



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
Tennis Courts: (858) 504-4181



www.cvsd.com

Open Gym Schedule
Open Game Room Schedule
Open Tennis Court Schedule
Recreation Council Information



Summer Youth Basketball League
info on back cover

SPRING 2005 PROGRAM



CLASS REGISTRATION BEGINS MARCH 19, 2005

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, MARCH 19, 2005 at 9:00AM

(Except for City Dance Dept. Classes, Youth Sports Leagues, Special Events & Senior Fitness)

Numbers will be issued at 5:00am 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 is available. Please submit the application to Recreation Center office **prior to March 11, 2005.**
- 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 process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and cannot 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 by the Center Director.

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. Transfer requests will be reviewed on a case by case basis by the Center Director.

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: **March - June 2005**

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, March 27, 2005 - Easter
Thursday, March 31, 2005 - Cesar Chavez Day
Monday, May 30, 2005 - 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
- Passive picnic areas with barbecues
- Outdoor basketball courts
- Horseshoe pits & Outdoor Fitness Stations
- Tennis courts
- Amphitheater
- Two Playgrounds
- Multipurpose fields

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 Mejillonos

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 TENNIS

DIRECT LINE: (858) 552-1623

The Carmel Valley tennis courts are operated under a separate administration. Please call the Pro Shop for hours of operation, fees, and lessons information.

CARMEL VALLEY SWIMMING POOL

DIRECT LINE: (858) 504-4181

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.

YOUTH ACTIVITIES

MUSIC KIDS

Music Kids encourages development of the whole child through music. This innovative program includes: singing, rhymes, creative movement, dance and instrumental play. Come join us for experiences in music that are motivating and fun!

Day: Thursday
 Age: walkers - 5 years
 Times: 9:30 - 10:15am
 10:30 - 11:15am
 11:30 - 12:15pm
 Cost: \$110/8 weeks or \$122 for Non-residents
 Instructor: Sophi Albert
SESSION: 4/14 - 6/2/05



For more information contact Sophi at (949) 831-8756.
 Email: samusic54@yahoo.com

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 \$110 for Non-residents
 Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: 4/13 - 6/15/05



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.

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: \$110/10 weeks or \$125 for Non-residents
 Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: 4/13 - 6/15/05

Age/Time:
 Iddy Biddy Ballet 3 - 4 years 1:00 - 1:45pm
 Ballet I 4 - 5 years 2:45 - 3:30pm
 Ballet I 5 - 6 years 3:45 - 4:45pm



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

CITY PARK & REC. DANCE DEPT.

CLASSES ARE CURRENTLY IN SESSION THROUGH MAY 21.
SUMMER SESSION REGISTRATION: MONDAY, JUNE 27, 2005
SUMMER SESSION: 6/27 - 9/3/05

- 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.
 Internet: www.citydancearts.org

JUNIOR SPORTS at Torrey Hills Park

A great time for all! Participants will play soccer, basketball, tee-ball, flag-football and track & field. Our coaching philosophy gives participants a solid foundation in each sport. We incorporate the rules in modified games that are age appropriate and lots of fun! Our coaches will capture the imagination while improving coordination and strength. Come and experience this fast growing program!

Day: Wednesday, Thursday or Saturday
 Ages/Times:
 3-4 years 10:00 - 10:50am Wed. or Thurs.
 4-5 years 11:00 - 11:50am Wed. or Thurs.
 Grades K-2 1:00 - 2:00pm Wed.
 3-4 years 9:00 - 9:50am Sat.
 4-5 years 10:00 - 10:50am Sat.
 5-6 years 11:00 - 11:50pm Sat.

Cost: \$110/8 weeks or \$122 for Non-residents
SESSION: Wednesday 4/13 - 6/1/05
Thursday 4/14 - 6/2/05
Saturday 4/9 - 6/4/05, NO CLASS ON 5/28/05.

**MEET AT TORREY HILLS PARK,
 4262 CALLE MEJILLONES.**

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



MAD SCIENCE : 'The 5 Senses'

Preschoolers will experiment with sight, sound, smell, taste and touch to discover the world through their senses. Learn about eyes and sight using telescopes, mirrors and microscopes. Discover how sound travels and explore your taste buds and sense of smell. Learn about touch through experiments that will thrill your senses! Children take home a science project after each class.

Day: Tuesday
 Time: 10:00 - 10:45am
 Age: 3 - 5 years
 Cost: \$81/10 weeks or \$96 for Non-residents
SESSION: 4/12 - 5/31/05



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

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. *Parents must attend the first class.*

Day: Wednesday or Saturday
 Time: 5 - 14 years 4:30 - 6:00pm Wed.
 5 - 14 years 9:00 - 10:30am Sat.

Cost: \$115/8 weeks or \$127 for Non-residents
 Instructor: Master Janice Somera, (9th Degree Black Belt & the highly prestigious White Satin, 41 years experience)

SESSION: Wednesday 4/13 - 6/1/05
Saturday 4/9 - 5/28/05

For more information contact Janice at (619) 543-9404.



FUNDAMENTALS OF BASKETBALL

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

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

BASKETBALL OFFENSIVE MOVES

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

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

Ages: 8 - 13 years
Cost: \$110/8 weeks or \$122 for Non-residents
Instructor: Gary Potts Jr.
SESSION: 4/14 - 6/2/05



For more information contact Gary at (760) 744-4812.

PEE WEE & ME

A class where children will learn the fundamentals of four (4) different sports. The sports will include the traditional "Multi-Sport" format which will be 2 weeks of soccer, 2 weeks of field hockey, 2 weeks of basketball, and 2 weeks of t-ball (in that order). ****PARENT PARTICIPATION IS REQUIRED****

Cost: \$120/8 weeks or \$132 for Non-residents
Age: 24-36 months
SESSION: Monday 4/11 - 6/6/05, NO CLASS ON 5/30/05
Wed. 4/13 - 6/1/05
Saturday 4/9 - 5/28/05

Monday: 4:00-4:40pm
Wednesday: 10:00-10:40am
Saturday: 11:00-11:40am



PEE WEE SPORTS

A class where children will learn the fundamentals of four (4) different sports. The sports will include the traditional "Multi-Sport" format which will be 2 weeks of soccer, 2 weeks of field hockey, 2 weeks of basketball, and 2 weeks of t-ball (in that order). For the 3-6 years classes, participants will be divided up between age groups, 3-4 years and 5-6 years.

Cost: \$130/8 weeks or \$142 for Non-residents
SESSION: Monday 4/11 - 6/6/05, NO CLASS ON 5/30/05
Wed. 4/13 - 6/1/05
Saturday 4/9 - 5/28/05

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

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

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



In the event of rain please call 858-344-2557 on the DAY OF class for class status. Classes will be made up at the end of the session or be held in the gymnasium pending availability at the Recreation Center.

For more information contact Mark at (858) 344-2557.
Email: director@peeweesports.net
Internet: www.peeweesports.net

GYMKIDS 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: \$140/9 weeks or \$153.50 for Non-residents
SESSION: Mondays 4/11 - 6/13/05, NO CLASS ON 5/30/05
Tuesdays 4/12 - 6/14/05, NO CLASS ON 5/31/05

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
6:00 - 5:45pm
Tuesday 10:00 - 10:45am

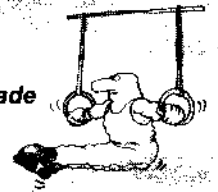
Gym Rollers: 3 - 5 years
Monday 9:30 - 10:15am
11:15 - 12:00pm
3:00 - 3:45pm
4:00 - 4:45pm
5:45 - 6:30pm
6:30 - 7:15pm
Tuesday 11:00 - 11:45am
12:00 - 12:45pm
1:00 - 1:45pm
3:00 - 3:45pm
4:00 - 4:45pm
5:00 - 5:45pm

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 3:45 - 4:45pm
4:45 - 5:45pm

Boys Only:
5 - 7 years Tuesday 3:00 - 4:00pm
6 - 9 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

SESSION: Mondays 4/11 - 6/13/05, NO CLASS ON 5/30/05
Tuesdays 4/12 - 6/14/05, NO CLASS ON 5/31/05
COST: Mondays \$160/9 weeks or \$173.50 for Non-residents
Tuesdays \$140/9 weeks or \$153.50 for Non-residents

For more information contact Gym Kids at (858) 487-7799.
Email: info@gymkidsfun.com
Internet: www.rockntumble.com/gclass.htm

BEGINNERS TEE-BALL LEAGUE

Come and see why this program had over 110 participants last year! This league is designed for children who miss the age 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 with their child. Our goal is to have fun, improve skills and build knowledge of the game. Includes a baseball hat, shirt and trophy.

Please bring: glove, pants, and tennis shoes

Age: 4 - 5 years (must be 4 by 6/4/05)
Day: Saturday, Games are played at 2pm, 3pm and 4pm
Cost: \$120/8 weeks or \$132 for Non-residents
SESSION: 4/9 - 6/4/05, NO CLASS ON 5/28/05
LOCATION: Carmel Creek Park, 4260 Carmel Center Road

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

Email: info@masteryoursports.com

Internet: www.masteryoursports.com



JUST FOR TEENS

CO-ED VOLLEYBALL CLASSES

Passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship, and rules will be covered in this fun class. Participants will practice fundamentals through a variety of different drills while critiqued by the instructor. Come join the fun and improve your volleyball skills!

Beginning/Interm.: Wednesday 4:00-5:00pm
Advanced: Monday 5:00-6:00pm
Ages: 6th - 9th grade
Cost: \$110/8 weeks or \$122 for Non-residents
SESSION: 4/11 - 6/6/05, NO CLASS ON 5/30/05



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

Email: info@masteryoursports.com

Internet: www.masteryoursports.com



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 \$67 for Non-residents
Session 1: Friday April 22, 4:00 - 7:00pm &
Saturday April 23, 9:00am - 12:00pm
Session 2: Friday May 27, 4:00 - 7:00pm &
Saturday May 28, 9:00am - 12:00pm



**TEENS MAY ALSO ENROLL
IN ADULT ACTIVITIES!**

SPRING BREAK CAMPS

CAMP SCIENCE SAFARI

The perfect combination of fun and challenging science projects combined with a daily sports lesson, arts & crafts, "game zone" arcade, group activities and more! Choose from Space Explorers aeronautical engineering camp OR Pirate's Treasure Dig marine archaeology camp. Meet in Room 2 on the first day.
Please bring a sack lunch, hat and sunscreen.

Days: Tuesday through Thursday
Time: 10:00am - 4:00pm
Ages: 4 - 11 years
Cost: \$135 Resident / \$147 Non-resident
SESSION: 4/5 - 4/7/05



For more camp information call (619) 699-8924.

Internet: www.campsciencesafari.com

MULTI-SPORT CAMP

Keep your child's mind and body sharp even during Spring break! Campers will enjoy playing and learning new skills in soccer, flag-football, basketball, soft/baseball and track & field. Incorporated into camp are fun games like capture the flag and team ball. This camp is great for those who like to play! Each participant receives a T-shirt. Camp is held outdoors at the Recreation Center.
Please bring a sack lunch, hat and sunscreen.

Days: Monday - Friday
Time: 9:00am - 3:00pm
Ages: 7 - 13 years
Cost: \$125 Resident / \$137 Non-resident
Instructor: Master Sports
SESSION: 4/4 - 4/8/05



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

Email: info@masteryoursports.com

Internet: www.masteryoursports.com



JUNIOR SPORTS CAMP

This camp is a great intro for kids just getting into sports and tons of fun for the sports enthusiast. Campers will play soccer, basketball, tee-ball, flag-football and track & field. Our coaching philosophy gives participants a solid foundation in each sport. We incorporate the rules in modified games that are age appropriate and lots of fun! Each participant receives a T-shirt. Camp is held outdoors at the Recreation Center.
Please bring a sack lunch, hat and sunscreen.

Days: Monday - Friday
Time: 9:00am - 12:00pm
Ages: 4 - 6 years
Cost: \$110 Resident / \$122 Non-resident
Instructor: Master Sports
SESSION: 4/4 - 4/8/05



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

Email: info@masteryoursports.com

Internet: www.masteryoursports.com



CAMP REGISTRATION BEGINS MARCH 19, 2005!

ADULT ACTIVITIES

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: 4/9 - 6/18/05 Saturday NO CLASS 5/28/05
4/14 - 6/16/05 Thursday**

For more information contact Henry at (858) 272-2698.
Internet: www.taichimasterhenry.com

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
Cost: \$110/10 weeks or \$120 for Non-residents
SESSION: 4/13 - 6/15/05

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
Cost: \$110/10 weeks or \$120 for Non-Residents
SESSION: 4/11 - 6/20/05, NO CLASS ON 5/30/05

Ages: 13 years - Adult
Instructor: Vicki Deriso, professional belly dancer who performs regularly in solo and troupe work.

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

MINDFUL HATHA YOGA & MEDITATION

Tools for transforming tension into relaxation, fatigue into vitality, and anxiety into peace. 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 are welcome.

Day: Tuesday
Time: 6:15 - 8:15pm
Cost: \$135/10 weeks or \$150 for Non-residents
(Seniors receive a 10% discount)
Instructor: Donna Cheema, M.Ed., HHP, RYT 500 hours (Certified)
SESSION: 4/12 - 6/14/05
Notes: Please bring your own yoga mat.

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

AMERICAN RED CROSS

INFANT/CHILD FIRST AID & CPR

A must for parents, babysitters 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. Participants must attend both days.

Day: Friday, May 13 4:00 - 8:30pm
Saturday, May 14 9:00 - 11:30am
Age: 7th grade - adult
Cost: \$40 or \$43 for Non-residents
Instructor: American Red Cross

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: 4/12 - 6/14/05
Notes: Do not eat 2-4 hours before class. Bring your own blanket or towel.

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: 4/14 - 6/16/05

Cost: \$140/10 weeks or \$155 for Non-Residents
Students registering for both beginning and intermediate hatha yoga classes during Spring session: \$252/10 weeks or \$280 for Non-residents
Seniors age 65+ receive a 10% discount.
Instructor: Shelley Aanerud (Certified Ananda & RYT 500 hours)
Notes: Do not eat 2-4 hours before class. Bring your own blanket or towel.

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

PRENATAL YOGA

Yoga for your mind, body and baby. Alleviate the discomforts of pregnancy, such as backache, sciatica, swelling varicose veins and headaches. Prepare for the birth of your child by strengthening and stretching the muscles used during the birthing process. Quiet the mind, release tension and find strength. Please bring a mat and a doctor's note of approval to the first class.

Day: Monday
Time: 10:30 - 11:30am
Cost: \$110/8 weeks or \$122 for Non-residents
Instructor: Kyra Haigh, M. Ed., RYT (500 hours) & Doula Trained
SESSION: 4/11 - 6/6/05, NO CLASS ON 5/30/05
Notes: Please bring a mat and a doctor's note of approval to the first class.

For more information contact Kyra at (619) 206-9082.
Internet: www.breathbybreath.com

ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

MEN'S BASKETBALL LEAGUES

- Spring 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 Slow Pitch: 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, Ages 18 and up
- Teams are welcome to sign up.
- Games are played on Thursday nights.

For more information email the league director at: volleyball_cv@yahoo.com

SENIOR ACTIVITIES

CARMEL VALLEY BRIDGE CLUB

Want to meet others who enjoy bridge? Intermediate Duplicate Bridge meets on the 2nd and 4th Friday of every month at 12:30pm. Join the fun!

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: January 31, 2004 - April 1, 2005

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

SUMMER CAMPS:

Brochure Available: Week of March 28, 2005
Registration Begins: Saturday, May 7, 2005
Camps Run: June 20 - August 22, 2005



SUMMER CLASSES:

Brochure Available: Week of May 31, 2005
Registration Begins: Saturday, June 25, 2005
Classes Run: July 9 - August 26, 2005

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

CARMEL VALLEY TENNIS

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. Visit the Pro Shop for class descriptions and additional details.

Beginner - Monday & Wednesday
Intermediate - Tuesday & Friday
Advanced - Monday & Thursday

Class meets two days each week.
Session 8: April 4 - April 29, 2005
Session 9: May 2 - May 27, 2005
Session 10: May 30 - June 24, 2005

Time: 3:30 - 5pm
Cost: \$120/4 weeks or \$145 for Non-residents

Registration Location: Pro Shop adjacent to tennis courts
Registration begins February 1, 2005



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.

Private/Semi-Private rates:
San Diego Resident - \$45/hour, \$25/half hour
Non-Resident - \$50/hour, \$30/half hour

ADULT CLINICS

Carmel Valley Tennis offers fun Adult Clinics! Convenient weekday, weeknight and Saturday schedule for all skill levels. Visit the Pro Shop for exact clinic times.

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



Call the Pro Shop at (858) 504-4181 for more information on tennis programs!

Summer Youth Basketball League



A non-competitive, recreational league for girls and boys

Ages: Grades K - 9

League Dates: June 24 - August 27, 2005

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

All volunteer coaches must be fingerprinted with the City of San Diego PRIOR to skills assessments.



General Registration Dates:

Saturday, April 16, 2005

10:00am - 12:00pm

OR

Wednesday, April 20, 2005

6:00pm - 8:00pm

Priority Registration for Volunteer Coaches:

Saturday, April 16, 2005

9:00am - 10:00am

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



For more information call (858) 518-1305 or visit www.afasports.com.

17th Annual

Spring Egg Hunt



Saturday
March 26, 2005
9:30 - 11:30am

Join the Fun!

Arts & Crafts

Bubble Fun

&

Face Painting
start at 9:30am!

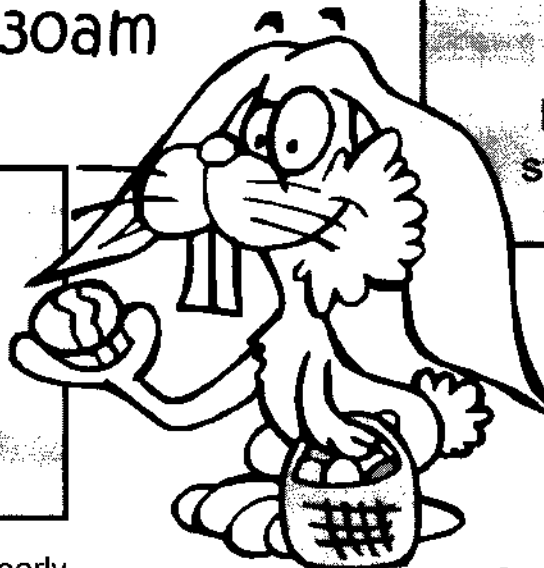
Egg Hunt Times:

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 your basket and camera!

Sponsored by:
Carmel Valley Recreation Council
Coldwell Banker Del Mar, 17 years of sponsorship!