



City of San Diego Park & Recreation Department
"We enrich lives through quality parks and programs."



Carmel Valley Community Park & Recreation Center

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

FALL 2003 PROGRAM



**Carmel Valley
Community Website**
www.cvsd.com

Open Gym Schedule
Open Game Room Schedule
Recreation Council Information



**2004 Winter Youth
Basketball League**
See Back Cover For Details

Mark your calendar!

**REGISTRATION BEGINS
SATURDAY, SEPT. 13**

See inside front cover for complete details.



REGISTRATION INFORMATION

Registration for our 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. NO EXCEPTIONS!**

REGISTRATION BEGINS:

SATURDAY, SEPTEMBER 13, 2003 at 9:00AM

(Except for City Dance Dept. Classes, Youth Basketball Leagues & Senior Fitness) Numbers will be issued at 6:00am to reserve a place in line. One number per family. We can not give you a number for a friend/neighbor. **The last day to register is Friday, October 3, 2003.**

Historically, few classes fill to capacity on the first day of registration. But register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. **All participants must meet age requirements.**

PAYMENT POLICY:

- Payment is required at the time of registration.
- Please pay with **EXACT cash or a check** payable to CVRC.
- No credit cards.
- A **\$35 fee** will be charged for all returned checks.
- Financial assistance and scholarships are available. Please inquire with staff **prior to registration day, September 13, 2003.**
- Class fees are not prorated/discounted after the beginning of the scheduled session.

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

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

REFUND POLICY:

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). **Sorry, no exceptions!**

A **\$20 service fee** will be charged **per registrant for each refund request.** An official CVRC Refund Request Form (available at the Recreation Center) and your yellow registration receipt must be submitted **prior to the second scheduled class meeting.**

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child will not participate after the refund deadline, we cannot refund or transfer you. Thank you for understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and can no longer participate in class please contact CVRC staff as soon as possible. **An official CVRC Refund Request Form must be submitted.** Refund or credit will be determined on a case by case basis. An official doctor's note will be required. No medical refunds will be considered after October 17, 2003.

TRANSFER POLICY:

Transfer requests are not encouraged and will be evaluated on a case by case basis. Request must be **within the same type of class**, pending space availability. (i.e. Pee Wee Wednesday to Pee Wee Saturday, *Not Pee Wee Wednesday to Music Moves*)

To insure program quality for all participants, no exceptions are made regarding class enrollment sizes.

An official CVRC Transfer Request Form (available at the Recreation Center) and your yellow registration receipt must be submitted by Thursday, September 18, 2003.

INDIVIDUALS WITH DISABILITIES:

All classes can accommodate persons with Disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance along with CVRC staff. Please ask for this service at the time of registration.

CARMEL VALLEY RECREATION CENTER

HOURS OF OPERATION

Hours Effective: September 1 - December 21

Monday - Friday 12:00pm - 9:45pm

Saturday 9:00am - 3:45pm

Sunday 9:00am - 1:45pm

(Hours subject to change without prior notification)

RECREATION CENTER CLOSURES

Tuesday, November 11, 2003 - Veteran's Day

Thursday, November 27, 2003 - Thanksgiving Day

Thursday, December 25, 2003 - Christmas Day

FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center 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
- Game room with Foosball & Table Tennis
- Two Playgrounds
- Passive picnic areas
- Barbeques
- Amphitheater
- Multipurpose fields
- Outdoor basketball courts
- Tennis courts
- Restrooms
- Horseshoe pits & Outdoor Fitness Stations

CARMEL VALLEY NEIGHBORHOOD PARKS

NEIGHBORHOOD PARKS

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

PARK USE 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.

CARMEL VALLEY SWIMMING POOL

DIRECT LINE: (858) 552-1623

The Carmel Valley pool is operated under a separate administration. Please call the Pool Office for hours of operation, fees, and lessons information.

RECREATION COUNCIL

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



YOUTH ACTIVITIES



OOEY GOOEY™ PLAYDAYS **NEW!**

A hands on, hands in program dedicated to mixing, sloshing, scooping, blending, poking and laughing! We'll squish homemade coffee playdough, watch flubber ooze, decorate jumbo coffee filters, squeeze some ooblick and so much more! Different ooeey-gooey activities will rotate in each week to compliment the "old favorites!" Wear your playclothes and bring a camera! Parent *presence* is required. Feel free to participate at your own comfort level.

Day/Time: Wednesday
Times: 9:15 - 10:00am
10:30 - 11:15am
Age: walkers - 5 years
Cost: \$110/8 weeks or \$118.50 for Non-residents
Instructor: Lisa Murphy, *The Ooeey Gooey Lady™*
SESSION: 9/24 - 11/12/03



For more information contact Lisa at (800) 477-7977.

GLITZ & GLAMOUR **NEW!**

Hang out with the girls! In this fun-filled class, we'll make our own accessories and crafts that never lack glitter or shine. Games and activities are designed around today's popular characters and tv shows. Make new friends during this exciting "Hollywood" hour!

Day/Time: Thursday
Time: 4:15 - 5:15pm
Age: 5 - 8 years
Cost: \$100/8 weeks or \$108.50 for Non-residents
Instructor: Just Fabulous
SESSION: 9/25 - 11/13/03



For more information contact Just Fabulous at (858) 922-5542.

MUSIC MOVES

A complete music program for children and parents! Exhilarating lessons provide an active setting in which to explore: tambourines, maracas, drums, rhythm sticks, bells, and more. This program is designed to develop body awareness, motor skills, and cognitive skills, and emotional and social skills. Siblings receive a 10% discount.

Day/Time: Monday 9:30 - 10:15am
10:30 - 11:15am
Thursday 9:30 - 10:15am
10:30 - 11:15am
Age: walkers - 3½ years
Cost: \$125/10 weeks or \$135.50 for Non-residents
Instructor: Lisa Megrditchian
SESSION: Monday 9/22 - 12/1/03
Thursday 10/2 - 12/11/03

NO CLASSES HELD MON. 11/24 & THURS. 11/27.

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



KOOKY COOKING **NEW!**

Who says kids can't cook? This class puts a wild 'n' crazy twist on everyday foods! We'll make homemade ice cream, peanut butter butterflies and much more. Everyone goes home with a recipe book to share with family! Wear your playclothes!

Day/Time: Thursday
Time: 3:00 - 4:00pm
Age: 5 - 8 years
Cost: \$120/8 weeks or \$128.50 for Non-residents
Instructor: Just Fabulous
SESSION: 9/25 - 11/13/03



For more information contact Just Fabulous at (858) 922-5542.

CHEER CLINICS **NEW!**

Introductory cheer program that promotes fun, while learning cheers, chants, motions, stunts and jumps. Geared toward beginner/intermediate child with minimal experience. Professional instruction and group activities lead to skill development in a non-competitive environment. Each participant receives a t-shirt!

SESSION 1: Saturday, October 11
SESSION 2: Saturday, November 1
Time: 10:00am - 12:00pm (4 - 8 years)
1:00pm - 3:00pm (9-13 years)
Cost: \$45/session or \$50 for Non-residents
Instructor: All American Athletics
Bring: Athletic shoes & clothes, water, sunblock and a snack.



For more information contact Brent Reger at (626) 862-3256.

DANCE 2GETHER

Parents and toddlers will experience dance and movement together. Your little one will be introduced to ballet and creative dance movement. Wear comfortable athletic attire.

Day: Wednesday
Time: 11:30am - 12:00pm
Age: 24-36 months
Cost: \$85/10 weeks or \$95.50 for Non-residents
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: 9/24 - 12/10/03 NO CLASS HELD 10/1 & 11/26/03.



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

CARMEL VALLEY TINY TRAVELERS

Great Sampler Class!

This Recreation Leader organized parent/tot group will rotate to local neighborhood playgrounds. A weekly theme/activity will be held as we meet new friends, play and have all around fun. *Featured activities: Gym Kids, Pee Wee Sports, Music Moves, Ooeey Gooey, Dance 2gether and Theme Days!* Snack is provided. Rain days will be held in the gymnasium at the Carmel Valley Recreation Center. Siblings receive a 50% discount.

Day: Thursday
Time: 9:30 - 10:30am
Age: walkers - 3 years
Cost: \$65/8 weeks or \$73.50 for Non-residents
SESSION: 9/24 - 11/12/03



MEET AT THE CARMEL VALLEY RECREATION CENTER ON THE FIRST DAY.

YOUTH ACTIVITIES CONTINUED...

PEE WEE SPORTS

This program is designed to improve coordination, strength, motor skills and teach the basic fundamentals in a variety of sports. Your child will have lots of fun! Teacher/student ratio is 1:6. Choose the **2-SPORT CLASS** (4 weeks of soccer & 4 weeks of basketball), OR the **MULTI-SPORT CLASS** (2 weeks each in this order: Soccer, Field Hockey, Basketball & T-Ball).

All classes will be held outside, on the LOWER FIELD. In case of rainy weather, please call (858) 344-2557, regarding class status.

MULTI-SPORT MONDAY

2:00 - 2:40pm (3-4 years)
3:00 - 3:40pm (5-6 years)
4:00 - 4:40pm (3-4 years)

MULTI-SPORT WEDNESDAY

10:00 - 10:40am (3-4 years)
11:00 - 11:40am (3-4 years)
2:00 - 2:40pm (5-6 years)
3:00 - 3:40pm (5-6 years)
4:00 - 4:40pm (3-4 years)

MULTI-SPORT SATURDAY

9:00 - 9:40am (5-6 years)
10:00 - 10:40am (3-4 years)
11:00 - 11:40am (3-4 years)



2-SPORT CLASSES

Monday 4:00 - 4:40pm (3-4 years)
Wednesday 3:00 - 3:40pm (5-6 years)
Saturday 9:00 - 9:40am (5-6 years)

Cost: \$110/8 weeks or \$118.50 for Non-residents

Instructor: Mark Moncey & Staff

SESSION: Saturday 9/20 - 11/8/03
Wednesday 9/24 - 11/12/03

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

Email: director@peepeesports.net

internet: www.peepeesports.net



KEN-KA-KUNG-FU CLUB

This class will address your child's individual needs and bolster their natural abilities in a disciplined, yet nurturing environment. This class is designed to improve or enhance ability to listen, focus, 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.

Day: Wednesday or Saturday
Time: 4:30 - 6:00pm (Wednesday)
9:00 - 10:30am (Saturday)

Ages: 5 - 14 years

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

Instructor: Master Janice Somera, (9th Degree Black Belt & the highly prestigious White Satin, 41 years experience)

SESSION: Saturday 9/20 - 11/8/03
Wednesday 9/24 - 11/12/03



GYM KIDS GYMNASTICS

Designed to promote learning, fitness, and fun through gymnastics, rhythm, and creative movement. Children walking to 5 years old experience enhancement of reading readiness skills: Fine motor development, hand/eye/foot coordination and crossing the midline. Comprehension and vocabulary are taught through spatial awareness and gymnastics technology. Children ages 5-11 years learn technically correct gymnastics skills on the Olympic events: vault, bars, balance beam, floor exercises and trampoline. Our noncompetitive focus is on learning as we promote the feeling of "I can do it" in each child.

DAY: MONDAY OR TUESDAY

COST: \$110/10 weeks or \$120.50 for Non-residents

SESSION: 9/22 - 12/8/03 OR 9/23 - 12/9/03

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

NO CLASSES HELD MON. 11/10 & 11/24 AND TUES. 11/11 & TUES. 11/25/03.

Just the 2 of Us: walking - 24 months

Tuesday 9:15am - 10:00am

Just the 2 of Us: 24 - 36 months

Monday 10:15 - 11:00am

Tuesday 5:00 - 5:45pm

Tuesday 10:05 - 10:50am



Gym Rollers: 3 - 5 years

Monday 9:30 - 10:15am

Tuesday 11:00 - 11:45am

11:10 - 11:55am

12:00 - 12:45pm

12:00 - 12:45pm

12:50 - 1:35pm

12:50 - 1:35pm

3:00 - 3:45pm

3:00 - 3:45pm

4:00 - 4:45pm

4:00 - 4:45pm

5:00 - 5:45pm

6:00 - 6:45pm

Gym Jumpers: Girls 5 - 7 years

Monday 3:00 - 4:00pm

Tuesday 3:00 - 4:00pm

4:00 - 5:00pm

4:00 - 5:00pm

6:00 - 7:00pm

5:00 - 6:00pm

Gym Jammers: Girls 8 - 11 years

Monday 6:00 - 7:00pm

Tuesday 4:00 - 5:00pm

5:00 - 6:00pm

Boys Only:

5 - 7 years Tuesday 3:00 - 4:00pm

8 - 11 years Tuesday 4:00 - 5:00pm

Jr. High Cheer: 6th - 8th Grade

Monday 7:00 - 8:00pm



HOT SHOTS

- You must receive prior permission from instructor to be eligible to enroll in a Hot Shots class.
- Instructor permission does not reserve or guarantee eligible participants a space in Hot Shots classes.

DAY: Monday

SESSION: 9/22 - 12/1/03

NO CLASS HELD MON. 11/10 & 11/24/03.

COST:

Jr. Hot Shots: \$110/10 weeks or \$120.50 for Non-residents

Hot Shots: \$150/10 weeks or \$160.50 for Non-residents

TIME:

Jr. Hot Shots (5-7 years) 3:45 - 5:15pm

Hot Shots (8-11 years) 5:30 - 7:00pm

For more information contact Mary at (858) 792-8814.

Email: gymkids@adelphia.net

YOUTH ACTIVITIES CONTINUED...

BALLET



Iddy-Bitty Ballet (3 - 4 years)

Creative dance and an introduction to ballet with an emphasis on posture, balance, rhythm, and imagination.

Pre-Ballet (5 - 6 years)

An introduction to the basic ballet positions and steps along with creative movement. Develop musical awareness and motor skills.

Ballet II (5 - 6 years) - Instructor Permission Required

A continued study of ballet technique, and more developed combinations at the barre and across the floor. (You must receive prior permission from instructor to be eligible to enroll in Ballet I. Instructor permission does not reserve eligible participants a space in class.)

Ballet Fundamentals (7 - 10 years)

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)

Wednesday

Iddy-Bitty Ballet (3-4 years) 1:00 - 1:45pm
Ballet II (5-6 years) 3:30 - 4:30pm

Thursday

Iddy-Bitty Ballet (3-4 years) 1:00 - 1:45pm
Pre-Ballet (5-6 years) 3:30 - 4:30pm
Ballet Fundamentals (7-10 years) 4:30 - 5:30pm

SESSION: Wednesday 9/24 - 12/10/03

Thursday 9/25 - 12/11/03

NO CLASSES HELD WED. 10/1 & 11/26 AND THURS. 10/2 & 11/27/03.

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

FUNDAMENTALS OF BASKETBALL



This class is designed to teach the basic skills of basketball. Students will learn defense, dribbling, passing, shooting, and how to play team basketball.

Day: Thursday
Time: 3:00 - 4:00pm

BASKETBALL OFFENSIVE MOVES

This class is designed to teach students basic offensive moves such as: drop step, cross over dribble, pick and roll, shooting skill, and team basketball.

Day: Thursday
Time: 4:00 - 5:00pm

Ages: 8 - 13 years
Cost: \$110/8 weeks or \$118.50 for Non-residents
Instructor: Gary Potts Jr.
SESSION: 9/25 - 11/13/03

KIDS STYLE ART

Babies Get Messy (walking - 2½ years)

Let's Get Messy (2½ - 4 years)

A guided exploration of various art materials. Class promotes creative freedom as children work at their own pace. Everyone gets messy, please dress accordingly! *Class requires parent participation.*

Kids Get Messy (5 - 10 years)

Students create art in paint, sculpture, drawing, and collage. Emphasis is on self-expression. Projects allow for creative freedom and imagination.

Day: Wednesday or Thursday or Saturday
Location: Carmel Valley Field House (Upper Level of Park)
Cost: \$100/8 weeks or \$110.50 for Non-residents
Instructor: Rachel (B.A., Art USD)

Wednesday

Let's Get Messy (2½-4 years) 10:00 - 10:45am
Babies Get Messy (walking-2½ years) 11:15 - 12:00pm
Kids Get Messy (5-10 years) 4:00 - 4:45pm

Thursday

Babies Get Messy (walking-2½ years) 10:00 - 10:45am
Let's Get Messy (2½-4 years) 11:15 - 12:00pm

Saturday

Babies Get Messy (walking-2½ years) 9:00 - 9:45am
Let's Get Messy (2½-4 years) 10:00 - 10:45am

SESSION: Wednesdays 9/24 - 11/12/03
Thursdays 9/25 - 11/13/03
Saturdays 9/20 - 11/8/03



For more information contact Rachel at (760) 230-1055.

CITY 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.

FALL SEMESTER REGISTRATION BEGINS: SEPT. 15, 2003

- 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.

YOUTH CLASSES:

Tap	4-5 years	Monday	3:00pm
Tap	6-16 years	Monday	3:45pm
Jazz	6-16 years	Monday	4:30pm

Cost: \$25 per semester

SESSION: SEPTEMBER 2003 - JANUARY 2004

For more information contact the Dance Dept. at (619) 525-8258.
Internet: www.citydancearts.org



TEEN ACTIVITIES

AMERICAN RED CROSS BABYSITTERS TRAINING

Babysitter 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, first aid, decision making skills, and age appropriate behavior and play. Students must attend both days for certification.

Space is limited. **Choose Session 1 or Session 2.**

Cost: \$50 Residents/\$53 for Non-residents
Session 1: Friday October 3, 4:00 - 7:00pm &
Saturday October 4, 9:00am - 12:00pm
Session 2: Friday November 7, 4:00 - 7:00pm &
Saturday November 8, 9:00am - 12:00pm

BEGINNING & INTERMEDIATE VOLLEYBALL CLASSES

Passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship, and rules will 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: \$85/8 weeks or \$93.50 for Non-residents
SESSION: 9/24 - 11/12/03

For more information contact AFA at (858) 518-1315.
Internet: www.afasports.com

AFA CO-ED VOLLEYBALL LEAGUE

This league is designed to jump start young volleyball players' interest, and provide an opportunity to learn the sport and have fun! Teams will be formed the second week. The first 15 minutes before each game is dedicated to practice time. Team shirt and trophy included. Space is limited!

Day: Monday
Time: 5:00 - 7:30pm
Ages: 6th - 9th Grade
Cost: \$80.00/8 weeks
SEASON: 9/22 - 11/10/03

For more information contact AFA at (858) 518-1315.
Internet: www.afasports.com



**TEENS MAY ALSO ENROLL IN
BELLY DANCING, TAI CHI AND YOGA**

ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

MEN'S BASKETBALL LEAGUES

- Team sign ups only.
- Games are played on Tuesday Nights.
- Fall leagues are FULL at this time.



Teams interested in playing should contact the Recreation Center office to be placed on waiting list.

For more information contact Julie Roberts, League Director, Tuesday evenings, 6:30-10:00pm at the Carmel Valley Recreation Center, (858) 552-1616.

SOFTBALL LEAGUES MEN'S & CO-ED

- Team sign ups only.



Co-ed: Monday or Wednesday Nights
Men's: Tuesday or Thursday Nights
Co-ed at Torrey Hills Park: Monday through Thursday Nights

For more information contact League Director, Pete McNamera, at (858) 453-6208.

VOLLEYBALL LEAGUES MEN'S & WOMEN'S

- 4 Person Teams
- Single players and teams are welcome to sign up.
- Games are played on Thursday nights.
- Fall leagues are FULL at this time.



January 2004 to May 2004: Email League Director

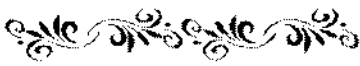
For more information contact League Director, Noelle Chartier, at: volleyball-cv@cox.net

WINTER AT CVRC!

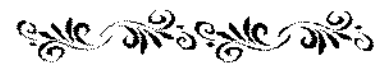


Brochure Available: Week of November 17, 2003
Registration Begins: Saturday, December 13, 2003
Winter Session: January 5 - March 22, 2004

Please note:
All dates are subject to change without notice.



ADULT ACTIVITIES



HATHA YOGA BEGINNING

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. Please do not eat 2-4 hours before class. Wear loose, comfortable clothes and bring a towel.

Day: Tuesday
Time: 10:00 - 12:00noon
SESSION: 9/23 - 12/9/03
NO CLASSES HELD ON 11/11 & 11/25/03.

INTERMEDIATE

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 student's ability. Please do not eat 2-4 hours before class. Wear loose, comfortable clothes and bring a towel.

Day: Thursday
Time: 10:00 - 12:00noon
SESSION: 9/25 - 12/4/03
NO CLASS HELD ON 11/27/03.

Cost: \$130/10 weeks or \$140.50 for Non-residents
(Seniors receive a 10% discount)
A 10% discount is given to students that register for both Hatha yoga classes.

Instructor: Shelley Aanerud (Certified Ananda & RYT 500 hrs.)

For more information contact Shelley at (858) 587-0171.

CARMEL VALLEY BRIDGE CLUB

Chicago Bridge meets at 1:00pm on the 2nd Friday of every month. Duplicate Bridge meets on the 2nd and 4th Friday of every month at 1:00pm.

For more information contact:
Ruth Weil at (858) 350-5910 or
Jan Foster at (858) 793-1791.



BELLY DANCING BEGINNING

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 feminine movements. Optional veil work will be taught.

Day: Wednesday
Time: 6:30 - 7:30pm
SESSION: 9/24 - 12/3/03
NO CLASS HELD ON 11/26/03.



INTERMEDIATE

A fun class using basic belly dance moves, new steps and adding "layering" of two or more movements together. Choreography, finger cymbals and veils will also be taught.

Day: Monday
Time: 7:00 - 8:00pm
SESSION: 9/22 - 12/1/03
NO CLASS HELD ON 11/24/03.

Ages: 13 years - Adult
Cost: \$110/10 weeks or \$120.50 for Non-residents
Instructor: Vicki Deriso, professional belly dancer who performs regularly in solo and troupe work.

For more information contact Vicki at (858) 755-1432.

MINDFUL HATHA YOGA & MEDITATION

Tools for transforming tension into relaxation, fatigue into vitality, and anxiety into peace. In this class, 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 welcome.

Day: Tuesday
Time: 6:00 - 8:00pm
Cost: \$110/10 weeks or \$120.50 for Non-residents
(Seniors receive a 10% discount)

Instructor: Donna Cheema, M.Ed., RYT (Certified)
SESSION: 9/23 - 12/9/03
NO CLASSES HELD ON 11/11 & 11/25/03.

TAI CHI (WU STYLE)

This class is designed for the intermediate senior exerciser. Come learn this ancient Chinese art of healing and self-defense taught by a 5th Generation "Master of Tai Chi Chuan". Class is designed to reduce stress, improve balance and flexibility, tone muscles, strengthen 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
2:00 - 3:00pm Saturday

Ages: 8 years - Adult
Cost: \$110/10 weeks or \$120.50 for Non-residents
Instructor: Master Henry Cheng, Honor Master of Tai Chi Chuan
SESSION: Saturday 9/20 - 11/22/03
Thursday 9/25 - 12/4/03

NO CLASSES HELD THURS. 11/27 OR SAT. 11/29/03.

For more information contact Henry at (858)232-6232.
Internet: www.taichimaster.go.to

FREE DEMO CLASS
SAT. 9/13
FROM 2-3pm



SAN DIEGUITO ADULT SCHOOL ACTIVE OLDER ADULT

This class is designed for the intermediate senior exerciser. Featuring balance work, low-impact aerobics, weight training and stretching. Weights, exercise bands and mats are provided.

Time: 8:00 - 9:00am

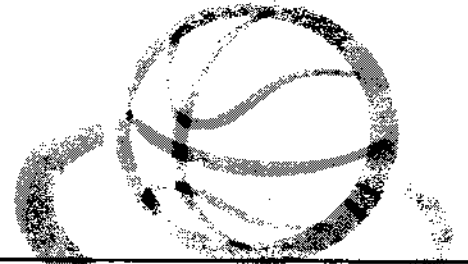
CHAIR STRETCH & TONE

This class is designed for seniors who want to improve strength and endurance. Floorwork, stretching and relaxation exercises are included.

Time: 9:15 - 10:15am
Days: Monday, Wednesday & Friday
Cost: \$10 per semester
Instructor: San Dieguito Adult School
SESSION: September 2 - November 7, 2003

To register, contact the San Dieguito Adult School at
(760) 753-7073.

AFA Winter Youth Basketball League



For Girls and Boys

Ages: Grades K - 12

League Dates: January 3 - March 6, 2004

Fee: \$75.00

- ◆ Games are held in the Rec Center Gym.
- ◆ All practices are held outside.
- ◆ No team or practice day requests.
- ◆ Volunteer coaches are needed!

For more information call:

League Director Debbie Baasch at (858) 518-1305.

General Registration Dates:

Saturday, October 18, 2003

10:00am - 12:00pm

OR

Wednesday, October 22, 2003

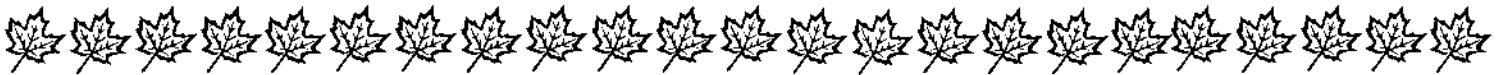
6:00pm - 8:00pm

Priority Registration for Volunteer Coaches:

Saturday, October 18, 2003

9:00am - 10:00am

Dates & Times of Skills Assessments
will be provided at time of registration.



Charlie Brown Thanksgiving Party!

Hosted by Just Fabulous!



We'll watch "A Charlie Brown Thanksgiving"
and recreate their Thanksgiving Feast!



Date: Friday, November 21

Time: 6:00 - 9:30pm*

Fee: \$15 per child/Resident, \$20 Non-Resident

Ages: K - 5th Grade

Bring: Sack Dinner

Don't miss out on the holiday fun!
Registration Begins November 3!



Party Activities Include:

- ◆ Movie
- ◆ Snack Making
- ◆ High Energy Gym Games and Activities
- ◆ Fun Jump



* After 9:30pm, late pickups will be charged \$1.00 per minute,
time determined by the supervising staff. Payment is due immediately upon pickup.