



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

 **We're on the web!**

**www.cvsd.com**  
Gym & Game Room Schedule  
Recreation Council Information  
Facility Use Information

**www.sandiego.gov**  
Official City Web Site  
City Business & City Hall  
Leisure & City Services

# SPRING 2003 PROGRAM

 **Look inside For:**  
Registration Information  
Youth, Teen & Adult Activities  
Spring Egg Hunt  
Summer Youth Basketball



**WANT TO REGISTER FOR A CLASS?**  
Important registration information is located inside this front cover!



**ATTENTION:  
READ THIS BEFORE YOU REGISTER!**

**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.

**REGISTRATION BEGINS:**

**SATURDAY, MARCH 29, 2003 AT 9:00AM**

(Except for City Dance Dept. Classes & Youth Basketball League)  
Numbers will be issued at 6:00am to reserve a place in line.  
The last day to register is April 26, 2003.

- Register early for best availability. When classes fill to capacity, waiting lists are formed. Classes may be expanded to accommodate additional students.
- All participants must meet age requirements.
- 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. Refunds will be granted only prior to the scheduled second class meeting.
- No partial refunds or make ups for missed classes.
- A \$20.00 service fee will be charged per registrant for each refund request.
- 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, March 29, 2003.

**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, Del Mar, Rancho Santa Fe, Cardiff, etc)

**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



**CARMEL VALLEY POOL**

Direct Line (858) 552-1623

The Carmel Valley Pool is operated under a separate administration.

Hours effective: March 1 - June 22, 2003

**RECREATION SWIM**

Monday - Friday 2:00pm – 4:00pm  
Saturday 12:00pm – 3:00pm



**KIDDIE POOL**

Monday - Friday 12:00pm – 4:00pm  
Saturday 11:00am – 3:00pm

**LAP SWIM**

Monday - Friday 6:00am – 8:00am  
12:00pm – 4:00pm  
6:00pm – 7:30pm  
Saturday 11:00am – 3:00pm

**RECREATION CENTER HOURS OF OPERATION**

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**

Monday, March 31, 2003 – Caesar Chavez Day  
Sunday, April 20, 2003 – Easter Day  
Monday, May 26, 2003 – Memorial 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 Foomball & Table Tennis
- ◆ Two Playgrounds
- ◆ Passive picnic areas
- ◆ Barbeques
- ◆ Amphitheater
- ◆ Multipurpose fields
- ◆ Outdoor basketball courts
- ◆ Tennis courts
- ◆ Comfort station
- ◆ Horseshoe pits & Outdoor Fitness Stations



**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 4260 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.

**INDIVIDUALS WITH DISABILITIES**

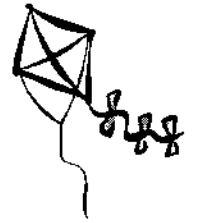
All classes can accommodate persons with Disabilities. Disabled Services' staff may provide additional assistance along with CVRC staff. Please ask for this service at the time of registration.

**CARMEL VALLEY COMMUNITY SERVICE CENTER & POLICE STOREFRONT**

Address: 3840 Valley Centre Drive Suite 602  
In the Von's Shopping Center  
Phone: (858) 552-1607  
Hours: Mon.-Thurs.: 8am to 1pm, 2:30pm-5pm  
Friday: 1pm – 5pm

**Obtain or Pay:** process passport applications (call for hours), water bills, business tax certificates, parking meter cards, noise permits, parking citations and appeals, senior and social service referrals, bus schedules, city job applications, DMV forms & much more!

# YOUTH ACTIVITIES



## GYM KIDS GYMNASTICS

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 laterally and ocular pursuit. We strive to increase comprehension and vocabulary through spatial awareness and gymnastics technology.

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: MONDAYS**

**SESSION: 4/7 - 6/23/03**

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

**NO CLASSES HELD ON MONDAY APRIL 14 & MAY 26, 2003.**

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

**DAY: TUESDAYS**

**SESSION: 4/8 - 6/17/03**

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

**NO CLASSES HELD ON TUESDAY APRIL 15, 2003.**

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 (5-7 years)	3:00 - 4:00pm 4:00 - 5:00pm 5:00 - 6:00pm
Gym Jammers-girls only (7-11 years)	4:00 - 5:00pm 5:00 - 6:00pm
Boys Only (5-7 years)	3:00 - 4:00pm
Boys Only (8-11 years)	4:00 - 5:00pm



## 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.
- Registration is on a first come/first served basis. Registration information inside front cover applies to all Hot Shots enrollment.

**COST:**

Pee Wee & Jr.: \$110/10 weeks or \$120.50 for Non-residents

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

**MONDAY:** Hot Shots (7-11 years) 6:00 - 7:30pm

**TUESDAY:** Pee Wee Hot Shots (3-5 years) 12:50 - 1:40pm

Jr. Hot Shots (5-7 years) 4:50 - 6:00pm

## 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

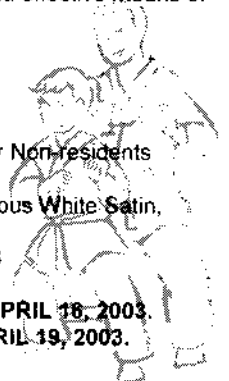
(9<sup>th</sup> Degree Black Belt & the highly prestigious White Satin, 41 years experience)

**SESSION:** Saturday 4/12 - 6/7/03

Wednesday 4/9 - 6/4/03

**NO CLASSES HELD ON WEDNESDAY APRIL 16, 2003.**

**NO CLASSES HELD ON SATURDAY APRIL 19, 2003.**



## 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 **new 2-SPORT CLASS** (4 weeks of soccer & 4 weeks of basketball), **OR** the **4-SPORT CLASS** (2 weeks each in this order: Soccer, Field Hockey, Basketball & T-Ball).

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.

### 4-SPORT MONDAY

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

11:00 - 11:40am (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 (5-6 years)

### 4-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)

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

### 4-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)

**New!**



**Cost:** \$105/8 weeks or \$113.50 for Non-residents

**Instructor:** Mark Moncey & Staff

**SESSION:** Saturday 4/12 - 6/7/03

Monday 4/7 - 6/9/03

Wednesday 4/9 - 6/4/03

**NO CLASSES HELD ON:**

**MONDAY APRIL 14, WEDNESDAY APRIL 16,**

**SATURDAY APRIL 19, AND MONDAY MAY 26, 2003.**



For more information contact Mary at  
(858) 792-8814 or via email: [gymkids@adelphia.net](mailto:gymkids@adelphia.net)

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

or via email: [director@peeweesports.net](mailto:director@peeweesports.net)

Or visit [www.peeweesports.net](http://www.peeweesports.net)

# YOUTH ACTIVITIES CONTINUED...

## KIDS STYLE ART

### Babies Get Messy (1-2½ years)

In this class, children will explore, create, and have a mess-making get-together. Projects include painting, drawing, sculpting, and collage with baby safe art materials. Class requires parent participation.

### Let's Get Messy (2½-5 years)

Children play with fun, messy art materials and create images at the same time. Students create 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.

### Kids Get Messy (6-10 years)

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 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: \$125/8 weeks or \$133.50 for Non-residents  
 Instructor: Rachel (B.A., Art USD)

#### Wednesday

Let's Get Messy (2 ½-5 years) 10:00 - 10:45am  
 Babies Get Messy (1-2½ years) 11:15 - 12:00pm  
 Kids Get Messy (6-10 years) 3:30 - 4:15pm

#### Thursday

Babies Get Messy (1-2½ years) 10:00 - 10:45am  
 Let's Get Messy (2 ½-5 years) 11:15 - 12:00pm  
 Let's Get Messy (2 ½-5 years) 1:00 - 1:45pm

#### Saturday

Let's Get Messy (2 ½-5 years) 10:00 - 10:45am  
 Kids Get Messy (6-10 years) 11:15 - 12:00pm

SESSION: **Wednesdays** 4/9 - 6/4/03  
**Thursdays** 4/10 - 6/5/03  
**Saturdays** 4/12 - 6/7/03

**NO CLASSES HELD ON WEDNESDAY APRIL 16, THURSDAY APRIL 17 & SATURDAY APRIL 19, 2003.**

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



## MUSIC MOVES



A complete music program, fun for toddlers, preschoolers 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, as well as refining emotional and social skills.

Day/Time: **Monday** 9:30 - 10:15am  
 10:30 - 11:15am  
**Wednesday** 3:30 - 4:15pm  
**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** 4/7 - 6/23/03  
**Wednesday** 4/9 - 6/18/03  
**Thursday** 4/10 - 6/19/03



**NO CLASSES HELD ON: MONDAY APRIL 14, WEDNESDAY APRIL 16, THURSDAY APRIL 17 & MONDAY MAY 26, 2003.**  
 For more information contact Lisa at (760) 438-8201.

## CARMEL VALLEY TINY TRAVELERS



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, Kids Style Art, Dance 2gether and Party Day! Snack is provided. Rain days will be held in the gymnasium at the Carmel Valley Recreation Center.

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

SESSION: 4/10 - 6/5/03  
**NO CLASS HELD ON THURSDAY APRIL 17, 2003.**  
**MEET AT THE CARMEL VALLEY RECREATION CENTER ON THE FIRST DAY.**

**Great Sampler Class!**



## 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: 4/9 - 6/18/03  
**NO CLASS HELD ON WEDNESDAY APRIL 16, 2003.**  
 For more information contact Beth at (858) 755-5007.



## BALLET

### Iddy-Bitty Ballet (3-4 years)

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

### Junior Ballet I (5-6 years)

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

### Junior Ballet II (5-6 years)

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 Jr. Ballet II.** Instructor permission does not reserve eligible participants a space in class. Registration information inside front cover applies.

### Ballet Fundamentals (7-8 & 9-12 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

#### Wednesday

Iddy-Bitty Ballet (3-4 years) 1:00 - 1:45pm  
 Junior Ballet II (5-6 years) 3:30 - 4:15pm  
 Ballet Fundamentals (7-8 years) 4:30 - 5:30pm

#### Thursday

Iddy-Bitty Ballet (3-4 years) 1:00 - 1:45pm  
 Junior Ballet I (5-6 years) 3:30 - 4:15pm  
 Ballet Fundamentals (9-12 years) 4:30 - 5:30pm

Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)

SESSION: **Wednesday** 4/9 - 6/18/03  
**Thursday** 4/10 - 6/19/03

**NO CLASSES HELD ON WEDNESDAY APRIL 16 & THURSDAY APRIL 17, 2003.**

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





## BEGINNERS T-BALL LEAGUE

This league is designed for children who miss the cut off date for little league. It is a non-competitive environment where the score is not kept. There are no outside practices and parents are encouraged to participate in meetings. Volunteer parent coaches will be assisted by AFA staff.

The goal of the league is to have fun, and enjoy this opportunity to develop new skills.

Ages: 4 & 5 years  
(must be 4 by 5/3/03)

Day: Saturday

Time: 2:00 - 3:15pm

Location: Carmel Creek Neighborhood Park

Cost: \$95.00

League Coordinator: Association For Athletics

SESSION: 4/26 - 6/21/2003 (8 weeks)

Rain make-up days will not extend past June 28, 2003.

For more information contact the AFA information line at (858) 554-0010.

Interested volunteer coaches please call (858) 518-1315.



**Included:**

T-Shirt  
Hat  
Trophy

**Please Bring:**

Glove  
Pants  
Tennis Shoes

## 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

Ages: 8 - 15 years

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

Instructor: Gary Potts Jr.

SESSION: 4/10 - 6/5/03

NO CLASS HELD ON THURSDAY APRIL 17, 2003.

## 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 - 15 years

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

Instructor: Gary Potts Jr.

SESSION: 4/10 - 6/5/03

NO CLASS HELD ON THURSDAY APRIL 17, 2003.

**CITY DANCE DEPARTMENT INFORMATION  
FOR YOUTH, TEENS & ADULTS  
INSIDE THE BACK COVER**

## TEEN ACTIVITIES

### GYPSY DANCE

Fun and peppy dance moves combining Middle Eastern folk and belly dance, Flamenco, Salsa, African and East Indian steps. Wear a very full and long skirt. Instructor is a professional gypsy dancer.

Day: Thursday

Time: 3:30 - 4:30pm

Ages: 13 years - Adult

Cost: \$100/10 weeks or \$110.50 for Non-residents

Instructor: Vicki Deriso

SESSION: 4/9 - 6/4/03

NO CLASS HELD ON THURSDAY APRIL 17, 2003.

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

### BEGINNING & INTERMEDIATE

### CO-ED VOLLEYBALL CLASS

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: 6<sup>th</sup> - 9<sup>th</sup> grade

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

SESSION: 4/9 - 6/4/03

NO CLASS HELD ON WEDNESDAY APRIL 16, 2003.

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

### AFA CO-ED YOUTH 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: 6<sup>th</sup> - 9<sup>th</sup> Grade

Cost: \$80.00/ 8 weeks

SEASON: 4/7 - 6/9/03

NO CLASS HELD ON MONDAY APRIL 14 or MAY 26, 2003.

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

### 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 May 16, 4:00 - 7:00pm &

Saturday May 17, 9:00am - 12:00pm

Session 2: Friday June 13, 4:00 - 7:00pm &

Saturday June 14, 9:00am - 12:00pm

# ADULT ACTIVITIES

## TAI CHI (Wu Style)

Come learn this ancient Chinese art of healing and self-defense taught by a 5<sup>th</sup> 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  
SESSION: Saturday 4/12 – 6/21/03  
Thursday 4/10 – 6/19/03



**NO CLASSES HELD ON THURSDAY APRIL 17 & SATURDAY APRIL 19, 2003.**

For more information contact Henry at (858) 232-6232 or visit his website at [www.taichimaster.go.to](http://www.taichimaster.go.to)

## 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 – 7:45pm  
Cost: \$110/10 weeks or \$120.50 for Non-residents  
Instructor: Donna Cheema, M.Ed., RYT (Certified)  
SESSION: 4/8 – 6/17/03

**NO CLASS HELD ON TUESDAY APRIL 15, 2003.**

For more information contact Donna at (858) 492-8562.

## 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: 4/9 – 6/18/03

**NO CLASS HELD ON WEDNESDAY APRIL 16, 2003.**

## INTERMEDIATE

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

Day: Monday  
Time: 7:00 – 8:00pm  
SESSION: 4/7 – 6/23/03

**NO CLASS HELD ON MONDAY APRIL 14 & MAY 26, 2003.**

Ages: 13 years - Adult  
Cost: \$100/10 weeks or \$110.50 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.

## 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. Wear loose, comfortable clothes and bring a towel.

Day: Tuesday  
Time: 10:00 – 12:00noon  
SESSION: 4/8 – 6/17/03

**NO CLASS HELD ON TUESDAY APRIL 15, 2003.**

## INTERMEDIATE

Prerequisite: Beginning Hatha Yoga  
Intermediate yoga is a continuation of beginning yoga, deepening you experience of flexibility, strength, awareness, and joy. Additional breathing techniques and advanced poses added according to student's ability.

Day: Thursday  
Time: 10:00 – 12:00noon  
SESSION: 4/10 – 6/19/03

**NO CLASS HELD ON THURSDAY APRIL 17, 2003.**

Cost: \$125/10 weeks or \$135.50 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)

## CARMEL VALLEY BRIDGE CLUB

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

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



**PARENTS!**  
Enjoy these activities  
with your teens!



# CITY PARK & RECREATION DANCE DEPARTMENT

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

**CLASSES ARE CURRENTLY IN SESSION.**

**SUMMER SEMESTER REGISTRATION BEGINS: JUNE 23, 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:

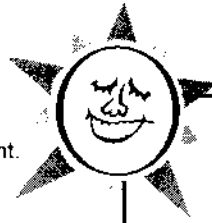
Tap	4-5 years	Monday	3:00pm
Tap	6-16 years	Monday	3:45pm
Jazz	6-16 years	Monday	4:30pm

## ADULT CLASSES:

Adult Tap	Monday	6:00pm
Adult Jazz	Monday	6:45pm

Cost: \$25 per semester

For more information contact the Dance Dept. at  
(619) 525-8258 or visit: [www.citydancearts.org](http://www.citydancearts.org)



# SUMMER AT CVRC!

## SUMMER CAMPS

Brochure Available: Week of April 1, 2003  
Registration Begins: Saturday, April 26, 2003  
Camps Run: June 23 – August 22, 2003

## SUMMER CLASSES

Brochure Available: Week of June 2, 2003  
Registration Begins: Saturday, June 28, 2003  
Summer Session: July 8 – August 31, 2003

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

# ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS



## **VOLLEYBALL LEAGUES MEN'S & WOMEN'S**

Single players and teams are welcome to sign up.

Games are played on Thursday nights.

April 2003 to July 2003  
4 Person Teams, \$210 per team

For more information contact the  
League Director, Noelle Chartier at:  
[volleyball-cv@cox.net](mailto:volleyball-cv@cox.net)



## **MEN'S BASKETBALL REC. & "A" LEAGUES**

Team sign ups only.

Games are played on Tuesday Nights.  
Spring leagues are **FULL** at this time.

Starting in May 2003, **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.



## **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

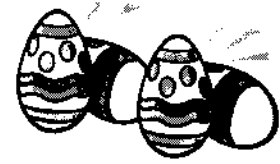
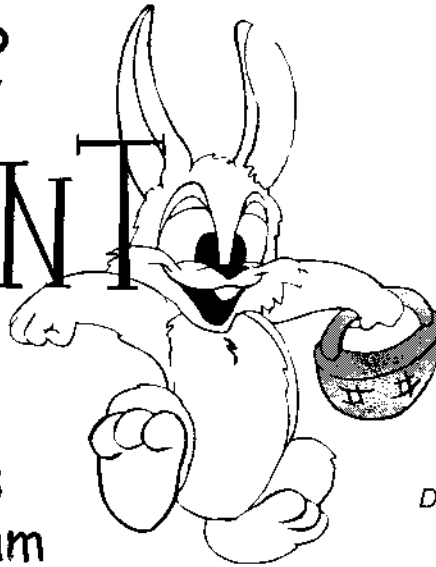
For more information contact the  
League Director, Pete McNamera, at  
(858) 453-6208.

## FORM YOUR TEAM TODAY!



# Spring EGG HUNT

Saturday  
April 19, 2003  
9:30am - 11:30am



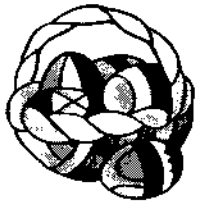
## Egg Hunt Times:

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

Egg hunts begin promptly, so arrive early.  
*Don't forget to bring a basket and your camera!*

## Join the FUN!

Arts & Crafts, Fun Jump &  
Face Painting start at 9:30am!



### Sponsored by:

- ◆ Carmel Valley Recreation Council
- ◆ Coldwell Banker Realty *15<sup>th</sup> Year of Sponsorship!*



# Summer Youth Basketball League

For Girls & Boys

## General Information

**Ages:** Grades 1 - 8  
**League Dates:** weeks of June 16 - August 30  
**Fee:** \$75.00

- Games are held on **Saturdays** in the Recreation Center Gym.
- All practices are held outside.
- No team or practice day requests.
- Volunteer coaches are needed!



For more information call:  
Association for Athletics at (858) 554-0010.

## General Registration Dates:

**Saturday, April 5, 2003**  
10:00am - 12:00pm

OR

**Wednesday, April 9, 2003**  
6:00pm - 8:00pm

## Priority Registration for Volunteer Coaches:

**Saturday, April 5, 2003**  
9:00am - 10:00am

Dates & times of Skills Assessment will be  
provided at registration.