



THE CITY OF SAN DIEGO  
Park and Recreation Department

## Carmel Valley Community Park & Recreation Center

3777 Townsgate Dr.  
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
- ◆ Tot & Youth Programs
- ◆ Activities for Teens
- ◆ Adult Leagues & Programs

# WINTER 2003 PROGRAM



For information online visit:

[www.cvsd.com](http://www.cvsd.com)

- ◆ Gym & Game Room Schedule
- ◆ Recreation Council Information
- ◆ Facility Information

[www.sandiego.gov](http://www.sandiego.gov)

- ◆ Official City Web Site
- ◆ City Business & City Hall
- ◆ Leisure & City Services

**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, DECEMBER 14, 2002 AT 9:00AM**

(Except for City Dance Department Classes)

Numbers will be issued at 6:00am to reserve a place in line. **The last day to register is January 18, 2003.**

- **Arrive 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 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.

**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 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.

Hours effective: November 2-February 28, 2003

**RECREATION SWIM**

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

**KIDDIE POOL**

Monday-Saturday 11:00am - 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 11:00am - 4:00pm

**HOURS OF OPERATION**

Monday-Friday 12:00pm - 9:45pm  
Saturday 9:00am - 3:45pm  
Saturday (Effective Jan. 11 - March 8) 9:00am - 8:00pm  
Sunday 9:00am - 1:45pm

(Hours subject to change without prior notification)

**RECREATION CENTER CLOSURES**

Monday, Jan. 20, 2003 – Martin Luther King, Jr. Day  
Monday, Feb. 17, 2003 – President's Day  
Monday, March 31, 2003 – Caesar Chavez 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
- ◆ Game room with Foosball & 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

**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 may provide additional assistance with 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



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.

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

### DAY: MONDAY

**SESSION: 1/6 - 3/24/03**

**NO CLASSES HELD ON MONDAY, JAN. 20 & FEB. 17, 2003**

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

### DAY: TUESDAY

**SESSION: 1/7 - 3/11/03**

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
Gym Jumpers-girls only (5-7 years)	4:00 - 4:45pm
	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 (7-11 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:** \$150/10 weeks or \$160.50 for Non-residents

<b>MONDAY:</b> Hot Shots (7-11 years)	6:00 - 7:30pm
<b>TUESDAY:</b> Pee Wee Hot Shots (3-5 years)	12:00 - 12:50pm
Jr. Hot Shots (5-7 years)	4:50 - 6:00pm

## KEN-KA-KUNG-FU CLUB

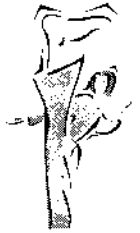
This class will address your child's individual needs and bolster their natural abilities in a disciplined, yet nurturing environment. This class is designed to improve or enhance ability to listen, focus, and develop skills in balance and coordination. Build confidence, self-esteem and a strong sense of achievement. This non-competitive system of Chinese origin combines Kenpo, Karate and Chinese Boxing. A practical and effective means of self-defense.

**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 1/11 - 3/1/03**  
**Wednesday 1/8 - 2/26/03**



## 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:** Monday or Wednesday, or Saturday  
**Times/Ages:**

### Monday or Wednesday

10:00 - 10:40am	(3-4years)
11:00 - 11:40am	(5-6years)
1:00 - 1:40pm	(3-4years)
2:00 - 2:40pm	(5-6years)
3:00 - 3:40pm	(5-6years)
4:00 - 4:40pm	(3-4years)

### Saturday

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

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

**Instructor:** Mark Moncey & Staff

**SESSION: Saturday 1/11 - 3/1/03**  
**Monday 1/6 - 3/10/03**  
**Wednesday 1/8 - 2/26/03**



**NO CLASSES HELD ON MONDAY, JAN. 20 & MONDAY, FEB. 17, 2003**

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

For more information contact Mary at (858) 792-8814 or gymkids@cts.com

# YOUTH ACTIVITIES CONTINUED...

## KIDS STYLE ART



### Babies Get Messy (1-2½)

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

### Let's Get Messy (2½-5)

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)

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  
 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 1/8 - 2/26/03**  
**Thursdays 1/9 - 2/27/03**  
**Saturdays 1/11 - 2/29/03**

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

## 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, while developing body awareness, motor skills, and cognitive skills, as well as refining emotional and social skills.

Day/Time: **Monday** (walkers-3½ years) 9:30 - 10:15am  
 10:30 - 11:15am  
**Tuesday** (3½-5 years) 2:00 - 2:45pm  
**Wednesday** (3½-5 years) 2:00 - 2:45pm  
**Thursday** (walkers-3½ years) 9:30 - 10:15am  
 10:30 - 11:15am

Cost: \$125/10 weeks or \$135.50 for Non-residents  
 Instructor: Lisa Megrditchian

SESSION: **Monday 1/6 - 3/24/03**  
**Tuesday 1/7 - 3/11/03**  
**Wednesday 1/8 - 3/12/03**  
**Thursday 1/9 - 3/13/03**

NO CLASSES HELD ON MONDAY, JAN. 20 & FEB. 17, 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, free play and have all around fun. Featured activities: Gym Kids, Pee Wee Sports, Music Moves, Mad Science, Kids Style Art, Creative Movement and Party Day! Snack will be 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: 1/9 - 2/27/03

MEET AT THE CARMEL VALLEY RECREATION CENTER ON THE FIRST DAY

## 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: \$65/8 weeks or \$73.50 for Non-residents  
 Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)

SESSION: 1/8 - 2/26/03

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

## BALLET

### PRE-BALLET - CREATIVE DANCE (3-4years)

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

### BALLET - PRIMARY CREATIVE DANCE (5-6years)

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

### BALLET - BEGINNING (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

Pre-Ballet-Creative (3-4 years)	1:00 - 1:45pm
Ballet-Creative (5-6 years)	3:30 - 4:15pm
Ballet-Beginning (7-8 years)	4:30 - 5:30pm

#### Thursday

Pre-Ballet-Creative (3-4 years)	1:00 - 1:45pm
Ballet-Creative (5-6 years)	3:30 - 4:15pm
Ballet-Beginning (9-12 years)	4:30 - 5:30pm

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

SESSION: **Wednesday 1/8 - 3/12/03**  
**Thursday 1/9 - 3/13/03**

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

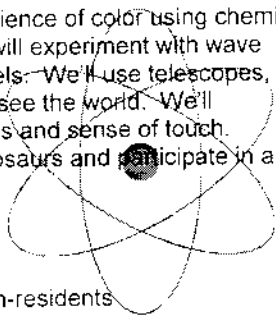
## YOUTH ACTIVITIES CONTINUED...

### MAD SCIENCE

Preschoolers will learn the basic science of color using chemical reactions and rainbows! Children will experiment with wave simulators to learn how sound travels. We'll use telescopes, binoculars and other equipment to see the world. We'll experiment with air pressure, worms and sense of touch. Then we'll explore the world of dinosaurs and participate in a mini dino dig!

Day: Wednesday  
Time: 10:30 - 11:15am  
Age: 3 - 5 years  
Cost: \$66/6 weeks or \$78 for Non-residents  
SESSION: 1/8 - 2/12/03

For more information contact Mad Science at (858) 505-4880 or [www.madscience.org](http://www.madscience.org)



### 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 - 13 years  
Cost: \$110/8 weeks or \$118.50 for Non-residents  
Instructor: Gary Potts Jr.  
SESSION: 1/9 - 2/27/03

### BASKETBALL OFFENSIVE MOVES

This class is designed to teach student 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 - 14 years  
Cost: \$110/8 weeks or \$118.50 for Non-residents  
Instructor: Gary Potts Jr.  
SESSION: 1/9 - 2/27/03

### PARK & RECREATION DANCE DEPARTMENT

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

**CLASSES ARE CURRENTLY IN SESSION**

**WINTER REGISTRATION WILL BE JAN. 13, 2003**

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

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

Cost: \$25.00 per semester  
SESSION: January 13, 2003 - May 17, 2003

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



### KIDS NIGHT OUT

This is a great opportunity of Moms and Dads to go on a date! We play games, create crafts and show a movie. Snack is provided. Parent/legal guardian must register the Saturday prior to the event. Children must be potty trained. Bring a sack dinner/happy meal.

Day: Friday  
Time: 5:30pm - 9:30pm  
Ages: 4 - 12 years  
Cost: \$12.00 per child/night or \$13.50 for Non-Resident  
Dates: January 10, 2003 (Registration is 1/4 - 1/8)  
February 7, 2003 (Registration is 2/1 - 2/5)  
March 7, 2003 (Registration is 3/1 - 3/5)  
April 4, 2003 (Registration is 3/29 - 4/2)

## TEEN ACTIVITIES

### GYPSY DANCE

Fun and peppy dance moves combining Middle Eastern folk and belly dance, Flamenco, Salsa, and east India 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: 1/9 - 3/13/03

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: 1/8 - 2/26/03

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, 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. Choose Session 1 or Session 2.

Cost: \$50 Residents/\$57 for Non-residents  
Session 1: Friday, January 31, 4:00 - 8:00pm & Saturday, February 1, 9:00am - 1:00pm  
Session 2: Friday, March 21, 4:00 - 8:00pm & Saturday, March 22, 9:00am - 1:00pm

YOGA, TAI CHI & BELLY DANCING  
ON NEXT PAGE...

# 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, strengthen 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: 8 years – Adult  
Cost: \$95/10 weeks or \$103.50 for Non-residents  
Instructor: Master Jesse Tsao  
SESSION: Saturday 1/11 – 3/15/03  
Thursday 1/9 – 3/13/03



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

## 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: 1/7 – 3/11/03

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

## 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 feminine movements. Optional finger cymbals will be taught. Instructor is a professional belly dancer and performs regularly in solo and troupe work.

Day: Wednesday  
Time: 6:30 – 7:30pm  
Cost: \$100/10 weeks or \$110.50 for Non-residents  
Ages: 13 years - Adult  
Instructor: Vicki Deriso  
SESSION: 1/8 – 3/12/03

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

## INTERMEDIATE BELLY DANCE

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. Instructor is a professional belly dancer and performs regularly in solo and troupe work.

Day: Wednesday  
Time: 7:35 – 8:35pm  
Cost: \$100/10 weeks or \$110.50 for Non-residents  
Ages: 13 years - Adult  
Instructor: Vicki Deriso  
SESSION: 1/8 – 3/12/03

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

## GYPSY DANCE

Fun and peppy dance moves combining Middle Eastern folk and belly dance, Flamenco, Salsa, and East India 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: 1/9 – 3/13/03

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



## 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: 1/7 – 3/11/03

## INTERMEDIATE HATHA YOGA

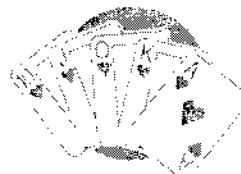
Prerequisite: Beginning Hatha Yoga  
Intermediate yoga is a continuation of beginning yoga, deepening you experience of flexibility, strength, awareness, and joy. Additional breathing techniques and advanced poses added according to student's ability. **A 10% discount is given to students that register 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: 1/9 – 3/13/03

## 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 ACTIVITIES WITH YOUR TEENS!

Tai Chi ♦ Belly Dancing  
Gypsy Dancing ♦ Yoga

## ADULT ACTIVITIES CONTINUED...



### 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.

**WINTER SEMESTER REGISTRATION BEGINS:  
JANUARY 13, 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.

Adult Tap                    Monday            6:00pm

Adult Jazz                   Monday            6:45pm

Cost:                         \$25 per semester

**SESSION: January 13 – May 17, 2003**

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

### ACTIVE OLDER ADULT

Senior exercise class will return in February. For more information on this program contact the San Dieguito Adult School at (760) 753-7073.

### ADULT VOLLEYBALL CLINIC

Improve your skills. We will cover passing, spiking, setting and serving. 100% of proceeds go to the Recreation Center Financial Assistance Program for children. Space is limited. Sign up early!

Day: Thursday, March 27, 2003

Time: 6:30pm - 8:30pm

Cost: \$10.00

Instructor: Noelle Chartier, League Director

For more information email Noelle at  
[volleyball-cv@cox.net](mailto:volleyball-cv@cox.net)

## ADULT SPORTS LEAGUES

**PLEASE CONTACT LEAGUE DIRECTORS – TEAM SIGN UP'S ONLY**

### Men's Adult Basketball League (Recreational & "A" League)

Tuesday Nights, Winter leagues are FULL at this time

Teams interested in playing will be added to a waiting list in the Recreation Center office.

For more information contact Julie Roberts, League Director, Tuesday evenings 6:30–10:00pm at the Carmel Valley Recreation Center.



### Adult Volleyball Leagues (Men's & Women's)

4 Person Teams, \$200 per team

Thursday Nights

November 2002 to March 2003 & April 2003 to June 2003

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



### Adult Softball Leagues

Co-ed Softball League – Monday or Wednesday Nights

Men's Softball League – Tuesday or Thursday Nights

Co-ed Softball League at Torrey Hills Park – Monday, Tuesday, Wednesday, or Thursday Nights

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



## FORM YOUR TEAM TODAY!





# Parent's Day Out

## KID'S WINTER PARTY!

For kids ages 4-12

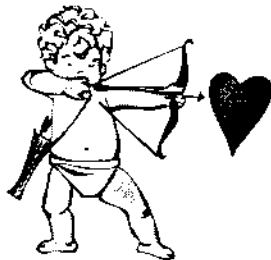


Need some free time for shopping and wrapping? Here is your solution!  
Drop off the kids for planned activities like crafts, fun jump, games, a movie, pizza lunch and more!

Space is limited, register early!  
Hosted by Phillips Recreation.

Saturday, Dec. 14<sup>th</sup>, 2002  
11:00am to 3:00pm  
\$15 per child or \$16.50 for Non-resident  
Registration begins Dec. 2<sup>nd</sup>  
Last day to register is Dec. 12<sup>th</sup>

CRAFTS ☺ GAMES ☺ MOVIE ☺ FUN JUMP ☺ PIZZA



# Kid's Night Out VALENTINE'S DAY!

For kids ages 4-12

Enjoy a valentine's date with your loved one while the kids celebrate with Jen and friends! Planned activities include valentine crafts, fun jump, a movie, pizza dinner and more!

Space is limited, register early!  
Hosted by Phillips Recreation.

Friday, Feb. 14<sup>th</sup>, 2003  
5:00pm to 8:00pm  
\$15 per child or \$16.50 for Non-resident  
Registration begins Feb. 3<sup>rd</sup>  
Last day to register is Feb. 12<sup>th</sup>

CRAFTS ☺ GAMES ☺ MOVIE ☺ FUN JUMP ☺ PIZZA



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