



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

Open Gym Schedule

Open Game Room Schedule

Open Tennis Court Schedule

Recreation Council Information

# SUMMER 2005 PROGRAM



**CLASS REGISTRATION BEGINS JUNE 25, 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, JUNE 26, 2005 at 9:00AM**

(Except for City Dance Dept. Classes, Youth Sports Leagues, 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 **\$36 fee** will be charged for all returned checks.
- Financial assistance is available. Please submit the application to Recreation Center office **prior to June 17, 2005 at 6:00pm.**
- 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: June - August 2005**

Monday - Thursday	12:00pm - 8:00pm
Saturday	9:00am - 1:30pm
Sunday	Closed

(Hours subject to change without prior notification)

### RECREATION CENTER CLOSURES

Monday, July 4, 2005 - Independence Day

Monday, September 5, 2005 - Labor 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 Football & Table Tennis
- Passive picnic areas with barbeques
- 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 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 TENNIS

### DIRECT LINE: (858) 504-4181

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) 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.

# 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: Monday  
Age: walkers - 5 years  
Times: 9:30 - 10:15am  
10:30 - 11:15am  
Cost: \$110/8 weeks or \$122 for Non-residents  
Instructor: Sophi Albert  
SESSION: 7/11 - 8/29/06



For more information contact Sophi at (949) 831-8766.  
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: \$75/8 weeks or \$87 for Non-residents  
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)  
SESSION: 7/13 - 8/31/06



For more information contact Beth at (858) 765-6007.

## 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: \$95/8 weeks or \$107 for Non-residents  
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)  
SESSION: 7/13 - 8/31/06

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) 765-6007.

## CITY PARK & REC. DANCE DEPT.

CLASSES ARE CURRENTLY IN SESSION THROUGH MAY 21.  
SUMMER SESSION REGISTRATION: MONDAY, JUNE 27, 2006  
SUMMER SESSION: 6/27 - 9/3/06

- 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) 526-8268.

Internet: www.citydancearts.org

## BASKETBALL CLASSES

### 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: 3:15 - 4:15pm

### 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: 4:15 - 5:15pm

Ages: 8 - 13 years  
Cost: \$110/8 weeks or \$122 for Non-residents  
Instructor: Gary Potts Jr.  
SESSION: 7/14 - 9/1/06



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

## 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/Time: Wednesday 5 - 14 years 4:30 - 6:00pm  
Saturday 5 - 14 years 9:00 - 10:30am  
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 7/13 - 8/31/06  
Saturday 7/9 - 8/27/06



## 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.: Tuesday 3:15 - 4:15pm  
Advanced: Tuesday 4:15 - 5:15pm  
Ages: 6th - 9th grade  
Cost: \$110/8 weeks or \$122 for Non-residents  
SESSION: 7/12 - 8/30/06



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

Email: info@masteryoursports.com

Internet: www.masteryoursports.com



# 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: 7:00 - 8:00pm Thursday  
12:30 - 1:30pm Saturday  
Ages: 8 years - Adult  
Cost: \$112/8 weeks or \$124 for Non-residents  
Instructor: Master Henry Cheng, Honor Master of Tai Chi Chuan  
SESSION: 7/9 - 8/27/05 Saturday  
7/14 - 9/1/05 Thursday

For more information contact Henry at (858) 272-2698.  
Internet: [www.taichimasterhenry.com](http://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: \$95/8 weeks or \$107 for Non-residents  
SESSION: 7/13 - 8/31/05

### 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: \$95/8 weeks or \$107 for Non-residents  
SESSION: 7/11 - 8/29/05

Ages: 13 years - Adult  
Instructor: Vicki Deriso, professional belly dancer who performs regularly.  
For more information contact Vicki at (858) 755-1432.

## CARMEL VALLEY BRIDGE CLUB

Attention Seniors! Want to meet others who enjoy bridge? Intermediate Duplicate Bridge meets on the 2nd and 4th Friday of every month at 12:30pm. Come and join the fun!  
For more information contact Jan Foster (858) 793-1791 or Betty Lane at (858) 259-1543.

## 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 1: 7/12 - 8/2/05  
SESSION 2: 8/9 - 8/30/05  
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 1: 7/14 - 8/4/05  
SESSION 2: 8/11 - 9/1/05  
Notes: Do not eat 2-4 hours before class.  
Bring your own blanket or towel.  
Cost: \$60/4 weeks or \$66 for Non-Residents  
*Seniors age 65+ receive a 10% discount.*  
Instructor: Shelley Aanerud (Certified Ananda & RYT 500 hours)  
For more information contact Shelley at (858) 587-0171.

## 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. Contious development of body-mind awareness is emphasized in order to cultivate flexibility, strength and endurance. All levels of experience and continuing students are welcome.

Day: Tuesday  
Time: 6:00 - 8:00pm  
Cost: \$120/8 weeks or \$132 for Non-residents  
*Seniors receive a 10% discount*  
Instructor: Donna Cheema, M.Ed., HHP, RYT 500 hours (Certified)  
SESSION: 7/12 - 8/30/05  
Notes: Please bring your own yoga mat.  
For more information contact Donna at (858) 492-8562.

## FAMILY SPECIAL EVENT

Carmel Valley Community Park

FAMILY FUN DAY!

Sunday, July 31

Fun Family Activities from 3:30-5:30pm  
Live Music from 5-7pm!

We'll Dance...  
We'll Sing...  
Music will fill the streets  
Children will play ball  
and a picnic will be had by all!



## ADULT SPORTS LEAGUES

- Leagues are FULL at this time.  
- Teams interested in playing should contact the Recreation Center office to be placed on waiting list, (858) 552-1616.

- Co-ed at CVRC: Monday or Wednesday nights  
- Co-ed at Torrey Hills Park: Monday through Thursday nights  
- Men's at CVRC: Tuesday or Thursday nights  
- League begins in August  
For more information contact Pete McNamera at (858) 453-6208.

- 4 Person Teams, Ages 18 and up  
- Games are played on Thursday nights.  
For more information email [volleyball\\_cv@yahoo.com](mailto:volleyball_cv@yahoo.com)