currently broken, but reusable item

Explore Poway's Hidden Loop Trails Endless Possibilities Await!

Many Poway residents are well aware of the City's 55 miles of recreational trails, but few are likely aware of the hidden loops this trail system has to offer those users willing to do a bit of exploring. Many of Poway's existing trails are informally connected by less documented "feeder" trails which have endless possibilities. Explore one of those possibilities after a day of picnicking with family and friends at Old Poway Park by traversing the informal loop that starts right at the park's center.

Begin by heading east across the white Victorian bridge, then continue east toward the Blacksmith's Shop. Cross Midland Road heading to Veterans Park and continue traveling east along the north side of Adrian Street. As you transition from parkland to neighborhood, you'll observe spot-portions of trail on your left. These spot-portions are the initial trail improvements which will someday connect Old Poway Park to its neighboring communities to the east. Continue east for an additional .3 miles and you will reach the end of the street, where you will leave the pavement and enter into a short segment of official trail. You have just connected into Poway's Tierra Bonita Trail.



Continue your trek by making a left turn to the north at this junction and head up and over the hill, where you'll find yourself in horse country, with private horse stables to your right and Poway's historic Poway Valley Riders Association Arena on your left. Continue just beyond this arena to the north side of the creek and you'll have reached the next phase of the loop; make another left turn to the west onto the Kent Trail and you'll find that you are now entering the peaceful serenity of Rattlesnake Creek. As you follow the trail west, observe how this segment of creek transitions from a formal channel to a less formal native habitat. Before you know it, you'll find yourself back at Midland Road. Cross

Midland Road and make your final left turn to the south. Continue south until you reach the pedestrian bridge that connects Midland Road to Aubrey Park. Cross into Aubrey Park and follow the trail through the middle of the ball fields and into the Aubrey Park parking lot. Cross Aubrey Street and you'll be right back where you started from—Old Poway Park! Now that you have the basic idea, take some time to research the City's downloadable trails guide at www.poway.org and create a few loop adventures of your own.

Winter Water Wisdom

Taking steps now during the cooler, wetter months will put you in good shape for summertime when water use (and water bills) tend to be highest. Take advantage of these rebates and resources now to generate summer water (and budget!) savings that can benefit you all year long.

Wondering where to start? Check-out three great resources to help you begin:

Free Water Use Evaluation – Available for residences and businesses. To learn more and schedule an appointment, call (866) 883-1332 or visit www.watersmartcheckup.org.

eGuide to a WaterSmart Lifestyle –

Free, digital 140-page magazine viewable on tablets, smart phones and conventional computers reflecting San Diego County's Mediterranean climate and covering landscape design, water-efficient plants, outdoor rooms, finding and fixing leaks, healthy soil, smart buys on plumbing fixtures, landscape maintenance, and drought survival for gardens. Available at www.watersmart.org/residential-guide.

Landscape Classes – Take a landscape class for ideas to improve your yard's water-efficiency.

Saving Water and Dollars is a Good Idea in Every Season!

A class is scheduled for Saturday, January 25, 2014 in Scripps Ranch in partnership with the City of San Diego. Visit www.poway.org/waterconservation to learn more or call (619) 533-7548 to register.

Rebate Programs – Rebates are available for indoor and outdoor devices that maximize water efficiency, such as high-efficiency washing machines, toilets, and rotating sprinkler nozzles. Additional rebates are now available for rain barrels and soil moisture sensors for landscaping. Before making a purchase, visit www.socalwatersmart.com to learn about the application process and eligible devices.

Cash for Grass – The WaterSmart Turf Replacement program can help pay for replacement of front-yard turf grass with California-friendly landscaping. To learn more, visit <http://turfreplacement.watersmart.org>. To ensure funding, make sure you submit an application before beginning any landscape work.

For more information on water-efficiency programs offered by the City of Poway, visit www.poway.org/waterconservation.

How Do You Stuff a Tree into a Garbage Can?



You don't!! Please recycle your tree after the holidays. EDCO

will collect your tree curbside on collection day for two weeks after Christmas day. Simply remove all ornaments, tinsel, lights, and tree stands from the tree before recycling. Trees should also be cut to lengths of no more than four feet. Flocked trees (covered with artificial "snow") are not recyclable and will be collected with other refuse. Look for more details about tree recycling in your EDCO billing statement, or call EDCO Waste and Recycling Services at (858) 748-7769.

POWAY Events THIS WINTER

What's Inside:

PAGE 1

Holiday Shopping Safety Tips
The Value of Volunteering
Poway's New Economic Development Manager

PAGE 2

What's Your Water Worth?
When it Rains, It Drains
Lift Station Maintenance

PAGE 15

Fire Department FAQs
Plant a Tree, Make a Difference!
Deck the Halls with Less Stuff!

Christmas in the Park

Saturday, December 14 | Old Poway Park

New! Winter Festival

Friday-Saturday, January 10-11, 2014 | Community Park

Youth Fishing Derby Campout

Friday, February 7, 2014, Setup starts at 7:00am | Lake Poway

Youth Fishing Derby

Saturday, February 8, 2014, 6:00am | Lake Poway

For more information on these and other Poway events, visit www.poway.org

You can also now follow us on Twitter and like us on Facebook!

[@cityofpoway](https://twitter.com/cityofpoway)

[City of Poway](https://www.facebook.com/cityofpoway)



Santa arrives at Christmas in the Park

POSTAL CUSTOMER

City of Poway
Poway, CA 92064

ECR-WSS

PSRT-STD
U.S. Postage
PAID
Permit No. 1942
San Diego, CA

Published by City of Poway
POWAY Today
A Quarterly Municipal Newsletter for the Residents of Poway, California

City Council

Mayor Don Higginson
Deputy Mayor John Mullin
Councilmember Jim Cunningham
Councilmember Dave Grosch
Councilmember Steve Vaus