



City of San Diego Park & Recreation Department
"We enrich lives through quality parks and programs."
<http://www.sandiego.gov/park-and-recreation/centers/carmelvalley.shtml>

**Carmel Valley Community
Park & Recreation Center**

3777 Townsgate Drive
San Diego, CA 92130

www.cvsd.com

Open Tennis Court Schedule
Recreation Council Information

Recreation Center Office:

(858) 552-1616

Carmel Valley Pool:

(858) 552-1623

Carmel Valley Tennis:

(858) 504-4181

WINTER 2007 PROGRAM



CLASS REGISTRATION BEGINS DECEMBER 9, 2006

Numbers will be issued at 7:00am to reserve a place in line.

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 9, 2006 at 9:00AM

(Except for Youth Sports Leagues, Camps, Special Events & Senior Fitness)

Numbers will be issued 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) **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: January - March 2007

Monday - Thursday 12:00pm - 7:45pm
Saturday 9:00am - 1:30pm
Sunday Closed

(Hours subject to change without prior notification)

RECREATION CENTER CLOSURES

Monday, January 15, 2007 - Martin Luther King, Jr. Day

Monday, February 19, 2007 - 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 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) 344-1086

North Shore Girls Softball
(858) 643-9790

Del Mar Little League
(858) 342-1131

Solana Beach Little League
(858) 824-6696

YOUTH ACTIVITIES

DRAMA KIDS

This internationally acclaimed program teaches kids ages 5 - 12 how to be successful on stage as well as in life. Weekly classes include voice training, stage movement, improvisation and partner work. Students perform a different play every week. Each session concludes with a fun and entertaining performance for family and friends!

Day: Thursday
Time: 4:00 - 5:00pm (5 - 8 years)
5:00 - 6:00pm (9 - 12 years)
Cost: \$130/10 weeks or \$155 for Non-residents
Instructor: Drama Kids International
SESSION 1: 1/11 - 3/15/07



For more information contact Drama Kids at (858) 274-5772.

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 promotes 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: Mike Shaw, 1st Degree Black Belt
SESSION 1: 1/13 - 2/10/07
SESSION 2: 2/24 - 3/17/07

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

Email: fistacuff2000@yahoo.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: Monday
Age: 24 - 36 months
Time: 11:30am - 12:05pm
Cost: \$105/10 weeks or \$130 for Non-residents
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: 1/8 - 3/26/07 NO CLASS 1/15 & 2/19/07



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

LEAPING LIZARDS

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 review basic numbers, shapes, colors and letters of the alphabet. 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: \$165/5 weeks or \$200 for Non-residents
M,W,F: \$225/5 weeks or \$260 for Non-residents

SESSION 1: 1/8 - 2/9/07 NO CLASS 1/15/07
Class will be made up on Friday 1/19
SESSION 2: 2/12 - 3/16/07 NO CLASS 2/19/07
Class will be made up on Friday 2/23

For more information call (858) 536-8684.



IDDY BIDDY DANCE

Ballet & Creative Dance: 3 - 4 years

An introduction to ballet and creative dance with an emphasis on fun, posture, balance, rhythm, and imagination.

Day/Time: Monday 1:00 - 1:45pm

NEW!

Ballet & Tap: 3 - 4 years

An introduction to the ballet and tap dance with an emphasis on fun, posture, balance, rhythm and imagination.

Day/Time: Tuesday 1:00 - 1:45pm

Cost: \$120/10 weeks or \$145 for Non-residents
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: MONDAY 1/8 - 3/26/07 NO CLASS 1/15 & 2/19/07
TUESDAY 1/9 - 3/13/07

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

MUSIC KIDS

Music Kids for Tots: walkers - 2.5 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.

Day/Time: Friday 9:30 - 10:15am
10:30 - 11:15am

Music Kids for the Young Child: 2.5 - 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 listen, creating music with rhythm instruments, melody and rhythm, expressive movement and notation recognition.

Day/Time: Friday 11:30 - 12:15am

Cost: \$120/8 weeks or \$145 for Non-residents
Instructor: Sophi Albert
(B.A. Music Education and Music Therapy)

SESSION: F1/12 - 3/2/07

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



BALLET

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

Day/Time: Monday 3:15 - 4:15pm
Age: 5 - 6 years
Cost: \$120/10 weeks or \$145 for Non-residents
Instructor: Beth Wilcox (B.A. Dance - U.C. Irvine)
SESSION: MONDAY 1/8 - 3/26/07 NO CLASS 1/15 & 2/19/07

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



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: \$120/8 weeks or \$145 for Non-residents
 Instructor: Brooks Barnhard
SESSION: 1/11 - 3/1/07



For more information contact Coach Brooks at 619-850-2209.
 Email: coachbrooks@play-bc.com
 Internet: www.play-bc.com

PEE WEE AND 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 football, 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 1/8 - 3/12/07 NO CLASS 1/15 & 2/19/07
 Wed. 1/10 - 2/28/07
 Saturday 1/13 - 3/3/07



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 Mark at (858) 344-2557.
 Email: director@peeweessports.net
 Internet: www.peeweessports.net

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 football, 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

Monday: 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)
 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)

SESSION: Monday 1/8 - 3/12/07 NO CLASS 1/15 & 2/19/07
 Wed. 1/10 - 2/28/07
 Saturday 1/13 - 3/3/07

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 Mark at (858) 344-2557.
 Email: director@peeweessports.net
 Internet: www.peeweessports.net

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. All participants receive a football and t-shirt.

**CLASS LOCATION: TORREY HILLS NEIGHBORHOOD PARK
 4262 CALLE MEJILLONES**

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

Saturday
 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 1/10 - 2/28/07
 Thursday 1/11 - 3/1/07
 Saturday 1/13 - 3/3/07

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. All participants receive a basketball and a t-shirt.

Day: Wednesday
 Time/Age: 3:00 - 4:00pm Grades K - 2
 4:00 - 5:00pm Grades 3 - 6
 Cost: \$110/8 weeks or \$130 for Non-residents
 Instructor: Master Sports coaches - Steve and Dan
SESSION: 1/10 - 2/28/07



MASTER SPORTS VOLLEYBALL

This Volleyball program 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.

Day: Mondays
 Age: 10 - 14 years
 Time: 4:00 - 5:00pm Beginner
 5:00 - 6:00pm Intermediate
 Cost: \$110/8 weeks or \$130 for Non-residents
 Instructor: UCSD Club Captain Talesa Blyething
SESSION: 1/8 - 3/12/07 NO CLASS 1/15 & 2/19/07



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

BEGINNER T-BALL LEAGUE & WINTER BREAK SPORTS CAMPS

INFO INSIDE THE BACK COVER

GYM KIDS GYMNASTICS

Join the fun as we launch the Star Chart Reward System! Children walking to 5 years old experience enhancement of: 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: \$150/10 weeks or \$175 for Non-residents
SESSION: **Monday 1/8 - 3/26/07 NO CLASS 1/15 & 2/19/07**
Tuesday 1/9 - 3/27/07 NO CLASS 1/16 & 2/20/07

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 - 3 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 Toddlers: 18 - 36 months

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

Tumble Toddlers: 18 - 36 months

Tuesday 9:30am - 10:15am (18 - 24 months)
10:15am - 11am (24 - 36 months)

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
	5:50 - 6:50pm		4:45 - 5:45pm

Gym Jumpers: Boys Only 5 - 7 years

Tuesday 3:00 - 4:00pm

Gym Jammers: Girls 7 - 11 years

Monday	5:50 - 6:50pm	Tuesday	3:45 - 4:45pm
			4:45 - 5:45pm

Gym Jammers: Boys Only 7 - 11 years

Monday 6:50 - 7:50pm

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

Monday 6:30 - 7:50pm

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 - 4:00pm

Hot Shots: 8 - 11 years Monday 5:30 - 7:00pm

COST: \$180/10 weeks or \$200 for Non-residents
SESSION: 1/8 - 3/26/07 NO CLASS 1/15 & 2/19/07

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

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: Monday
Time: 2:00 - 3:00pm
Age: 4 - 6 years
Cost: \$125/10 weeks or \$145 for Non-residents
SESSION: 1/8 - 3/26/07 NO CLASS 1/15 & 2/19/07



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@rockntumble.com
 Internet: www.rockntumble.com/carmelsched.pdf

TEEN ACTIVITIES

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.

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: 1/10 - 3/14/07

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

WOMEN'S SELF DEFENSE AND 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
Time: 6:00 - 7:00pm
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: 1/11 - 3/1/07

Mother/Daughter
 Discount!

For more information contact Michael Shaw at (858) 531-2508.
 Email: Fistacuff2000@yahoo.com
 Internet: www.kick411.com

TEENS MAY ALSO ENROLL
 IN ADULT ACTIVITIES

ADULT ACTIVITIES

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
Time: 6:00 - 7:00pm
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: 1/11 - 3/1/07

Mother/Daughter
Discount!

For more information contact Michael Shaw at (858) 531-2508.
Email: Fistacuff2000@yahoo.com
Internet: www.kick411.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: 6:45 - 7:45pm
Cost: \$120/10 weeks or \$145 for Non-residents
SESSION: 1/10 - 3/14/07

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: 1/11 - 3/15/07

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: 1/9 - 3/13/07

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: 1/11 - 3/15/07

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.

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: \$145/10 weeks or \$170 for Non-residents
Seniors receive a 10% discount
Instructor: Donna Cheema, M.Ed., HHP, RYT 500 hours (Certified)
SESSION: 1/9 - 3/13/07
Notes: Please bring your own yoga mat.
Do not eat 2-4 hours before class.

For more information contact Donna at (858) 492-8562.
Email: donna@bodymindandspirityoga.com

SENIOR ACTIVITIES

ACTIVE OLDER ADULTS

This fun and diverse class focuses on functional fitness. It involves core strength and balance, with maintenance and increase of flexibility. Please bring a mat. This class will meet INDOORS at the Recreation Center.

Days: Monday and Wednesday
Time: 8:30am - 10:00am
Instructor: Nicki Geigert, San Dieguito Adult School
Session: 2/5 - 4/6/07

*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 for some coffee and join the fun!

For more information contact Jan Foster (858) 793-1791 or Betty Lane at (858) 259-1543.

ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

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:
volleyballcv@san.rr.com

BEGINNER T-BALL LEAGUE

Come and see why last year we had over 120 participants in this fun program! 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, team picutre, shirt and trophy. **Please bring: glove, pants, and tennis shoes**

Age: 4 - 5 years (must be 4 by 6/1/07)
Day: Saturday, Games are played at 2pm, 3pm and 4pm
Cost: \$130/8 weeks

SESSION: March - June, complete schedule available online
Rain day make-ups will not extend past 6/9/07.

LOCATION: Carmel Creek Park, 4260 Carmel Center Road

ONLINE REGISTRATION BEGINS DECEMBER 16, 2006

www.MASTERyoursSPORTS.com

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



This business rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate this program. Distributing registration and program information is the responsibility of this business. Please contact them directly for all program inquires.

WINTER BREAK CAMPS

MULTI-SPORT CAMP by MASTER SPORTS

Campers will enjoy playing and learning new skills in soccer, flag-football, basketball, soft/baseball and track & field. Camp is held outdoors. **Please bring a sack lunch, hat and sunscreen.**

Time: 9:00am - 3:00pm
Ages: 6 - 12 years
Location: Carmel Creek Park, 4260 Carmel Center Rd.
Cost: \$125/child

SESSION 1: 12/26 - 12/29/06

SESSION 2: 1/2 - 1/5/07

REGISTER ONLINE AT: www.MASTERyoursSPORTS.com
For more information contact Dan at (858) 518-1315.

JR. SPORTS CAMP by MASTER SPORTS

Campers will play soccer, basketball, t-ball, flag-football and track & field. Our coaching philosophy gives participants a solid foundation in each sport. Camp is held outdoors. **Please bring a hat, snack and sunscreen.**

Time: 9:00am - 12:00pm
Ages: 4 - 6 years
Location: Carmel Creek Park, 4260 Carmel Center Rd.
Cost: \$100/child

SESSION 1: 12/26 - 12/29/06

SESSION 2: 1/2 - 1/5/07

REGISTER ONLINE AT: www.MASTERyoursSPORTS.com
For more information contact Dan at (858) 518-1315.

PEE WEE SPORTS CAMP by KID CITY

Children will learn the fundamentals of soccer, field hockey, basketball, t-ball and football. A new sport is introduced each day. Campers are placed in groups according to age. A snack and drink are provided daily.

Time: 9:00am - 12:00pm
Ages: 3 - 8 years
Location: Ashley Falls Park, 13030 Ashley Falls Drive
Cost: \$105/child

SESSION 1: 12/26 - 12/29/06

SESSION 2: 1/2 - 1/5/07

To register for this camp contact Mark at (858) 344-2557.
Email: director@peeweesports.net
Internet: www.peeweesports.net

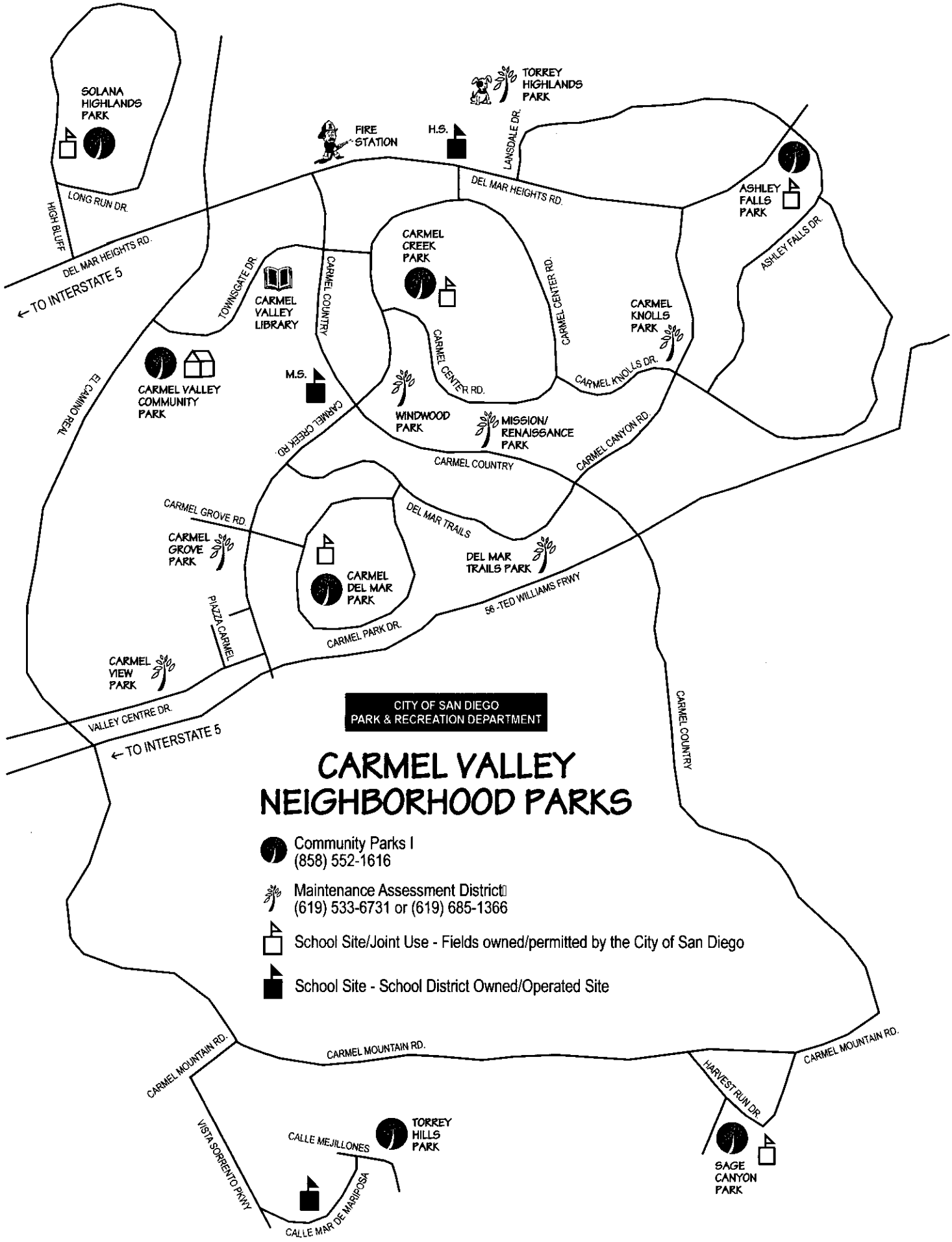
These businesses rent facility space from the City of San Diego and the Carmel Valley Recreation Center to operate this program. Distributing registration and program information is the responsibility of these businesses. Please contact them directly for all program inquires.

SPRING SESSION

Brochure Available: Week of March 3, 2007
Registration Begins: March 17, 2007
Winter Session Begins: Week of April 2, 2007





Please Note:
Dates are subject to change without notice.





CITY OF SAN DIEGO
 PARK & RECREATION DEPARTMENT

CARMEL VALLEY NEIGHBORHOOD PARKS

-  Community Parks I
(858) 552-1616
-  Maintenance Assessment District
(619) 533-6731 or (619) 685-1366
-  School Site/Joint Use - Fields owned/permitted by the City of San Diego
-  School Site - School District Owned/Operated Site