

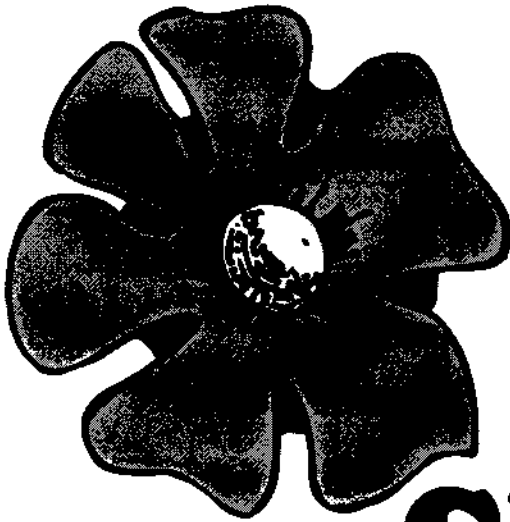


City of San Diego Park & Recreation Department
"We enrich lives through quality parks and programs."



www.cvsd.com

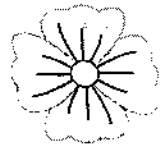
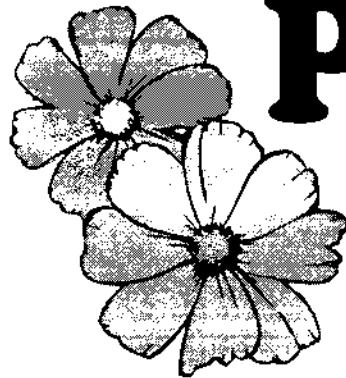
Open Gym Schedule
Open Game Room Schedule
Recreation Council Information
Community Information



SPRING

2004

PROGRAM



Mark your calendar!

**REGISTRATION BEGINS
SATURDAY, MARCH. 27**

See inside front cover for complete details.

***Carmel Valley Community
Park & Recreation Center***

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

Pool: (858) 552-1623

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, MARCH 27, 2004 at 9:00AM

(Except for City Dance Dept. Classes, Special Events & Senior Fitness & Youth B-Ball) 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 Saturday, April 24, 2004.**

Historically, only a 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 first day of registration, March 27, 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. 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 or can 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 April 30, 2004.

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, April 1, 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: April 3 - June 13, 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

Sunday, April 11, 2004 (Easter)

Monday, May 31, 2004 (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 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

ITSY BITSY YOGA™

Helen Garabedian's Itsy bitsy yoga is calming and nurturing yoga poses and rhymes that are developmentally nutritious for babies and toddlers. Focus is on child's exploration of yoga. Babies learn to unfold motor skills, improve sleep and digestion and bond with parent. Toddlers gain increased confidence and joy as they move into poses on their own. Also, enjoy a special relaxation period just for you!

Day: Friday
 Time: 9:30 - 10:30am (3 weeks - almost crawling)
 10:45 - 11:45am (crawling - 24 months)
 Cost: \$100/8 weeks or \$108.50 for Non-residents
 Instructor: Flo Gascon, CIBYF
SESSION: 4/16 - 6/11/04 NO CLASSES HELD Fri. 5/28/04



For more information contact Flo at (858) 350-6322.

Mad Science : "5 Senses"

With dynamic instructors from Mad Science, your child will discover the "5 senses". Take a fun filled fabulous exploration of these themes each week: keep in touch, listen closely, color lab, lights on, taste and smell, eye to eye, let's look closely and science of music.

Day/Time: Tuesday
 Time: 10:00 - 10:45am
 Age: 3 - 5 years
 Cost: \$90/8 weeks or \$98.50 for Non-residents
 Instructor: Mad Science
SESSION: 4/13 - 6/1/04



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: \$85/10 weeks or \$95.50 for Non-residents
 Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: 4/13 - 6/16/04



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

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, Dance 2gether, Theme Days & more!* Snack is provided. Siblings receive a 50% discount.

Day: Thursday
 Times: 9:30 - 10:15am
 10:15 - 11:00am
 Age: walkers - 3 years
 Cost: \$75/8 weeks or \$83.50 for Non-residents
SESSION: 4/15 - 6/3/04

GREAT
 SAMPLER CLASS!



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

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: \$105/8 weeks or \$113.50 for Non-residents
 Instructor: Kid City
SESSION: Monday 4/12 - 6/7/04
Wednesday 4/14 - 6/2/04
Saturday 4/17 - 6/5/04



ALL classes will be held outside, on the lower field

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 & B-BALL)

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: \$120/8 weeks or \$128.50 for Non-residents
 Instructor: Kid City
SESSION: Monday 4/12 - 6/7/04
Wednesday 4/14 - 6/2/04
Saturday 4/17 - 6/5/04

NO CLASSES HELD MON. 5/31/04

For more information or rainy weather class status contact
 Mark at (858) 344-2557.
 Email: director@peeweepsports.net
 Internet: www.peeweepsports.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/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 Ooey Gooley Lady™*
 SESSION: 4/14 - 6/9/04 **NO CLASSES HELD WED. 4/21/04**
 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/Time:
 Monday (Ages: walkers - 3½ years)
 9:30 - 10:15am
 10:30 - 11:15am
 Thursday 9:30 - 10:15am (Ages: walkers - 3½ years)
 10:30 - 11:15am (Ages: walkers - 5 years. Great for the family!)



Cost: \$125/9 weeks or \$134.00 for Non-residents
 Instructor: Lisa Megrditchian
 SESSION: Monday 4/12 - 6/7/04
 Thursday 4/15 - 6/3/04
NO CLASSES HELD MON. 5/31/04.

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: Wednesday 4/14 - 6/2/04
 Saturday 4/17 - 6/5/04



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 terminology. 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: \$125/9 weeks or \$134.00 for Non-residents
 SESSION: 4/12 - 6/21/04 OR 4/13 - 6/8/04

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. 5/31/04 or MON. 6/4/04.

GymKids Family Classes: 18 mon. - 5 years

Children under the age of 3 years 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 Tuesday 10:05 - 10:50am
 5:00 - 5:45pm

Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am	Tuesday	11:00 - 11:45am
	11:10 - 11:55am		12:00 - 12:45pm
	3:00 - 3:45pm		12:50 - 1:35pm
	4:00 - 4:45pm		3:00 - 3:45pm
	6:00 - 6:45pm		4:00 - 4:45pm
			5:00 - 5:45pm

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

Jr. High Cheer: 6th - 8th Grade

Monday 7:00 - 8:00pm

Boys Only:

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

SESSION: 9 weeks. Monday or Tuesday

4/12 - 6/21/04 or 4/13 - 6/8/04

NO CLASSES HELD MON. 5/31/04 or MON. 6/14/04.

COST: \$160 or \$174.00 for Non-residents for Monday

\$125 or \$134 for Non-residents for Tuesday

TIME: Jr. Hot Shots (5-7yrs) Mon: 3:00 - 4:30pm/Tue: 3:00 - 4:00pm

Hor Shots (8-11yrs) Mon: 5:30 - 7:00pm/Tue: 4:00-5:00pm

See Back Cover For
 Kids Special Events!

For more information contact GymKids at (858) 792-8814.
 Internet: www.gymkidsfun.com

DISCOVERY ART BY KID CITY

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 get messy... please dress accordingly.*

Day: Thursday or Saturday

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

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

Kids Get Messy: 10:30 - 11:15am (5 - 10 years)

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

Instructor: Darsey Smrt

SESSION: Thursday: 4/15 - 6/3/04

Saturday: 4/17 - 6/5/04



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

BASIC DRAWING FOR KIDS

In this fun filled drawing class your kids will learn the art of drawing ocean animals, frogs, butterflies and more! Emphasis will be on using art pens and pencils on paper to create drawing masterpieces!

Day: Wednesday

Time: 3:00 - 4:00pm

Cost: \$115/8 weeks, or \$123.50 for Non-residents
(Supplies included - set of pens, pencils & paper)

Ages: 6 - 12 Years

Instructor: Karen Gower

SESSION: Wednesday, 4/14 - 6/2/04

CITY PARK & RECREATION DANCE DEPT.

CLASSES ARE CURRENTLY IN SESSION.

SUMMER SEMESTER REGISTRATION BEGINS: 6/21/04

- 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:	6/21 - 9/4/04



For more information contact the Dance Dept. at (619) 525-8258.

Internet: www.citydancearts.org

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 (5 - 6 years)

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

Day: Wednesday

Time: Iddy-Bitty Ballet (3-4 years) 1:00 - 1:45pm

Ballet I (5-6 years) 3:30 - 4:30pm

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

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

SESSION: Wednesday 4/14 - 6/16/04



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 \$118.50 for Non-residents

Instructor: Gary Potts Jr.

SESSION: 4/15 - 6/3/04

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
\$118.50 for Non-residents

Instructor: Gary Potts Jr.

SESSION: 4/15 - 6/3/04



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.

Included: T-Shirt, Hat & Trophy

Please Bring: Gloves, Pants & Tennis Shoes

Ages: 4 & 5 years

(Must be 4 by 6/12/04)

Day: Saturday

Time: 2:00 - 4:00pm

Location: Carmel Creek Neighborhood Park

Cost: \$110/8 weeks. No refunds after 1st meeting

Session: 4/17 - 6/12/04

Rain make-up days will not extend past 6/28/04



For more information and to volunteer coach contact the AFA information line: (858) 518-1315 www.afasports.com

TEEN & ADULT ACTIVITIES

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.**

Ages: 11-15 years
 Cost: \$50 Residents/\$53 for Non-residents
Session 1: Friday 4/16, 4:00 - 7:00pm &
 Saturday 4/17, 9:00am - 12:00pm
Session 2: Friday 5/21, 4:00 - 7:00pm &
 Saturday 5/22, 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 an instructor. Scrimmages will be held at the end of each class.

Day: Wednesday
 Time: 4:00 - 5:00pm
 Ages: 6th - 9th grade
 Cost: \$95/8 weeks or \$103.50 for Non-residents
SESSION: 4/14 - 6/2/04



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

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: \$110/10 weeks or \$120.50 for Non-residents
 Instructor: Master Henry Cheng, Honor Master of Tai Chi Chuan
SESSION: Saturday 4/15 - 6/17/04
 Thursday 4/17 - 6/19/04



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

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: 4/13 - 6/15/04



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: 4/15 - 6/17/04
 Cost: \$130/10 weeks or \$140.50 for Non-residents
 (Seniors receive a 10% discount)
 A 10% discount for students that register for both Hatha yoga classes during Spring session.

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

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

ADULT ACTIVITIES

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 receive certification cards. Students must attend both days.

Day: Friday, 6/4/04, 4:00 - 8:30pm &
 Saturday, 6/5/04, 9:00 - 11:30pm
 Ages: 7th grade - Adult
 Cost: \$40 or \$43 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 are coupled with conscious breath practice 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: 4/13 - 6/15/04



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: 4/14 - 6/16/04

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
 Ages: 13 years - Adult
 Cost: \$110/10 weeks or \$120.50 for Non-residents
SESSION: 4/12 - 6/12/04
NO CLASSES HELD ON: MON 5/31/04

Instructor: Vicki Deriso, professional belly dancer who performs regularly in solo and troupe work.

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

ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

MEN'S BASKETBALL LEAGUES

- Team sign ups only.
- Games are played on Tuesday Nights.
- Spring 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.
- Spring Season: 4/29 - 8/5/04

For more information contact: volleyball_cv@yahoo.com

SENIOR ACTIVITIES

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.

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
Days: Monday, Wednesday & Friday
Cost: \$15 per semester
Instructor: San Dieguito Adult School

To Register:
Contact the San Dieguito Adult School at (760) 753-7073.

CHAIR STRETCH & TONE

This class is designed for seniors who want to improve strength and endurance. Class also includes floorwork, stretching and relaxation exercises.

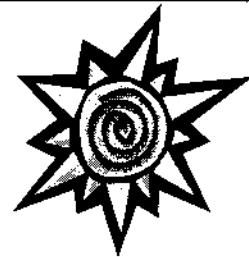
Time: 9:15 - 10:15am
Days: Monday, Wednesday & Friday
Cost: \$15 per semester
Instructor: San Dieguito Adult School

To Register:
Contact the San Dieguito Adult School at (760) 753-7073.

SUMMER AT CVRC!

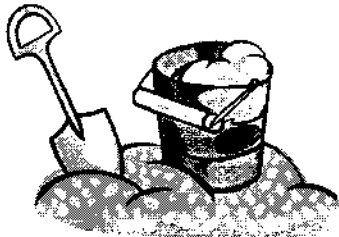
Summer Camps

Brochure Available: Week of March 29, 2004
Registration Begins: Saturday, May 1, 2004
Camps Run: June 21 - Aug. 27, 2004



Summer Classes

Brochure Available: Week of June 1, 2004
Registration Begins: Saturday, June 26, 2004
Classes Run: July 6 - Aug. 27, 2004



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

Spring Egg Hunt



Saturday
April 10, 2004
9:30 - 11:30 am

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!

Sponsored by: Carmel Valley Recreation Council.
Coldwell Banker Realty, 16 years of sponsorship!



Join the Fun!

Arts & Crafts
Bubble fun
&
Face Painting
start at 9:30am!



SUMMER YOUTH BASKETBALL LEAGUE

General Information:

Ages: Grades K - 9
League Dates: week of 6/21 - 9/2/04
Fee: \$80.00

- ◆ Games are held on 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 (858) 518-1305



General Registration Dates:

Saturday, April 17, 2004

10:00am - 12:00pm

OR

Wednesday, April 21, 2004

6:00 - 8:00pm

Priority Registration for Volunteer Coaches:

Saturday, April 17, 2004

9:00am - 10:00am

Dates & times of Skills Assessment will be provided at registration