



THE CITY OF SAN DIEGO

Park and Recreation Department

Carmel Valley Community Recreation Center

3777 Townsgate Drive

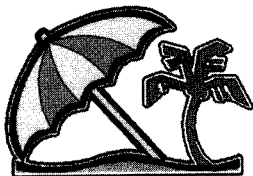
San Diego, CA 92130

(858) 552-1616

Pool Line (858) 552-1623

www.cvsd.com

www.ci.san-diego.ca.com



SUMMER DAYS

2001

REGISTRATION INFORMATION

Registration for programs is taken on a first come first serve, walk-in basis. No phone or mail in registration.

Children under 18 must be registered by their parent/legal guardian.

Registration for programs begins:

SATURDAY, JUNE 16, 2001 AT 9:00AM

Numbers will be issued at 6:00AM to reserve a place in line.

Large crowds are anticipated, arrive early for best availability. When classes fill to capacity waiting lists are formed. Classes may be expanded to accommodate additional students.

Payment is required at the time of registration. Please pay EXACT cash or a check payable to CVRC. No credit cards. Class fees are not prorated/discounted after the beginning of the scheduled session. Registration and refunds are not accepted after second class meeting. No partial refunds or make ups for missed classes.

A \$20.00 service fee will be charged for all refund processing.
A \$35.00 fee will be charged for all returned checks. Financial assistance and scholarships are available. Please inquire with staff prior to registration day.

Resident - City of San Diego resident, property taxes are paid to the City of San Diego

Non-resident - Reside outside of the City of San Diego. (Solana Beach, Rancho Santa Fe, Cardiff, Del Mar, etc.)

INDIVIDUALS WITH DISABILITIES

All classes can accommodate persons with Disabilities. Disable Services' staff will provide additional assistance along with CVRC Contractual staff. Please ask for this service at time of registration.

RECREATION COUNCIL

Carmel Valley Community Recreation Center is a public facility operated by the City of San Diego and Carmel Valley Recreation Council. Meeting notice /information is posted on the Recreation Center bulletin board. Chairperson Ginny Barnes.

HOURS OF OPERATION

Monday, Wednesday, Friday	12:00pm - 8:45pm
Tuesday & Thursday	12:00pm - 10:00pm
Saturday (effective 6/23/01)	9:00am - 5:00pm
Sunday (effective 6/24/01)	9:00am - 5:00pm

(Hours subject to change without prior notification)

RECREATION CENTER CLOSURES

Wednesday, July 4, 2001 - Independence Day

Monday, September 3, 2001 - Labor Day

CARMEL VALLEY POOL

Direct Line (858) 552-1623

The Carmel Valley Pool is operated under a separate administration; please be aware of the following:

Hours Effective: June 17 - September 9, 2001

RECREATION SWIM

Slides Open Daily

Monday - Friday	1:00 - 4:00pm
Friday Fun Night	7:00 - 9:00pm
Saturday	11:00 - 4:00pm
Sunday	11:00 - 4:00pm

LAP SWIM

Monday - Friday	6:00am - 8:00am
	11:00am - 4:00pm
	7:00pm - 9:00pm
Saturday	10:00am - 4:00pm
Sunday	10:00am - 4:00pm

YOUTH ACTIVITIES

GYM KIDS

Our program is designed to promote learning, fitness, and fun through gymnastics, rhythm, and creative movement. Age appropriate activities in our preschool program include enhancement of reading readiness skills: Fine motor development, hand/eye/foot coordination, crossing the midline, sequencing laterality and ocular pursuit. We strive to increase comprehension and vocabulary through spatial awareness and gymnastics terminology.

All classes are designed to teach technically correct gymnastics skills on the Olympic events: vault, bars, balance beam, floor exercises and trampoline. Our noncompetitive focus is on the learning process as we promote the feeling of "I can do it" in each child.

Pre-registration: June 12, 2001

Pre-registration is for students currently enrolled in Gymnastics classes. There will be NO pre-registration for the Fall semester.

Day: Tuesday

Cost: \$54/6 weeks or \$60.50 for non-residents

SESSION: 7/10 - 8/14/01

Just the Two of Us (walking-24 mo.)	9:15 - 10:00am
Just the Two of Us (24-36 mo.)	10:05 - 10:50am
Just the Two of Us (18-36 mo.)	11:00 - 11:45am
Gym Rollers (3-5 years)	12:00 - 12:45pm
	12:50 - 1:35pm
	1:40 - 2:15pm

Day: Tuesday

Cost: \$54/6 weeks or \$60.50 for Nonresidents

SESSION: 7/10 - 8/14/01

Gym Jumpers-girls only (5-7years)	3:00 - 4:00pm
	5:00 - 6:00pm
Gym Jammers-girls only (7-11years)	4:00 - 5:00pm
	5:00 - 6:00pm
Jr. High Cheer (11 & up)	5:00 - 6:00pm
Boys Only (5-7years)	3:00 - 4:00pm
	4:00 - 5:00pm
Boys Only (8-10years)	5:00 - 6:00pm



Please call Gym Kids at
(858) 792-8814 for more information

KEN-KA-KUNG FU CLUB

Train in a disciplined, yet nurturing environment. The class is designed to improve or enhance their ability to listen, focus and develop skills in balance and coordination. Build confidence, self-esteem and a strong sense of achievement. This non-competitive system of Chinese origin combines Kenpo, Karate and Chinese Boxing. A practical and effective means of self-defense.

Days: Wednesday or Saturday
Time: 4:45 - 6:00pm (Wednesday)
9:00 - 10:15am (Saturday)

Ages: 5 - 15 years

Cost: \$100/8 weeks or \$108.50 for Non-residents

Instructor: Master Janice Somera-Border

(7th Degree Black Belt and the highly prestigious White Satin Belt, 40 years experience)

SESSION: 7/7 - 8/29/01



MUSIC MOVES

Children will learn several fundamental music concepts and will explore the use of many instruments: tambourines, maracas, drums and more. Tonal and rhythm patterns will be employed which are particularly useful in preparing children for language acquisition and singing.

Day: Monday
Time: 9:30 - 10:15am or
10:30 - 11:15am

Ages: 2 - 3 years with parent

Cost: \$50/4 weeks or \$54 for Non-residents

Instructor: Lisa Megrditchian

SESSION 1: 7/9 - 7/30/01

SESSION 2: 8/6 - 8/27/01



For more information contact Lisa at (760) 744-9191.

CHINESE MARTIAL ARTS

This class teaches purely the fundamental Chinese kung-fu self-defense techniques and form routines. Martial arts will develop positive personal character, which will contribute to students' academic and professional success. Parents are welcome to register in this class with their kids.

Day: Saturday
Time: 2:00 - 3:00pm

Ages: 8 years - Adult

Cost: \$68/8 weeks or \$76.50 for Non-residents

Instructor: Master Jesse Tsao (Trained in China)

SESSION: 7/7 - 8/25/01



Kids Style Art

LETS GET MESSY

A learning opportunity for children to explore fun and messy projects. Individual and cooperative projects designed to allow children to experiment with various materials and enjoy the creative process. Supplies included.

MAKE IT and TAKE IT

This class is designed to encourage individual expression and ideas through a weekly project. Projects include painting, sculpting, drawing, and collage. Students explore a different art medium every week. Supplies included.



Day: Monday, Wednesday OR Saturday
Cost: \$100/8 weeks or \$108.50 for Non-residents
Instructor: Rachel Kassolis (B.A. Art -USD)
SESSION: 7/7 - 8/29/01

Let's Get Messy

Monday	3:45 - 4:45pm	Ages: 6-10 years
Wednesday	10:00 - 10:45am	*Ages: 2-5 years
Wednesday	11:15 - 12:00pm	*Ages: 2-5 years
Saturday	10:00 - 10:45am	*Ages: 2-5 years

Make it and Take it

Monday	2:30 - 3:30pm	Ages: 6-10 years
Wednesday	9:00 - 9:45am	Ages: 3-5 years

*Let's Get Messy ages 2-5, 2 years-parent required, 3-5 years-parent participation optional.

For more information contact Rachel at (619)920-8710.

BALLET

PRE-BALLET - CREATIVE (3-4yrs)

An introduction to ballet. Students learn basic ballet and creative dance movements with emphasis on posture, balance and coordination with the help of imagination, music and rhythm.

BALLET - CREATIVE (5-6yrs)

Students learn the basic ballet body positions, steps and body alignment. Through simple locomotive movements, children use their own creativity to discover and explore their own movement possibilities.

BALLET - PRIMARY (7-8yrs)

Students will learn the basics of proper ballet technique, positions and steps while improving posture, flexibility and coordination. No previous dance experience required

BALLET - PRIMARY (9-12yrs)

Students will learn ballet fundamentals. This class will teach proper ballet techniques while improving posture, flexibility, coordination as well as an understanding of self-discipline, mental attitude and good work habits. No previous dance experience required.

Pre-registraton: June 13 & 14

Pre-registraton is for students currently enrolled in Ballet. There will be NO pre-registration for the Fall semester.

Day: Wednesday or Thursday
Cost: \$85/8 weeks or \$93.50 for Non-residents
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: 7/11 - 8/30/01



Pre-Ballet -Creative (3-4 years)

12:30 - 1:15pm (Wed. or Thurs.)

Ballet -Creative (5-6 years)

3:30 - 4:15pm (Wed. or Thurs.)

Ballet -Primary (7-8 years)

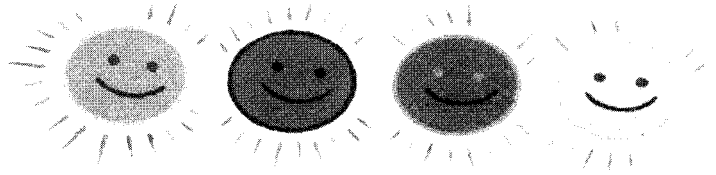
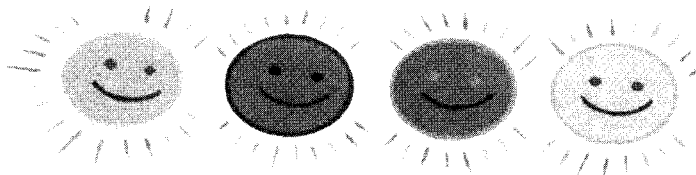
4:30 - 5:30pm (Thursday)

Ballet -Primary (9-12 years)

4:30 - 5:30pm (Wednesday)

For more information contact Beth at
(858) 755-5007

Pee Wee Sports and Basketball classes will be returning in the Fall. More information will be out September 4. Have a great summer!



SPECIAL SUMMER EVENTS!

Carmel Valley Rec Council's
SUMMER SERENADES



S U M M E R



SERENADES

2 0 0 1

CONCERT SCHEDULE

Sundays, 5-7 p.m.

- June 10 Harvey & 52nd St. Jive; (Rec Center)
Swing Tunes & Rock (30s-60s)
- June 17 The Good China; (Solana Highlands Park)
High Energy Original Rock
- June 24 The Mar Dels; (Solana Highlands Park)
San Diego's Best Nostalgia Band
- July 1 Theo & the Zydeco Patrol;
(Solana Highlands Park)
Lively music from SW Louisiana
- July 8 US Navy Band; (Carmel Creek Park)
Classical Pops Concert
- July 15 Eve Selis; (Carmel Creek Park)
Country Western Rock Music
- July 22 Sue Palmer; (Rec Center)
SD's Queen of Boogie Woogie

STARTS
SUNDAY, JUNE 10!

SPECIAL
 Family Fun Day
 at the Rec Center.
 July 22, 3:30 pm

With Special Thanks To Our Sponsors:

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- Jimbo's...Naturally!
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- Highlands Jewelers
- Community Council
- Seabreeze Farms Equestrian Ctr.
- Carmel Valley News
- www.cvsd.com

**CHILI
 COOK-OFF**
 June 24
 3:30 pm

For information, call 481-1339 or 552-1616;
 or visit us on the web at www.cvsd.com

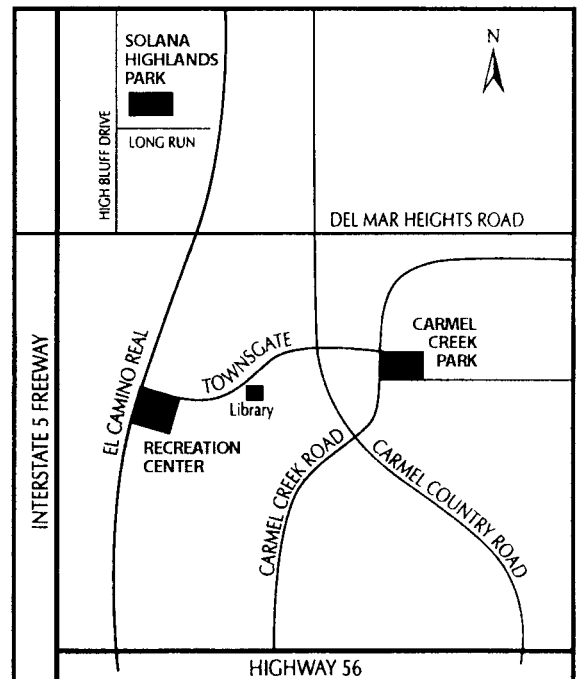
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Summer Concerts Start Sunday, June 10
 At the Carmel Valley Rec. Center Amphitheater
 All concerts are Sundays, 5-7 pm in the local parks.

Chili Cook-off at Solana Highlands Park
 Sunday, June 24, 3:30 pm
 Contact the Carmel Valley Rec. Center to Enter!

Family Fun Day, at the Rec Center
 Sunday, July 22, 3:30 pm
 Details available soon at the Carmel Valley Rec Center.

Please do not bring glass bottles, they are not allowed in the parks.



AS A RECIPIENT OF FEDERAL FUNDS THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS AND AIDS RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER ENRIQUE DURAN (619) 235-5242) OR THE OFFICE OF EQUAL OPPORTUNITY, US DEPARTMENT OF THE INTERIOR, WASHINGTON D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.