



THE CITY OF SAN DIEGO

Park & Recreation Department

"We enrich lives through quality parks and programs."

OCEAN AIR RECREATION CENTER

4770 Fairport Way

San Diego, Ca 92130

Office: 858 - 552-1687 Fax: 858 - 847 - 9907

www.sandiego.gov



ACTIVITY PROGRAM 2011



WELCOME!

PARK & COMMUNITY INFORMATION

On behalf of the Ocean Air Recreation Council,

WELCOME! To your local Recreation Center. We are excited to continue to provide wonderful recreation services and programming to our community.

The Ocean Air Recreation Council

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, and equipment.

They plan, promote, publicize, and help provide recreation opportunities for citizens in the Ocean Air Boundaries. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meeting.

Meetings are open to the public. We encourage and welcome your participation. The Ocean Air Recreation Council meets every 4th Tuesday of each month at 7:00pm. If you are interested or have concerns about your neighborhood parks and recreation center, please attend the meetings or join the council.

Looking forward to seeing you at Ocean Air.

HOURS OF OPERATION

Effective: January 1st - December 31, 2011

Monday, Tuesday, Thursday	1:00 - 8:00pm
Wednesday	12:00 - 8:00pm
Friday	1:00 - 7:00pm
Saturday	9:00am - 2:00pm
Sunday	Closed

CLASS REGISTRATION HOURS

MONDAY/TUESDAY/ WEDNESDAY/ FRIDAY

1:00 - 7:00 PM

*SATURDAY 9am - 1pm

(*Only through 2nd week of class registration)

All hours are subject to change without prior notification.

HOLIDAY CLOSURES

SEPTEMBER 5th - LABOR DAY

NOVEMBER 11th - VETERANS DAY

NOVEMBER 24th -THANKSGIVING

FACILITIES AVAILABLE

Ocean Air Park and Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball/volleyball/badminton courts
- Three meeting rooms*
- Age appropriate playground
- Passive picnic areas
- Picnic shelter*
- Barbeques
- Lighted Outdoor basketball court*
- Lighted Multi purpose fields*
- Fitness Area
- Trailhead to Carmel Mountain Preserve



*Open to paid reservation, pending availability.
Contact recreation staff for more information.

INDIVIDUALS WITH DISABILITIES

Many Camps and classes can accommodate individuals with disabilities. Upon availability, City of San Diego Therapeutic Services may provide additional support. Please request this service at least three weeks prior to the first day of the program. For more information on Therapeutic Services call (619)525-8247.

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse
(858) 259-1450

C.V. Manchester Soccer
<http://manchestersoccer.net>

Del Mar Little League
www.dml.org

DMCV Sharks
(858) 794-8404

North Shores Girl Softball
(858) 643-9790

Torrey Pines Pop Warner and Cheerleading
info@torreypinespw.com

NEIGHBORHOOD PARKS

Torrey Highlands	4262 Calle Mejillones
Sage Canyon	5252 Harvest Run Dr.

For other Neighborhood parks in your area stop by the Recreation office and inquire with staff.

For park use and reservations for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps, and special events, please contact Ocean Air Recreation Center (858) 552 - 1687. Events with 50 or more people **MUST** have a paid permit approved by the Center Director.

PARK & COMMUNITY INFORMATION REGISTRATION INFORMATION

GYMNASIUM USAGE

A monthly gym schedule is available at the recreation center for all free play activities. Times are subject to change without prior notification. **Drinks, food, and black soled shoes are prohibited from the gymnasium, no exceptions!**

OPEN BASKETBALL

Free play basketball is open both inside and outside on a first come, first serve basis until full court games are ready to play. See gym schedule for indoor free play hours. All ages are welcome.

OPEN VOLLEYBALL

Free play volleyball. Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

OPEN BADMINTON/PICKLEBALL

Free play badminton / pickleball. Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

No organized play, practice or instruction is allowed in the gymnasium without approved permit.

FIELD USAGE

The Ocean Air and Sage Canyon Joint-Use Fields are a partnership between the City of San Diego and the Del Mar Union School District. The playing fields are closed to public for use 1/2 hour before the start of the school day bell and up until a 1/2 hour after the end of the school day bell.

Fields are available to the public Monday-Friday, Weekends, Holidays and when school is not in session. All organized activities including: leagues, classes, instruction and special events require a permit. Field usage is determined by the Park and Recreation Department with recommendations from the Carmel Valley Sports Council. For permitting information and availability for Ocean Air, Sage Canyon or Torrey Hills neighborhood parks please contact the Ocean Air Center Director at (858) 552-1687.

REGISTRATION BEGINS:

Monday, August 15th, 2011 at 1:00p.m.

CLASSES

- * Registration is taken on a first come, first serve, walk in basis. Phone or mail registration is not accepted.
- * When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.
- * If classes do not meet minimum enrollment (5) they will be cancelled and a full refund will be issued.

PAYMENT POLICY

- * Payment is required at the time of registration.
- * Registration deadline is the second class meeting. No registrations will be accepted after the second scheduled class meeting.
- * Exact CASH or CHECK payable to OARC are the only methods of payment accepted.
- * A \$30.00 service fee will be charged for ALL returned checks.
- * Class fees are NOT pro-rated/discounted after the beginning of the scheduled session.

REFUND POLICY

- * Refund request forms **MUST** be submitted PRIOR to the 2nd scheduled class meeting.
- * To obtain a refund, a OARC Refund Request Form (obtain at office) must be completed and submitted with your pink receipt.
- * A \$10.00 service fee will be charged for each refund request.
- * All requests take 10 business days to process.
- * No partial refunds or make-ups for missed classes.

GENERAL PARK RULES

- No Field use During School Hours
- No Smoking
- No Glass Containers
- No Littering
- No Golfing
- No Motorized Devices
- No Model or Remote Controlled Devices
- Dogs Must be on Leash
- Be courteous. Keep Dogs at a safe distance from Playground / playing fields.
- No Overnight Camping
- No Open Camp Fires
- No Skateboards, Bikes, Scooters, or Roller Skates around building or tot lot.

WINTER REGISTRATION DATES

The Winter Ocean Air Activity Program will be available Monday, November 21st. Registration for Winter programs will begin Monday, November 28 with most programs and classes beginning the week of January 2nd unless otherwise noted. Dates/times subject to change.



YOUTH / FAMILY PROGRAMS

KID'S COOKING CLASS HEALTHY FOOD REVOLUTION



Let's make healthy food fun! Chef/Dietitian Jodie inspires your kids to cook and eat healthy. Join the healthy food revolution. Your child explores new foods and has fun eating their new creations. Join Jodie's class as we transform the way an entire generation of children approach their diet. When your child creates their own healthy food, it becomes so cool; they can't wait to eat it. Jodie, a registered Dietitian, MS in Nutrition, leads the creative cooking camp while including hilarious slide shows, insightful commercial breaks, fun food games, and taste tests with a hidden emphasis on good nutrition.

Day: Monday
Dates: September 12th - October 24th
Time: 3:30pm - 4:30pm
Ages: 2nd - 6th grade
Fee: \$115. - 7 weeks

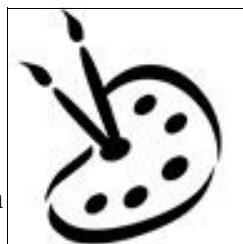


Instructor: Jodie Block, MS, RD, CDN

KIDARTS DRAWING AND PAINTING CLASS

Introduction to art with focus on developing natural talents and abilities of artistic self-expression. Your children talents will have a chance to bloom. Children will learn fundamentals of drawing, mixing colors, painting, exploring various media and materials. Students will develop their creativity through exposure to art and fun-filled activities. Students will be introduced to paintings of famous art masters. Class includes one visit to the art museum. Basic equipment (easels, drawing boards) and some art materials (paper, brushes, charcoal) are provided except for the sketchbook and paints.

Day: Monday
Ages: 6 - 12 years old
Time: 3:00 - 4:30pm
Session:
September 12th - October 24th
Fee: \$96 (7 Weeks)
Instructor: Lech J. Skrzeczowski



OPEN MARTIAL ARTS

Our children's Open Martial Arts program provides a comprehensive program for self defense, fitness, and personal development. Open Martial arts combines Tae Kwon Do, Kickboxing, Muay Thai, Judo and self-defense to develop well rounded martial arts students and good citizens in the community.

Days: Tuesdays and Thursdays
Session I : September 6th - October 27th
Fee: \$96
Session II : November 1st - Dec. 27th
(No class on November 24th)
Fee: \$96

Kids Ages 6-9 5:30 – 6:15pm
Youth/Teens Ages 10-14 6:15 – 7:00pm



Instructor: David Delgado - Rucci

Sensei Delgado is accredited by the World Tae Kwon Do Federation and has been certified to teach martial arts through the Cooper Institute.

ADULT OPEN MARTIAL ARTS

Our adult's martial arts program provides a comprehensive program for self defense, fitness, and personal development.

Days: Tuesdays and Thursdays
Session I : September 6th - October 27th
Fee: \$96 - Time: 7:00 - 8:00pm
Session II : November 1st - Dec. 27th
(No class on November 24th)
Fee: \$96 - Time: 7:00 - 8:00pm

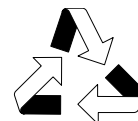
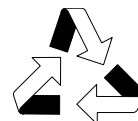


Instructor David Delgado - Rucci

Sensei Delgado has been teaching Martial Arts for over 8 years. Sensei Delgado currently holds a first degree black belt and has been certified to teach martial arts through the cooper Institute.

RECYCLE

The park has marked recyclable containers throughout the park Keep the park clean by RECYCLING! Please do not overflow the containers. Please let the office know if cans are full. ILLEGAL DUMPING IS PROHIBITED.



YOUTH/FAMILY PROGRAMS



Coastal Canyon Tang Soo Do KOREAN KARATE *FITNESS, SAFETY, FUN – Skills for Life* Child (4+), Youth, Teen & Adult



INTERNATIONALLY ACCREDITED program with focus on fitness, practical self-defense, and traditional martial arts training.



TINY TIGER / LITTLE DRAGON **Class (Age: 4 to 7 years)**

Positive, energetic, fun.

Special focus on safety skills.

DAY: Mondays

TIME: 5:00-6:00 pm

DATE: September 12 - December 5*

FEE: \$110 /10 classes



All instructors accredited with the World Tang Soo Do Association (WTSDA). Chief Instructor: K. Goodwin, 4th Degree Black, 25 years experience.

For more information:

email: coastal.canyon.tsd@gmail.com

858 356-9535; <http://coastalcanyontsd.org>

**AFFORDABLE Family Fitness
FAMILY DISCOUNTS and PRORATING
Available through the Instructor**

Specialized FAMILY TRAINING.

Separate classes for Youth & Adults offered simultaneously to maximize your family time!



YOUTH Class (Age: 8 & up)

Enhance coordination, memory, self-control, and fitness. Skills to deal with bullies, strangers, & emergencies.

DAYS: Monday/Wednesday

TIME: Beginner 6-7 pm; Intrm. 6-7:30 pm

DATE: September 12 - December 7*

FEE: \$180 /21 classes



TEEN and ADULT (Age: 12ish & up)

Burn Calories, Reduce Stress, Improve Health, Practical Self Defense. Increase strength, flexibility, and performance at school or work.

DAYS: Monday/Wednesday/Friday

TIME: Beginner 6-7 pm; Intrm./Adv. 6-8 pm

DATE: September 12 - December 9*

FEE: \$180 /33 classes **Only \$5.45 /class!**

Continuous enrollment and rank advancement available

**No class on federal or public school holidays*

REGISTER FOR THESE CLASSES AT THE RECREATION CENTER DURING REGISTRATION HOURS

YOUTH CLASSES



EvOLvE DANCE CLASSES

September 15th - December 17th
(13 week semester) - \$180 (\$9 savings)

September 15th - October 22nd
(6 week session) - \$87

October 27th - December 17th
(7 week session) - \$102

“TAKE A FREE TRIAL CLASS!”

THURSDAY

9:45am: Magical Munchkins
10:35am: Star Shiners
11:35am: Tiny Movers

SATURDAY

9:15am: Magical Munchkins
10:05am: Tiny Movers
11:05am: Star Shiners



Magical Munchkins (2 - 3 yrs)

A gentle introductory combination class of tap, ballet, tumbling and dance games. This is a perfect transition class between Mommy and Me and the Tiny Movers class. Parents participate as needed.

Tiny Movers Combo Class (3 - 4 yrs)

A combination class of tap, ballet, tumbling and dance games. This fun, high-energy and creative expressive class will have your *Tiny Mover* learning basic dance skills, creativity, coordination, musicality and rhythm.

Star Shiners Combo Class (4.5 - 6 yrs)

A combination class of tap and ballet to keep your *Star Shiner* moving. This gentle but structured class will include fun movement allowing your child to express themselves while developing dance, listening, and motor skills.

Director: Brittany White

For more information, please visit
www.dancetoevolve.com or call (858) 876-5327

ROCK 'n TUMBLE

TUMBLE TODDLERS

Come join the gymnastics fun as our instructors lead warm up exercises, explore on the gymnastics equipment, play parachute games, bubbles, lummi sticks and MORE!
This class is parent / child interactive.

Day: Wednesday
Age: Walking to 3 years old
Time: 10 – 10:45am
Fee & Dates: \$176 (12 Weeks)

September 7 - November 30th
\$96 (6 week Class) - September 7th - October 12th
\$96 (6 week Class) - October 19th - November 30th
No classes on November 23rd



GYM KIDS

3 to 5 year olds have a great time while learning gymnastics, the sport of all sports! Instructors use circuits for minimal down time as children learn by doing. Imaginative lesson plans are used to incorporate gymnastics, motor skills, strength and flexibility by use of age appropriate progressions & circuit training. Parents, you are welcome to watch the fun from the viewing area.

Day: Wednesday
Age: 3-5 years old
Time: 11:00 – 11:45am
Fee & Dates: \$176 (12 Weeks)

September 7 - November 30th
\$96 (6 week Class) - September 7th - October 12th
\$96 (6 week Class) - October 19th - November 30th
No classes on November 23rd



GYMNASTICS I & II

Gymnastics for boys and girls offering instruction on vault, bars, balance beam and floor exercise. Strength and flexibility are increased as gymnasts learn proper progressions for mastering new skills. Level I is offered for students new to gymnastics, while level II is for students with gymnastics experience. Skills introduced will follow USA Gymnastics pre-competitive levels I-V, preparing the gymnasts for level IV competitive skills.

Day: Wednesday
Age: 5-9 years old (7:1 Student/Teacher Ratio)
Time: Gymnastics Level I (Ages 5-8) 1:00 – 2:00 pm
Gymnastics Level II (Ages 6-9) 2:00 – 3:00 pm

Fee & Dates: \$176 (12 Weeks)
September 7 - November 30th
\$96 (6 week Class) - September 7th - October 12th
\$96 (6 week Class) - October 19th - November 30th
No classes on November 23rd

For more information contact Rock and Tumble at
(858) 487-7799 or internet: www.rockntumble.com



YOUTH AND ADULT CLASSES

CIVIC DANCE ARTS



Founded in 1942, the Civic Dance Arts Program of the City of San Diego Park and Recreation Department has introduced hundreds of thousands of citizens to the art form of dance.

CLASS DAY: WEDNESDAY

2:00pm - Pre-Tap (Age 4 - 5) 

2:45pm - Tap beginner (Age 6 - 17)

3:30pm - Jazz Beginner (Ages 6 - 17)

4:15pm - Hip Hop (Ages 6- 17)

5:00pm - Pre-Ballet (Age 4 - 6)

5:45pm - Ballet (Ages 7 - 15) 

***Registration:**

Wednesday - September 21st

(Register/Pay with instructor on day and time of desired class)

Fee: \$48 - Payable to City Treasurer

Session Dates:

September 28th - December 14th

(No Class on November 23rd)

For more information contact the Dance Department at (619) 525-8258 or www.cividdancearts.org

MINDFUL HATHA YOGA CLASS

Experience the fundamentals of mindfulness and meditative focus within the scope of each yoga practice time. Class sessions integrate yogic breathing exercises as well as specific, therapeutic floor and standing postures (which support the release of tension, promote flexibility and increase strength and endurance).

Each session includes all aspects of traditional hatha yoga and a period of guided relaxation (known as "savasana") at the end of each class. Appropriate for beginning and intermediate yoga students since poses are modified according to the level of ability and experience of those present.

Instructor: Donna Cheema

Is a RYT-E Registered Yoga Alliance teacher who has been practicing and teaching yoga since 1989. She is also a certified Phoenix Rising Yoga Therapist, a licensed Holistic Health Practitioner and offers her own RYA-approved Yoga Teacher Training periodically in the local area.

Day: Thursday

Time: 6:00 – 7:40pm

Session I: \$105 (7 Weeks)

September 8th - October 20th

Session II: \$90 (6 Weeks)

October 27th - December 8th



HEALTH / FITNESS / SPORTS / CREATIVE ARTS

PLEASE REGISTER FOR THESE CLASSES AT THE RECREATION CENTER DURING REGISTRATION HOURS

PILATES

WITH MOM /DAD AND BABY EXERCISE CLASS

This class will get you back in shape while playing with you baby and meeting other moms. Class is based on principles of Pilates which focuses on stabilizing the core and toning all major muscle groups. Bring a mat for you and a blanket for your baby. Class recommended for Mom or Dad and a pre-walking baby.

Day: Wednesday

Time: 9:30 – 10:30am

Ages: Adult

Session I: \$119 / 7weeks

September 7th - October 19th

Session II: \$119 / 7weeks

October 26th - December 14th - No Class on November 23rd



PILATES CLASS

This class will energize you, develop core strength, build lean muscle and increase flexibility. Learn how to find the deeper muscles of your core. Pilates can reshape your body through control, precision and balance. Please bring a yoga mat.

Ages: Adult

Day: Wednesday **Time:** 8:30am - 9:30am OR

7:00pm - 8:00pm

Session I: \$119 / 7 weeks

September 7th - October 19th

Session II: \$119 / 7weeks

October 26th - December 14th - No Class on November 23rd

Instructor : MARIA CLEARY

For more info: 858 - 229 - 0360 or visit

www.purepilatessandiego.com



MEN'S BASKETBALL LEAGUE

Tuesday Night - Ocean Air

Rob Powell, League Director at (858) 829-8007 or www.sandiegobasketball.com

BIO - TECH CO-ED SOFTBALL

Monday - Thursday - Torrey Hills Park

Pete McNamara - (858) 453-6208

VAVI –SPORT AND SOCIAL CLUB

Monday Co-Ed Softball - Ocean Air Park

Rory Berg (858) 273-3485 - www.govavi.com

THE SECRET SQUIRREL SOCIETY

Co-Ed Flag Football - Ocean Air Park

Jon Pistone

Office: (619) 272-8332

www.secretsquirlsports.com

INTUITIVE ART

DRAWING AND PAINTING CLASS FOR ADULTS

This course explores the diverse aspects of the painting medium through a range of projects to teach technical skills and creativity. We will focus on the properties of the medium, such as application, value and color. We are going to draw and then paint using real objects, photo references, illustrations etc. Our schedule involves: achromatic painting, working with paints, photo/study enlargement, composition basics, Still Life, psychological portrait, and landscape paintings. Easels, drawing boards and sketching paper are provided. Students need to buy their own paints and canvas (Material List will be provided on the first session).

Day: Saturday

Ages: Adult

Time: 9:30am - 11:00am

Session: \$100 (7 Weeks)

September 10 - October 22nd

Instructor: Lech J. Skrzeczowski



CAPOEIRA

Come experience this Brazilian Martial Art that blends fight, game and dance into a comprehensive system. Capoeira is an intense workout that involves coordination, balance, body inversion and acrobatics. **Register at Recreation office.**

YOUTH CLASS

Day: Saturday

Time: 12:30pm – 1:30pm

Ages: 4 - 10 years old

Introductory Fee: \$80/ 10 weeks

Session : September 10th - November 19th

No Class on October 8th

Instructor: Salim Otero

TEEN/ADULT CLASS

Day: Monday

Time: 4:45pm – 6:00pm

Introductory Fee: \$60/ 7 weeks

Session I - September 12th - October 24th

Session II - October 31st - December 12th



YOUTH CLASSES

THE FOLLOWING CLASSES HAVE ON-LINE REGISTRATION THROUGH THEIR WEB SITES

LITTLE RASCALZ CLASSES



NON-COMPETITIVE SOCCER CLASSES

LITTLE RASCALZ SOCCER

Classes are unique. There is no substitution to this program and our highly effective methods. Our particular style of fun/teaching is completely one of a kind and we back that up with a *100% money back guarantee!* Our classes are:

*Extremely entertaining (for parents too)!

*Super effective with small class sizes.

*A high energy experience & great exercise Plus, they of course promote the development of gross motor skills, social interaction, cooperation with peers, direction following etc.

SESSIONS

September 5th - October 28th

November 7th - January 16th

(No Classes last 2 weeks of December)

*Mommy 'n' Me

For curious and energetic little ones aged 18 mo - 2½ ish.

*Regular classes

Suitable for the majority of children aged 2½ - 5½ ish.

*Vets classes

Slightly more challenging for children aged 4-6 yrs.

Day: Mondays

9:30am - Mommy 'n' Me soccer/sports

10:15am - Regular class

11:00am - Regular class

Fee - \$120

Day: Tuesdays

9:30am - Regular class

10:15am - Regular class

3:30pm - Regular class

4:20pm - Vets class

5:10pm - Regular class

Fee - \$120

Day: Fridays at the following times

3:30 / 4:20 or 5:10pm - Regular class

3:30 / 4:20 or 5:10pm - Vets class

3:30 / 4:20 or 5:10pm - Advanced class

Fee - \$120

YEAR AROUND -
ON-GOING
DATES & FEES
CHECK WEB SITE
FOR CURRENT
CLASSES



For more information and registration for classes
and camps contact Coach Bethy at

619-309-9626

www.littlerascalzsoccer.com



BASKETBALL SKILLS

Learn new skills and have fun with great coaching. Class focuses on improving players fundamentals through drills and games. Participants receive a shirt.

Day: Monday

Ages: K - 2nd grade Time: 4:00 - 5:00pm

3rd - 6th grade Time: 4:00 - 5:00pm

Session: September 19 - November 7th

Fee: \$110



SOCCER

A great class to improve skills, build confidence and have fun in a low pressure setting. Participants receive a shirt.

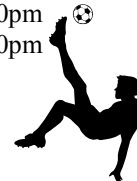
Day: Thursday

Ages: K - 2nd grade Time: 4:00 - 5:00pm

3rd - 6th grade Time: 5:00 - 6:00pm

Session: September 22nd - November 10th

Fee: \$110



JR. SPORTS

Participants will play soccer, basketball, t-ball, flag football and track and field. Participants receive a shirt and sports gift.

Day: Wednesday

Ages: 3 - 4 years Time: 9:30 - 10:20am

4 - 5 years Time: 10:30 - 11:20am

Session: September 21st - November 9th

Fee: \$110



Day: Thursday

Ages: 3 - 4 years Time: 10:00 - 10:50am

4 - 5 years Time: 11:00 - 11:50am

Session: September 22nd - November 10th

Fee: \$110

Day: Saturday

Ages: 3 - 4 years Time: 9:00am - 9:50am

4 - 5 years Time: 10:00am - 10:50am

5 - 6 years Time: 11:00am - 11:50am

Session: September 24th—November 12th

Fee: \$110



For more information and registration contact

Master Sports at

(858) 518-1315 or visit

www.MASTERyourSPORTS.com

YOUTH CLASSES

THE FOLLOWING CLASSES HAVE ON-LINE REGISTRATION THROUGH THEIR WEB ITES

XTREME DODGE BALL

WEDNESDAYS

Get ready for one of the most fun games your child will play. Combining dodge ball, capture the flag, hide and go seek and paintball this game is a sure winner. We use soft foam style dodge balls for safety. Games are held in the gym.

Day: Wednesday



Ages: K - 2nd grade Time: 2:30 – 3:30pm

Ages: 3rd - 6th grade Time: 3:30 – 4:30pm

Session: September 21st - November 9th

Fee: \$110



VOLLEYBALL

Classes focus on improving players fundamentals through drills and games. Classes held indoors. Space is limited.

Shirt included.

Day: Thursday



Ages: 9 - 13 Beginner Time: 4:00 – 5:00pm

9 - 13 Intermediate Time: 5:00 – 6:00pm

Session: September 22nd - November 10th

Fee: \$110

For more information and registration contact
Master Sports at
(858) 518-1315 or visit
www.MASTERyourSPORTS.com

THE FOLLOWING CLASSES HAVE ON-LINE REGISTRATION THROUGH THEIR WEB ITES

Association for Athletics

CARMEL VALLEY OPEN FALL YOUTH BASKETBALL LEAGUE

Make your own team, pick a name, and play some basketball. Games are on Mondays and held in the gyms at Ocean Air and Carmel Valley Recreation Centers. Season runs September 21st - December 4th

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

Sign up early to guarantee a spot. Jerseys and awards included.

DIVISIONS

1st - 2nd grade

3rd - 4th grade

5th - 6th grade

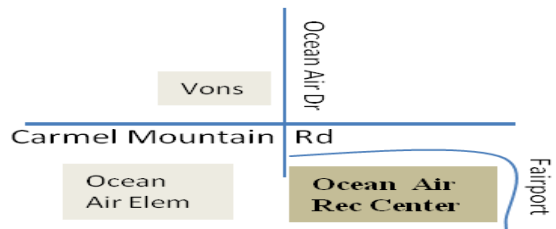
7th - 8th grade

9th - 12th grade



DOWNLOAD TEAM REGISTRATION FORM AT
WWW.MASTERYOURSPTS.COM

HOW TO FIND US:



4770 Fairport Way San Diego, CA 92130



AED :Automated External Defibrillator (AED) is located inside the Ocean Air Recreation Center.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8903) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.