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OFFICE HOURS FOR CLASS REGISTRATION

MONDAY	2:00 - 6:00pm
TUESDAY	2:00 - 7:00pm
WEDNESDAY	2:00 - 7:00pm
FRIDAY	2:00 - 6:00pm

ENJOY LIFE,
RECREATE!

Carmel Valley Community Park & Recreation Center

3777 Townsgate Drive
San Diego, CA 92130

Recreation Center Office:
(858) 552-1616

Carmel Valley Pool:
(858) 552-1623

Carmel Valley Tennis:
(858) 504-4181

www.cvsd.com
Recreation Council Information

WINTER 2011 PROGRAM



Park Use Permits and Recreation Center Use Permits are taken by appointment only.
Please contact Center Director Rob Powell @ (858) 552-1616 to make an appointment.

CLASS REGISTRATION BEGINS DEC. 11, 2010 AT 9:00AM

*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 11, 2010 at 9:00AM

(Except for Master Sports Programs, Kid City Programs, Senior Fitness, Leash Your Fitness, Performance Dog Training & Tennis)

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. *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 **10 days 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, unless otherwise stated in this brochure. 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 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.

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.

CARMEL VALLEY RECREATION CENTER

RECREATION CENTER CLOSURES

Monday, January 17, 2011 - Martin Luther King, Jr. Day
Monday, February 21, 2011 - 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 Table Tennis
- ◆ Passive picnic areas with barbecues
- ◆ Outdoor basketball courts
- ◆ Horseshoe pits & Outdoor Fitness Stations
- ◆ Tennis courts
- ◆ Amphitheater
- ◆ Two Playgrounds
- ◆ Multipurpose fields

Carmel Valley Recreation Center
has multi-purpose rooms available to rent!

Meetings - Birthday Parties - Holiday Gatherings

Call for availability and more information.

Park Use Permits and Recreation Center Use Permits are taken by appointment only. **Please contact Center Director Rob Powell at (858) 552-1616 to schedule.**

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
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 SWIMMING POOL

DIRECT LINE: (858) 552-1623

The Carmel Valley pool is operated under a separate administration. Please call the Pool Office for information.

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Dons Football
www.cvdons.com

Carmel Valley Lacrosse
blacklax@att.net

Carmel Valley Manchester Soccer
www.manchestersoccer.net

Del Mar Little League
www.dmlf.org

DMCV Sharks Soccer
www.dmcvsports.com

North Shore Girls Softball
www.nsgls.com

San Diego Youth Rugby
www.sandiegoyouthrugby.org

Solana Beach Little League
www.solanabeachlittleleague.com

Torrey Pines Pop Warner/Cheer
www.torreypinespw.com

YOUTH ACTIVITIES

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 9:30 - 10:30 am
7 - 11 years 10:30 - 11:30 am
Cost: \$110/7 weeks or \$130 for Non-residents
Instructor: Aleta Barthell, Professional Theater Artist and Founder
SESSION: 1/8 - 3/5/11 (NO CLASS 1/15 & 2/19)



For more information contact Aleta Barthell at (760) 635-3340.
Email: Aleta@roadrunner.com
Internet: www.aletabarthell.com
Minimum Enrollment: 4 Maximum Enrollment: 12

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/Time: Thursday 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: 1/13 - 2/10/11
SESSION 2: 2/17 - 3/24/11 NO CLASS 2/24/11
Minimum Enrollment: 5

For more information contact Mike at (858) 531-2508.
Email: shawadria@att.net
Internet: www.kick411.com



CHILD AND BABYSITTER SAFETY

Child and Babysitter Safety class is a community education program for youth ages 11-16, that covers child safety 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. Instructor has been training babysitters in San Diego for 20 years.

Dates: Wednesday, February 2 & Thursday, February 3
from 4:00 - 6:00pm (both days)
Ages: 11 - 16 years
Fee: \$60/Resident or \$66 for Non-residents
(Refund requests must be submitted 48 business hours prior to start of class.)
Instructor: Sue Lockhart
Minimum Enrollment: 4 Maximum Enrollment 15

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



ABRAKADOODLE'S ART ADVENTURE

6 - 10 years

Learn about artists, art styles and techniques and create a masterpiece each week! Experiment with a wide range of art materials such as watercolors, tempera and acrylic paints, sculptural materials of all kinds, oil and chalk pastels, specialty papers, printing inks, and so much more! Kids paint, print, sculpt and create with multi-media, multicultural art lessons inspired by master and contemporary artists! Discover your hidden talents! Celebrate your creativity and have a blast! All materials are included.

Day: Tuesday
Time: 3:30 - 4:30pm
Cost: \$72/5 weeks or \$86 Non-resident
Instructor: Abrakadoodle Staff
SESSION 1: 1/11 - 2/15/11 NO CLASS 2/22
SESSION 2: 3/1 - 3/29/11
Minimum Enrollment: 8 Maximum Enrollment 15



For more information contact Kristin at (760) 731-0555.
Email: KNugent@abrakadoodle.com
Internet: www.abrakadoodle.com/ca07.html

MY FIRST ART CLASS

2-4 years with parent or helper

For the truly beginner artist! This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative. Children are introduced to color, shape, texture, and art materials through carefully designed lessons that introduce artists and techniques, encourage skill development, and ignite the imagination! All new lessons each session! All materials are included.

Day: Tuesday
Time: 9:45 - 10:30am (ages 2 - 3)
10:45 - 11:30am (ages 3 - 4)
Cost: \$72/5 weeks or \$86 Non-resident
Instructor: Abrakadoodle Staff
SESSION 1: 1/11 - 2/15/11 NO CLASS 2/22
SESSION 2: 3/1 - 3/29/11
Minimum Enrollment: 4 Maximum Enrollment 8



For more information contact Kristin at (760) 731-0555.
Email: KNugent@abrakadoodle.com
Internet: www.abrakadoodle.com/ca07.html

UPCOMING YOUTH BASKETBALL LEAGUES! INFO ON BACK COVER



NEW! BEGINNER KICKBALL LEAGUE

This is the ideal activity for you! 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. The teaching style is similar to t-ball or baseball. Includes a team picture, jersey and trophy.

If rain occurs, make-up games will be completed at an alternate park in the Carmel Valley area. *Please bring a water bottle.*

Age: 4 - 5 years (must be 4 by 12/1/10)
 Day: Saturday
 Time: Games are played at 1:00pm or 2:00pm
 Cost: \$130/8 weeks
SESSION: 1/22 - 3/12/11 (NO GAMES 2/19)
LOCATION: CVRC Lower Field
 (adjacent to parking lot)



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. Fielding technique will include grounders. "Live Games" will include multiple balls used. Age groups may be combined due to enrollment.

Please check the website for rain updates on the DAY OF class. *Please bring a water bottle.* We supply all of the equipment.

Day/Time: Friday
 Time: T-Ball I 4:30 - 5:10pm (3-4 years)
 T-Ball II 4:30 - 5:10pm (5-6 years)
 Cost: \$120/8 weeks
SESSION: 1/21 - 3/4/11
LOCATION: CVRC Lower Field
 (adjacent to parking lot)



Minimum Enrollment: 5 Maximum Enrollment: 25

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, 2 weeks of football, 2 weeks of basketball and 2 weeks of t-ball (in that order). The goal is for the kids to get exposure to sports and the equipment used. ****PARENT PARTICIPATION IS REQUIRED****

Please check the website for rain updates on the DAY OF class. *Please bring a water bottle. We supply all of the equipment.*

Day/Time: Saturday 11:00 - 11:40am
 Age: 24 - 36 months
 Cost: \$120/8 weeks
SESSION: 1/22 - 3/12/11 (NO CLASS 2/19)
LOCATION: CVRC Lower Field
 (adjacent to parking lot)



Minimum Enrollment: 5 Maximum Enrollment: 25

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. Please check the website for rain updates on the DAY OF class. *Please bring a water bottle, we supply all of the equipment.* No shin guards needed.

Tuesday Soccer 3:45 - 4:25pm (3-5 years)
 Friday Soccer I 3:45 - 4:25pm (3-4 years)
 Friday Soccer II 3:45 - 4:25pm (5-6 years)
 Cost: \$120/8 weeks
SESSION: Tues. 1/18 - 3/1/11
 Fri. 1/21 - 3/4/11
LOCATION: CVRC Lower Field
 (adjacent to parking lot)



Minimum Enrollment: 5 Maximum Enrollment: 25

PEE WEE SPORTS

Children will learn the fundamentals of four (4) different sports. 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 into age groups, 3-4 years and 5-6 years, when necessary. Our goal is for kids to have fun, get exposure to sports, and ensure individualization and participation. Please check the website for rain updates on the DAY OF class. *Please bring a water bottle, we supply all of the equipment.* No shin guards needed.

Wednesday: 3:45 - 4:25pm (3-6 years)
 4:30 - 5:10 pm (3-6 years)
 Thursday: 4:00 - 4:40pm (3-5 years)
 Saturday 9:00 - 9:40am (3-5 years)
 10:00 - 10:40am (3-4 years)
 Cost: \$120/8 weeks
SESSION: Wed. 1/19 - 3/2/11
 Thurs. 1/20 - 3/3/11
 Sat. 1/22 - 3/12/11 (NO CLASS 2/19)
LOCATION: CVRC Lower Field (adjacent to parking lot)
 Minimum Enrollment: 5 Maximum Enrollment: 25



To register for Kid City programs, download the MAIL-IN registration form online at www.kidcitysports.com

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

Kid City rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business. **Please contact them directly for all program inquiries.**



MASTER SPORTS

JR. SPORTS

Participants will play soccer, basketball, tee-ball, flag football and track & field. Class T-Shirt and sports gift included.

Day: Monday
 Time/Age: 2 - 3 years* 9:20 - 9:55am
**Parent participation required for 2-3yrs.
 Parent and participant receive matching class shirts.*
 3 - 4 years 10:00 - 10:50am
 4 - 5 years 11:00 - 11:50am
 Cost: \$110/8 weeks
 Instructor: Master Sports Coach - Chris
SESSION: 1/10 - 3/7/11
LOCATION: Carmel Valley Recreation Center,
 Lower Field, adjacent to parking lot



NEW! INTRODUCTION TO GOLF

Master Sports in partnership with Future Champions Youth Golf Academy is offering a convenient, affordable and very fun way to introduce newcomers to the great game of golf. This 8 week introductory course is designed to get golfers off on the right path. Basic fundamentals such as the grip, alignment, swing, as well as strategy and proper golf course etiquette will be introduced. Full swing, short game and putting stations will be set up. Loner clubs will be provided if you do not have your own.

Please Note: Independent or individual golf practice in the parks is not allowed.

Day: Saturday
 1:00 - 1:45pm 7-8 years
 1:50 - 2:35pm 9-10 years
 2:40 - 3:25pm 11-12 years
 3:30 - 4:25pm 13 and up
 Cost: \$130/8 weeks
SESSION: 1/22 - 3/12/11
LOCATION: Carmel Valley Recreation Center Amphitheater
Maximum Enrollment: 12



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. Games are held in the gym. Bring a friend and play on the same team! We will form teams the first week and teams will play for season long point standings. Team Jerseys and awards included. Space is limited.

K - 2nd grade (Instructional)
 3 - 4th grade (Rookies)
 5 - 6th grade (Pros)
 7 - 8h grade (All Stars)
 9 - 12th grade H.S. division (Hall of Famers)



Day/Time: TBA - Please check website below for details.
 Cost: \$125/8 weeks includes jersey.
 Director: Coach Jay and Master Sports Staff
SESSION: Begins in January.
 See www.MASTERYourSPORTS.com for details.
LOCATION: Carmel Valley Recreation Center Gymnasium
NOTE: When registering online be sure to go to LEAGUES and not classes for this program.

Celebrating
 10 Years!

BEGINNER T-BALL LEAGUE

Celebrating our 10th anniversary! 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 picture, jersey and trophy. **Please bring: glove, pants, and tennis shoes.**

Age: 4 - 5 years (must be 4 by 5/1/11)
 Day: Saturday
 Games are played at 1:00pm, 2:00pm, 3:00pm
 Cost: \$130/8 weeks
SESSION: 3/19 - 5/14/11
LOCATION: Carmel Valley Recreation Center,
 Lower Field, adjacent to parking lot

REGISTER AT: www.MASTERYourSPORTS.com



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: Wednesday
 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: 1/19 - 3/9/11
LOCATION: Carmel Valley Recreation Center Gymnasium



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: Monday
 Age: 9 - 13 years
 Time: 4:00 - 5:00pm Beginner
 5:00 - 6:00pm Intermediate
 Cost: \$110/8 weeks
 Instructor: Master Sports Staff
SESSION: 1/24 - 3/21/11
LOCATION: Carmel Valley Recreation Center Gymnasium



To register for Master Sports programs visit
www.MASTERYourSPORTS.com

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

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

GYM KIDS GYMNASTICS

In our toddler and preschool program, children ages walking through 5 develop gymnastics skills on all of the apparatus using progressions. Kinesthetic awareness, fine & gross motor skills, hand/eye/foot coordination and crossing the midline activities are packed into a FUN filled active learning experience.

Our school age gymnastics program, designed for children ages 5 - 12, challenges children in a safe and positive way as we teach technically correct gymnastics on the Olympic events: vault, bars, balance beam, floor exercise and trampoline. Our noncompetitive program focuses on the learning process, as we promote the feeling of "I CAN DO IT!" in each child."

Cost: \$160/10 weeks or \$190 for Non-residents
SESSION: Mon. 1/10 - 3/28/11 NO CLASS 1/17 & 2/21
Tues. 1/11 - 3/29/11 NO CLASS 1/18 & 2/22

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

Tumble Toddlers: walkers - 36 months

*Parent Participation REQUIRED

Parent or Guardian accompanies the young gymnast as he or she explores all of the gymnastics stations along with rhythm & movement plus parachute time!

Monday	10:30 - 11:15am	Tuesday	10:00 - 10:45am
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Gym Kids Pre-Rollers: walkers - 3 years

*Parent Participation REQUIRED

This transition class is the perfect segue into our Rollers (ages 3-5) level class and is the most advanced of our parent participation classes. This is also a GREAT class for parents with a young toddler as well as a preschool aged child as it is run simultaneously with our Gym Rollers (ages 3-5).

Monday	9:30 - 10:15am 5:00 - 5:45pm
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Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am 11:30 - 12:15pm 3:00 - 3:45pm 4:00 - 4:45pm 5:00 - 5:45pm	Tuesday	11:00 - 11:45am 12:00 - 12:45pm 3:00 - 3:45pm 4:00 - 4:45pm 5:00 - 5:45pm
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Pre-Jumpers: Girls 4 - 6 years

Monday	2:00 - 3:00pm	Tuesday	1:00 - 2:00pm
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Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm 4:00 - 5:00pm	Tuesday	3:00 - 4:00pm 4:00 - 5:00pm 4:45 - 5:45pm
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Gym Jammers: Girls 7 - 11 years

Monday	5:50 - 6:50pm	Tuesday	3:45 - 4:45pm 4:45 - 5:45pm
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Gym Jumpers & Jammers Level II: 6 - 11 years

Must have previous gymnastics experience and meet a skill set to be invited into this class.

Monday	6:00 - 7:00pm
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Boys Only

Tuesday	3:00 - 4:00pm (5 - 7 years)
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For more information contact Gym Kids at (858) 487-7799.
 Email: info@rockntumble.com
 Internet: www.rockntumble.com/carmelsched.pdf

GYM KIDS JR. HIGH TUMBLING & TRAMPOLINE

For the middle school aged boy or girl gymnast. Focus is on tumbling and trampoline skills that carry over into cheer as well as ALL sports. Vault, Bars and Beam are incorporated to promote upper body strength and balance.

Day: Monday
 Time: 6:50 - 7:50pm
 Age: 6th - 8th Grade
 Cost: \$160/10 weeks or \$190 for Non-residents
SESSION: 1/10 - 3/28/11 NO CLASS 1/17 & 2/21



SO YOU WANT TO BE A CHEERLEADER?

NEW!

This class will work on all the necessary skills to help prepare you for high school tryouts in the Spring. We will work on splits, roundoffs, front and back handsprings, jumps, cheer arms and much more. Learn the skills on our specially shaped equipment, airtrak AND brand new tumbletrak!!

Day: Monday
 Time: 6:50 - 7:50pm
 Age: 8th - 9th Grade Girls
 Cost: \$160/10 weeks or \$190 for Non-residents
SESSION: 1/10 - 3/28/11 NO CLASS 1/17 & 2/21



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

GIRLS ON THE RUN

Girls on the Run a life-changing program that encourages girls to develop self-respect and healthy lifestyles through running. We combine training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. Our goal is to encourage positive emotional, social, mental, spiritual and physical development.

Day: M/W or T/Th
 Time: 4:00 - 5:15pm
 Age: Grades 3 - 5
 Cost: \$200/12 weeks
SESSION: M/W 2/14 - 5/18/11 (NO CLASS 2/21, 2/23, 4/11 & 4/13)
T/Th 2/15 - 5/19/11 (NO CLASS 2/22, 2/24, 4/12 & 4/14)

GIRLS ON TRACK **NEW!**

Girls on Track is a program for middle school girls that combines training for a 5K running event with activities and experiences which empower girls to honor their bodies, voices and gifts and in doing so, activate their individual power. There are more mature discussions topics like dealing with stress, emotional eating, internet safety, relationships and being good role models.

Day: T/Th
 Time: 4:15 - 5:30pm
 Age: Grades 6 - 8
 Cost: \$200/12 weeks
SESSION: T/Th 2/15 - 5/19/11 (NO CLASS 2/22, 2/24, 4/12 & 4/14)

For more information contact
 Girls on the Run of San Diego at (619) 813-9020.
 Email: info@gotrsd.org
 Internet: www.gotrsd.org



Girls on the Run rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate it's programs. Distributing registration and program information is the responsibility of Girls on the Run.
Please contact them directly for all program inquiries.

CARMEL VALLEY TENNIS

WINTER PROGRAMS

Monthly tennis clinics for junior players will be held in the Winter from January - March.

Clinics are available for all ages and ability levels.

Beginners:	Monday and Wednesday	3:30 - 5:00pm
Intermediate:	Tuesday and Thursday	3:30 - 5:00pm
Advanced:	Tuesday and Thursday	5:00 - 6:30pm

Clinic Session Dates:

January 3rd - 31st: Beginners - \$180 (9 clinics)
Int./Adv. - \$160 (8 clinics)

February 1st - 28th: All Levels - \$160 (8 clinics)

March 1st - 31st: Beginners - \$180 (9 clinics)
Int./Adv. - \$200 (10 clinics)

Holiday Weekday Camp 9:00am - 12:00pm

December 20th - 31st - \$30/day



Adult Beginner Clinics: \$100 (8 clinics) Player picks day and time.

\$20 DISCOUNT GIVEN IF REGISTERED FOR
MONTHLY CLINIC 7 DAYS IN ADVANCE!!

Register for clinics at Tennis Shop @ Upper Court Area

Hours of Operation:

Mon. - Fri.	8:30 - 7:30pm
<i>(Office Closed 1:30-3:00pm Mon.-Fri.)</i>	
Saturday	8:30 - 6:00pm
Sunday	8:30 - 5:00pm

Please call ahead for court reservations. Cost: \$10 per hour

**For more information contact Carmel Valley Tennis at:
(858) 504-4181.**

SPRING PROGRAM INFORMATION

Brochure Available:

Week of February 28, 2011

Registration Begins:

Saturday, March 12, 2011

Session Begins:

Week of April 11, 2011



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

PERFORMANCE DOG TRAINING

Basic Obedience I (Manners)

Basic Obedience I is a 4 week class aimed at teaching your dog to respond better in your living room, in your yard and in your community. We increase your dog's abilities to behave and focus on your directions when events unfold unexpectedly. They learn to Sit, Down, Stay, Come when called, Settle, Leave it, Wait, Walk nicely on leash, Share resources, Greet guest politely, meet new dog courteously, Accept vet exams and grooming, Build confidence in new surroundings.

Prerequisites: Your dog must be at least 6 months old, up-to-date on vaccinations and get along with other dogs and people.

Day: Tuesday

Time: 10:00 - 11:00am

Cost: \$100/4 weeks (discount coupons available on the website)

LOCATION: Torrey Highlands Park

Beginning Agility I

Beginning Agility I is a 4 week class designed to introduce you and your dog to the sport of dog agility. You will learn the basic agility obstacles like Jumps, Tunnels, Weave poles, and an Aframe. We will lay a solid foundation and nurture your dog's enthusiasm for learning the sport. We'll show you how to build focus, attention and confidence as a team.

Prerequisites: Basic Obedience I. Your dog must be at least 6 months old, up-to-date on vaccinations, and get along with other dogs and people.

Day: Tuesday

Time: 11:00am - 12:00pm

Cost: \$100/4 weeks (discount coupons available on the website)

LOCATION: Torrey Highlands Park

For more information contact

Dan Roy at (619) 838-8238.

Please register online at

www.performedogtraining.com



SENIOR ACTIVITIES

ACTIVE OLDER ADULTS STRENGTH & STRETCH

Senior exercise classes offered through the San Dieguito Adult School. Contact the San Dieguito Adult School for class schedules and registration information.

Phone: (760) 753-7073
Internet: www.sdadulted.com



LEASH YOUR FITNESS

ATTENTION: DOG LOVERS! Leash Your Fitness is now in Carmel Valley. The only "boot camp" style class in San Diego where you can workout WITH your dog! We incorporate cardio, yoga, balance, core, agility and dog obedience in one-non stop hour. Our classes are set up for all fitness levels and dog sizes—we WELCOME novice exercisers. Your first class is FREE because you have to try it to see how much fun it is.

For more information contact

Dawn Celapino at 619-822-3296.

www.LEASHYOURFITNESS.com



Performance Dog Training and Leash Your Fitness rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this business. **Please contact them directly for all program inquiries.**

OUTDOOR FITNESS PROGRAMS

The following instructors run fitness classes in Carmel Valley. Please contact them directly for their class and program information.

Gut Check Fitness Boot Camp

Joe Decker (858) 342-2993
www.joe-decker.com

Kettlebell Kamp

Michelle Carlborg (858) 869-5171
www.kettlebellkamp.com

Leash Your Fitness

Dawn Celapine (619) 822-3296
www.LEASHYOURFITNESS.com

Naked Fitness

Marko Dresevic (858) 610-8103
www.nakedfitness.net

Wired Fitness Boot Camps

Bryan Schuler (619) 843-5157
www.wiredfitness.com

YOUTH PROGRAMS

Girls on the Run Grades 3 - 5

Girls on Track Grades 6 - 8

Cathy Presonise (619) 813-9020
www.gotrsd.org

YOUTH BASKETBALL LEAGUES

Association for Athletics

CARMEL VALLEY OPEN - SPRING 2011 YOUTH BASKETBALL LEAGUE

Make your own team, pick a name, and play some basketball. Games are on Mondays and Wednesdays and held in the gyms at Ocean Air and Carmel Valley Recreation Centers.

Cost: \$850 per team (up to 10 players)

Sign up early to guarantee a spot.

Jerseys and awards included.

Divisions:

1st - 2nd
3rd - 4th
5th - 6th
7th - 8th
9th - 12th

Don't have a team? Individual Players: if there is sufficient interest we will also form a League on Saturdays from individual sign ups. Please go the web for info.

DOWNLOAD TEAM REGISTRATION FORM AT
www.MASTERyourSPORTS.com



Association for Athletics

YOUTH BASKETBALL - SPRING 2011 RECREATION LEAGUE

ONLINE REGISTRATION BEGINS

February 1, 2011 at

www.MASTERyourSPORTS.com

Ages: Grades K - 12

League Play: March 28 - June 18, 2011

Registration Fee: \$105

Games are held in the Carmel Valley and Ocean Air Recreation Center Gyms.

Volunteer coaches are needed.

PLEASE VISIT www.MASTERyourSPORTS.com
FOR SKILLS ASSESSMENT DATES AND TIMES.



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
- 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.

KICKBALL LEAGUES: CO-ED

- Individuals and Teams are welcome to sign up.
- Social league: Games played on Monday nights

For more information visit: www.govavi.com or
call (858) 273-3485

INDOOR VOLLEYBALL LEAGUES: CO-ED

- Individuals and Teams are welcome to sign up.
- 6v6 Intermediate Thursday nights

For more information visit: www.govavi.com or
call (858) 273-3485

BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights.
- B and C divisions available.

For more information call Lance at (619) 991-8902 or visit:
www.sandiegoabl.com

The businesses listed on this page rent facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of each individual business.

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