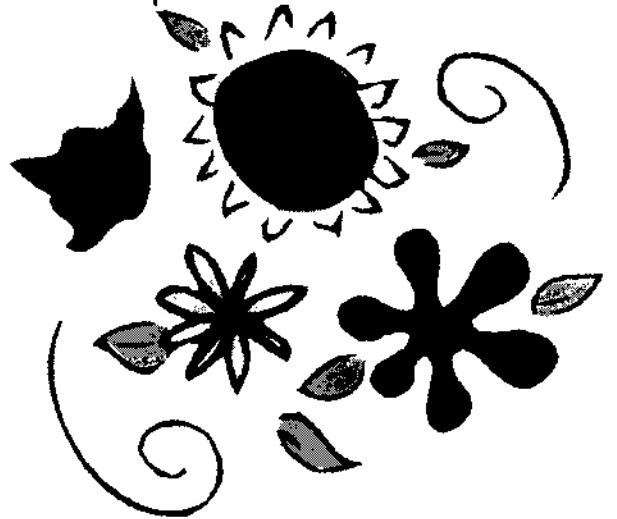




City of San Diego Park and Recreation Department

Carmel Valley Community Park & Recreation Center

3777 Townsgate Drive
San Diego, CA 92130
(858) 552-1616
Pool: (858) 552-1623



"We enrich lives through quality parks
and recreation programs."

Look Inside For:

- Registration Information
- Youth Activities
- Adult & Senior Programs
- Spring Egg Hunt



2002 Spring Program

www.cvsd.com or www.sandiego.gov



REGISTRATION INFORMATION

Registration for programs is taken on a first come first serve, walk-in basis. No phone or mail in registration accepted. Children under 18 must be registered by their parent/legal guardian.

**Registration for programs begins:
SATURDAY, APRIL 6, 2002 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 with 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 each refund processd.
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.)

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 Ken Farinsky.

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: March 25 - June 23, 2002

RECREATION SWIM

Monday - Friday (Slides closed) 2:00 - 4:00pm
Saturday & Sunday (Slides open) 12:00 - 4:00pm



LAP SWIM

Monday, Wednesday, Friday 6:00am - 8:00am
11:00am - 4:00pm
6:00pm - 8:00pm
Tuesday & Thursday 6:00am - 4:00pm
6:00pm - 8:00pm
Saturday & Sunday 11:00am - 4:00pm



HOURS OF OPERATION

Monday, Wednesday, Friday 12:00pm - 8:45pm
Tuesday & Thursday 12:00pm - 10:00pm
Saturday 9:00am - 3:45pm
Sunday 9:00am - 1:45pm
(Hours subject to change without prior notification)

RECREATION CENTER CLOSURE

Monday, April 1, 2002 - Cesar Chavez Day
Monday, May 27, 2002 - Memorial Day

FACILITIES AVAILABLE

The Carmel Valley Recreation Center and Community Park is a City of San Diego Park and Recreation Facility and is free and open to the public, during designated hours. Facilities and programs available:

- Indoor multipurpose courts
- Gameroom with Foosball & Table Tennis
- Two playgrounds
- Passive picnic areas
- Barbecues
- Amphitheater
- Multipurpose fields
- Outdoor basketball courts
- Tennis courts (fees pending leasing operator)
- Comfort station
- Horseshoe pits



NEIGHBORHOOD PARKS

Solana Highlands Park 3520 Long Run Drive
Ashley Falls Park 13030 Ashley Falls Drive
Carmel Creek Park 4260 Carmel Center Road
Carmel Del Mar 12345 Carmel Park Drive
Torrey Hills Park 4262 Calle Mejillones
Sage Canyon Park 5252 Harvest Run Drive

RESERVATION INFORMATION

For park use permits and reservations for the above listed areas including, but not limited to, sports field use, party jumps and special events, please contact:

Carmel Valley Recreation Center at (858) 552-1616.

INDIVIDUALS WITH DISABILITIES

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



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.

Day: Monday

Cost: \$80/8 weeks or \$88.50 for Non-residents

SESSION: 4/22 - 6/24/02


NO CLASS ON MONDAY, MAY 27, 2002.

Gym Rollers (3-5years)		3:00 - 3:45pm 4:00 - 4:45pm
Just the Two of Us (24-36mo.)		5:15 - 6:00pm
Gym Jumpers-girls only (5-7years)		6:00 - 7:00pm
Gym Jammers-girls only (7-11years)		6:00 - 7:00pm
Jr. High Cheer (6-8th grade)		7:00 - 8:00pm

Day: Tuesday

Cost: \$80/8 weeks or \$88.50 for Non-residents

SESSION: 4/23 - 6/18/02

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 (24-36 mo.)		11:00 - 11:45am
Gym Rollers (3-5 years)		12:00 - 12:45pm 12:50 - 1:35pm 1:40 - 2:25pm 3:00 - 3:45pm 4:00 - 4:45pm
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
Boys Only (5-7years)		3:00 - 4:00pm
Boys Only (7-11years)		4:00 - 5:00pm



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

KEN-KA-KUNG FU CLUB

Train in a disciplined, yet nurturing environment. This class is designed to improve or enhance ability to listen, focus and develop skills in balance and coordination. It also builds 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: Saturday 4/13 - 6/1/02

Wednesday 4/17 - 6/5/02



PEE WEE SPORTS

This program is designed to improve coordination, strength, motor skills and teach the basic fundamentals in a variety of sports (2 weeks each: T-ball, Field Hockey, Basketball and Soccer).

Your child will have lots of fun! Teacher/student ratio is 6:1.

All classes will be held outside, rain days will be made up at the end of the session.

Day: Monday, Wednesday, OR Saturday

Times/Age: Monday

1:00 - 1:40pm (3-4 years)

2:00 - 2:40pm (3-4 years)

3:00 - 3:40pm (5-6 years)

4:00 - 4:40pm (3-4 years)

5:00 - 5:40pm (7-8 years)

Wednesday

1:00 - 1:40pm (3-4 years)

2:00 - 2:40pm (5-6 years)

3:00 - 3:40pm (5-6 years)

4:00 - 4:40pm (3-4 years)

5:00 - 5:40pm (7-8 years)

Saturday

9:00 - 9:40am (5-6 years)

10:00 - 10:40am (3-4 years)

11:00 - 11:40am (3-4 years)

12:00 - 12:40pm (7-8 years)

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

Instructor: Mark Moncey & Staff

SESSION: Saturday 4/13 - 6/1/02

Monday 4/15 - 6/10/02

Wednesday 4/17 - 6/5/02

NO CLASSES ON MONDAY, MAY 27, 2002.



For more information contact Mark at (858) 344-2557 or
mmonc719@yahoo.com

YOUTH ACTIVITIES CONTINUED...

Kids Style Art

BABIES GET MESSY (1-2 yrs.)

Exploring, creating, and a mess making get-together for children ages one to two. Play with baby safe art materials. Projects include painting, drawing, and sculpting, and collage. Class requires parent participation.

LET'S GET MESSY (2-4 & 5-7 yrs.)

Children play with fun, messy art materials and create images at the same time. Students work cooperatively on large scale projects to promote creative freedom. Independent projects are explored as well. Emphasis of this class is having FUN while creating. Children create a variety of projects in drawing, painting, sculpture and collage. Children 2 years of age require parent participation.

MAKE IT and TAKE IT (8-12 yrs.)

Students create art in paint, sculpture, drawing, and collage. A new art element is explored every week including line, color, texture, pattern and perspective. Emphasis of this class is on self expression. Projects allow for creative freedom and imagination.

Day: Monday, Wednesday, Thursday OR Saturday
 Cost: \$125/10 weeks or \$135.50 for Non-residents
 Instructor: Rachel (B.A. Art -USD)
 Location: Carmel Valley Field House (upper level of park)
SESSION: Monday 4/15 - 6/24/02
 Wednesday 4/17 - 6/19/02
 Thursday 4/18 - 6/20/02
 Saturday 4/13 - 6/22/02

NO CLASS HELD ON SATURDAY, APRIL 20 & MONDAY, MAY 27, 2002

Babies Get Messy (1-2 years)	Monday	9:30 - 10:15am
	Wednesday	10:30 - 11:15am
Let's Get Messy (2-4 years)	Monday	10:30 - 11:15am
	Wednesday	9:30 - 10:15pm
	Thursday	9:30 - 10:15am
		10:30 - 11:15am
	Saturday	10:00 - 10:45am
Let's Get Messy (5-7 years)	Monday	4:00 - 4:45pm
Make it & Take it (8-12 years)	Monday	3:00 - 3:45pm

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

CHINESE MARTIAL ARTS

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

Day: Thursday OR Saturday
 Time: Thursday 3:45 - 4:45pm
 Saturday 2:00 - 3:00pm
 Ages: 8 years - Adult
 Cost: \$95/10 weeks or \$99.50 for Non-residents
 Instructor: Master Jesse Tsao (Trained in China)
SESSION: Saturday 4/13 - 6/15/02
 Thursday 4/18 - 6/20/02

For more information contact Jesse at (858) 793-8939.

BALLET

PRE-BALLET - CREATIVE DANCE (3-4yrs)

Students learn basic ballet and creative dance movements with emphasis on posture, balance, rhythm and imagination.

BALLET - PRIMARY CREATIVE DANCE (5-6yrs)

Students will learn the basic ballet positions and steps along with creative movement.



BALLET - BEGINNING (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 - BEGINNING (9-12yrs)

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

Day: Wednesday OR Thursday
 Cost: \$100/10 weeks or \$110.50 for Non-residents
 Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: Wednesday 4/17 - 6/19/02
 Thursday 4/18 - 6/20/02



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

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. Classes are designed with age appropriate activities.

Day: Monday
 Time: 9:30 - 10:15am
 10:30 - 11:15am
 Age: walkers-3 years
 Cost: \$125/10 weeks or \$134.50 for Non-residents
 Instructor: Lisa Megrditchian
SESSION: Monday 4/15 - 6/24/02
 Tuesday 4/16 - 6/18/02

NO CLASS ON MONDAY, MAY 27, 2002

For more information contact Lisa at (760) 438-8201



YOUTH ACTIVITIES CONTINUED...

MAD SCIENCE

Discover how much fun science can be during this exciting, hands-on science enrichment program. Build a "football" glider and your very own loop-flying stunt plane! Learn the science behind flight, lift, aerodynamics, and propulsion. Tour the electron freeway and explore conductors, circuits, transistors, and the world of electricity! Investigate waves, density and the impact of tides on the environment. Discover the strength of arches, cylinders and triangles. Build your own super structure as well as an earthquake-proof building.

Day: Wednesday
Time: 10:30 - 11:10am
Age: 3 - 5 years
Cost: \$65/6 weeks or \$71.50 for Non-residents
SESSION: 4/17 - 5/22/02



For more information contact Mad Science at (858) 505-4880 or www.madscience.org

BEGINNING & INTERMEDIATE GIRLS VOLLEYBALL CLASS

Passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship and rules will all be covered in this fun class. Participants will practice fundamentals through a variety of different drills while critiqued by an instructor. Scrimmages will be held at the end of each class.

Day: Wednesday
Time: 3:00 - 4:00pm (Beginning)
4:00 - 5:00pm (Intermediate)
Ages: 6th - 9th grade
Cost: \$80/8 weeks or \$88.50 for Non-residents
SESSION: 4/17 - 6/5/02



For more information contact AfA at (858) 554-0010.

FUNDAMENTALS OF BASKETBALL

This class is designed to teach the basic fundamentals of basketball. Students will learn defense, dribbling, rebounding, passing, and basic shooting drills.

Day: Thursday
Time: 3:00 - 4:00pm
Ages: 8 - 12 years
Cost: \$95/8 weeks or \$103.50 for Non-residents
Instructor: Gary Potts Jr.
SESSION: 4/18 - 6/6/02



BASKETBALL OFFENSIVE MOVES

This class is designed to teach students the basic offensive basketball moves and shooting techniques.

Day: Thursday
Time: 4:00 - 5:00pm
Ages: 8 - 12 years
Cost: \$95/8 weeks or \$103.50 for Non-residents
Instructor: Gary Potts Jr.
SESSION: 4/18 - 6/6/02



KIDS NIGHT OUT

This is a great opportunity for Moms and Dads to go out on a date. We play games, do arts and crafts and show a movie. Snack is provided. Parent/legal guardian must register the Saturday prior to the event, limited to 30 children. Children must be potty trained. Bring a sack dinner or happy meal.

Day: Friday
Time: 5:30 - 9:30pm
Ages: 4 - 12 years
Cost: \$10.00 per child/ per night
Hosted by: Phillips Recreation
Dates: April 5, May 3, & June 7



REGISTRATION: SATURDAY PRIOR TO FRIDAY NIGHT
3/30, 4/27, & 6/1/02

AMERICAN RED CROSS BABYSITTERS TRAINING

Babysitters Training gives participants the knowledge, skills and confidence to care for infants through school-aged children. This two-day program addresses safety issues, preventing injuries and illnesses, basic child care, first aid, decision making skills and age appropriate behavior and play. Bring a sack dinner and lunch to eat during break. Students must attend both days for certification. Register early, spaces are limited.

Days: May 17 & 18, 2002
Time: 4:00 - 8:00pm (5/17/02)
9:00 - 1:00pm (5/18/02)
Cost: \$50 Residents/\$57 for Non-residents



PARK & RECREATION DANCE DEPARTMENT

This program is conducted by the City of San Diego Dance Department. Classes consist of Tap and Jazz-HipHop.

CLASSES ARE CURRENTLY IN SESSION

SUMMER REGISTRATION WILL BE JUNE 24, 2002

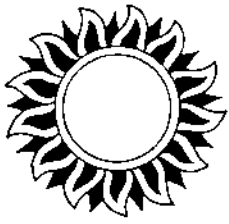
- You must register at the time listed for your selected classes.
- You must register with the instructor.
- Priority registration is given to students currently enrolled.
- Intermediate classes are open only by teacher promotion.

Tap 4-5 years Mon. 3:00pm
Tap 1st grade-16 years Mon. 3:45pm
Jazz 6-16 years Mon. 4:30pm
Cost: \$25 per semester
SESSION: January 28 - May 18, 2002

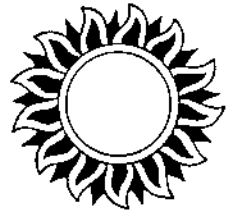


For more information contact (619) 525-8258 or
www.citydancearts.org





ADULT ACTIVITIES



TAI CHI/QIGONG

Come learn this ancient Chinese art of healing and self-defense taught by a Tai Chi master from China. Class is designed to reduce stress, improve balance and flexibility, tone muscles, strong endurance, alleviate chronic pain, lubricate joints and fortify your immune system. Tai Chi is for a healthy life and longevity.

Day: Thursday or Saturday
Time: 7:30 - 8:30pm (Thursday)
1:00 - 2:00pm (Saturday)
Ages: 8 - adult
Cost: \$95/10 weeks or \$ 103.50 for Non-residents
Instructor: Master Jesse Tsao
SESSION: Thursday 4/18 - 6/20/02
Saturday 4/13 - 6/15/02



For more information contact Jesse at (858) 793-8939.

BELLY DANCING

Come learn the ancient art of belly dance. A fun class for toning, strengthening and stretching the abs, hips and thighs. Enjoy beautiful Middle Eastern music and sensual movements. Optional finger cymbals will be taught. Instructor is a professional belly dancer and performs regularly in solo and troop work.

Day: Wednesday
Time: 6:30- 7:30pm
Cost: \$100/10 weeks or \$110.50 for Non-residents
Instructor: Vicki Deriso
SESSION: 4/17 - 6/19/02



For more information contact Vicki at (858) 271-2710.

HIGH/LOW IMPACT AEROBICS

This class is designed for individuals who are looking for a balanced cardio/strength workout. Beginners are welcome. Please bring a towel. Supervised(1 staff) indoor/outdoor play area for children. Call recreation center for details.

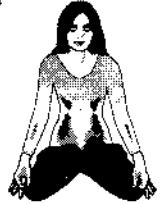
Days: Monday, Wednesday & Friday
Time: 9:30 - 10:30am
Cost: \$48/month or \$75 for Non-residents
(Sign up by the 5th of each month)
NO PER CLASS FEE!



MINDFUL YOGA & MEDITATION

Tools for transforming tension into relaxation, fatigue into vitality and anxiety into peace. All levels of experience are welcome. A complete class description is available at the recreation center.

Day: Tuesday
Time: 6:00 - 7:30pm
Cost: \$100/10 weeks or \$110.50 for Non-residents
Instructor: Karen Sothers, M.Ed.(Certified) and
Donna Cheema, M.Ed.(Certified)
SESSION: 4/16 - 6/18/02



BEGINNING HATHA YOGA

Enjoy two hours of serenity! Reduce stress and tension. Increase strength, flexibility, balance and inner harmony. Learn the foundation poses of yoga that will assist you in developing your own routine. Appropriate for all fitness levels. Wear loose, comfortable clothes and bring a towel. A 10% discount is given to students that register for both Hatha Yoga classes.

Day: Tuesday
Time: 10:00 - 12:00noon
Cost: \$125/10 weeks or \$135.50 for Non-residents
(Seniors receive a 10% discount)
Instructor: Shelley Aanerud (Certified)
SESSION: 4/16 - 6/18/02



INTERMEDIATE HATHA YOGA

Prerequisite: Beginning Hatha Yoga
Intermediate yoga is a continuation of beginning yoga, deepening your experience of flexibility, strength, awareness and joy. Additional breathing techniques and advanced poses added according to students ability. A 10% discount is given to students that register for both Hatha Yoga classes.

Day: Thursday
Time: 10:00 - 12:00noon
Cost: \$125/10 weeks or \$135.50 for Non-residents
(Seniors receive a 10% discount)
Instructor: Shelley Aanerud (Certified)
SESSION: 4/18 - 6/20/02



ADULT ACTIVITIES CONTINUED...

PARK & RECREATION DANCE DEPARTMENT

This program is conducted by the City of San Diego Dance Department. Classes consist of Jazz and Tap.

CLASSES ARE CURRENTLY IN SESSION

SUMMER REGISTRATION WILL BE JUNE 24, 2002

- You must register at the time listed for your selected class.
- You must register with the instructor.
- Priority registration is given to students currently enrolled.

Adult Tap Monday 6:45pm

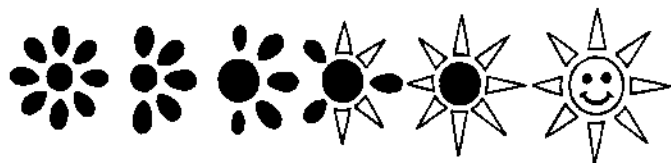
Adult Jazz Monday 7:30pm

Cost: \$25.00 per semester

SESSION: January 28 - May 13, 2002



For more information contact (619) 525-8258 or
www.citydancearts.org



ACTIVE OLDER ADULT

This exercise class is geared for the active senior. An enjoyable class which includes cardiovascular workout, strength training with balance work, floor work and stretching. Bring a towel.

Days: Tuesday & Thursday
Wednesday & Friday

Time: 8:00 - 9:30am (Tuesday)
8:30 - 10:00am (Thursday)
8:15 - 9:15am (Wednesday & Friday)

Cost: \$10 per semester

Registration: Register with the San Dieguito Adult School
(760) 753-7073.



CARMEL VALLEY BRIDGE CLUB

Chicago Bridge meets on the 2nd Friday and Duplicate Bridge meets on the 4th Friday at 1:00pm of every month. For more information contact Ruth Weil (858) 350-5910 or Jan Foster (858) 793-1791.



ADULT LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS - TEAM SIGN UPS ONLY!



**Men's Adult Basketball League
(Recreational & A League)**
Tuesday Nights, starts in July 2002
Contact Julie Roberts (858) 552-1616,
Fee T.B.A.



Men's & Women's Volleyball League (4 person)
Single players welcome to e-mail.
Thursday Nights, starts July 2002
Contact Noelle Chartier at noellec@san.rr.com or (858) 792-7878,
\$200.00 per team



Adult Co-ed Softball League - Monday & Wednesday Nights
Men's Softball League - Tuesday & Thursday Nights
Adult Co-ed Softball League at Torrey Hills Park -
Monday, Tuesday, Wednesday & Thursday Nights
Contact Pete McNamera (858) 453-6208,
Fee T.B.A.

Spring Egg Hunt

**Sponsored by:
The Carmel Valley
Recreation Council &
Coldwell Banker Realty**



**Saturday
March 30, 2002
9:30am - 11:30am**

**Join Us For
A Hoppin'
Good Time!**

Plus: Arts & Crafts, Fun Jump, Face Painting, Refreshments!

Egg Hunts begin promptly, so arrive early!



Egg Hunt Times:

0-2 years	10:30am
3-4 years	10:45am
5-7 years	11:00am
8-10 years	11:15am

Association for Athletics

Summer Youth Basketball League

**Ages: 1st- 8th Grade, Girls & Boys
Dates: Games begin June 17, 2002
Fee: \$70
Assesment Date: TBA at registration**

Registration Dates:

**Saturday, April 6 & 13
10:00am - 12:00pm
Coaches Priority Registration
Saturday, April 6
9:00-10:00am**

**League Info Line:
858.554.0010**