

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

**Recreation Center Office:**

(858) 552-1616

**Carmel Valley Pool - Direct Line:**

(858) 552-1623

**Carmel Valley Tennis:**

(858) 504-4181

**OFFICE HOURS FOR REGISTRATION:**

REGISTRATION WILL ONLY BE TAKEN  
DURING THE FOLLOWING TIMES:

MON. 2PM - 6PM

TUES. 2PM - 7PM

WED. 2PM - 7PM

FRI. 2PM - 6PM

**Recreation Council Information**

[www.cvsd.com/CVRecCenter](http://www.cvsd.com/CVRecCenter)

# SUMMER CLASS PROGRAM 2011

**New!**  
**Outdoor Laser Tag**  
**Youth & Adults**

**CLASS REGISTRATION BEGINS JUNE 4 AT 9:00AM.**

*See inside front cover for complete details.*



## 2011 SUMMER SERENADES CONCERT SERIES

The Carmel Valley Recreation Council is proud to announce the 2011 Summer Serenades Concert Series. We would like to recognize and thank our sponsor - Pardee Homes. Pardee Homes has been involved in Recreation Council activities since the council formed in January 1988. We thank them for their continued support. All concerts are from 5-7pm. Bring a blanket or low beach chairs and enjoy your evening!



|         |                                    |
|---------|------------------------------------|
| July 10 | Solana Highlands Neighborhood Park |
| July 17 | Ashley Falls Neighborhood Park     |
| July 24 | Solana Highlands Neighborhood Park |
| July 31 | Ashley Falls Neighborhood Park     |

|  |
|--|
| Atomic Groove ( <i>Variety Dance Band</i> )        |
| The Corvettes ( <i>Best of the 50's and 60's</i> ) |
| Upstream ( <i>Reggae</i> )                         |
| Eve Selis ( <i>Americana</i> )                     |



**For more information please visit [www.cvsd.com](http://www.cvsd.com) and click on Rec Center or call (858) 552-1616.**  
**All City of San Diego parks and beaches are smoke free. Please, no glass containers.**

## 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 4, 2011 at 9:00AM  
No 7:00am line up for Summer class registration.**

**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. *Programs may be cancelled if the minimum enrollment requirement is not met 24 hours prior to the start of the first class. Please register early.* **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:

***This policy applies to programs offered by the Carmel Valley Recreation Council.*** Sorry, no refunds available for programs with less than 4 class meetings. 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 **at least 48 business hours 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 as soon as possible.** 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.

## CARMEL VALLEY PARKS

|                                  |                          |
|----------------------------------|--------------------------|
| Ashley Falls Park                | 13030 Ashley Falls Drive |
| Carmel Creek Park                | 4260 Carmel Center Road  |
| Carmel Del Mar Park              | 12345 Carmel Park Drive  |
| Carmel Valley Park & Rec. Center | 3777 Townsgate Drive     |
| Solana Highlands Park            | 3520 Long Run Drive      |

### PARK USE INFORMATION

City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

Call for availability and more information. Permits are taken by appointment only. **Please contact Center Director Rob Powell at (858) 552-1616 to schedule.**

### CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

#### 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 Table Tennis
- ◆ Passive picnic areas with barbecues
- ◆ Outdoor basketball courts
- ◆ Outdoor Fitness Stations
- ◆ Tennis courts
- ◆ Amphitheater
- ◆ Two Playgrounds
- ◆ Multipurpose fields
- ◆ Horseshoe pits

### CARMEL VALLEY PARKS ADMINISTERED BY THE MAINTENANCE ASSESSMENT DISTRICT:

**For information/Permits contact Randy Jones, (619) 685-1366**  
**rjones@sandiego.gov**

**Carmel Knolls Park**, 4850 Carmel Knolls Dr.

**Carmel Mission Park**, Corner of Carmel Country & Carmel Mission Rd.  
**Carmel View Park**, Corner of Valley Centre Dr. & Carmel View Rd.

**For information/Permits contact George Flores, (619) 685-1335**  
**GFlores@sandiego.gov**

**Carmel Grove Park**, Corner of Carmel Grove and Carmel Creek Rd.

**Torrey Highlands Park**, Corner of Del Mar Heights Rd. & Lansdale  
**Winwood Park**, Corner of Carmel Creek Rd. & Pasea Montanas

### 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. The council meets the first Tuesday of each month at 7pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

### FALL PROGRAM INFORMATION:

Brochure Available: Week of August 8, 2011  
Registration Begins: September 10, 2011  
Session Dates: September 19 - December 10, 2011

**Note: All dates are subject to change without prior notification.**

MARK  
YOUR  
CALENDAR!



## Having a Party in the Park?

If you would like to host a birthday or other special occasion party in one of the above listed parks please contact staff at the Recreation Center for availability and information.

**(858) 552-1616**

## 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: Thursday  
Time: 6:00 - 7:30pm  
Ages: 5 and up - All skill levels are welcome  
Cost: \$75/5 weeks or \$90 for Non-residents  
Instructor: Mike Shaw, 3rd Degree Black Belt  
**SESSION 1: 6/23 - 7/28/11 NO CLASS 7/7)**  
**SESSION 2: 8/4 - 9/1/11**

For more information contact Mike at (858) 531-2508.  
Email: 3shawboys@gmail.com  
Internet: www.kick411.com



## CHILD AND BABYSITTER SAFETY

Child and Babysitter Safety class is a community education program that covers child safety and and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children. Participants receive a booklet and starter first aid kit, and a Babysitter certificate from the American Health & Safety Institute upon completion. Class is 4 hours long for 11 year olds and up. Class is conducted by Sue Lockhart of Lockhart Training who has been training babysitters in San Diego for 20 years. Sorry, no refunds available for programs with less than 4 class meetings.

Dates: **Saturday, July 9** from 9:00am - 1:00pm  
**OR**  
**Tuesday, August 23** from 9:00am - 1:00pm  
(Participants should bring a sack lunch and drink)  
Ages: 11 years and up  
Fee: \$60/Resident or \$66 for Non-residents  
(Refund requests must be submitted 48 business hours prior to start of class.)  
Instructor: Sue Lockhart

For more information, contact Sue at (858) 344-0475.



## KIDS ACT!

Imagine! Create! Perform! Whether your child loves the stage, or needs to build confidence when speaking in front of their classmates, Kids Act can help to motivate, inspire and enrich your child. Students are introduced to improv skills through theater games, work on adapting a children's story and paint their own scenery for a special performance on the last day of class.

Day: Saturday  
Age/Time: 4 - 6 years from 9:30 - 10:30am  
7 - 11 years from 10:30 - 11:30am  
Cost: \$78/5 weeks or \$92 for Non-residents  
Instructor: Aleta Barthell,  
Professional Theater Artist and Founder  
**SESSION: 7/9 - 8/6/11**



For more information contact Aleta Barthell at (760) 635-3340.  
Email: Aleta@roadrunner.com  
Internet: www.aletabarthell.com

## GYM KIDS GYMNASTICS: MONDAY "FUN DAY" CLINICS!

Space is limited.  
Sign up early!

### OPEN GYM!

Come join the fun as our instructors warm up, explore on the gymnastics equipment, practice and perfect skills. For the youngers we will play parachute games, bubbles, lummi sticks and MORE! This class is parent/child interactive. Students must pre-register in order to receive the 2nd class discount. Sorry, no refunds available for programs with less than 4 class meetings.

Time: 4:00 - 5:30pm  
Ages: walking - 5 years, parent must be present  
Cost: \$20/class or \$35/both days  
**SESSION 1: Monday, June 20 - \$20/class**  
**SESSION 2: Monday, July 18, 2011 - \$20/class**  
**COMBO SESSION: Mon. June 20 & Mon. July 18 - \$35/both days**



### Cartwheel Clinic

Cartwheels, cartwheels and more cartwheels! What could be more fun than learning all the positions and progressions to help master the cartwheel? Tons of learning and fun will take place as we divide the aspiring gymnast into age appropriate groups and work on the skills necessary to perfect this challenging but fun skill! Sorry, no refunds available for programs with less than 4 class meetings.

Time: 4:00 - 5:30pm  
Ages: 4 - 8 years  
Cost: \$20/class or \$35/both days  
**SESSION 1: Monday, June 27, 2011 - \$20/class**  
**SESSION 2: Monday, July 25, 2011 - \$20/class**  
**COMBO SESSION: Mon. June 27 & Mon. July 25 - \$35/both days**



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

## OUTDOOR ADULT LASER TAG

NEW!

Sign up with friends, co-workers or as a free-agent and compete as a team each week. Whether you are a casual gamer or serious player you will have a great time. We use the most advanced commercial quality laser tag equipment available and combine that with a playing field that will make you feel like you are in your favorite action movie or video game. Maximum of 15 players per team.

Day: Thursday  
Game Times: 6pm, 7pm, 8pm, 9pm (dependent on schedule)  
Age: 17 and up  
Cost: \$100/8 weeks per player  
**SESSION: 6/23 - 8/18/11 No Class 7/7**  
**LOCATION: CVRC Lower Field**

For more information and to register  
as an individual or team please go to  
www.G14Lasertag.com



Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of Master Sports.  
Please contact them directly for all program inquiries.

# MASTER SPORTS

## XTREME DODGEBALL LEAGUE

Get ready for one of the most fun games your child will ever play. We use soft foam style dodge balls for safety.

### Team Requests:

For grades K-6:

Up to 3 friends may request to play together on the same team.

For grades 7 - 12:

Up to 12 friends may request to play together on the same team.

Day/Time: Friday, See website for times.  
Cost: \$125, includes team jersey.  
Director: Coach Jay and Master Sports Staff  
**SESSION: 6/17 - 8/12/11 No Game 7/1**  
**LOCATION: Carmel Valley Recreation Center Gymnasium**  
**NOTE: When registering online be sure to go to LEAGUES and not classes for this program.**

## 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/Age: Monday, 9 - 13 years  
Time: 4:00 - 5:00pm Beginner  
5:00 - 6:00pm Intermediate  
Cost: \$110/8 weeks  
Instructor: Master Sports Staff  
**SESSION: 6/27 - 8/22/11 No Class 7/4**  
**LOCATION: Carmel Valley Recreation Center Gymnasium**



## BASKETBALL

Our staff will help students 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: Thursday  
Time/Age: 3:00 - 4:00pm Grades K - 2  
4:00 - 5:00pm Grades 3 - 6  
Cost: \$110/8 weeks  
Instructor: Master Sports Staff  
**SESSION: 6/23 - 8/18/11 No Class 7/7**  
**LOCATION: Carmel Valley Recreation Center Gymnasium**



## LASER TAG by Master Sports **NEW!**

By combining the exciting game of laser tag with popular games like Capture the Flag, Hide and Seek, and Paintball, Master Sports has created another incredibly fun, fast-paced, adrenaline rush game. Our Taggers are the highest quality equipment on the market with awesome sound effects and feedback.

Day: Thursday  
Time/Age: 4:30 - 5:30pm, ages 8 - 13 years  
Cost: \$125/8 weeks  
**SESSION: 6/23 - 8/18/11 No Class 7/7**  
**LOCATION: CVRC Lower Field**



To register for Master Sports programs visit  
[www.MASTERYourSPORTS.com](http://www.MASTERYourSPORTS.com)

For more information contact Cara Dawson at (858) 945-4889.  
Email: [service@MASTERYourSPORTS.com](mailto:service@MASTERYourSPORTS.com)

# KID CITY SPORTS

## PEE WEE AND ME

Come join the fun! 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 basic fundamentals of 2 weeks of soccer, 1 week of football, 1 week of basketball and 3 weeks of t-ball (in that order). The goal is for the kid to get exposure to sports and the equipment used. **\*\*PARENT PARTICIPATION IS REQUIRED\*\***

Age: 24 - 36 months  
Day/Time: Saturday from 11:00 - 11:40am  
Cost: \$105/7 weeks  
**SESSION: 7/9 - 8/20/11**



## PEE WEE SPORTS

Children will learn the fundamentals of four (4) different sports. 2 weeks of soccer, 1 week of football, 1 week of basketball and 3 weeks of t-ball (in that order). Our goal is for kids to have fun, get exposure to sports, and ensure individualization and participation. No shin guards needed.

Wednesday: 3:45 - 4:25pm (3-5 years)  
Saturday: 9:00 - 9:40am (3-5 years)  
10:00 - 10:40am (3-4 years)  
Cost: \$105/7 weeks  
**SESSION: Wed. 7/6 - 8/17/11**  
**Saturday 7/9 - 8/20/11**



## T-BALL

Come join the fun! Children will learn the fundamentals of throwing, catching, batting and base running. We will do infield and outfield practice. "See the ball, hit the ball" approach is emphasized along with appropriate batting stance and bat position when hitting. "Live Games" will include multiple balls used. Age groups may be combined due to enrollment.

Age: 3-5 years  
Day/Time: Tuesday from 4:30 - 5:10pm  
Cost: \$105/7 weeks  
**SESSION: 7/5 - 8/16/11**



## SOCCER

Come join the fun! Children will have a ball learning the fundamentals of soccer. Skills covered are kicking, passing and defense. Your little athlete will be introduced to the concept of set plays and gain soccer experience. Age groups may be combined due to enrollment. No shin guards needed.

Age: 3-5 years  
Day/Time: Tuesday from 3:45 - 4:25pm  
Cost: \$105/7 weeks  
**SESSION: 7/5 - 8/16/11**



### PLEASE NOTE:

Please check the website for rain updates on the DAY OF class. In the event of rain, classes will be pushed back after the scheduled session. Please bring a water bottle. We supply all of the equipment. Kid City Sports Classes are held on the CVRC Lower Grass Field.

**NEW!** You may now register online! In addition, you may download a mail-in registration form from [www.kidcitysports.com](http://www.kidcitysports.com) or [www.peeweesports.net](http://www.peeweesports.net).

For more information contact Mark at (858) 344-2557.  
Email: [director@kidcitysports.com](mailto:director@kidcitysports.com)