



City of San Diego Park and Recreation Department

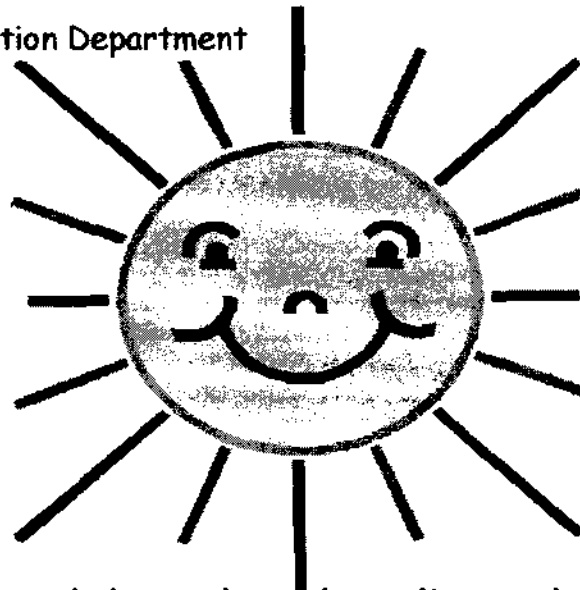
Carmel Valley Community Park & Recreation Center

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
- Summer Serenades

2002



Summer 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, JUNE 29, 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 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.)

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 open) 1:00 - 4:00pm

Saturday & Sunday (Slides open) 12:00 - 4:00pm

LAP SWIM

Monday - Friday 6:00am - 8:00am
11:00am - 4:00pm
6:30pm - 9:00pm

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
Saturday (Effective June 22 - Aug. 24) 9:00am - 9:00pm
Sunday 9:00am - 1:45pm

(Hours subject to change without prior notification)

RECREATION CENTER CLOSURE

Thursday, July 4, 2002 - Independence Day

Monday, September 2, 2002 - Labor 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
- ◆ Comfort station
- ◆ Horseshoe pits



NEIGHBORHOOD PARKS

Solana Highlands Park 3520 Longrun 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, picnic areas, 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: \$66/6 weeks or \$72 for Non-residents

SESSION: 7/8 - 8/19/02

NO CLASS ON MONDAY, AUGUST 5, 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)	3:00 - 4:00pm
	6:00 - 7:00pm
Gym Jammers-girls only (7-11years)	6:00 - 7:00pm
Jr. High Cheer (6-8th grade)	7:00 - 8:00pm

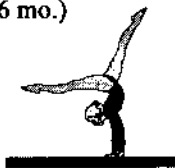
Day: Tuesday

Cost: \$66/6 weeks or \$72 for Non-residents

SESSION: 7/9 - 8/19/02

NO CLASS ON TUESDAY, AUGUST 6, 2002

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



Gym Jumpers-girls only (5-7years)	12:50 - 1:35pm
	1:40 - 2:25pm
	3:00 - 3:45pm
	4:00 - 4:45pm
Gym Jammers-girls only (7-11years)	3:00 - 4:00pm
	4:00 - 5:00pm
	5:00 - 6:00pm
Boys Only (5-7years)	4:00 - 5:00pm
Boys Only (7-11years)	3:00 - 4:00pm
	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. The class is designed to improve or enhance 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: Saturday 7/13 - 8/31/02
Wednesday 7/10 - 8/28/02



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, on the lower field, west of the parking lot. Rain days will be made up at the end of the session.

Day: Saturday
Times/Age: 9:00 - 9:40am (5-6 years)
10:00 - 10:40am (2.5-4 years)
11:00 - 11:40am (2.5-4 years)
12:00 - 12:40pm (5-6 years)

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

Instructor: Mark Moncey & Staff

SESSION: Saturday 7/13 - 8/31/02

For more information contact Mark at (858) 344-2557 or

mmonc719@yahoo.com



MAD SCIENCE

Children will experiment with wave simulators and twirling tubes to learn how sound travels and what creates pitch. We'll use magnifying glasses, telescopes, binoculars, and other scientific equipment to see the world in different ways. Children will learn the basic science of color using chemical reactions and rainbows! We'll experiment with air pressure, worms and the sense of touch. Participants will also explore the world of dinosaurs and participate in a mini dino dig.

Day: Wednesday
Time: 10:30 - 11:10am
Age: 3 - 5 years
Cost: \$65/6 weeks or \$71.50 for Non-residents
SESSION: 7/10 - 8/14/02

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



YOUTH ACTIVITIES CONTINUED...

Kids Style Art

BABIES GET MESSY (1-2 yrs.)

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

Children create two unique works of art each class, based on a weekly theme and work cooperatively on a mural. Every work of art is created using a combination of painting, drawing, sculpting, and collage activities. A plentitude of art materials is provided for each project such as paint, clay, various mixtures, colored sand, glitter, shells, rocks, numerous others. Children two years and under require parent participation.

KIDS GET MESSY (6-10 yrs.)

Same fun as described above and more. A different art concept is introduced and applied to the projects each week. A discussion of the projects is held at the end of each class. Emphasis of this class is on self-directed exploration of the creative process.

Day: Thursday or Friday
 Cost: \$135/8 weeks or \$143.50 for Non-residents
 Instructor: Rachel (B.A. Art -USD)
SESSION: Thursday 7/11 - 8/29/02
 Friday 7/12 - 8/30/02



Babies Get Messy (1-2 years) Friday 9:15 - 10:00am
 Let's Get Messy (2-5 years) Thursday 1:30 - 2:15pm
 Friday 2:30 - 3:15pm
 Kids Get Messy (6-10 years) Thursday 3:30 - 4:15pm
 Friday 10:15 - 11:00am

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

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.

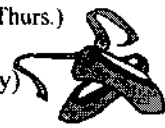


BALLET - BEGINNING (7-8yrs & 9-12yrs)

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: \$80/ 8weeks or \$8850 for Non-residents
 Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: Wednesday 7/10 - 8/28/02
 Thursday 7/11 - 8/29/02

Pre-Ballet - Creative (3 - 4 years)
 1:00 - 1:45pm (Wed. or Thurs.)
 Ballet - Creative (5 - 6 years)
 3:30 - 4:15pm (Wed. or Thurs.)
 Ballet - Beginning (7 - 8 years)
 4:30 - 5:30pm (Thursday)
 Ballet - Beginning (9 - 12 years)
 4:30 - 5:30pm (Wednesday)



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

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: June 24 - August 31, 2002



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

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 or Thursday
 Time/Age: Monday
 9:30 - 10:15am (walkers-3 years)
 10:30 - 11:15am (walkers-3 years)
 Thursday
 9:30 - 10:15am (walkers-3 years)
 10:30 - 11:15am (walkers-3 years)



Cost: \$100/8 weeks or \$108.50 for Non-residents
 Instructor: Lisa Megrditchian
SESSION: Monday 7/8 - 8/26/02
 Thursday 7/11 - 8/29/02

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



SUMMER CAMPS

Space still available.....

Registration is still available for many camps offered this summer. We have a variety of activities for children ages 3-15. View detailed information on-line at www.cvsd.com or stop by the recreation center.



Summer Camps 2002:

Day Camp

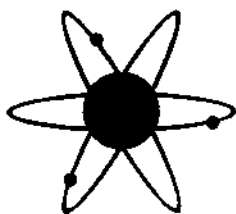
Kinder Camp

Baseball Camp

Adventure Camp

Pee Wee Sports Camp

Camp Science Safari



Multi Sports Camp

Tennis Camp

Flag Football Camp

Volleyball Camp

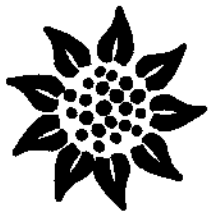
Mad Science Camp

Gym Kids Camp

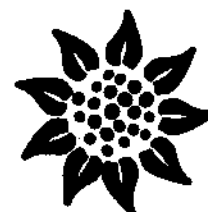


For more information contact the
Carmel Valley Recreation Center at
(858) 552-1616





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 (Beginning) or Saturday (Intermediate)
Time: 7:30 - 8:30pm (Thursday)
2:00 - 3:00pm (Saturday)
Ages: 8yrs. - adult
Cost: \$80/8 weeks or \$88.50 for Non-residents
Instructor: Master Jesse Tsao
SESSION: Thursday 7/11 - 8/29/02
Saturday 7/13 - 8/31/02



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: \$80/8 weeks or \$88.50 for Non-residents
Instructor: Vicki Deriso
SESSION: 7/10 - 8/28/02



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

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 SEMESTER REGISTRATION BEGINS:
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.

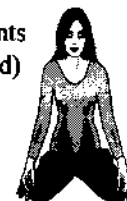
Adult Tap Monday 6:45pm
Adult Jazz Monday 7:30pm
Cost: \$25.00 per semester
SESSION: June 24 - August 31, 2002

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

MINDFUL YOGA & MEDITATION

Tools for transforming tension into relaxation, fatigue into vitality and anxiety into peace. In this class, the poses are coupled with conscious breath practice so as to access the innate wisdom of body, mind, spirit and deepen into stillness. Class also emphasizes developing conscious body-mind awareness with regular practice. Thus, promoting a greater sense of strength, flexibility, endurance, and relaxation in the practice of yoga and in life. All levels of experience are welcome. A complete class description is available at the recreation center.

Day: Tuesday
Time: 6:00 - 7:45pm
Cost: \$80/8 weeks or \$88.50 for Non-residents
Instructor: Donna Cheema, M.Ed., RYT (Certified)
SESSION: 7/9 - 8/27/02



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: \$100/8 weeks or \$108.50 for Non-residents
(Seniors receive a 10% discount)
Instructor: Shelley Aanerud (Certified)
SESSION: 7/9 - 8/27/02



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: \$100/8 weeks or \$108.50 for Non-residents
(Seniors receive a 10% discount)
Instructor: Shelley Aanerud (Certified)
SESSION: 7/11 - 8/29/02

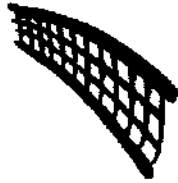


ADULT ACTIVITIES CONTINUED...

ADULT VOLLEYBALL CLINIC

Passing, setting, hitting drills and instruction for all levels of players. 100% of proceeds go towards the Recreation Center Financial Assistance Program for children.

Day: Thursday, July 11, 2002
Time: 7:00 - 8:30pm
Ages: 16yrs. - adult
Cost: \$5.00 per person



ACTIVE OLDER ADULT

Senior exercise classes will return in the Fall. For more information contact the San Dieguito Adult School (760) 753-7073.



CARMEL VALLEY BRIDGE CLUB

Bridge Club will return in the Fall. 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, Summer League Full
League Director: Julie Roberts

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.

Carmel Valley Rec Council's
SUMMER SERENADES



SUMMER



SERENADES

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**STARTS
 SUNDAY, JUNE 30!**

CONCERT SCHEDULE
 Sundays, 5-7 p.m.

June 30 **U.S. NAVY BAND** *Classical Pops Concert*
 (Rec Center Amphitheater)

July 7 **EVE SELIS**
Country & Western Rock Music
 (Solana Highlands School Park)

July 14 **THE MAR DELS**
San Diego's Best Nostalgia Band
 (Carmel Creek School Park)

July 21 **THEO & THE ZYDECO PATROL**
Lively Music from SW Louisiana
 (Torrey Hills Neighborhood Park)

July 28 **Y3K** *Top 40 and Alternative Dance Hits*
 (Solana Highlands School Park)

Aug 4 **SUE PALMER**
San Diego's Queen of Boogie Woogie
 (Rec Center Amphitheater)

**FAMILY FUN DAY AT
 THE REC CENTER**
 August 4, 3:30 PM

With Special Thanks to Our Sponsors:

- | | |
|-----------------------------|--|
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| <i>Jimbo's...Naturally!</i> | <i>www.CVSD.com</i> |
| <i>Coldwell Banker</i> | <i>Seabreeze Farms Equestrian Center</i> |

**CHILI
 COOK-OFF**
 July 14th
 3:30 PM

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

Designed by Coastline Graphics



SUMMER EVENTS

Summer Concerts Start Sunday, June 30
 All Concerts are Sundays, 5-7 pm in the local parks.

Chili Cook-off at Carmel Creek Park
 Sunday, July 14, 3:30 pm

Family Fun Day at the Rec Center
 Join us for an afternoon of Jumpers, Crafts, Food and Fun!
 Sunday, August 4, 3:30 pm

