

POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Fall 2013

Zero Tolerance Distracted Driving Enforcement

Distracted driving is a serious traffic-safety concern that places everyone on the road at risk. In recent years, hundreds have been killed and thousands seriously injured in California as a result of collisions that involved at least one driver who was distracted. In April 2013, the Poway Sheriff's Department along with law enforcement across the state increased its crackdown on cell phone use and texting.

"We all know that talking on our cell phones while driving is distracting, but that doesn't stop some people from continuing to do it," said Sheriff's Department Captain William Donahue. "This effort was intended to educate our community about the dangers of cell phone use while driving. We hope that once people see the statistics and realize the danger involved, they will change their driving habits to help protect themselves, their families, and others on the road."

Drivers who use hand-held devices are four times more likely to get into crashes serious enough to injure themselves and others.

Inexperienced drivers under 20 years old have the highest proportion of distraction-



it's
NOT
worth
it!

related fatal crashes. In addition, studies show that texting while driving can delay a driver's reaction time just as severely as having the blood alcohol content of a legally drunk driver.

Studies also show that there is no difference in the risks between hands-free and hand-held cell phone conversations. Both can result in "inattention blindness" which occurs when the brain isn't seeing what is clearly visible, because the driver's focus is on the phone conversation and not on the road. When over one-third of your brain's functioning that should be on driving moves over to cell phone talking, you can become a cell phone "zombie."

As part of April's Distracted Driving Awareness Month campaign, the Sheriff's Department actively ticketed drivers who were texting or operating hand-held cell phones. The Sheriff's Department in Poway issued 111 citations to people talking on their cell phones and three to people who were texting.

How to Avoid a Distracted-Driving Ticket or Accident

The Sheriff's Department offers the following tips:

- Turn off your phone and/or put it out of reach while driving
- Include in your outgoing message that you can't answer while you are driving
- Don't call or text anyone at a time when you think they may be driving

The current minimum fine for this type of ticket is \$159 with subsequent tickets costing at least \$279. Last April, over 57,000 tickets were written statewide for texting and hand-held cell use. In 2012, there were nearly 450,000 convictions. Whether it's a ticket or a crash, as the campaign theme states, "It's Not Worth It!"

Lake Poway Concession

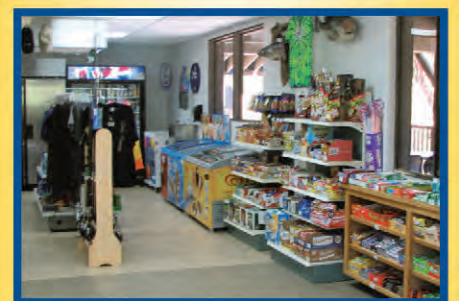
Food, Drink
Boats, Bait & Tackle

Newly Remodeled and Open for Business!

Whether you are fishing, hiking, picnicking, or just spending quality time in the great outdoors, come check out the newly-remodeled and fully-stocked Lake Poway Concession. It has something for everyone!

Rick Pinto is the new owner of the Lake Poway Concession; although not new to Poway or the Lake. Rick worked on the Lake Poway dock for five years. He is in touch with customer needs and is committed to "providing great service at a reasonable price." With nearly 26 years of retail management experience, Rick opened the concession in early January 2013. He immediately went to work remodeling the building and stocking it with a complete array of provisions.

Rick says, "There is something for everyone and I am always stocking something new thanks to the valuable input I receive from customers." For anglers, the concession carries live bait and a wide selection of artificial bait, fishing rod and reel combinations, and any other fishing items that you might need for your outing.



Hungry? Rick has forty-two flavors of ice cream, fresh fruit, power bars, candy, chips, and hot dogs. There are also microwavable corn dogs, burritos, pizza, and breakfast sandwiches. Beverages include water, sports drinks, juice, tea, and cold beer.

Rick also sells Lake Poway t-shirts, hats, hiking and picnic gear, dog treats, duck food, charcoal, and more.

So, stop by and visit Rick, and enjoy what he calls "the best view in town."

MARINES STORM CITY FOR CAREER TIPS

About 50 Marines from the 1st Light Armored Reconnaissance (LAR) Battalion spent the morning at the City's Public Works yard focusing on careers in Public Works and transition tips for moving from a military career to the civilian work world.

"The Highlanders" were welcomed by Councilmembers, City Manager Penny Riley and Public Works staff. The Marines received an overview of Public Works including targeted information on careers in Water Treatment and Distribution, Wastewater, Utility Systems, Parks, Fleet, Streets, and Storm Water. Palomar College joined in the morning's activities providing an overview of vocational educational opportunities available through the College.

The City of Poway adopted the 1,180 member Marine Battalion on May 25, 2004 through the America Supporting Americans Adopt-A-Military Unit Program. The 1,180 member LAR, based at Camp Pendleton, has more than 700 Marines serving in the Helmand province in the southeastern portion of Afghanistan.

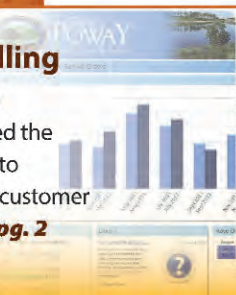
The City of Poway is proud to participate in several jointly-sponsored activities each year to extend our appreciation and support to our adopted Marine Unit.



This Issue:

New Utility Billing & Info System

The City has improved the water billing system to streamline access to customer billing information. **pg. 2**



The Wonder of Safe Water

It's no miracle that the City works hard to keep Poway's drinking water safe. **pg. 2**

Rainy Season Flood Preparation

Get prepared for potential flooding this season. **pg. 15**



Disaster Preparedness App

It's specific to San Diego County and available for FREE! **pg. 15**





Recycle Know-How

Remember to Responsibly Dispose of Special Waste

Before you clean out your garage or backyard shed, make plans to use a take back program to recycle or properly dispose of some of the special trash you might find during your cleaning adventures.

Some good news on the paint recycling front...in the Fall of 2012, some local retailers began serving as drop-off sites to receive paint for recycling. In order to fund collection, transport, recycling and proper disposal of architectural paint, retailers are now charging a fee ranging from 35¢ to \$1.60 (depending on container size) on all architectural paint sold in California. Visit www.paintcare.org and click on the map to find a store near you that will accept paint you are ready to recycle.

Other no charge take back programs that accept products that cannot be put in your recycle bin are listed below:

Cell Phones and Rechargeable Batteries: Visit www.call2recycle.org to find a store near you that accepts these items.

Compact Fluorescent Light Bulbs (CFLs): Home Depot and Lowe's stores are accepting CFLs for recycling.

Computers and Other Electronics: Visit www.sdgoodwill.org or www.recyclesandiego.org for information on recycling these items.

20 Pound Propane Barbeque Cylinders: Accepted at Blue Rhino and Amerigas outlets.

Used Motor Oil (up to 5 gallons at a time) and Oil Filters: Visit www.calrecycle.ca.gov

Styrofoam Packing Peanuts: Check with UPS, Mailboxes, Etc. and FedEx or call the Peanut Hotline at 1-800-828-2214 for additional businesses that take packing peanuts.

Unused or Expired Prescriptions and Over-The-Counter Medications: Use the drop box at the Poway Sheriff's Station or check www.sdsheiff.net for other locations.



Computer monitors, TVs, mobile phones and other electronic equipment should not be disposed of in your regular trash or recycling bins. They can be recycled at no charge via one of several take-back programs

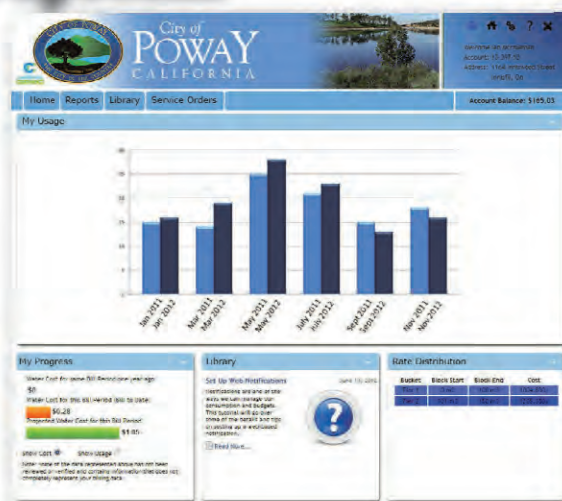
New Utility Billing & Customer Information System

The City of Poway began implementing a new Utility Billing/Customer Information System in the Fall of 2012. This new system will significantly improve customer access to water billing and usage information, streamline the City's billing process, and integrate the City's maintenance management and GIS systems.

The system's web-based service, called "Customer Connect," will allow customers to view water consumption information and real time account status. Customers will also have the ability to view prior year's consumption by billing period, as well as payments made on their account. On the "Customer Connect My Account" page, users can manage their own account. An example of this would be the ability to control billing alerts via email or text. Customers will also be able to view a variety of online reports and submit utility service requests online.

During the implementation stage, staff has been preparing, testing, and converting data from the current Utility Billing system to the new system. As the City moves closer to going "live" on the new system, all customers will receive more information via email or mail, including instructions on how to set up a new online account, and how to access Customer Connect.

Prior to implementation, City staff evaluated a number of systems, which were rated based on the best overall value for a complete utility billing solution including installation,



The City's new utility billing system includes enhanced on-line features. Depicted above, "Customer Connect" will provide account-specific consumption and billing histories as well as user-friendly functions to personalize customer account management.

conversion, implementation, training, and support. The City chose the NorthStar Utilities application by N. Harris Corporation, which was determined to be the most qualified and cost-effective choice that most closely matched the current and anticipated future needs of the City. The NorthStar system is a well-established and proven product, with a customer base of over 350 agencies in North America. The City and its customers will benefit from NorthStar's extensive knowledge, experience and use of industry best practices. Look for an update soon.

The Wonder of Safe Water

It takes more than just turning on the tap to get fresh, clean water

Despite the many miracles of modern technology, roughly 800 million people around the world still lack access to safe drinking water. We often take for granted the complex technology that ensures safe water comes from our faucets when we turn the handle or the simple act of washing a child's face with clean water to prevent life-threatening diseases.

In Poway, we consume about three billion gallons of water each year. About half is used for landscaping, and the other half is used for drinking, cooking, bathing, and other basic human needs. Ensuring water is clean and safe to consume is a top priority for the City of Poway.

Protecting water quality within 289 miles of pipe for about 13,000 residents and businesses requires constant vigilance and dozens of daily activities.

All Poway drinking water is purchased and imported from the Colorado River and Northern California. It comes to Poway "raw" and is treated at the Lester J. Berglund Water Treatment Plant (next to Lake Poway) before it is considered "potable" and safe for human consumption.

Once it leaves the Treatment Plant, Poway's efforts to ensure safe drinking water include several programs required by State and Federal law:

- Backflow Prevention
- Cross-Connection Prevention
- Water Quality Testing and System Flushing

What are "Backflow" and "Cross-Connection"?

Poway's water system uses pressure to keep water flowing in the proper direction. Water distribution systems are designed so pressure is greater in the lines delivering the water than the pressure on the customer's side of the water meter. However, if there is a drop in pressure on the City's side (caused by something like a water main break or a broken fire hydrant), a reverse flow can occur. This is called backflow. When "backflow" occurs, water on the customer side of the meter can be drawn back into the City's distribution system. Any harmful substances in the customer's water pipes could also be drawn back into the City's water pipes, which could cause illness.

"Cross-connections" are points at which non-drinking water substances can possibly come in contact with drinking water. Connections as simple as a sprinkler system, hot tub, or a fish pond can enable contaminants to enter potable (drinking) water lines if there is a loss of pressure in the system.

Backflow Prevention Protects the System from Contamination

To prevent backflow from a customer's plumbing system into the public water system, approved backflow prevention devices must be installed. Backflow devices prevent water from flowing backwards from a customer's property into the City's water pipes. There are over 1,800 private and public backflow devices in Poway.

Backflow devices are mandated by the State of California health regulations for specific types of water users. The devices must be tested each year to make sure they work correctly.

If there is back pressure, the backflow device will leak the water onto the ground. Water on the ground around a backflow device should be reported to the City or property owner so the device can be checked to ensure it is working properly.

System Water Quality Testing

Annually, more than 4,700 water quality tests are conducted throughout the City of Poway water system. These tests are conducted by certified Public Works utility personnel in the field and also by a contracted laboratory.

Water is flushed from the system as a regular maintenance activity to ensure water quality.

Each year the City of Poway issues a Water Quality Report that lists the current results from water quality tests as well as an explanation of where our water comes from. Please visit the Public Works page of the City's website at www.poway.org for the most current report and see for yourself how the City strives to exceed ALL safety standards. Poway residents can rest assured that they will always have access to the Wonderful World of Safe Water!

For additional information please call the City of Poway Public Works Department at (858) 668-4700.



Examples of water user-types required to have a backflow prevention device include:

- Properties with a well
- Landscape irrigation & agriculture
- Commercial properties
- Automotive businesses
- Dental offices
- Churches
- Properties with fire sprinkler systems and complex interconnected plumbing systems.



POWAY Community Services

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

FALL 2013

Registration begins **AUGUST 6**



SHARP Memorial Hospital SUMMER CONCERT SERIES

There is still time to catch some of the best local entertainment with the Sharp Memorial Hospital Summer Concert Series! The concerts are brought to you by the City of Poway and Sharp Memorial Hospital. Co-sponsorship is provided by Marrokal Design & Remodeling, Cymer, Sullivan Solar Power, and Country Montessori School of Poway. Concerts take place on Sundays from 5:30 to 7:00 pm. Free shuttle service is available from Poway High School north parking lot to Lake Poway. Information: www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.

Date	Location	Performer	Musical Style
Aug 4	Lake Poway	Full Moon Fever	Tom Petty Tribute Band
Aug 11	Old Poway Park	Pomerado Community Band	Big Band



The City of Poway presents free Summer Movies in the Park at Poway Community Park! Bring a blanket or chair

and enjoy a family-friendly movie under the stars. Movies will be shown on a giant, cinema-quality screen. Hot dogs, chips, drinks, popcorn, snow cones, and candy will be for sale; proceeds go to local teen programming. A free, family-fun recreation area opens one hour before the movie begins. Arrive early to get the perfect seat; the movie will begin shortly after sunset. For more information: www.poway.org/communitypark or (858) 668-4671.

Playing on August 17 - **Hotel Transylvania**



**Saturday, August 17
FREE Movie at Sunset!**

History Comes Alive at the Rendezvous in Poway



Visit over 15 living history encampments demonstrating life during California's turn-of-the-twentieth-century and civil war eras. Meet real cowboys, Native Americans, mountain men and women, buckaroos, gunslingers, and soldiers. At 7:00 pm on Friday, October 11, sit around a campfire for stories and songs of the old west with pioneers, or learn to dance at the barn dance in Templars Hall on Saturday, October 12 at 7:00 p.m. The events are free and appropriate for all ages. Information: www.poway.org/oldpowaypark or (858) 668-4576.

RENDEZVOUS ACTIVITIES:

Friday, Oct 11, 10am-4pm

Saturday, Oct 12, 10am-2pm

Campfire: Friday, Oct 11, 7pm

Barn Dance: Saturday, Oct 12, 7pm

FREE for ALL AGES!

Rendezvous in Poway Educational Tours

Let your students LIVE history on **Thursday, October 10 and Friday, October 11**. Groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. These educational tours are designed to coincide with the Poway Unified School District's curriculum and will bring history to life in a fun and educational manner. Advanced registration is required and space is limited. Bookings are made on a first-come, first-serve basis, so call today! For more information, or to schedule your tour, call (858) 668-4576.

Swim-in Movie Night

August 3 at Sundown
\$4/Adult, \$3/Youth & Seniors
\$12 family (up to 5 people)

Enjoy a fun-filled evening of swimming and a screening of *The Lorax*. Bring the entire family along with rafts, inner tubes, and boogie boards to view the movie while in the pool. Bleacher seating will also be available. The movie starts at sundown. Tickets may be purchased in advance at the Swim Center. For more information: www.poway.org or (858) 668-4680.



This Fall is all about FUN!



Kids Night Out
Teen Night Out
Glow-in-the-Dark Dodgeball

For information,
see Page 4

Once Upon a Hallowe'en

The Old Poway
Park Action
Committee
proudly presents

Once Upon a Hallowe'en. This FREE turn-of-the-twentieth-century, family-friendly event will be hosted on Sunday, October 27, from 5:30 to 8:30 pm at Old Poway Park. Celebrate Halloween in a distinctly-different way by taking a ride aboard the "Halloween Express," on Poway's own Baldwin Steam Locomotive. Enjoy story telling in the Porter House, and a haunted house hosted by the Apache Canyon Gang. Play carnival-type games, ducks racing in the Fountain and Hallowe'en haunt crafts around the Carriage Turn. Sparks will fly as the Blacksmith Guild performs Metal Detonations in the dark of night. Information: www.poway.org/oldpowaypark or (858) 668-4576.

Sunday, Oct 27
5:30-8:30pm
FREE for All Ages

Exciting Programs at Blue Sky!

- **FREE Junior Nature Ranger Program** (pg. 11)
- **NEW Solar Walk/Stargazing** (pg. 11)
- **Hoot, Howl & Prowl** (pg. 4)



Coming soon to Community Park – New Rentable Gazebo!

Planning a family picnic or child's birthday party? Why not try the new gazebo at Community Park coming in late fall? You don't have to fear unexpected fall weather with this beautiful shelter. Community Park has four rentable picnic areas with BBQs, room for inflatable bounce houses, and now a gazebo for your next gathering! You can secure your favorite location for a birthday party, baby shower, corporate event, or family picnic. For more spontaneous visitors, there are still plenty of first-come, first-serve spaces available to enjoy an impromptu picnic. Information and pricing can be found at www.poway.org. Be sure to bring proof of 92064 residency in order to receive the Poway resident rate.

HOWL-oween Festivities Galore!

Hoot, Howl & Prowl

Blue Sky comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close! Groups will leave in 15-minute intervals, between 5:30 pm and 8:30 pm, and tours last approximately 75 minutes. End the evening with a warm cup of hot chocolate! Children are encouraged to wear animal costumes. **Registration is required.**

To register, visit www.poway.org/classes on or after August 6.

Location & Parking: Blue Sky Ecological Reserve



8169.200	Sat 5:30pm	Oct 26	\$5/person
8169.201	Sat 5:45pm	Oct 26	\$5/person
8169.202	Sat 6:00pm	Oct 26	\$5/person
8169.203	Sat 6:15pm	Oct 26	\$5/person
8169.204	Sat 6:30pm	Oct 26	\$5/person
8169.205	Sat 6:45pm	Oct 26	\$5/person
8169.206	Sat 7:00pm	Oct 26	\$5/person
8169.207	Sat 7:15pm	Oct 26	\$5/person
8169.208	Sat 7:30pm	Oct 26	\$5/person
8169.209	Sat 7:45pm	Oct 26	\$5/person
8169.210	Sat 8:00pm	Oct 26	\$5/person

Children's Activities

More Than Ready: Kindergarten Preparation Program | Ages 3½-5½

Is your preschooler prepared for kindergarten? This unique, year-round program teaches kindergarten readiness skills, inspires reading, promotes independence and self-expression, and provides practice for rules and routines. The program follows the early learning standards of the California Department of Education and continues to build skills throughout the year. 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

No Class: Nov 25-28

			RES/NON
4011.200	MW 9:00am-12:00pm	Sep 23-Oct 16	\$148/\$158*
4011.201	MW 9:00am-12:00pm	Oct 21-Nov 13	\$148/\$158*
4011.202	MW 9:00am-12:00pm	Nov 18-Dec 18	\$148/\$158*
4011.203	TTh 9:00am-12:00pm	Sep 24-Oct 17	\$148/\$158*
4011.204	TTh 9:00am-12:00pm	Oct 22-Nov 14	\$148/\$158*
4011.205	TTh 9:00am-12:00pm	Nov 19-Dec 19	\$148/\$158*

* \$20 materials fee due first day of class

Mom & Tot Gymnastics | Ages walking to 3½

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 leotards with no snaps, zippers, or buttons on the clothes.

Instructor: Poway Gymnastics

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: Oct 31, and Nov 23, 28, & 30

			RES/NON
2312.200	Thu 10:45-11:15am	Sep 26-Dec 19	\$161/\$171*
2312.201	Sat 8:45-9:15am	Sep 28-Dec 21	\$161/\$171*

* \$10 materials fee due first day of class

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: Community Park, Youth Activity Room

No Class: Nov 11

			RES/NON
4011.206	Mon 2:30-3:15pm	Sep 23-Oct 14	\$52/\$62
4011.207	Mon 3:30-4:15pm	Sep 23-Oct 14	\$52/\$62
4011.208	Mon 2:30-3:15pm	Oct 21-Nov 18	\$52/\$62
4011.209	Mon 3:30-4:15pm	Oct 21-Nov 18	\$52/\$62
4011.210	Mon 2:30-3:15pm	Nov 25-Dec 16	\$52/\$62
4011.211	Mon 3:30-4:15pm	Nov 25-Dec 16	\$52/\$62

NEW! Baby Boppers Hip Hop | 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.dancetoevolve.com, (858) 876-5327

Location: Old Poway Park, Templars Hall

No Class: Nov 27

			RES/NON
5131.230	Wed 3:00-3:45pm	Sep 25-Oct 30	\$94/\$104
5131.231	Wed 3:00-3:45pm	Nov 6-Dec 18	\$94/\$104



NEW! Skyhawks Mini Hawk | Ages 3½-6

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our games and activities were designed to encourage the exploration of balance, movement, hand/eye coordination, and skill development at the individual's pace.

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Community Park, Open Play Area

			RES/NON
2443.250	Tue 3:00-4:00pm	Sep 17-Oct 15	\$50/\$60*
2443.251	Tue 3:00-4:00pm	Oct 22-Nov 19	\$50/\$60*

* \$10 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

No Class: Nov 27

			RES/NON
2091.200	Wed 4:00-4:30pm	Sep 4-Sep 25	\$45/55
2091.201	Wed 4:00-4:30pm	Oct 9-Oct 30	\$45/55
2091.202	Wed 4:00-4:30pm	Nov 6-Dec 4	\$45/55

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 ... it's Kid's Night Out!

Registration is required.

Instructor: Community Park Staff

Location: Community Park, Auditorium

8432.200	Fri 4:30-9:00pm	Sep 13	\$2/participant
8432.201	Sat 4:30-9:00pm	Oct 5	\$2/participant
8432.202	Fri 4:30-9:00pm	Nov 8	\$2/participant
8432.203	Sat 4:30-9:00pm	Dec 21	\$2/participant

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, call (858) 668-4671.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

			REGISTRATION BEGINS	
Saturday	Sep 21	4:00-9:30pm	Sep 2	FREE
Saturday	Nov 16	4:00-9:30pm	Oct 28	FREE



Costume Glow-in-the-Dark Dodgeball | Grades 6th-9th

What's better than playing dodgeball!? Playing glow-in-the-dark dodgeball in Halloween costumes, of course! Bring yourself and your friends, dress in your Halloween costume or don't, and get ready for some glow-in-the-dark fun with music, dodgeball, delicious treats, prizes, and more! Register early as spots are limited. **For more information or to register, call (858) 668-4671.**

Instructor: Community Park Staff

Location: Meadowbrook Gymnasium

			REGISTRATION BEGINS	
Saturday	Oct 19	4:00-9:30pm	Sep 30	FREE

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.

Instructor: Dance to EvOLvE: (858) 876-5327

www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

No Class: Nov 27

			RES/NON
5131.200	Wed 3:50-4:45pm	Sep 25-Oct 30	\$94/\$104
5131.201	Wed 3:50-4:45pm	Nov 6-Dec 18	\$94/\$104
5131.202	Wed 3:50-4:45pm	Sep 25-Dec 18	\$170/\$180
Hip Hop Ages 8-12			
5131.203	Wed 4:45-5:40pm	Sep 25-Oct 30	\$94/\$104
5131.204	Wed 4:45-5:40pm	Nov 6-Dec 18	\$94/\$104
5131.205	Wed 4:45-5:40pm	Sep 25-Dec 18	\$170/\$180



Dance | Youth & Teen

For Ms. Debbora's and Ms. Kellie's classes, please note: Dance classes are designed to increase in difficulty with continued enrollment. Students who enroll in fall, winter, and spring can participate in the annual June dance recital. Parent watching days are the last class of each month.

Dance for Children with Ms. Debbora | Ages 3-5

Creative Movement & Tumbling for Boys & Girls

Dance, sing, tumble, balance, imagine, express, gain self-confidence, strength and flexibility during this fun-filled introduction to dance and tumbling. Boys and girls will experience the joys of movement and creative expression, and come away with skills valued for a lifetime in this great pre-Tap & Ballet 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: Nov 25

			RES/NON
5111.200	Mon 10:00-10:45am	Sep 16-Dec 9	\$108/\$118

NEW! Join us in the first-ever fall performance, Nutcracker Follies! (see Dance Production for more information)

Fun 'n Funky Jazz for Kids! | Ages 7-17

Come move and groove to the music as we learn Fun 'n Funky jazz! This fun class will teach children the basics of jazz that they can use in many other styles of dance.

Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Dance attire and black leather jazz shoes are required.

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

Location: Community Park, Auditorium

No Class: Nov 26

			RES/NON
5121.207	Tue 4:30-5:15pm	Sep 17-Dec 3	\$98/\$108
5121.208	Tue 5:15-6:00pm	Sep 17-Dec 3	\$98/\$108



Tap & Ballet | Ages 3-18

This fun-filled, action-packed, dynamic tap and ballet program will teach your child rhythm and coordination, and instill a love for dance! Learn to tap your feet, sing, move and groove to the beat of great songs ... and learn the fundamentals of beautiful ballet. 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: Nov 25 & 28

			RES/NON
5111.201	Mon 11:00am-Noon	Sep 16-Dec 9	\$108/\$118
5111.203	Thu 1:00-2:00pm	Sep 19-Dec 12	\$108/\$118
5111.205	Mon 2:00-3:00pm	Sep 16-Dec 9	\$108/\$118
5111.206	Thu 2:00-3:00pm	Sep 19-Dec 12	\$108/\$118
5111.207	Mon 3:00-4:00pm	Sep 16-Dec 9	\$108/\$118
5111.208	Mon 4:00-5:00pm	Sep 16-Dec 9	\$108/\$118
5111.209	Thu 3:00-4:00pm	Sep 19-Dec 12	\$108/\$118
5111.210	Mon 5:15-6:15pm	Sep 16-Dec 9	\$108/\$118
5111.211	Thu 4:00-5:00pm	Sep 19-Dec 12	\$108/\$118
5111.212	Thu 5:00-6:00pm	Sep 19-Dec 12	\$108/\$118
5111.213	Mon 6:15-7:15pm	Sep 16-Dec 9	\$108/\$118

Ballet for Kids | Ages 3-10

Come join our class as we learn the beautiful art of ballet! This musical and creative class will teach children all the basics of ballet. Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Dance attire and pink leather ballet shoes are required.

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

Location: Community Park, Auditorium

No Class: Oct 12 & 26 and Nov 23 & 26

			RES/NON
5121.200	Tue 3:00-3:45pm	Sep 17-Dec 3	\$98/\$108
5121.201	Sat 9:00-9:45am	Sep 14-Dec 14	\$98/\$108
5121.202	Sat 9:45-10:30am	Sep 14-Dec 14	\$98/\$108
5121.203	Tue 3:45-4:30pm	Sep 17-Dec 3	\$98/\$108
5121.204	Sat 10:30-11:15am	Sep 14-Dec 14	\$98/\$108

Information: www.poway.org/classes

NEW! Dance Production: Nutcracker Follies! | Ages 5-18

Be part of the first-ever *Nutcracker Follies!* Children will learn ballet, tap, jazz, and lyrical dances to the classical Nutcracker and contemporary holiday music, which will be performed onstage during our first annual holiday show. **Nutcracker Follies will be performed on Tuesday, December 10 at 6:30pm in the Community Park, Auditorium!** No tickets are required to see the performance. Costumes will be ordered in October and are paid for by the participant. Concurrent enrollment in Tap & Ballet, Ballet for Kids, or Fun 'n Funky Jazz for Kids is required.

Instructor: Debbora Childress and Kellie Childress-Nichols
Location: Community Park, Auditorium

No Class: Nov 26

			RES/NON
5111.214	Tue 6:15-7:30pm	Sep 17-Dec 10	\$108/\$118*

* \$15 materials fee due first day of class



Creative Arts

Art Start | Ages 7-12

Artist Susan Bainbridge will use directed drawing techniques to encourage students 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

			RES/NON
6182.200	Thu 4:00-5:15pm	Sep 19-Oct 24	\$79/\$89*

* \$20 materials fee due first day of class



Musical Theatre | Ages 8-16

Do you have a budding Broadway star? In this class, students 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, students will have an understanding and love for live theatre!

Instructor: Julie Clemmons

Location: Community Park, Auditorium

No Class: Nov 27

			RES/NON
6182.240	Wed 4:00-6:00pm	Sep 18-Dec 11	\$120/\$130*

* \$15 materials fee due first day of class

MUSICSTAR® Beginning Music Classes | Ages 7-15

Did you know that music classes contribute to a healthier and longer life? They can also aid in child development and improve academic achievement. Learn to play instruments in these fun group class settings!

No music experience is necessary. Learn how to play basic chords and simple melodies in a fun group environment. **All instruments are provided for class use.**

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

No Class: Nov 28

			RES/NON
6182.231	Thu 3:30-4:20pm	Sep 26-Oct 31	\$66/\$76*
6182.232	Thu 3:30-4:20pm	Nov 7-Dec 19	\$66/\$76*
6182.233	Thu 4:30-5:20pm	Sep 26-Oct 31	\$66/\$76*
6182.234	Thu 4:30-5:20pm	Nov 7-Dec 19	\$66/\$76*

* \$20 materials fee due first day of class



Sports | Youth & Teen

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

No Class: Nov 27

			RES/NON
2091.203	Wed 4:30-5:00pm	Sep 4-Sep 25	\$45/\$55
2091.204	Wed 4:30-5:00pm	Oct 9-Oct 30	\$45/\$55
2091.205	Wed 4:30-5:00pm	Nov 6-Dec 4	\$45/\$55

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 Gym

No Class: Nov 11

			RES/NON
Ages 9-12			
2091.212	Mon 5:30-6:30pm	Oct 7-Dec 2	\$50/\$60
Ages 12-14			
2091.213	Mon 6:30-7:30pm	Oct 7-Dec 2	\$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 the Surfing Madonna "Save the Ocean" Beach Run 5K in Encinitas on November 16. 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

			RES/NON
2091.220	TTh 3:30-5:00pm	Sep 24-Nov 19	\$129/\$139*

* \$60 materials fee due first day of class

NEW! Skateboarding | Ages 6-12

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 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

			RES/NON
7600.200	Wed 5:00-6:00pm	Sep 18-Nov 6	\$95/\$105

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.

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: Nov 26, 28, & 30

			RES/NON
Ages 5-7			
3013.200	Sat 9:00-10:00am	Sep 21-Oct 19	\$40/\$50*
3013.201	Sat 9:00-10:00am	Nov 2-Dec 7	\$40/\$50*
Ages 8-14			
3013.202	T/Th 4:00-5:00pm	Sep 17-Oct 17	\$65/\$75*
3013.203	Sat 10:00-11:00am	Sep 21-Oct 19	\$40/\$50*
3013.204	T/Th 4:00-5:00pm	Oct 29-Dec 5	\$65/\$75*
3013.205	Sat 10:00-11:00am	Nov 2-Dec 7	\$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.

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: Nov 26, 28, & 30

			RES/NON
3013.206	T/Th 5:00-6:00pm	Sep 17-Oct 17	\$65/\$75*
3013.207	Sat 11:00am-12:00pm	Sep 21-Oct 19	\$40/\$50*
3013.208	T/Th 5:00-6:00pm	Oct 29-Dec 5	\$65/\$75*
3013.209	Sat 11:00am-12:00pm	Nov 2-Dec 7	\$40/\$50*

* \$5 materials fee due first day of class

Information: www.poway.org/classes

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.

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Nov 11 & 29

			RES/NON
2091.209	MWF 6:00-7:00pm	Sep 23-Dec 13	\$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

Location: Community Park, Bill Bond Hall I

No Class: Nov 11 & 29

			RES/NON
2091.210	MWF 7:00-8:00pm	Sep 23-Dec 13	\$95/\$105

Junior Olympic Archery Development (JOAD) | Ages 8-20

JOAD is a program of USA Archery that teaches archery to young people, provides great opportunities for awarding achievement, and helps archers enjoy the sport recreationally or progress to the excitement of competition! JOAD offers both re-curve and compound archers the opportunity to learn range safety and proper shooting technique in an environment that also fosters focus, increased self-confidence, and team building skills. JOAD is open to any youth archer ages 8 to 20 and teaches the fundamentals of proper shooting form. As the young archer develops, they will learn more advanced techniques.

For more information, contact Alanna Dunaway: alanna.dunaway@gmail.com

Saturdays 8:00-11:00am



Sports | Adults

NEW! 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

			RES/NON
1247.220	Wed 6:00-7:30pm	Oct 30-Dec 4	\$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

			RES/NON
Intermediate Men's			
1247.200	Thu 6:30-9:30pm	Sep 26-Nov 21	\$60/\$70
Intermediate Women's			
1247.201	Thu 6:30-9:30pm	Sep 26-Nov 21	\$60/\$70

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

			RES/NON
Advanced Men's			
1247.202	Tue 6:30-9:30pm	Sep 24-Nov 19	\$60/\$70
Advanced Women's			
1247.203	Tue 6:30-9:30pm	Sep 24-Nov 19	\$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

			RES/NON
No Class:			
1247.210	Mon 6:30-9:30pm	Sep 30-Dec 2	\$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

Location: Community Park, Bill Bond Hall I

No Class: Nov 11 & 29

			RES/NON
1247.204	MWF 7:00-8:00pm	Sep 23-Dec 13	\$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

No Class: Nov 27

			RES/NON
1247.205	Wed 6:30-9:30pm	Oct 9-Dec 18	\$68/team

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 September, October, November, and December the free open gym times are listed at right:

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

Twin Peaks Multipurpose Center

14640 Tierra Bonita Road
(858) 668-4599

Friday

Open Badminton – 6:00-9:00pm

Saturday

Open Pickleball – 2:30-5:30pm
Open Badminton – 6:00-9:00pm

Sunday

Open Volleyball – 6:00-9:00pm

Meadowbrook Gymnasium

12320 Meadowbrook Lane
(858) 668-4598

Tuesday

Open Basketball – 6:00-9:00pm

Thursday

Open Basketball – 6:00-9:00pm

Sunday

Adult Open Basketball – 8:30-11:30am
Open Basketball – 11:30am-1:30pm

Health & Wellness

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

5417.200 Wed 6:30-8:00pm Sep 25-Dec 18 RES/NON \$75/\$85

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: Nov 26

5417.201 Tue 6:00-7:00pm Sep 24-Dec 17 RES/NON \$108/\$118



NEW! Aqua Zumba® | Ages 16+

Are you ready for a Zumba® "pool party"? The Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together! This safe, challenging, water-based workout will be cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Only your mid-chest is submerged in the water, so there is no requirement to know how to swim. Water shoes are encouraged so they can provide support and traction. Join the party in the water (pool is heated to at least 82 degrees)!

Instructor: Meg Snipes

Location: Community Swim Center

5417.250 Tue 6:00-6:50pm Sep 24-Oct 29 RES/NON \$48/\$58

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: Nov 27

5417.203 Wed 6:15-7:15pm Sep 25-Dec 18 RES/NON \$108/\$118

NEW! Hula Hoop Fitness | Ages 16+

What's not to love about this super-fun workout? It burns mega calories, sculpts your body, and blasts off belly fat. Hula Hoops are provided for class use, but can be purchased from the instructor, if interested.

Instructor: Julie Clemmons

Location: Mon: Community Park, Bill Bond Hall I

Wed: Old Poway Park, Templars Hall

No Class: Nov 11 & 27

5417.220 Mon 5:00-5:45pm Sep 16-Dec 9 RES/NON \$60/\$70
5417.221 Wed 5:45-6:30pm Sep 18-Dec 11 \$60/\$70



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: Oct 28 & Nov 25

5417.205 Mon 6:00-7:00pm Sep 16-Dec 16 RES/NON \$108/\$118

Join more than 10 million people of all shapes, sizes and ages taking weekly Zumba classes in over 90,000 locations across more than 110 countries. Ditch the workout...join the party!



Combo Class

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

Zumba® & Zumba® Toning & Sentao | Ages 16+

5417.206 Mon 6:00-7:00pm Sep 16-Dec 18 \$168/\$178
Wed 6:15-7:15pm

Zumba® & Pilates | Ages 16+

5417.207 M/T 6:00-7:00pm Sep 16-Dec 17 \$168/\$178

* Please see individual class descriptions for no class dates and locations

Information: www.poway.org/classes

NEW! Barre Blast | Ages 16+

Burn calories and have a blast with this fitness method that borrows from classical ballet, pilates, and yoga. You will find muscles you never knew you had in this class! Barre Blast is a full-body, strengthening and toning workout that will improve balance, core strength, and flexibility. Go ahead, step up to the barre!

Instructor: Bridgit Sydserff

Location: Old Poway Park, Templars Hall

No Class: Nov 28



5417.230 Thu 6:00-7:00pm Sep 26-Oct 24 RES/NON \$45/\$55
5417.231 Thu 6:00-7:00pm Oct 31-Dec 5 \$45/\$55
5417.232 Thu 6:00-7:00pm Sep 26-Dec 5 \$80/\$100

Tai Chi Chuan - The 24 Forms/Yang Style | Ages 17+

The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24 Forms is the most widely practiced Tai Chi form. While there are many variations, the flowing Yang Style is completely authentic and very enjoyable. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Midland Elementary School Multipurpose Room

No Class: Nov 11

5417.210 Mon 6:00-7:15pm Oct 7-Dec 2 RES/NON \$95/\$105

Healing Qigong/Coiling Silk | Ages 17+

Learn and practice a self-healing art that combines flowing movements, relaxed breathing, and meditation. Enjoy a gentle exercise routine called "Coiling Silk" - the movements create ease and flexibility in every joint, and deep relaxation throughout the entire body. Coiling Silk, an ancient practice dating back at least 1,800 years, enhances all Qigong, Tai Chi, and Yoga forms. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Midland Elementary School Multipurpose Room

No Class: Nov 12

5417.211 Tue 6:00-7:15pm Oct 8-Dec 3 RES/NON \$95/\$105

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

No Class: Nov 14 & 28

5417.212 Thu 10:00-11:15am Oct 3-Oct 24 RES/NON \$48/\$58
5417.213 Thu 10:00-11:15am Oct 31-Dec 5 \$48/\$58
5417.214 Thu 10:00-11:15am Oct 3-Dec 5 \$96/\$106

Dog Obedience Training

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
9019.200	Tue 6:30-7:30pm	Sep 24-Oct 29	\$95/\$105*
9019.201	Sat 9:30-10:30am	Sep 28-Nov 2	\$95/\$105*
9019.202	Tue 6:30-7:30pm	Nov 5-Dec 10	\$95/\$105*
9019.203	Sat 9:30-10:30am	Nov 9-Dec 14	\$95/\$105*

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

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

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

			RES/NON
9019.204	Sat 10:45-11:45am	Sep 28-Nov 2	\$95/\$105
9019.205	Sat 10:45-11:45am	Nov 9-Dec 14	\$95/\$105

Information: www.poway.org/classes

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

In the Advanced Obedience class, your dog will learn to obey commands and play appropriately off leash. The bond between you and your dog will grow even stronger as your dog is not “forced” to obey due to a leash. Although leash laws must be obeyed for the safety of your dog and the public, dogs generally work better off leash. Dogs in this class must have knowledge of all basic commands. Supervised play time will begin 30 minutes before class.

Instructor: Good Dog Training School, Lynne Moore

Location: Community Park, Dog Park Pen 2

			RES/NON
9019.206	Wed 6:30-7:30pm	Sep 25-Oct 30	\$95/\$105
9019.207	Wed 6:30-7:30pm	Nov 6-Dec 11	\$95/\$105

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 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

			RES/NON
5418.201	Wed 6:00-9:00pm	Oct 9	\$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+

Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. Participants 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

			RES/NON
5418.200	Tue 6:00-9:00pm	Oct 8	\$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: 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 a large doll or stuffed animal to class.**

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Rooms I & II

			RES/NON
7617.200	Sat 9:00am-3:00pm	Sep 28	\$45/\$55*

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

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

Participants who register in a Babysitter's Training course can also choose to receive a 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

			RES/NON
7617.201	Mon 5:00-8:00pm	Sep 30	\$20/\$30*

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



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

			RES/NON
9397.200	Fri 1:30-3:30pm	Oct 4-Dec 3	\$40/\$50*

* \$8 class fee is collected at bowling alley each week

Exceptional Art | Ages 13+

This fun class will not only teach participants the basic techniques of drawing, painting, and sculpting, but more importantly, cultivate them to develop ways of creative and artistic thinking. Ultimately, the aim of the art classes is to provide participants with opportunities to reach their potential and teach them to use art as an outlet to help them cope with their environment and future challenges. At the final class, participants will hold a gallery “opening” to showcase their work for parents and caregivers.

Instructor: Sarah D'Agostino-Gana

Location: Community Park, Nutrition Room

			RES/NON
9397.201	Wed 4:30-6:00pm	Oct 2-Dec 11	\$45/\$55*

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

Poway Swim Center



Swim Center

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 residents and nonresidents of Poway 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.

Location: 13094 Civic Center Drive

Information:

www.poway.org/swim

(858) 668-4680

Costs:

	RES/NON
Daily Admission	
Adults (Ages 18+)	\$2.50/\$5.00
Youth (Ages 17 and under)	\$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.

NOTE: Pass holders must stop and have their cards scanned prior to entering the facility.

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

Yearly Pass Rates

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

Information: www.poway.org/swim

Hours:

Fall (August 26-October 27)

Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

Pool Closed

September 28	Swim Meet
December 16-January 5	Pool maintenance

Winter (October 28, 2013-April 6, 2014)

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

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.

Birthday Party Package!



Why not have your next Birthday Party at the Pool?

Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during regular business hours. Sign up for a birthday party at the pool.

Information: (858) 668-4680.

	RES/NON
	\$52/\$62

Swim Lessons

Swim Lesson Assessment | All Ages

Thinking of enrolling yourself or members of your family in swim lessons? Make an appointment to have a swim lesson assessment with one of our instructors. This service is free of charge and highly recommended for determining the appropriate placement level for participants. Call (858) 668-4680 for availability.

Swim Lesson Registration

Please note the age, skill level requirements, and time 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: Can't find space in the class you're looking for? E-mail us at swimwaitlist@poway.org and ask to be placed on a waitlist for no charge. If a space becomes available, we will attempt to fill it from the waitlist. Make sure to include the participant's name, birthdate, address, the activity number of the class you're interested in, and a phone number. The Swim Center will call you if a space becomes available.

Please note: *There will be no classes held on Monday, September 2 due to the Labor Day Holiday. For Monday/ Wednesday lessons, classes will instead be held on Friday, September 6 for that week only.

Parent/Child | Ages 6 months-2 years

This class develops a comfort for the water and introduces basic water skills. This class does not teach children to be accomplished swimmers nor to survive in the water. Parents **must** accompany their children in the water.



			RES/NON
0020.200	MW 4:20-4:50pm	Aug 26-Sep 11*	\$39/\$49
0020.201	TTh 4:20-4:50pm	Sep 24-Oct 10	\$39/\$49

Pre-Grunion | Age 2 years

This class is designed for young children who are ready to begin learning swimming skills, but who are not ready to participate in class without their parents. Skills introduced will include water entry, breath control, bobbing, and beginning swim stroke. Parents **must** accompany their children in the water.

			RES/NON
0030.200	MW 5:10-5:50pm	Aug 26-Sep 18*	\$52/\$62
0030.201	TTh 5:10-5:50pm	Aug 27-Sep 19	\$52/\$62
0030.202	TTh 5:10-5:50pm	Sept 24-Oct 17	\$52/\$62

Grunion 1 | Ages 3-4

This class is designed for children with limited or no swimming experience. Skills range from submerging underwater, front and back floats, front and back kicking, and beginning swim stroke.

			RES/NON
0121.200	MW 3:30-4:10pm	Aug 26-Sep 18*	\$52/\$62
0121.201	MW 4:20-5:00pm	Aug 26-Sep 18*	\$52/\$62
0121.202	MW 6:00-6:40pm	Aug 26-Sep 18*	\$52/\$62
0121.203	TTh 3:30-4:10pm	Aug 27-Sep 19	\$52/\$62
0121.204	TTh 4:20-5:00pm	Aug 27-Sep 19	\$52/\$62
0121.205	TTh 6:00-6:40pm	Aug 27-Sep 19	\$52/\$62
0121.206	MW 3:30-4:10pm	Sep 23-Oct 16	\$52/\$62
0121.207	MW 4:20-5:00pm	Sep 23-Oct 16	\$52/\$62
0121.208	TTh 3:30-4:10pm	Sep 24-Oct 17	\$52/\$62
0121.209	TTh 5:10-5:50pm	Sep 24-Oct 17	\$52/\$62



Grunion 2 | Ages 3-5

This is an introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. This class reinforces skills learned in Grunion 1, with a greater emphasis on efficiency.

			RES/NON
0122.200	MW 3:30-4:10pm	Aug 26-Sep 18*	\$52/\$62
0122.201	MW 4:20-5:00pm	Aug 26-Sep 18*	\$52/\$62
0122.202	MW 6:00-6:40pm	Aug 26-Sep 18*	\$52/\$62
0122.203	TTh 3:30-4:10pm	Aug 27-Sep 19	\$52/\$62
0122.204	TTh 4:20-5:00pm	Aug 27-Sep 19	\$52/\$62
0122.205	TTh 6:00-6:40pm	Aug 27-Sep 19	\$52/\$62
0122.206	MW 3:30-4:10pm	Sep 23-Oct 16	\$52/\$62
0122.207	MW 4:20-5:00pm	Sep 23-Oct 16	\$52/\$62
0122.208	MW 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62
0122.209	TTh 3:30-4:10pm	Sep 24-Oct 17	\$52/\$62
0122.210	TTh 4:20-5:00pm	Sep 24-Oct 17	\$52/\$62

Grunion 3 | Ages 3-5

This class is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Skills emphasized include the front and back crawl. *Students should feel comfortable in at least 4 feet of water.*

			RES/NON
0123.200	MW 3:30-4:10pm	Aug 26-Sep 18*	\$52/\$62
0123.201	TTh 3:30-4:10pm	Aug 27-Sep 19	\$52/\$62
0123.202	TTh 5:10-5:50pm	Aug 27-Sep 19	\$52/\$62
0123.203	MW 4:20-5:00pm	Sep 23-Oct 16	\$52/\$62
0123.204	TTh 3:30-4:10pm	Sep 24-Oct 17	\$52/\$62
0123.205	TTh 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62

Otter Pup | Ages 3-5

The Otter Pup class is designed for swimmers that are ready to go on to the Otter level, but are not old enough for the Otter class. Focuses will be on improved technique, increased endurance of front crawl and back crawl, as well as side-breathing. *Students must be proficient in all Grunion 3 skills prior to enrollment in this class.*

			RES/NON
0124.200	MW 5:10-5:50pm	Aug 26-Sep 18*	\$52/\$62
0124.201	TTh 5:10-5:50pm	Aug 27-Sep 19	\$52/\$62
0124.202	MW 4:20-5:00pm	Sep 23-Oct 16	\$52/\$62
0124.203	TTh 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62

Starfish | Ages 6-12

The Starfish class is designed for older swimmers with limited or no swimming experience. Students will learn fundamentals of submerging, floating, and locomotion (including both front and back crawl) in the pool. Orientation to 4 feet of water is also introduced.

			RES/NON
0221.200	MW 4:20-5:00pm	Aug 26-Sep 18*	\$52/\$62
0221.201	MW 5:10-5:50pm	Aug 26-Sep 18*	\$52/\$62
0221.202	TTh 4:20-5:00pm	Aug 27-Sep 19	\$52/\$62
0221.203	TTh 6:00-6:40pm	Aug 27-Sep 19	\$52/\$62
0221.204	MW 3:30-4:10pm	Sep 23-Oct 16	\$52/\$62
0221.205	MW 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62
0221.206	TTh 4:20-5:00pm	Sep 24-Oct 17	\$52/\$62

Seahorse | Ages 6-12

This class is a continuation of the Starfish class and is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least 4 feet of water.

			RES/NON
0222.200	MW 5:10-5:50pm	Aug 26-Sep 18*	\$52/\$62
0222.201	TTh 4:20-5:00pm	Aug 27-Sep 19	\$52/\$62
0222.202	MW 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62
0222.203	MW 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62
0222.204	TTh 5:10-5:50pm	Sep 24-Oct 17	\$52/\$62

Otter | Ages 6-16

This class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Additionally, focuses on side-breathing as well as the ability to pass the "Open Swim" test.

			RES/NON
0223.200	MW 6:00-6:40pm	Aug 26-Sep 18*	\$52/\$62
0223.201	TTh 5:10-5:50pm	Aug 27-Sep 19	\$52/\$62
0223.202	MW 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62
0223.203	MW 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62
0223.204	TTh 4:20-5:00pm	Sep 24-Oct 17	\$52/\$62
0223.205	TTh 5:10-5:50pm	Sep 24-Oct 17	\$52/\$62

Seal | Ages 6-15

This course takes place in 11-12 feet of water. Prerequisite for this class includes: the ability to swim 15 yards of front crawl (with side breathing), back crawl, and elementary backstroke. Skills introduced are butterfly kick, breaststroke kick, and an introduction to diving from the side of the pool.

			RES/NON
0321.200	MW 6:00-6:40pm	Aug 26-Sep 18*	\$52/\$62
0321.201	TTh 6:00-6:40pm	Aug 27-Sep 19	\$52/\$62
0321.202	MW 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62
0321.203	TTh 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62

Sting Ray | Ages 6-16

This class further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, and diving from the diving boards are introduced.

			RES/NON
0322.200	MW 6:50-7:30pm	Aug 26-Sep 18*	\$52/\$62
0322.201	TTh 6:50-7:30pm	Aug 27-Sep 19	\$52/\$62
0322.202	MW 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62
0322.203	TTh 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62

Dolphin | Ages 6-16

The Dolphin class focuses on stroke refinement and increased swimming distance. Knowledge of the front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include butterfly and flip turns.

			RES/NON
0323.200	MW 6:50-7:30pm	Aug 26-Sep 18*	\$52/\$62
0323.201	TTh 6:50-7:30pm	Aug 27-Sep 19	\$52/\$62
0323.202	MW 6:50-7:30pm	Sep 23-Oct 16	\$52/\$62
0323.203	TTh 6:50-7:30pm	Sep 24-Oct 17	\$52/\$62

Swordfish | Ages 6-16

Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes. Participants are expected to swim at least 100 yards without stopping prior to taking this class.

			RES/NON
0324.200	MW 6:50-7:30pm	Sep 23-Oct 16	\$52/\$62
0324.201	TTh 6:50-7:30pm	Sep 24-Oct 17	\$52/\$62

Adult | Ages 16+

Adults will be taught at their own pace. Skills will be developed around each individual's needs. Skills range from beginner to moderate swimmer level.

			RES/NON
0521.200	MW 6:50-7:30pm	Aug 26-Sep 18*	\$52/\$62
0521.201	TTh 6:50-7:30pm	Aug 27-Sep 19	\$52/\$62
0521.202	MW 6:50-7:30pm	Sep 23-Oct 16	\$52/\$62
0521.203	TTh 6:50-7:30pm	Sep 24-Oct 17	\$52/\$62

Red Cross Lifeguard Training | Ages 15+

Lifeguard Training certifies participants in Lifeguarding/ FirstAid/CPR/AED upon successful completion of the course. This class does not include Title 22. The following skills will be tested on the first day. Failure to complete will result in dismissal from course: swim 300 yards continuously using front crawl and breaststroke; treading water for 2 minutes with hands under armpits; 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 one minute and forty 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.

			RES/NON
0700.201	Sat/Sun 9:00am-5:00pm	Oct 5, 6, 12, 13	\$100/\$110

Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any 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

Private Lessons | All Ages

These classes are available for any age or ability. Instruction is geared to the student's ability. Participants must register for a minimum of four classes. Register for private lessons at the Swim Center. For times and additional information, please call (858) 668-4680.

			RES/NON
			\$26/\$36 per student per lesson

Aquatic Safety

The aquatic staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. For more information, call the pool at (858) 668-4680.

Poway Community Park

Information: www.poway.org/communitypark

Location:

13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

Recreation Office

Mon-Sat 8am-9pm | Sun 12pm-9pm

Ball Fields

Daily, 8am-10pm

Bocce Courts

Same hours as Rec Office

Dog Park/Tennis Courts/Basketball Court

Daily, Sunrise-10pm



Information:

For more information about Poway Community Park, facility and field rentals, family activities, amenities, and more, call (858) 668-4671 or visit www.poway.org/communitypark

For FREE Fall Fun, visit the recreation office to borrow basketballs, footballs, and other cool recreation equipment! Be sure to bring a valid photo ID.

POWAY SKATE PARK

Unsupervised Skate Park Hours

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.

Sat-Thu 8:00am-8:00pm, Wed 8:00am-6:00pm, and
Fri 8:00am-4:00pm

FREE

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

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.

Wed 6:00-8:00pm, Fri 4:00-6:00pm

FREE



Art in the Park

Join us for a morning of free arts and crafts fun; 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 afterwards. For more information, call (858) 668-4671 or visit www.poway.org/communitypark.

Mon 10:00am-12:00pm

Sep 30

FREE

Mon 10:00am-12:00pm

Nov 11

FREE

Lake Poway

Information: www.poway.org/lakepoway



Location:

14644 Lake Poway Road

Park Hours:

January-December

Daily, 6am to sunset

Lake Fishing & Boating Hours:

January-December

Wed-Sun, 6am to sunset

October

Wed-Sun, 6am to sunset
(Wed-Fri shoreline fishing only)

Information:

(858) 668-4770 | www.poway.org/lakepoway

Park Ranger Office

(858) 668-4772

Park/Pavilion Reservations

(858) 668-4595

Lake Poway Concession

(858) 668-4778



Night Fishing

Night Fishing continues until September 7 this fall with two additional night fishing weekends during the month of October. Visit the Lake for night fishing until 10:30 pm during the weekends of October 11, 12 and 25, 26. Whether you are fishing for bass or catfish, Lake Poway is the perfect destination to try out the night bite. Lake Poway will be stocked regularly with catfish, but is also full of huge resident catfish and a thriving bass population. Motorboats and rowboats are offered for rental on a first-come, first-served basis. There is plenty of shoreline to fish from! For more information: www.poway.org/lakepoway or call (858) 668-4770.

Trout Season Returns to Lake Poway!

As soon as the water temperature is just right, we will kick off Trout season with our legendary rainbow trout. Lake Poway currently holds the record at 17.85 pounds, and our reputation as the "Big Trout Destination" still holds true. During fishing season, we open the gates at sunrise, Wednesday through Sunday. The full-service Lake Poway concession offers fishing permits, boat rentals, bait, and tackle, as well as food and beverages. We have the best permit and boat prices in the area! Seniors 55+ and active-duty military receive reduced rates. State Fishing Licenses are not required. Watch for the opening date to be announced on our website at www.poway.org/LakePoway.



Family Campouts

Join us for a magical night under the stars at the final summer campout of the year! Activities include: staff-led night hike, fishing, campfire activities, and pedal boating. Families need to bring their own camping equipment and food. Charcoal, ice, and a variety of other supplies are available for purchase at the Lake Poway Concession. Grills will be available, but you are encouraged to bring your own. Portable propane fire pits are permitted; however, wood burning fire pits are not. A free continental breakfast will be provided in the morning. Families may start setting up their campsites at 7:00 am. No alcohol is permitted. Up to 5 persons per family and \$10 for each additional family member. Information: (858) 668-4770 or www.poway.org/lakepoway.

9039.108 Sat-Sun 5:00pm-9:00am Aug 10-11 RES/NON \$52/\$62

Old Poway Park

Information: www.poway.org/oldpowaypark



Location:

14134 Midland Road

Information:

(858) 668-4576

www.poway.org/oldpowaypark

Christmas in the Park

Enjoy a one-of-a-kind, magical holiday delight for the whole family during Poway's annual Christmas in the Park event. This year, the FREE event will be held on **Saturday, December 14, from 3:30 p.m. to 8:30 p.m.**



Folk Concerts in the Park

San Diego Folk Heritage is pleased to present an amazing lineup of folk concerts featuring fiddle, acoustic instrumentation, and music for all ages. All concerts are held in Templars Hall. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. For information and advance ticket purchases: www.sdfolkheritage.org.

Farmers Market | Flowers! Fresh Food! Fun!

It's Fall, so leap outdoors and enjoy Poway's Certified Farmers Market **every Saturday from 8:00 a.m. to 11:30 a.m., rain or shine**. If you're looking for some of the finest produce, unique foods, and a great "City in the country" atmosphere, then the Farmers Market is the place to be! All produce is certified and inspected by the agricultural commission and brought to you fresh from the grower. Information: (858) 668-4576.

Starting September 28, 2013, come visit the market as we relocate to Midland Road.

New Hours: 8:00am-1:00pm.

Date	Performer	Musical Style	Time
Friday, August 2	Swing West	Western Style	7:30 pm
Friday, August 23	Side Bet	Americana	7:30 pm
Saturday, October 5	Baja Blues Boys	Blues	7:00 pm



Historical Tours

We offer easy, inexpensive, educational field trips Tuesday through Thursday for just \$4 per participant. Appropriate for any age or grade level. 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. Information: www.poway.org/oldpowaypark or call (858) 668-4576.

Blue Sky Ecological Reserve



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

www.poway.org/bluesky

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 mammal artifacts with the family, or enjoy a relaxing hike in this unique habitat. Extensive information about **Nature Walks**, **Discovery Tables**, and **School Tours** can be found at www.poway.org/bluesky.

Save the Date!

Hoot, Howl & Prowl

October 26 at Blue Sky
See Page 4 for Details

School Tours & 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 in the same school year. Teachers/Chaperones are free. Reservations can be made online at www.poway.org/bluesky.



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.

Discovery Tables

Interactive display on nocturnal animals of Blue Sky. Docents will be on hand to answer your questions.

Sunday, Oct 20
8:30am-11:00am
FREE



Look What's New!

NEW! Solar Walk/Stargazing

Join us on a journey into space and view of our nighttime skies! We will travel through the solar system as we hike 1.5 miles into the Reserve to meet up with the San Diego Astronomers Association. Their powerful telescopes will be focused on a distant constellation or planet so that you can experience it up close. Participants are encouraged to dress warmly. **Space is limited to 100 participants; registration is required.** To register, visit www.poway.org/classes on or after August 6.

Location: Blue Sky Ecological Reserve

8169.220	Sat 4:30pm	Nov 9	\$5/person
8169.221	Sat 4:45pm	Nov 9	\$5/person
8169.222	Sat 5:00pm	Nov 9	\$5/person
8169.223	Sat 5:15pm	Nov 9	\$5/person



FREE Junior Nature Ranger Program

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-years old. Docents will lead children through a series of activities allowing them to experience nature first-hand. A Nature Ranger certificate will be issued upon completion of activities. Space limited to 15 children. For more information or to sign up, call the Blue Sky office at (858) 668-4781.

Saturday Nov 16 9:00am-11:00am FREE

For further information about any of the above programs, or to find out about additional programs, call the Blue Sky office at (858) 668-4781.

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

The Goodan staging area is accessed from Poway Road east on Garden Road, then south on Sycamore Canyon Road, which ends at the staging area. Highway 67 staging area accessed through SOUTHBOUND HIGHWAY 67 ONLY, one-half 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

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 Ranch Fall Activities

Space is limited with some activities; please call (858) 513-4737 for reservations. RAIN or CLOUDS will CANCEL some events.

September

Star Party | Fri, Sep 20 | Sunset
Owl Program | Sat, Sep 28 | 11:00am-12:00pm
(Reservations required; call (858) 513-4737)

October

Star Party | Fri, Oct 18 | Sunset
Bats Alive!!! | Sat, Oct 26 | 11:00am-12:00pm
(Reservations required; call (858) 513-4737)

November

Star Hike | Fri, Nov 1 | 6:00-8:00pm
(Space is limited to 30; please call (858) 513-4737 for reservations)
Star Party | Fri, Nov 15 | Sunset

Kumeyaay-Ipai Interpretive Center at Pauwai

Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

Hours:

Saturdays 9:00am-12:30pm

FREE Docent-led Public 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.



Information: www.poway.org/kiic

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

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 call us at (858) 513-2900 or visit our website, sdcl.org, for more information

Fall Children's Programs September, October, November

Baby Storytime (Ages birth-12 months) Mondays, 9:45am	Sep 9-Nov 18
Toddler Storytime (Ages 1-2) Monday & Tuesdays, 10:30am	Sep 3-Nov 19
Preschool Storytime (Ages 3-5) Wednesdays & Fridays, 10:30am	Sep 4-Nov 22
World Languages Storytime (Ages 2-5) Thursdays, 10:30 am	Sep 5- Nov 21
PJ Storytime (Families with children) Wednesdays, 7:00 pm	Sep 25, Oct 23, Nov 20
Toddler Time (Ages 1-2) Wednesdays at 1:00 pm	Sep 11, Oct 9, Nov 13
Gross Science (Grades 3-5) Thursday at 4:00 pm	Sep 12
Baby Yoga (Ages Birth-12 months) Mondays at 1:00 pm	Sep 16, Oct 7, Nov 4
Fancy Nancy Fashion Party (Grades K-3) Wednesday at 4:00	Sep 25
2nd/3rd Book Group (Grades 2-3) Thursdays at 4:00 pm	Sep 26, Oct 24, Nov 21
4th/5th Book Group (Grades 4-5) Thursdays at 4:00 pm	Sep 26, Oct 24, Nov 21
Elementary Age Yoga Series (Grades 2-5) Thursdays at 4:00 pm	Oct 3-24
Tiny Tot Monster Mash (Ages birth-5) Tuesday at 1:00 pm	Oct 29
Monster Mash (Grades 1-4) Wednesday at 4:00 pm	Oct 30
Diwali Celebration (Children, Teens and Families) Tuesday at 5:00 pm	Nov 5
Holiday Cards for the Troops (Grades K-5) Wednesday at 4:00 pm	Nov 20

Fall Teen Programs Grades 6-12

September	
Water Fight!	Sep 3, 4:00 pm
Teen Craft: Shrinky Dinks	Sep 10, 4:00 pm
Teen Book Club: Kickoff Party	Sep 17, 4:00 pm
Teen Movie & Pizza Night	Sep 24, 4:00 pm
October	
Teen Game Day	Oct 1, 4:00 pm
Teen Craft: Halloween	Oct 8, 4:00 pm
Teen Mystery Night	Oct 15, 4:00 pm
Teen After Hours Halloween Party	Oct 18, 6:30-10:00 pm
Teen Book Club	Oct 22, 4:00 pm
Teen Pumpkin Carving (<i>Registration Req'd</i>)	Oct 29, 4:00 pm
November	
Teen Diwali Celebration	Nov 5, 4:00 pm
Teen Movie & Pizza Night	Nov 12, 4:00 pm
Teen Book Club	Nov 19, 4:00 pm

Fall Adult Programs

POWAY LIBRARY BOOK CLUB

Third Tuesday every Month, 6:30-8:00pm:

September 17: Team of Rivals by Doris Kearns Goodwin

October 15: The Testament by John Grisham

November 19: Moloka'i by Alan Brennert

ACOUSTIC SHOWCASE CONCERT

Saturday, September 14, 2:00pm

BOOKS & COFFEE

Saturday, October 19, 10:00-11:00am

Library staff make reading recommendations and book reviews; coffee and refreshments provided

GENTLE YOGA

Thursday mornings, 10:00-11:00am

September 12, October 10, & November 14

SPECIAL PROGRAMS

Saturday, November 2, 1:00pm

Author Jeri Westerson visits

Saturday, November 16, 2:00pm

Documentary Film: "Plein Air Painters of Santa Ysabel" by Peter Maxwell

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

La Bella Bistro: What's Cookin'?

Join us for lunch every Monday through Friday from 11:30 am to 12:30 pm. A donation of \$4.00 is suggested for those 60 and older. Lunch for guests under 60 is \$6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day. Reservations are not required.



Need a Ride to Lunch?

Call Paul Boston, Nutrition Manager at (858) 748-6094 ext. 304 for details.

BINGO !

Win your share of
\$5000 in Cash!



Open to adults, 18 and older. All proceeds help support the programs and services of PSC. Come have fun and win!

Every Saturday, 5:30pm
 Every Tuesday, 12:15pm



Poway Senior Center is a non-profit that provides programs and services to the seniors of North County Inland.

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!

EVERY MONTH at PSC we offer:

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

YES, I want to join the Poway Senior Center!

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone/email: _____

Be Prepared

Flu Season Starts Soon!

Flu Clinic

**Friday, October 4, 2013
 10 a.m. – 1 p.m.**

Luanne Arangio-Law RN, Med, will be here to provide flu shots. Please call PSC for time, and cost: (858) 748-6094.

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.

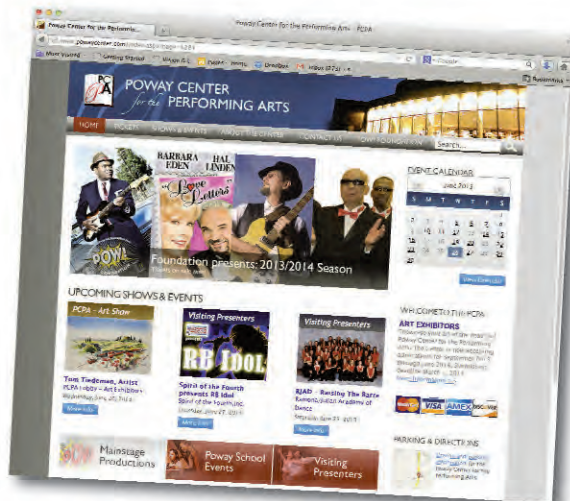
Art Gallery & Facility **Tue-Fri 9:00am-5:00pm**
Sat 10:00am-3:00pm

Closed Sunday, Monday, and major holidays.

Information:

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

The Poway Center for the Performing Arts (PCPA) is an 800 seat, state-of-the art theatre owned and operated by the City of Poway. The PCPA hosts a variety of events that include professional performances, concerts, dance productions, community theater groups, art exhibits, and Poway Unified School District events. Available for rent, the PCPA is the perfect venue for professional performances and community-based productions from September through June. For more information, visit www.powaycenter.com.



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 provide 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



POWAY CENTER *for the* PERFORMING ARTS



Artwork by Manss Aval

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.

September

Green Tree World by Gary Walker – Acrylic and Mixed Media Paintings

October

Manss Aval – Photography and Mixed Media

November

Gordon Bashant – Watercolor Paintings

For details about the exhibits and artists, visit www.powaycenter.com.

Poway Center for the Performing Arts Foundation Presents

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



THE ROBERT CRAY BAND

Friday, September 20, 2013

With 15 Grammy nominations, five Grammy Awards, millions of record sales worldwide, and thousands of sold out performances, blues rock icon Robert Cray is one of the greatest guitarists of his generation. *Rolling Stone Magazine* credits Cray with reinventing the blues with his "distinct razor sharp guitar playing" and credits his 1986 breakthrough album *Strong Persuader* with introducing a new generation of rock fans to the blues. A must-see for blues fans of any generation!



ROGER MCGUINN AND MARTY STUART WITH THE FABULOUS SUPERLATIVES

Friday, October 11, 2013

What do you get when you mix the Byrds' signature 12-string "chime," one of country music's most celebrated pickers, toss in some of country-rock's most beloved anthems and back it up with a road-seasoned band? A dream concert that brings a bit of the Grand Ol' Opry and the '60s Sunset Strip to Poway.



BARBARA EDEN AND HAL LINDEN IN A.R. GURNEY'S LOVE LETTERS

Saturday, October 26, 2013

Television stars Barbara Eden ("I Dream of Genie") and Hal Linden ("Barney Miller") star in a modern American Classic. *Love Letters* is A.R. Gurney's beloved play about two people who grow up and in love with each other's writing, is as much a celebration of the power of the written word as it is to love itself.



BERKLEY HART AND BACK TO THE GARDEN PRESENT THE LAST WALTZ

Saturday, November 16, 2013

Featuring the music of The Band, Bob Dylan, Eric Clapton, Neil Young, Van Morrison and more. In 1978, Martin Scorsese released *The Last Waltz*, a film that would set a new standard for rock music documentaries. Now Berkley Hart (*O Berkley Where Hart Thou?*) and Back to the Garden recreate the legendary concert live on stage, aided by some of San Diego's finest folk, rock and blues musicians.



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

SEASON SPONSORED IN PART BY



REGISTRATION

Registration begins **AUG 6** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. 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

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. 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

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) 668-4595.

CLASS INSTRUCTION for most classes are 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 website 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, 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:

Flood Safety

Get Prepared Before Rainy Season!

The rainy season officially begins in October, bringing the possibility of flooding in Poway. The City provides free, unfilled sandbags and loose sand to residents for use during severe winter storms. These supplies can be picked up on Garden Road (across from Garden Road School), Midland Road (across from Old Poway Park Train Barn), and Lake Poway Road (at the first parking lot on the right approaching the lake). All fire stations also have unfilled sandbags available.

Maintenance of drainage facilities and natural creeks is very important because any obstructions to flow can contribute to flooding, stream bank erosion, and property damage for yourself and your neighbors. Obstructions can also result in the accumulation of debris and cause sedimentation build-up increasing the chance of a creek overflow. It is important to know that individual property owners are responsible for the maintenance of creeks or private drainage facilities located on private property. Permits may be required to perform maintenance within natural creeks. Routine maintenance of natural creeks that may not require permits could include the removal of fallen trees, yard waste that has been dumped into creeks, stockpiled wood or other material, grass clippings, leaves and other debris, and the trimming or pruning of dense vegetation. It is also recommended that property owners inspect, clean, and repair rain gutters, roof tops, and yard drains, and take care of any problems noticed during last year's rains. If you are unsure whether a particular facility or creek is City-maintained, or if you have any questions regarding the maintenance of drainage facilities, you may contact the City's Development Services Department at 858-668-4600.

The City of Poway participates in the National Flood Insurance Program (NFIP). The NFIP makes flood insurance available to everyone, even for properties that have previously flooded. Flood insurance is mandatory in certain situations; however, even if it is not required for your property, you can still talk to your insurance agent about purchasing a flood insurance policy if you are concerned about the possibility of flood damage.



Most alterations to structures or land require permits from the City. If the proposed work is located in a mapped floodplain, a floodplain development permit is required. Visit the City of Poway Development Services Department for assistance in determining if your property is located in a mapped floodplain.

Flood maps and additional flood protection information is available at City Hall and the Poway Public Library. For copies of elevation certificates on buildings built in the floodplain since 1995, call the Development Services Department at (858) 668-4656 or (858) 668-4600.

Stay safe this season and remember to approach standing water on roads with caution. As little as six inches of water can reach the bottom of most cars and cause stalling or loss of control. To report flooding, call the Public Works Department at 858-668-4700 during business hours or 858-668-4751 after hours.



Unfilled sandbags and sand are provided by the City of Poway for FREE to help residents prepare for heavy rains and flooding.

"Natural" Pollutants: Bacteria and Sediment

What do the most common pollution problems found in Poway's waterways have in common? They are "natural" substances that become serious pollutants when human activity increases their levels.

Bacteria

Bacteria, viruses and other organisms can cause flu-like illnesses, skin rashes and other infections. Sources of the pollutants can be failing septic systems, sewage spills, trash, pet waste, rotting plant material, and other sources.

Here are some ways you can prevent bacteria pollution in our streams:

- Deposit trash in the proper receptacles
- Pick up after your pets
- Eliminate overwatering and overspray from your irrigation system
- Maintain your septic system and private sewage pipes
- Keep animals and animal waste away from drainage ways
- Sweep up yard clippings and trash

Sediment

Excess sediment or dirt in water can smother aquatic life, clog fish gills and cut off light to underwater plants. Sediment can also block waterways and cause flooding. Excess sediment is the result of erosion from exposed dirt.

You can help prevent sediment pollution by:

- Properly installing silt fencing, fiber rolls, and other protective devices during grading and landscaping
- Replanting or using mulch to cover bare ground
- Performing weed removal by mowing rather than disking

Even if your property is not near a stream, you can help prevent water pollution. Remember, what goes into our storm drains and drainage ditches flows untreated into our creeks, lakes, and ocean.

If you would like more information on preventing water pollution, please contact the Development Services Department at (858) 668-4668 or visit the City's website at www.poway.org.

Vegetation Management

Reduce the Risk of Wildfire by Managing Vegetation and Creating Defensible Space

From May through August of each year, the City of Poway conducts its annual Vegetation Management Program. The purpose of this program is to manage and maintain the annual growth of tall weeds, dry grasses, dead shrubs, and dead trees on specific properties or within 100 feet of habitable structures in order to minimize fire hazards through the dry season (typically May through November). Several hundred property owners currently participate in the annual program managed by the City's Development Services Department. The program allows property owners to complete the maintenance themselves or request the City to do so for a fee.

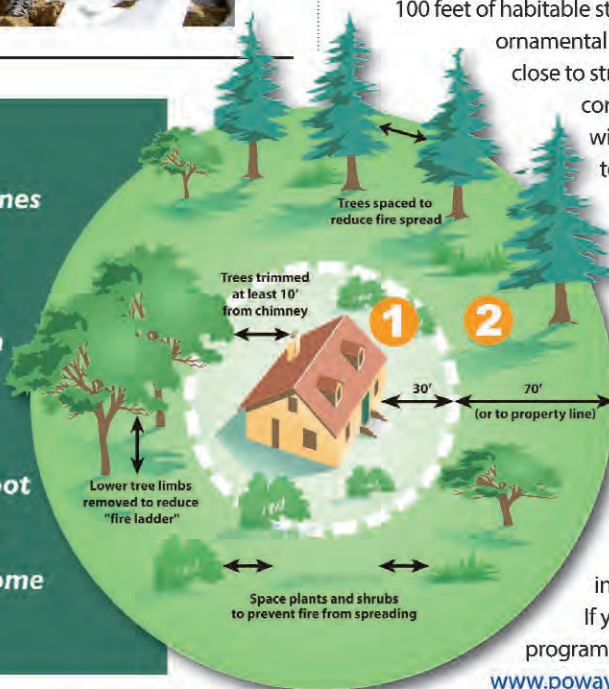
Properties in Poway have several native habitats which are home to a number of federally protected, sensitive, rare, threatened, and endangered plant and animal species. Native vegetation includes, but is not limited to, grassland, sage scrub, chaparral, and wetlands. Vegetation management within native habitat areas may be limited. If a property owner is in doubt as to where vegetation management is needed, the City may assist in helping to identify the limits of maintenance needed. Property owners may utilize several different methods to manage vegetation. Mowing and weed whipping are typically acceptable ways of cutting weeds. Weeds and grasses should be cut low to the ground and removed while leaving the roots intact to prevent erosion. Spraying with a weed killer is not an acceptable method to eliminate vegetation, as it leaves an abundance of dried weeds that create a fire hazard. Disking is also not permitted. Dead shrubs and trees must be removed from the property altogether. In addition, any vegetation abatement operator using mechanical equipment must have immediate access to a water-filled fire extinguisher.

The Wildfire Defensible Space Program (WDSP) guidelines allow City staff to work in partnership with property owners to develop a specific plan to lessen the risk of wildfire and to comply with environmental guidelines. The program's purpose is to save homes during wildfires by reducing flammable vegetation around structures and creating what is often referred to as "defensible space." The program targets the reduction of highly flammable chaparral species and annual weeds within 100 feet of habitable structures. The program does not include ornamental landscaping unless these are dangerously close to structures. Property owners are required to complete the abatement or fuel reduction within 30 days. Homeowners who are asked to remove flammable vegetation, may request information, including a map of their property, informational pamphlets, a DVD regarding the program's requirements, and a list of contractors that are available to assist in this type of work. Additionally, a courtesy Home Assessment will be provided by City staff that includes a detailed checklist that helps residents determine the steps necessary to safeguard their property. These assessments include creation of defensible space, fuel reduction, intelligent landscaping and fire-resistant building materials.

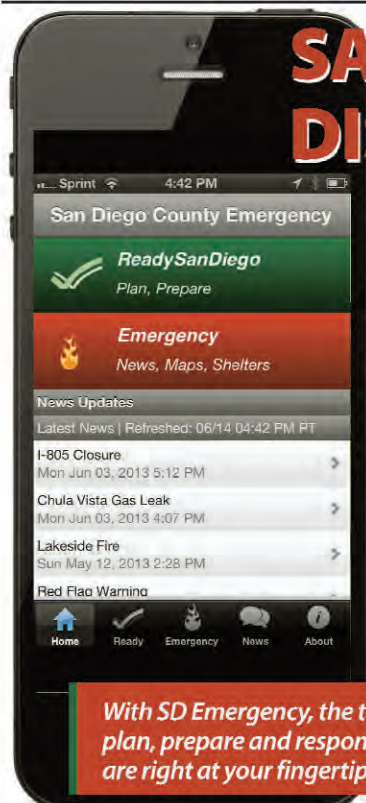
If you would like more information about either program please visit the City website at www.poway.org or contact us at (858) 668-4611.

Vegetation Management Zones (1 & 2 below) identify the type of fire prevention activities that should occur within the 100-foot defensible space area around a home or structure.

Vegetation Management Zones (1 & 2 below) identify the type of fire prevention activities that should occur within the 100-foot defensible space area around a home or structure.



SAN DIEGO COUNTY MOBILE DISASTER PREPAREDNESS APP



Disaster preparedness starts with you – and now there is an app for that! The County of San Diego developed an app that can provide the public with information about ongoing emergency incidents. Available for Android and Apple smart phones and other devices, the SD Emergency app has breaking news about incidents, maps of incidents, and locations of shelters.

Your family may not be together when disaster strikes, so it is important to make plans in advance:

- How you will contact one another?
- How you will get back together?
- What should you do in different disaster situations?

With SD Emergency, the tools you need to plan, prepare and respond in an emergency are right at your fingertips.

The SD Emergency app contains disaster preparedness information and interactive checklists to help you create an emergency plan and build an emergency supply kit. With the SD Emergency app, the tools you need to plan, prepare, and react in an emergency are right at your fingertips. Start your disaster preparedness plan now by downloading the app from the App Store or Google Market. For more information, go to the following webpage: www.readysandiego.org. Also, if you register for the app and provide contact information, push notifications will be sent to your device for new emergencies and updates.

Trek the South Poway Trail

The South Poway Trail offers trail users a unique way of experiencing Poway's urban side of town. It begins at Poway's western border with San Diego on the hilltop that is west of Pomerado Road between Poway Road and Scripps Poway Parkway.

As you begin down the hill heading east you immediately find yourself weaving through the Old Pomerado area. This historic area was for many years the sole south entrance into Poway, with Old Pomerado Road serving as a piece of Historic Highway 395. As you continue your trek east, the trail becomes much easier to identify and navigate just past Pomerado Road. From the northwest corner of Pomerado and Stowe, continue northeast and you'll soon encounter the urban choices that characterize this trail. Veer right to the Business Park or left to the South Poway Staging Area (Downtown Poway) or simply continue east on the main trail and keep watch for your next set of choices. In less

than a mile you'll cross under Community Road via a unique tunnel that was specifically built for trail use. This is your unofficial half-way point.

As you continue up and over the foothills to the east you soon find yourself in one of the most picturesque spots Poway has to offer. Enjoy views of the Business Park to the south, Garden Road Valley to the North, and a unique overlook of Downtown Poway to the northwest. Continue slightly farther east and you'll have reached the City limits which, to date, is the official end of the South Poway Trail – but that's about to change! With the City of San Diego showing interest in connecting the "Mission Trails North" extension into Southern Poway, and the County of San Diego nearing completion of its Poway tie to Goodan Ranch, the South Poway Trail is in the final planning stages to provide even more hiking opportunities and becoming even better!



POWAY FIRE DEPARTMENT OPEN HOUSE



The Poway Firefighter's Association, in cooperation with the City of Poway Fire Department, invites residents and visitors to Poway's 28th annual Fire Department Open House on Saturday, October 5, 2013, from 10 a.m. to 1 p.m. The event will be held at Poway's Fire Training Tower which is located at 12335 Crosthwaite Circle in the Poway Business Park. This year's Open House activities will include:

- **Tours of the Fire Training Tower**
- **Fire clowns from the City of Santee Fire Department**
- **The Kid's Safety House where children can experience and learn fire and burn prevention methods**
- **Vehicle extrication, roof ventilation, and aerial ladder truck operation demonstrations**
- **Spray a fire hose at a target**

• Food booth with refreshments for sale

This year's theme is **PREVENT KITCHEN FIRES**. More fires start in the kitchen than in any other part of the home and unattended cooking is the leading cause. Often, when firefighters are called to a cooking-related fire, the residents explain that they only left the kitchen for a few minutes. Sadly, that's all it takes for a dangerous fire to start. The reality of fire is that, when it strikes, your home could be engulfed in smoke and flames in just a few minutes. The bottom line is that there's really no safe period of time for the cook to step away from a hot stove.

Nothing is more important than the safety of your family, so bring the whole family to this fun and educational event. For more information, contact Michelle Clark at the Poway Fire Department at (858) 668-4460 and Press 8.

FIRE PREVENTION WEEK OCT. 6-12, 2013
PREVENT KITCHEN FIRES
 GO TO **FPW.ORG** AND GET COOKIN' WITH FIRE SAFETY!

What's Inside:

PAGE 1

Zero Tolerance Distracted Driving Enforcement
 Marines Storm City for Career Tips
 Lake Poway Concession Gets a Makeover and is Now Open for Business

PAGE 2

Recycling Know-How for Special Waste Items
 New Utility Billing and Customer Information System
 The Wonder of Safe Water

PAGE 15

Flood Preparation
 Bacteria and Sediment Pollution Vegetation Management
 San Diego Disaster Preparedness Mobile App

PAGE 16

Trek the South Poway Trail
 Fire Department Open House

www.poway.org

POWAY Events THIS FALL

Save the Date!

Summer Concert in the Park Series

August 4, 5:30-7:00 pm | Lake Poway
 August 11, 5:30-7:00 pm | Old Poway Park

Summer Movies in the Park

August 17, Sunset | Poway Community Park

Rendezvous in Poway

October 12, 10:00 am-4:00 pm | Old Poway Park
 October 13, 10:00 am-2:00 pm | Old Poway Park

Folk Concerts in the Park

October 5, November 16, December 7, 7:00 pm | Old Poway Park

Once Upon a Hallowe'en

October 27, 5:30-8:30 pm | Old Poway Park



September 7, 2013
49th Annual Poway Days Parade
 and
5K/1 Mile Fun Run

I LOVE A FIT POWAY!

For more information, please visit
www.PowayParade.org



City of Poway
 13325 Civic Center Drive
 Poway, CA 92064

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