



*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

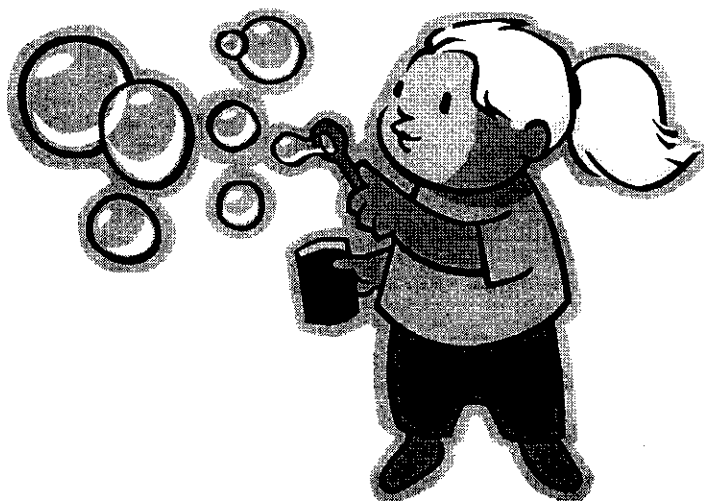
Pool: (858) 552-1623

Tennis Courts: (858) 504-4181

www.cvsd.com

Open Tennis Court Schedule
Recreation Council Information

SUMMER 2006 PROGRAM



CLASS REGISTRATION BEGINS JUNE 3, 2006

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 3, 2006 at 9:00AM**

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

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 **one week prior to the start of registration.**
- 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.

INDIVIDUALS WITH DISABILITIES:

Most classes can accommodate persons with disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance. Please ask for this service at the time of registration.

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.

CARMEL VALLEY RECREATION CENTER

HOURS OF OPERATION

Hours Effective: June - August 2006

Monday - Thursday 12:00pm - 7:45pm
Saturday 9:00am - 1:45pm
Sunday Closed

(Hours subject to change without prior notification)

RECREATION CENTER CLOSURES

Tuesday, July 4, 2006 - Independence Day

Monday, September 4, 2006 - 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 Foosball & 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.

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse
(858) 259-1450

DMCV Sharks Soccer
(858) 794-8404

Carmel Valley Manchester Soccer
(858) 259-4170

North Shore Girls Softball
(858) 643-9790

Del Mar Little League
(858) 755-3601

Solana Beach Little League
(858) 824-6696

Del Mar Powerhouse Baseball
(858) 793-7660

Torrey Pines Pop Warner
(858) 632-4154

YOUTH ACTIVITIES

LEAPING LIZARDS **NEW!**

Get geared up for school! Come and enjoy this creative class for children 3 to 5 years old. We will experience enriching activities like arts and crafts, songs, stories and outdoor games. Children will be presented with pre-school material like number and letter recognition. Each class has a fun theme. Come make friends and have a ball! Participants must be potty trained. Please bring a snack daily. Child/instructor ratio is 8:1. Choose two or three days per week!

Day: Monday and Wednesday
Monday, Wednesday, Friday
No make ups for missed classes and no schedule substitutions are allowed. Thank you!

Age: 3 - 5 years

Times: 9:00am - 12:00pm

Cost: M & W: \$150/5 weeks or \$180 for Non-residents
M,W,F: \$225/5 weeks or \$265 for Non-residents

Instructor: Julie Roberts
Teacher with 25 years experience in PUSD

SESSION: 6/26 - 7/26/06

For more information contact Julie at (858) 552-1616.



MUSIC KIDS

Music Kids for Tots: *walkers - 2 years*

Music Kids encourages development of the whole child through music. Parents and children experience the sounds and rhythms of music through songs, rhymes creative movement, dance and instrument play.

Music Kids for the Young Child: *2 - 5 years*

Music Kids for the young child focuses on developing early musicianship by introducing children to the basic musical concepts: learning to sing and learning to listen, creating music with rhythm instruments, melody and rhythm, expressive movement, and notation recognition.

Day: Friday

Age/Times: For Tots 9:30 - 10:15am or 10:30 - 11:15am
For the Young Child 11:30 - 12:15am

Cost: \$120/8 weeks or \$145 for Non-residents

Instructor: Sophi Albert
(B.A. Music Education and Music Therapy)

SESSION: 6/23 - 8/11/06

For more information contact Sophi at (949) 429-5702.



FAMILY SELF DEFENSE & SAFETY

Kajukenbo Karate/ Wushu Kung Fu

Get the Martial Arts Advantage! Learn a combined Martial Arts style, which includes Karate, Judo, JuJitsu, Kenpo, and Kung Fu. This program is designed to promote a higher level of self confidence, improve self esteem, discipline, concentration and coordination. Adults & children train together in a positive family environment.

Day: Saturday

Time: 10:00 - 11:30am

Ages: 5 and up - All skill levels are welcome

Cost: \$80/5 weeks or \$92.50 for Non-residents

Instructor: Ronnie Isaguirre, 3rd Degree Black Belt

SESSION 1: 6/24 - 7/29/06 NO CLASS 7/8/06

SESSION 2: 8/5 - 9/9/06 NO CLASS 9/2/06

For more information contact Ronnie at (858) 336-9191.
Email: Ronnie@kick411.com
Internet: www.kick411.com



DANCE 2GETHER

Fun! Fun! Fun! Parents and toddlers will experience dance together. Your little one will be introduced to ballet and creative dance. Wear comfortable athletic attire.

Day: Mondays

Age: 24 - 36 months

Time: 11:30am - 12:05pm

Cost: \$88/8 weeks or \$100 for Non-residents

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

SESSION: 6/19 - 8/14/06 NO CLASS 7/3/06

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 fun, 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/Age/Time:

Iddy Biddy Ballet	Mon. or Tues.	3 - 4 years	1:00 - 1:45pm
Ballet I	Monday	5 - 7 years	2:45 - 3:45pm

Cost: \$96/8 weeks or \$108 for Non-residents

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

SESSION: **MONDAY** 6/19 - 8/14/06 NO CLASS 7/3/06
TUESDAY 6/20 - 8/15/06 NO CLASS 7/4/06

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



GYM KIDS GYMNASTICS

Join the fun as we launch the Star Chart Reward System! 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.

Tumble Toddlers: *walkers - 36 months* (parent participation required)
5:00 - 5:45pm

Gym Rollers: *3 - 5 years*

4:00 - 4:45pm
5:45 - 6:30pm
6:30 - 7:15pm

Gym Jumpers: *5 - 7 years*

4:00 - 5:00pm

Gym Jumpers II: *6 - 10 years*

6:00 - 7:00pm

Day: Monday

Cost: \$90/6 weeks or \$110 for Non-residents

SESSION: 6/26 - 7/31/06

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



ADULT ACTIVITIES

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. All levels of experience and continuing students are welcome.

Day: Tuesday
Time: 5:45 - 7:45pm
Cost: \$75/5 weeks or \$85 for Non-residents
Seniors receive a 10% discount
Instructor: Donna Cheema, M.Ed., HHP, RYT 500 hours (Certified)
SESSION 1: 6/20 - 7/25/06 NO CLASS 7/4/06
SESSION 2: 8/1 - 8/29/06
Notes: Please bring your own yoga mat.
Do not eat 2-4 hours before class.

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

WOMEN'S SELF DEFENSE & BODY CONDITIONING

Great mother/daughter activity! Learn a combined Self Defense, which includes Karate, Judo, Jujitsu, Kenpo, and Kung Fu. This program offers instruction in self-defense and body conditioning. Achieve a higher level of awareness, self-confidence, improve self-esteem, discipline, concentration and coordination. Women train in a safe, positive environment.

Ages: Female, 13 and up
Day: Thursday *Mother/Daughter*
Time: 6:00 - 7:00pm *Discount!*
Cost: \$110/8 weeks or \$130 for Non-residents
Mother/Daughter discount:
\$100/8 weeks or \$120 for Non-residents
Instructor: Michael Shaw, Certified Black Belt
SESSION: 7/6 - 8/24/06

For more information contact Michael Shaw at (858) 531-2508.

Email: Fistacuff2000@yahoo.com

Internet: www.kick411.com

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: 6/20 - 7/25/06 NO CLASS 7/4/06
SESSION 2: 8/1 - 8/29/06

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: 6/22 - 7/20/06
SESSION 2: 7/27 - 8/24/06

Notes: Do not eat 2-4 hours before class.
Bring your own blanket or towel.
Cost: \$75/5 weeks or \$85 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.

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: 6:45 - 7:45pm
Cost: \$120/10 weeks or \$145 for Non-residents
SESSION: 6/21 - 8/30/06 NO CLASS ON 7/5/06

INTERMEDIATE

A fun class using basic belly dance/gypsy moves, new steps and adding "layering" of two or more movements together. Choreography, finger cymbals and veils will also be taught.

Day: Thursday
Time: 6:45 - 7:45pm
Cost: \$120/10 weeks or \$145 for Non-Residents
SESSION: 6/22 - 8/31/06 NO CLASS 7/6/06

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

FAMILY SPECIAL EVENT

Movie In the Park

"Wallace and Gromit"

Wallace and his loyal dog, Gromit, set out to discover the mystery behind the garden sabotage that plagues their village and threatens the annual giant vegetable growing contest! Fun for the whole family! - IMDB.com



July 29, 2006
5:00 - 9:30pm

Sage Canyon Park
5252 Harbor Ridge Drive

Concessions!
Jumpers!

Sponsored by:
Carmel Valley Recreation Council
Time Warner Cable

ADULT SPORTS LEAGUES

MEN'S BASKETBALL LEAGUES

- 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, (858) 552-1616.

ADULT SOFTBALL LEAGUES:

- 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
- For more information contact Pete McNamera at (858) 453-6208.

ADULT VOLLEYBALL LEAGUES:

- 4 Person Teams, Ages 18 and up
 - Games are played on Thursday nights.
- For more information email volleyballcv@san.rr.com