



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

Center: (858) 552-1616

Pool: (858) 552-1623



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

Open Gym Schedule

Open Game Room Schedule

Recreation Council Information

Community Information

**Winter Youth Basketball League**

(See back cover for details)



# FALL 2004 PROGRAM



**CLASS REGISTRATION BEGINS SATURDAY, SEPT. 11**

*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 11, 2004 at 9:00AM**

(Except for City Dance Dept. Classes, Special Events & 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.

**Historically, only a few classes fill to capacity on the first day of registration; register early for best availability.** When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. **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 11, 2004.**
- 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.** A 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 does 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. A **CVRC Refund Request Form** (available at the Recreation Center) **must be submitted prior to the second class meeting.** Refund or credit will be determined on a case by case basis. An official doctor's note will be required.

### 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*).

A CVRC Transfer Request Form (available at the Recreation Center) and your yellow registration receipt **must be submitted prior to the second class meeting.**

### 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 18 - December 3, 2004**

Monday - Thursday	12:00pm - 9:45pm
Friday	12:00pm - 8:45pm
Saturday	9:00am - 3:45pm
Sunday	9:00am - 1:45pm

**(Hours subject to change without prior notification)**

### RECREATION CENTER CLOSURES

Thursday, November 11, 2004 - Veteran's Day  
Thursday, November 25, 2004 - Thanksgiving 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: Pat Collins**

# YOUTH ACTIVITIES

## Mad Science : "The World Around Us"

Preschoolers will use magnifying glasses, telescopes, binoculars and other scientific equipment to see the world in different ways. We'll experiment with air pressure, measurement and motion. Take an exciting mission with Mad Science to explore planets, moons and stars. Dive into the science of the sea to learn about fascinating creatures that live in our oceans. Participants take home a science project each week.

Day/Time: Tuesday  
 Time: 10:00 - 10:45am  
 Age: 3 - 5 years  
 Cost: \$81/8 weeks or \$91 for Non-residents  
**SESSION: 9/21 - 11/30/04, NO CLASS ON 11/23/04.**



For more information contact Mad Science at (858) 505-4880.

## 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: \$95/10 weeks or \$106 for Non-residents  
 Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)  
**SESSION: 10/6 - 12/15/04, NO CLASS ON 11/24/04.**



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

## CITY PARK & RECREATION DANCE DEPT.

CLASSES ARE CURRENTLY IN SESSION.

**FALL SEMESTER REGISTRATION: MONDAY, SEPTEMBER 20, 2004**

- 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



For cost and more information contact the City Dance Department at (619) 525-8258.

## JUNIOR SPORTS at Torrey Hills Park **NEW!**

This class covers the basics of T-Ball, Basketball, Soccer and Flag Football. Material is taught at a basic level and emphasis is put on achieving goals and having fun in each sport. All participants receive a tee shirt. Coaching by Master Sports.

Day: Thursday  
 Ages/Times: 3-4 years 10:00 - 10:50am  
 4-5 years 11:00 - 11:50am



Cost: \$110/8 weeks or \$120.00 for Non-residents  
**SESSION: 9/23 - 11/18/04, NO CLASS ON 11/11/04.**

MEET AT TORREY HILLS PARK, 4262 CALLE MEJILLONES.

For more information contact Master Sports at (858) 518-1315.  
 Email: [info@masteryoursports.com](mailto:info@masteryoursports.com)  
 Internet: [www.masteryoursports.com](http://www.masteryoursports.com)

## PEE WEE & ME

Let's play sports together! Parents and tots explore Soccer, Field Hockey, Basketball and T-Ball together, with instruction from a Pee Wee Sports coach! This program is designed to improve coordination, strength and motor skills. You and your child will have lots of fun!

Day: Monday or Wednesday or Saturday  
 Time: Monday 4:00 - 4:40pm  
 Wednesday 10:00 - 10:40am  
 Saturday 11:00 - 11:40am  
 Ages: 24 - 36 months  
 Cost: \$120/8 weeks or \$130 for Non-residents  
 Instructor: Kid City, AKA Mark Moncey & Staff  
**SESSION: Saturday 9/18 - 11/6/04**  
**Monday 9/20 - 11/8/04**  
**Wednesday 9/22 - 11/10/04**



All classes will be held outside, on the LOWER FIELD.

In case of rainy weather on the day of, please call (858) 344-2557 or check the Pee Wee Sports website, regarding class status.

## 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 1:7. 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). Every participant receives a trophy!

### 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 (SOCCER & BASKETBALL)

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: \$130/8 weeks or \$140 for Non-residents  
 Instructor: Kid City, AKA Mark Moncey & Staff  
**SESSION: Saturday 9/18 - 11/6/04**  
**Monday 9/20 - 11/8/04**  
**Wednesday 9/22 - 11/10/04**



All classes will be held outside, on the LOWER FIELD.

In case of rainy weather on the day of, please call (858) 344-2557 or check the Pee Wee Sports website, regarding class status.

For more information contact Mark at (858) 344-2557.  
 Email: [director@peeweessports.net](mailto:director@peeweessports.net)  
 Internet: [www.peeweessports.net](http://www.peeweessports.net)

## YOUTH ACTIVITIES CONTINUED...

### OOEY GOOEY™ PLAYDAYS

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 ooey-gooley 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: Wednesday  
 Times: 9:15 - 10:00am  
 10:45 - 11:30am  
 1:15 - 2:00pm  
 Age: walkers - 5 years  
 Cost: \$110/8 weeks or \$120 for Non-residents  
 Instructor: Lisa Murphy, *The Ooey Gooley Lady™*  
**SESSION: 9/22 - 11/10/04**



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

### 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, cognitive, and emotional and social skills.

Day: Monday or Thursday  
 Age: walkers - 5 years  
 Monday: 9:30 - 10:15am  
 10:30 - 11:15am  
 Thursday: 9:15 - 10:00am  
 10:15 - 11:00am  
 11:15 - 12:00pm  
 Cost: \$140/10 weeks or \$155 for Non-residents  
 Instructor: Lisa Megrditchian  
**SESSION: Monday 9/20 - 11/29/04, NO CLASS ON 11/22/04.  
 Thursday 9/30 - 12/16/04, NO CLASS ON 11/11 & 11/25/04.**

**Great Class  
 For The Family!**



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

### 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 \$110 for Non-residents  
 Instructor: Master Janice Somera, (9th Degree Black Belt & the highly prestigious White Satin, 41 years experience)  
**SESSION: Saturday 9/18 - 11/6/04  
 Wednesday 9/22 - 11/10/04**



## 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: \$150/10 weeks or \$165 for Non-residents  
**SESSION: 9/20 - 11/30/04, NO CLASSES ON 11/22 & 11/23/04.**  
*No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict) Sorry, no exceptions!*

#### Gym Kids Family Classes: 18 months - 5 years

Children under the age of 3 must be accompanied by parent or guardian. This class is designed for siblings only.

Monday 9:30am - 10:15am

#### 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  
 5:00 - 5:45pm

Tuesday 10:00 - 10:45am

#### Gym Rollers: 3 - 5 years

Monday 9:30 - 10:15am  
 11:10 - 11:55am  
 12:00 - 12:45pm  
 3:00 - 3:45pm  
 4:00 - 4:45pm  
 5:00 - 5:45pm  
 6:00 - 6:45pm

Tuesday 10:00 - 10:45am  
 11:00 - 11:45am  
 12:00 - 12:45pm  
 12:50 - 1:35pm  
 3:00 - 3:45pm  
 4:00 - 4:45pm  
 5:00 - 5:45pm

#### Gym Jumpers: Girls 5 - 7 years

Monday 3:00 - 4:00pm  
 4:00 - 5:00pm  
 6:00 - 7:00pm

Tuesday 3:00 - 4:00pm  
 4:00 - 5:00pm  
 4:45 - 5:45pm

#### Gym Jammers: Girls 8 - 11 years

Monday 6:00 - 7:00pm

Tuesday 4:00 - 5:00pm  
 4:45 - 5:45pm

#### Boys Only:

5 - 7 years Tuesday 3:00 - 4:00pm  
 8 - 11 years Tuesday 4:00 - 5:00pm

#### Jr. High Tumbling & Trampoline: 6th - 8th Grade

Monday 7:00 - 8:00pm



### HOT SHOTS

- You must receive prior permission from instructor to be eligible.
- Instructor permission does not reserve eligible participants a space.

#### Jr. Hot Shots (5-7 years)

Monday 3:00 - 4:30pm OR Tuesday 3:00 - 4:00pm

#### Hot Shots (8-11 years)

Monday 5:30 - 7:00pm or Tuesday 4:00 - 5:00pm

**SESSION: Mondays 9/20 - 11/29/04, NO CLASS ON 11/22/04.**

**Tuesdays 9/21 - 11/30/04, NO CLASS ON 11/23/04.**

**COST: Mondays \$170/10 weeks or \$185 for Non-residents  
 Tuesdays \$150/10 weeks or \$165 for Non-residents**

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

Internet: [www.gymkidsfun.com](http://www.gymkidsfun.com)

## 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.

#### Ballet I (4 - 6 Years)

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

Day: Wednesday

Cost: \$110/8 weeks or \$120 for Non-residents

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

**SESSION: Wednesday 10/6 - 12/15/04, NO CLASS ON 11/24/04.**

Age/Time:

Iddy Biddy Ballet 3 - 4 years 1:00 - 1:45pm

Ballet I 4 - 5 years 2:45 - 3:45pm

Ballet I 5 - 6 years 3:45 - 4:45pm

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

Ages: 8 - 13 years

Cost: \$110/8 weeks or \$120 for Non-residents

Instructor: Gary Potts Jr.

**SESSION: 9/23 - 11/18/04, NO CLASS ON 11/11/04.**

### 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 \$120 for Non-residents

Instructor: Gary Potts Jr.

**SESSION: 9/23 - 11/18/04, NO CLASS ON 11/11/04.**



### DISCOVERY ART

#### Babies Get Messy (walking - 2½ years)

#### Let's Get Messy (2½ - 5 years)

Explore a variety of art materials and imaginative projects. 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)

Art will be explored through creativity and freedom of imagination! Students paint, sculpt, paper mache, draw, collage and have lots of FUN! *Everyone gets messy, please dress accordingly!*

Day: Thursday or Saturday

Cost: \$130/8 weeks or \$140 for Non-residents

Instructor: Darsey Smrt

**SESSION: Saturday 9/18 - 11/6/04**

**Thursday 9/23 - 11/18/04, NO CLASS ON 11/11/04.**

#### Thursday

Babies Get Messy (walking - 2½ years) 10:00 - 10:45am

#### Saturday

Let's Get Messy (2½ - 5 years) 9:30 - 10:15am

Kid's Get Messy (5 - 10 years) 10:30 - 11:15am

For more information contact Darsey at (619) 929-8509.



# 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: \$55/Resident or \$60 for Non-residents

**Session 1:** Friday October 1, 4:00 - 7:00pm &

Saturday October 2, 9:00am - 12:00pm

**Session 2:** Friday November 1, 4:00 - 7:00pm &

Saturday November 2, 9:00am - 12:00pm



### 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 Lauren Mills, a former UCSD volleyball player. Scrimmages will be held at the end of each class.

Day: Wednesday

Time: 4:00 - 5:00pm

Ages: 6th - 9th grade

Cost: \$110/8 weeks or \$120 for Non-residents

For more information contact Master Sports at (858) 518-1315.

Email: [info@masteryoursports.com](mailto:info@masteryoursports.com)

Internet: [www.masteryoursports.com](http://www.masteryoursports.com)



### 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. Coordinated by Lauren Mills, a former UCSD volleyball player. Space is limited!

Day: Monday

Game Times: 5:15 and 6:15pm

Ages: 6th - 9th grade

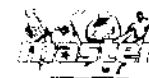
Cost: \$110/8 weeks or \$120 for Non-residents

**SESSION: 9/20 - 11/8/04**

For more information contact Master Sports at (858) 518-1315.

Email: [info@masteryoursports.com](mailto:info@masteryoursports.com)

Internet: [www.masteryoursports.com](http://www.masteryoursports.com)



## TEENS MAY ALSO ENROLL IN ADULT ACTIVITIES

# ADULT ACTIVITIES

## AMERICAN RED CROSS

### INFANT/CHILD FIRST AID & CPR

A must for parents and care-givers! Course covers identifying and caring for breathing and cardiac emergencies, how to check a conscious or unconscious victim as well as caring for bleeding, muscle and bone injuries, sudden illness and burns. Participants must attend both days to receive certification cards.

Age: 7th grade - Adult  
Dates: Friday, October 29, 4:00 - 9:00pm  
Saturday, October 30, 9:00 - 11:30am  
Cost: \$62/Residents or \$72 for Non-residents  
Instructor: American Red Cross

### MINDFUL HATHA YOGA & MEDITATION

Tools for transforming tension into relaxation, fatigue into vitality, and anxiety into peace. Poses and meditational aspects of yoga class are taught with a focus on mindful breath practice. Continuous development of body-mind awareness is emphasized in order to cultivate flexibility, strength and endurance.

Learn skills that help access the innate wisdom of mind, body and spirit while learning how to relax and shift into meditation - during the practice of yoga postures and in life. All levels of experience and continuing students welcome.

Day: Tuesday  
Time: 6:00 - 8:00pm  
Cost: \$135/10 weeks or \$145 for Non-residents  
(Seniors receive a 10% discount)  
Instructor: Donna Cheema, M.Ed., HHP, RYT 500 Hours (Certified)  
SESSION: 9/21 - 11/30/04, NO CLASS ON 11/23/04.

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

### 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.

Day: Tuesday  
Time: 10:00am - 12:00pm  
SESSION: 9/21 - 11/30/04, NO CLASS HELD 11/23/04.

#### INTERMEDIATE *Prerequisite: Beginning Hatha Yoga*

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.

Day: Thursday  
Time: 10:00am - 12:00pm  
SESSION: 9/23 - 12/9/04, NO CLASS ON 11/11 & 11/25/04.

Cost: \$140/10 weeks or \$155 for Non-Residents  
*Students registering for both beginning and intermediate hatha yoga classes during Fall session: \$252/10 weeks or \$280 for Non-residents*  
*Seniors age 65+ receive a 10% discount.*  
Instructor: Shelley Aanerud (Certified Ananda & RYT 500 hrs.)

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

### 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.

Day: Wednesday  
Time: 6:30 - 7:30pm  
SESSION: 9/22 - 12/1/04, NO CLASS ON 11/24/04.

#### 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: 9/20 - 11/29/04, NO CLASS ON 11/22/04.

Ages: 13 years - Adult  
Cost: \$110/10 weeks or \$120 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.

### TAI CHI (WU STYLE)

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: \$140/10 weeks or \$155 for Non-residents  
Instructor: Master Henry Cheng, Honor Master of Tai Chi Chuan  
SESSION: 9/18 - 11/20/04 Saturday  
9/23 - 12/9/04 Thursday, NO CLASS ON 11/11 & 11/25/04.

For more information contact Henry at (858) 272-2698.

Internet: [www.taichimasterhenry.com](http://www.taichimasterhenry.com)

## Tennis Anyone?

Carmel Valley Tennis offers  
adult lessons and clinics!

See back cover for more information.

# ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

## MEN'S BASKETBALL LEAGUES

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



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

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.



For more information contact League Director, Noelle Chartier, at: volleyball\_cv@yahoo.com

# SENIOR ACTIVITIES

## CARMEL VALLEY BRIDGE CLUB

Intermediate Duplicate Bridge meets on the 2nd and 4th Friday of every month at 12:30pm. Join the fun!

### NEWCOMERS CLUB!

New to the area? Want to meet others who enjoy bridge? Intermediate Duplicate Bridge meets on the 1st and 3rd Friday of every month at 12:30pm.

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

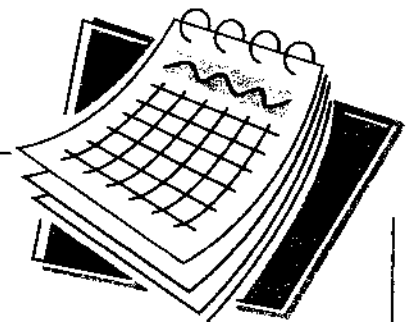


## SAN DIEGUITO ADULT SCHOOL ACTIVE OLDER ADULT

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: 8:30 - 9:30am  
Days: Monday, Wednesday & Friday  
Cost: \$15 per semester\*  
Instructor: San Dieguito Adult School  
SESSION: September 7 - November 5, 2003

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



# WINTER SESSION:



Brochure Available:  
Registration Begins:  
Classes Run:

Week of November 15, 2004  
Saturday, December 18, 2004  
January 3 - March 12, 2005

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

# AFA Youth Basketball League



*A non-competitive, recreational league for girls and boys*

Ages: Grades K - 10

League Dates: January 3 - March 5, 2005

- ◆ Games are held **Wednesdays, Fridays & 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 League Director  
Debbie Baasch at (858) 518-1305.

## General Registration Dates:

Saturday, October 16, 2004

10:00am - 12:00pm

OR

Wednesday, October 20, 2004

6:00pm - 8:00pm

## Priority Registration for Volunteer Coaches:

Saturday, October 16, 2004

9:00am - 10:00am

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



# Carmel Valley Tennis

Registration Location: Field House on Upper Level of Park

Registration begins Saturday, August 28 from 9am - 12pm, call (858) 504-4181 for more information.

## AFTER SCHOOL LESSONS

Carmel Valley Tennis offers group lessons for students ages 5-18. Students need to bring their own tennis racket, water and sun screen. See flyer for class descriptions and additional details.

Beginner - Monday & Wednesday

Intermediate - Tuesday & Friday

Advanced - Monday & Thursday

Class meets two days each week.

**Session 1:** September 6 - October 1, 2004

**Session 2:** October 4 - October 29, 2004

**Time:** 3:30 - 5pm

**Cost:** \$120/4 weeks or \$145 for Non-residents

## PRIVATE, SEMI-PRIVATE & GROUP LESSONS FOR ALL AGES

Carmel Valley Tennis offers private, semi-private and group lessons for adults and children of all ages and ability levels. Our lessons are taught by tennis professionals:

Jerry Jaffee: Director of Tennis  
at the Bridges Country Club

Kelley Dodge: Currently ranked #16  
in the Open Women's 35's

Pat Stewart: former Wimbledon Doubles player

Eddie Acuna: former Assistant Head Pro  
at the Kailua Racket Club, HI

### Private/Semi-Private rates:

San Diego Resident - \$45/hour

Non-Resident - \$50/hour

## ADULT CLINICS

Carmel Valley Tennis offers fun Adult Clinics! Convenient weekday, weeknight and Saturday schedule for all skill levels. See flyer for exact clinic times.

**Cost:** \$15/clinic or \$18 for Non-residents

## Call the Pro Shop (858) 504-4181

- ◆ with questions or for more information
- ◆ to arrange a lesson
- ◆ to reserve space in a clinic

### Pro Shop Hours

Monday - Wednesday & Friday 9am - 2pm

Saturday 2:30 - 5pm

Thursday & Sunday Closed