



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

# WINTER 2006 PROGRAM



**CLASS REGISTRATION BEGINS DECEMBER 10, 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, DECEMBER 10, 2005 FROM 9:00 - 11:00AM**

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

Numbers will be issued beginning at 7:00am 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 **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) and your yellow registration receipt 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.

### 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: January - March 2006

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

(Hours subject to change without prior notification)

### RECREATION CENTER CLOSURES

Monday, January 16, 2006 - Martin Luther King, Jr. Day

Monday, February 20, 2006 - President's 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 Long Run 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

## 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  
Age/Time: 24-36 months 11:30am - 12:00pm  
Cost: \$105/10 weeks or \$130 for Non-residents  
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)  
SESSION: 1/11 - 3/15/06  
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 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  
Age/Time: Iddy Biddy Ballet 3 - 4 years 1:00 - 1:45pm  
Ballet I 4 - 6 years 2:45 - 3:45pm  
Cost: \$120/10 weeks or \$145 for Non-residents  
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)  
SESSION: 1/11 - 3/15/06  
For more information contact Beth at (858) 755-5007.



## CITY PARK & REC. DANCE DEPT.

SPRING SESSION REGISTRATION: MONDAY, JAN. 23, 2006  
SPRING SESSION: 1/23 - 5/22/06  
COST: \$35

- 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:

Pre-Tap/Ballet	4-5 years	Monday	3:00pm
Tap 1	6-16 years	Monday	3:45pm
Jazz 1/2	6-16 years	Monday	4:30pm
Ballet	6-16 years	Monday	5:15pm
Jazz 2	6-16 years	Monday	6:00pm

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

Internet: [www.citydancearts.org](http://www.citydancearts.org)



## GYM KIDS ROCK 'N CHEER

A great class for aspiring cheerleaders! Learn all the cheer and arm moves, chants, jumps and stunts plus the gymnastics skills necessary for cheerleaders. Taught by our qualified instructors, kids learn technically correct gymnastics and cheer in an upbeat environment.

Day/Time: Monday 2:00 - 3:00pm  
Age: 4 - 6 years  
Cost: \$125/10 weeks or \$145.00 for Non-residents  
SESSION: 1/9 - 3/27/06 NO CLASS 1/16 AND 2/20/06

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

For more information contact Gym Kids at (858) 487-7799.

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

Internet: [www.rockntumble.com/gclass.htm](http://www.rockntumble.com/gclass.htm)



## IRISH DANCE

You don't have to be Irish to dance like a pro! This introduction to Irish Dance will teach you the steps required to perform a light shoe routine in jigs and reels. Have fun learning the skills of the hard shoe and celebrate the joys of the dance so popularly displayed in Riverdance and other great shows. Learn from top ranked dancers who have danced all over the world!

Day: Wednesday  
Age/Time: 5 - 8 years 4:30 - 5:30pm  
9 - 18 years 5:30 - 6:30pm  
Cost: \$130/10 weeks or \$150 for Non-residents  
Instructor: Bracken School of Irish Dance  
SESSION: 1/11 - 3/15/06  
For more information contact Thomas at (760) 941-9433.

**NEW!**



## MUSIC KIDS

### Music Kids for Tots: walkers - 3 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: 3 - 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.

**NEW FORMAT!**

Day: Friday  
Age/Times: Music Kids for Tots 10:00 - 10:45am  
Music Kids Young Child 11:00 - 11:45am  
Cost: \$120/8 weeks or \$145 for Non-residents  
Instructor: Sophi Albert  
(B.A. Music Education and Music Therapy)  
SESSION: 1/13 - 3/3/06

For more information contact Sophi at (949) 831-8756.



## 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: 1/14 - 2/11/06  
SESSION 2: 2/25 - 3/25/06

For more information contact Ronnie at (858) 336-9191.

Email: [Ronnie@kick411.com](mailto:Ronnie@kick411.com)

Internet: [www.kick411.com](http://www.kick411.com)



YOUTH ACTIVITIES CONTINUED...

JUNIOR SPORTS by MASTER SPORTS

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! Class shirt and picture are included!

ALL CLASSES ARE HELD AT TORREY HILLS PARK: 4262 CALLE MEJILLONES

Day: Wednesday or Thursday
Ages/Times: 3 - 4 years 10:00 - 10:50am, 4 - 5 years 11:00 - 11:50am, 5 - 7 years 1:00 - 2:00pm (WEDNESDAY ONLY)

Day: Saturday
Ages/Times: 3 - 4 years 9:00 - 9:50am, 4 - 5 years 10:00 - 10:50am, 5 - 6 years 11:00 - 11:50am

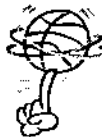
Cost: \$110/8 weeks or \$130 for Non-residents
Instructor: Master Sports coaches - Dan, Tedd and Paolo
SESSION: Wednesday 1/18 - 3/8/06, Thursday 1/19 - 3/9/06, Saturday 1/21 - 3/11/06



MASTER SPORTS BASKETBALL

Former Collegiate and European Pro Player Steve Smith will help you improve in all aspects of the game. Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games. Class shirt and picture are included!

Day: Wednesday
Time/Age: 3:30 - 4:30pm Grades K - 2, 3:30 - 4:30pm Grades 3 - 6
Cost: \$110/8 weeks or \$130 for Non-residents
Instructor: Master Sports coaches - Steve and Dan
SESSION: 1/18 - 3/8/06



MASTER SPORTS VOLLEYBALL

UCSD Club MVP Traci Zier will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking digging, rotation, sportsmanship and rules will all be covered in this fun class. Class shirt and picture are included!

Day: Mondays
Age: 10 - 14 years
Time: 4:00 - 5:00pm Beginner/Intermediate
Cost: \$110/8 weeks or \$130 for Non-residents
Instructor: Master Sports
SESSION: 1/23 - 3/20/06
NO CLASS ON 1/16 AND 2/20/06



PLAY BASKETBALL CLINIC

This fun basketball clinic teaches the fundamentals, techniques and skills of basketball. In addition, Coach Brooks uses his experience from playing competitive basketball to teach young athletes the benefits of goal setting, discipline, practice, commitment, encouragement, and teamwork.



Day: Thursday
Time: 4:00 - 5:30pm
Ages: 8 - 15 years
Cost: \$110/8 weeks or \$135 for Non-residents
Instructor: Brooks Barnhard
SESSION: 1/12 - 3/2/06

For more information contact Coach Brooks at 619-850-2209.

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\*\*

Day/Time: Monday: 4:00 - 4:40pm, Wednesday: 10:00 - 10:40am, Saturday: 11:00 - 11:40am
Age: 24 - 36 months
Cost: \$110/8 weeks or \$130 for Non-residents
SESSION: Monday 1/9 - 3/13/06 NO CLASS 1/16 & 2/20, Wed. 1/11 - 3/1/06, Saturday 1/14 - 3/4/06



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: \$120/8 weeks or \$140 for Non-residents
SESSION: Monday 1/9 - 3/13/06 NO CLASS 1/16 & 2/20, Wed. 1/11 - 3/1/06, Saturday 1/14 - 3/4/06

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.

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

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

**YOUTH ACTIVITIES CONTINUED...**

**GYMKIDS GYMNASTICS**

Join the fun as we launch the Star Chart Reward System! Extended sessions and skill building charts are designed for continuity among all students. 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.

**COST:** Mondays \$150/10 weeks or \$175 for Non-residents  
 Tuesdays \$180/12 weeks or \$210 for Non-residents  
**SESSION:** Mondays 1/9 - 3/27/06 NO CLASS 1/16 & 2/20  
 Tuesdays 1/10 - 3/28/06

*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: Walkers - 5 years**

Children under the age of 3 must be accompanied by parent or guardian. This class is designed for families with both toddler and pre-school aged children. Siblings are placed into age appropriate groups.

Monday 9:30am - 10:15am

**Tumble Crawlers: Crawlers and Pre-Walkers**

Explore with your little one as we emphasize gross and fine motor development through bouncing, rolling, rhythm and more! Fun-filled interaction for parent and child.

Tuesday 8:45am - 9:30am

**NEW!**

**Tumble Toddlers: walkers - 36 months**

Tuesday 9:30am - 10:15am (walkers - 24 months)  
 10:15am - 11am (24 - 36 months)

**Tumble Toddlers: 19 - 36 months**

Monday 10:15 - 11:00am  
 5:00 - 5:45pm

**Gym Rollers: 3 - 5 years**

Monday	9:30 - 10:15am	Tuesday	11:15 - 12:00pm
	11:15 - 12:00pm		12:15 - 1:00pm
	3:00 - 3:45pm		1:15 - 2:00pm
	4:00 - 4:45pm		3:00 - 3:45pm
	5:45 - 6:30pm		4:00 - 4:45pm
	6:30 - 7:15pm		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		4:45 - 5:45pm

**Gym Jumpers: Girls 7 - 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

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

Monday 7:00 - 8:00pm

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

**GYMKIDS 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

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

Monday 5:30 - 7:00pm



**SESSION:** 1/9 - 3/27/06 NO CLASS 1/16 & 2/20  
**COST:** \$180/10 weeks or \$200 for Non-residents

**TEEN ACTIVITIES**

**LINE DANCING**

Click your heels and stomp your feet in this fun and energizing class. Designed for the beginner but invigorating for all levels. Not only will you be dancin' to your favorite tunes (country/rock/pop) you'll gain improved flexibility and muscle tone. Vicki has been teaching and performing for 20 years.

Ages: 13 years - Adult  
 Day: Thursday  
 Time: 6:00 - 7:00pm  
 Cost: \$120/10 weeks or \$145 for Non-residents  
 Instructor: Vicki Deriso, professional dancer who performs regularly.  
**SESSION:** 1/12 - 3/16/06  
 For more information contact Vicki at (858) 755-1432.

**NEW!**

**BELLY DANCING**

**BASIC**

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.

Ages: 13 years - Adult  
 Day: Wednesday  
 Time: 6:45 - 7:45pm  
 Cost: \$120/10 weeks or \$145 for Non-residents  
 Instructor: Vicki Deriso, professional belly dancer who performs regularly.  
**SESSION:** 1/11 - 3/15/06  
 For more information contact Vicki at (858) 755-1432.

**WOMEN'S SELF DEFENSE &**

**BODY CONDITIONING**

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, 16 and up  
 Day: Thursday  
 Time: 6:00 - 7:00pm  
 Cost: \$110/8 weeks or \$130 for Non-residents  
 Instructor: Michael Shaw, Certified Black Belt  
**SESSION:** 1/12 - 3/2/06  
 For more information contact Michael Shaw at (858) 531-2508.  
 Email: Fistacuff2000@yahoo.com  
 Internet: www.kick411.com

# ADULT ACTIVITIES

## PRENATAL YOGA

This prenatal yoga class includes gentle exercises that bring greater energy and relaxation to future Moms. Enjoy breathing and meditation techniques that calm the mind. Yoga is a great way to improve the quality of your pregnancy and delivery. All levels welcome.

Ages: Adult  
Day: Monday **NEW!**  
Time: 6:30 - 7:30pm  
Cost: \$75/5 weeks or \$87.50 for Non-residents  
Instructor: Susan Adams (RYT 500 hours)  
**SESSION 1: 1/9 - 2/13/06 NO CLASS 1/16**  
**SESSION 2: 2/27 - 3/27/06**  
Notes: **Students must provide a doctor's release and be at least 12 weeks pregnant. Bring a large towel and water.**

For more information contact Susan at (858) 663-8330.  
Internet: [www.yogaforallbodies.com](http://www.yogaforallbodies.com)

## WOMEN'S SELF DEFENSE & BODY CONDITIONING

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. Classes are taught by National Karate Champion, Michael Shaw. He is committed and dedicated to his students! Each class is 1 hour long and women train in a safe, positive environment.

Ages: Female, 16 and up  
Day: Thursday  
Time: 6:00 - 7:00pm  
Cost: \$110/8 weeks or \$130 for Non-residents  
Instructor: Michael Shaw, Certified Black Belt  
**SESSION: 1/12 - 3/2/06**  
For more information contact Michael Shaw at (858) 531-2508.  
Email: [Fistacuff2000@yahoo.com](mailto:Fistacuff2000@yahoo.com)  
Internet: [www.kick411.com](http://www.kick411.com)

## 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: \$145/10 weeks or \$170 for Non-residents  
*Seniors receive a 10% discount*  
Instructor: Donna Cheema, M.Ed., HHP, RYT 500 hours (Certified)  
**SESSION: 1/10 - 3/14/06**  
Notes: **Please bring your own yoga mat.**  
For more information contact Donna at (858) 492-8562.

## LINE DANCING

Click your heels and stomp your feet in this fun and energizing class. Designed for the beginner but invigorating for all levels. Not only will you be dancin' to your favorite tunes (country/rock/pop) you'll gain improved flexibility and muscle tone. Vicki has been teaching and performing for 20 years.

Ages: 13 years - Adult **NEW!**  
Day: Thursday  
Time: 6:00 - 7:00pm  
Cost: \$120/10 weeks or \$145 for Non-residents  
Instructor: Vicki Deriso, professional dancer who performs regularly.  
**SESSION: 1/12 - 3/16/06**  
For more information contact Vicki at (858) 755-1432.

## BELLY DANCING BASIC

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.

Ages: 13 years - Adult  
Day: Wednesday  
Time: 6:45 - 7:45pm  
Cost: \$120/10 weeks or \$145 for Non-residents  
Instructor: Vicki Deriso, professional belly dancer who performs regularly.  
**SESSION: 1/11 - 3/15/06**  
For more information contact Vicki at (858) 755-1432.

## 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: 1/10 - 3/14/06**  
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: 1/12 - 3/16/06**  
Notes: **Do not eat 2-4 hours before class.**  
**Bring your own blanket or towel.**

Cost: \$150/10 weeks or \$175 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.

# ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

## MEN'S BASKETBALL LEAGUE

- 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 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
- Team entry fees to be determined.

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

## 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.

Day: Monday, Wednesday & Friday  
Time: 8:30 - 9:30am  
Cost: \$15 per semester\*  
Instructor: San Dieguito Adult School  
SESSION: 1/30 - 3/31/06

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

## 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.

*Seniors age 65+ receive a 10% discount on the registration fee for Hatha Yoga. See previous page for details.*

# SPRING SESSION INFORMATION



Brochure Available:  
Registration Begins:  
Spring Session:

Week of March 13, 2006  
Saturday, March 25, 2006  
April 8 - June 17, 2006

**Please Note: Dates are subject to change without notice.**

# CARMEL VALLEY PARKS

For PARK USE PERMITS and inquiries regarding, but not limited to, sports field use, picnic areas, party jumps and special events, please contact the appropriate office below.



Community Parks I - Recreation Center Office:  
(858) 552-1616



Maintenance Assessment District (MAD):  
(619) 533-6731 or (619) 685-1366

## ASHLEY FALLS PARK - 13030 Ashley Falls Drive

12 Acres	2 T-Ball Fields or 1 Small Multipurpose Field
Parking Lot	2 Baseball/Softball Fields or 1 Soccer Field
Restrooms	Hardcourt Area with Basketball Courts
Drinking Fountain	Playground (Jurassic Adventure Theme)
Picnic Area with BBQ's	Sand Volleyball Court
Benches and Bike Racks	

## CARMEL GROVE PARK - (619) 685-1366 Corner of Carmel Grove and Carmel Creek Road

3 Acres	Walking Path
Picnic Area with BBQ's	Playground
Benches and Bike Racks	Lawn Open Play Area

## CARMEL CREEK PARK - 4260 Carmel Center Road

12 Acres	2 Baseball/Softball Fields or 1 Soccer Field
Parking Lot	1 Small Multipurpose Field
Restrooms	Hardcourt Area with Basketball Courts
Drinking Fountain	Playground (Nautical Theme)
Picnic Area with BBQ's	Sand Volleyball Court
Benches and Bike Racks	

## CARMEL KNOLLS PARK - (619) 533-6731 4850 Carmel Knolls Drive

5 Acres	Walking Path
Parking Lot	Playground
Picnic Area with BBQ's	Half Court Basketball
Benches and Bike Racks	3 Hole Frisbee Golf Course
	Lawn Open Play Area

## CARMEL DEL MAR PARK - 12345 Carmel Park Drive

12 Acres	1 Baseball/Softball Field or 1 Soccer Field
Parking Lot	1 T-Ball Field
Restrooms	Hardcourt Area with Basketball Courts and Ball Wall
Drinking Fountain	Playground
Picnic Area with BBQ's	Lawn Open Play Area
Benches and Bike Racks	

## CARMEL VIEW PARK - (619) 533-6731 Corner of Valley Centre Drive and Carmel View Road

1 Acre	Lawn Open Play Area
No Street Parking or Parking Lot	No Party Jumps
Benches	

## CARMEL VALLEY COMMUNITY PARK - 3777 Townsgate Drive

18 Acres	Gymnasium (Basketball, Volleyball and Badminton)
Parking Lots	Game Room (Table Tennis and Foosball)
2 Multipurpose Rooms	2 Baseball/Softball Fields or 1 Soccer Field (Lighted)
Outdoor Amphitheater	Playground (World Village Theme)
Restrooms	Teen Play Structure
Drinking Fountains	4 Tennis Courts (Lighted)
Vending Machines	Outdoor Basketball Courts (Lighted)
Kitchen	Outdoor Fitness Area
Lawn Picnic Area with BBQ's	2 Horseshoe Pits
Benches and Bike Racks	Recreation Classes, Camps and Special Events
	Swimming Pools

## DEL MAR TRAILS PARK - (619) 533-6731 4500 Del Mar Trails Road

3 Acres	Walking Path
Limited Street Parking	Lawn Open Play Area
Drinking Fountain	Playground
Picnic Area with BBQ's	Half Court Basketball
Benches and Bike Racks	No Party Jumps

Recreation Center Office: (858) 552-1616  
Pool Office: (858) 552-1623  
Tennis Office: (858) 504-4181

## SAGE CANYON PARK - 5262 Harvest Run Drive

12 Acres	2 T-Ball Fields or 1 Small Multipurpose Field
Parking Lot	2 Baseball/Softball Fields or 1 Soccer Field
Restrooms	Hardcourt Area with Basketball Courts
Drinking Fountain	Playground (Castle Theme)
Picnic Area with BBQ's	Lawn Open Play Area
Benches and Bike Racks	

## MISSION/RENAISSANCE PARK - (619) 533-6731 Corner of Carmel Country and Carmel Mission Road

6 Acres	Walking Path
Street Parking	Lawn Open Play Area
Drinking Fountain	No Party Jumps
Benches	

## SOLANA HIGHLANDS PARK - 3520 Longrun Drive

12 Acres	2 Baseball/Softball Fields or 1 Soccer Field
Parking Lots	Hardcourt Area with Basketball Courts and Ball Wall
Drinking Fountain	Playground (Frontier Theme)
Lawn Picnic Area with BBQ's	Lawn Open Play Area
Benches and Bike Racks	

## TORREY HIGHLANDS PARK - (619) 685-1366 Corner of Del Mar Heights Road and Lansdale

7 Acres	Walking Path
Parking Lot	Playground
Restrooms	Lawn Open Play Area
Drinking Fountain	
Picnic Area with BBQ's	 Off Leash Dog Park Area
Benches and Bike Racks	

## TORREY HILLS PARK - 4262 Calle Mojilones

10 Acres	Walking Path
Parking Lot	2 Baseball/Softball Fields or 1 Soccer Field (Lighted)
Restrooms	1 Multipurpose Field
Drinking Fountain	Basketball Court
	Playground (Sand Play Structures Theme)

## WINDWOOD PARK - (619) 685-1366 Corner of Carmel Creek Road and Paseo Montanas

1.5 Acres	Walking Path
Street Parking	Playground
Drinking Fountain	
Picnic Area	
Benches and Bike Racks	