



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



2011
WINTER PROGRAM

WELCOME!

PARK & COMMUNITY INFORMATION

On behalf of the Ocean Air Recreation Council,

We welcome your participation in activities and classes at the Ocean Air Recreation Center. We are committed to providing quality services and programming to meet the needs of our community. If you have feedback on recently attended courses or suggestions on future courses to be offered at this facility, we would like to hear from you.

The Ocean Air Recreation Center is located next to Ocean Air Elementary School. **To get to facility, head East on Carmel Mt. Road and North on E. Ocean Air, it ends at the Recreation Center.** For more information on any of the above contact Center Director, Kevin Wiggins at (858) 552-1687 or kwiggins@sandiego.gov.

Looking forward to seeing you at Ocean Air,
The Ocean Air Recreation Council

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.

Requirements for Independent Contractors

1. All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
2. Contractors must submit a business license and proof of insurance.
3. City staff handles all registration for the program.
4. Contractor must provide Worker's Comp. coverage for all employees.

* Permit Holder Requirements

1. Must provide proof of insurance.
 2. Must provide own advertisement for program.
 3. Registration handled by the permit holder.
- Note: Permit Holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors
All Permit Holders are identified with an *asterisk on this program.

HOURS OF OPERATION

Effective: January 1st - June 30, 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

January 18th - Martin Luther King Jr Day

February 21st - Presidents Day

March 31st - Cesar Chavez Day

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.

NEIGHBORHOOD PARKS

Torrey Hills 4262 Calle Mejilones.

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. 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

Free play badminton. 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 Joint-Use Field is a partnership between the City of San Diego and the Del Mar Unified School District. The playing fields are closed to public 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. For permitting information and availability please contact the Ocean Air Center Director at (858) 552-1687.

REGISTRATION BEGINS:

Monday, December 13th, 2010 at 2:00p.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
- No Dogs on Playground
- No Overnight Camping
- No Open Camp Fires
- No Skateboards, Bikes, Scooters, or Roller Skates around building or tot lot.

SPRING REGISTRATION DATES

The Spring Ocean Air Activity Program
will be available
Monday, February 28th.
Registration for Spring/Summer programs will
begin
March 14th
with most programs beginning
April 11th 2011 unless otherwise noted.

PARK & COMMUNITY 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.

AED

Automated External Defibrillator's (AED) are located inside the Ocean Air Recreation Center.

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

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

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: Tuesday and Thursday

Fee: \$96 / 8 weeks

Dates: January 4th - March 16th
(No Class Jan 18th and Feb 15th)



Classes On-Going

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.

YOUTH / FAMILY PROGRAMS

TANG SOO DO KOREAN KARATE

Get Fit, Stay Safe, and Have Fun with this internationally accredited martial arts program. Continuous enrollment and rank advancement.

TINY TIGER/LITTLE DRAGON

Positive, energetic, fun. Safety skills specifically covered.

Age: 4 to 7 years old

Day: Monday **Time:** 5:00 – 6:00 pm

Dates: Jan 10 - March 28; **Fee:** \$112/ 10 weeks

YOUTH GUP Class

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

Age: 7(ish) years and up

Days: Monday and Wednesday

Time: **Beginning:** 6:00 – 7:00 pm

Intermediate: 6:00 – 7:30 pm

Dates: Jan 5 - March 28; **Fee:** \$194/ 11weeks, 22 classes



Age-appropriate classes for Youth & Adults offered simultaneously to maximize your family time.

**** FAMILY DISCOUNT** — families that kick together stick together! Speak to instructor for discount.

No class on federal and school holidays.

Chief Instructor: Kelly Goodwin - 4th Degree Black, 25 years experience. All instructors accredited with the World Tang Soo Do Assoc. SEE: www.coastalcanyontsd.org or call 858-356- 9535.

SNEAKY KIDS COOKING

Kid's cooking class with an emphasis on Healthy Eating and Nutrition.

This is like no other cooking class your child has taken. Jodie, a registered Dietitian, MS in Nutrition, leads the class creatively cooking with your child while subtly including slide shows, fun games, and taste tests teaching good nutrition. Lessons and modified recipes are always included. If you would like your child to mindfully eat healthier, identify their satiety, and have fun cooking... Then this class is for them.

Day: Monday

Time: 3:30pm – 4:30pm

Ages: 1st - 6th grade

Session I: Jan. 24th – Feb. 28th
(no class Feb. 21)

Fee: \$80 / 5 weeks

Session II: Feb. 28th – March 28th

Fee: \$80 / 5 Weeks



Instructor: Jodie Block, MS, RD, CDN

YOUTH CLASSES

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

EvOLvE DANCE CLASSES

Free Trial Class available for all offerings!

Mommy /Daddy & Me (15 months - 2.5 yrs)

Come and spend some magical time with your child while they learn to move to music.

Magical Munchkins (2.5 - 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.

Hip Hop (3 - 7 yrs)

A fun, high -energy hip-hop & tumbling class enabling boys to be boys and girls to let loose while developing creativity, coordination, musicality and listening skills.

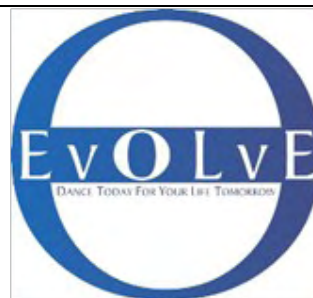
Hip Hop (8 and older)

A fun, high -energy hip-hop class that will definitely have you movin' to the beats.

Director: Brittany White

For more information, please visit

www.dancetoevolve.com or call (858) 876-5327



EvOLvE DANCE CLASSES

FREE TRIAL CLASS!

January 10th - April 2nd

12- week semester

Discount Price \$165 (savings of \$18)

****Register for the entire semester and secure your place in class . Classes are designed to be progressive**

January 10th - February 19th (6 Weeks)

February 21st - April 2nd (6 Weeks)

(No Classes Jan. 17th, Feb. 21, Mar 31)

Fee: \$87 each

**Mommy or Daddy & Me Movement Class
Punch Card**

6 Classes - \$87 * 9 Classes - \$126 (Save \$4.50)

MONDAY with Miss Krista

9:30am: Mommy/Daddy & Me Movement Class

10:15am: Tiny Movers

TUESDAY with Miss Krista

3:00pm: Star Shiners

4:00pm: Hip Hop (8 and Older)

5:00pm: Hip Hop (3-7)

THURSDAY with Miss Brittany

9:30am: Magical Munchkins

10:15am: Star Shiners

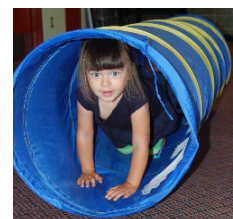
11:15am: Tiny Movers

SATURDAY with Miss Danielle

9:15am: Magical Munchkins

10:05am: Tiny Movers

11:15am: Star Shiners



PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION.

YOUTH CLASSES

ROCK AND TUMBLE GYMNASTICS



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: \$160 (10 Weeks) January 12th—March 16th

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: Gym Kids Level I (Ages 3-5) 11:00 – 11:45am

Gym Kids Level II (Ages 4-5) 12:00 – 12:45pm

Fee & Dates : \$160 (10 Weeks) January 12th—March 16th

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: \$160 (10 Weeks) January 12th—March 16th

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



LITTLE RASCALZ COACH BETHY'S MUSIC 'N' STUFF CLASS



This program is a different type of music class which breaks away from the more typical music class format. Class is action packed & gets the kids moving rather than the more traditional sitting in a circle setting. Class is a mixture of music, songs, rhymes, stories and games and will be very age appropriate and "kiddie friendly." Parents don't have to sing if they don't want to...(I can hear your sighs of relief from here :)

As with sports classes, this class will be education disguised as play and the most enjoyable thing your child (and you) will do all week!!

Day: Tuesdays

Age: 2 - 5 years old

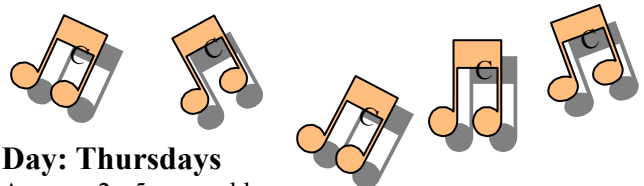
Time: 10:10 - 10:50am

Session I: \$112 (8 weeks)

January 18th - March 8th

Session II: \$112 (8 weeks)

March 15th - May 3rd



Day: Thursdays

Age: 2 - 5 years old

Time: 2:00 - 2:40pm

Session I: \$112 (8 weeks)

January 20th - March 10th

Session II: \$112 (8 weeks)

March 17th - May 5th



*** MAX 10 CHILDREN PER CLASS**



For more information contact
Coach Bethy at 619-309-9626
www.littlerascalsoccer.com

YOUTH CLASSES

THE FOLLOWING CLASSES HAVE ON-LINE REGISTRATION THROUGH THEIR WEB SITES
CITY STAFF WILL NOT ACCEPT ANY CLASS REGISTRATION - NO EXCEPTIONS

* LITTLE RASCALZ CLASSES



NON-COMPETITIVE 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)!

*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.

*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.

*Munchkin classes

Advanced with competition introduced for 5-6 yr olds.

Day: Mondays - January 17th - March 7th

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

10:20am - Regular class

11:10am - Regular class

Fee - \$135 (8 weeks)

Day: Tuesdays - January 18th - March 8th

3:30pm - Regular class

4:20pm - Vets class

Fee - \$135 (8 weeks)

Day: Fridays - January 21 - March 11th

3:30pm - Regular class

3:30pm - Vets class

3:30pm - Munchkin class

4:20pm - Regular class

4:20pm - Vets class

4:20pm- Munchkin class

5:10pm- Regular class

5:10pm- Vets class

5:10pm - Munchkin class

Fee - \$135 (8 weeks)

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

**For more information and registration contact
Coach Bethy at 619-309-9626
www.littlerascalsoccer.com**

*KID CITY SPORTS CLASSES



PEE WEE SPORTS

Children will learn fundamentals of four (4) different sports. 3 weeks of soccer, 2 weeks of football, 2 weeks of basketball and 3 weeks of t-ball. Our goal is for children to have fun and get exposure to a variety of sports. We emphasize keeping the kids moving and enhanced individualization. For 3-6 year old classes, ages are divided among age groups when necessary. All of the equipment is provided. Please bring a water bottle. Every child receives a trophy!

Day: Monday

Ages: 3 - 5 years

Time: 4:00 - 4:40pm

Fee: \$140/10 weeks

Session: January 24th - March 21st (no class Feb 21)

Classes on Going

Instructor: Kid City Sports Staff



**For more information and registration contact
Kid City Sports at
(858) 344-2557 or visit www.kidcitysports.com**

ENJOY LIFE!

YOUTH CLASSES

***THE FOLLOWING CLASSES HAVE ON-LINE REGISTRATION THROUGH THEIR WEB SITES
CITY STAFF WILL NOT ACCEPT ANY CLASS REGISTRATION - NO EXCEPTIONS**

*MASTER SPORTS



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: January 24th - March 21st

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: January 20th—March 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:** 10:00 – 10:50am

4 - 5 years **Time:** 11:00 – 11:50am

5 - 7 years **Time:** 1:00 – 1:50pm

Session: January 19th—March 9th

Fee: \$110

Day: Thursday

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

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

3 - 4 years **Time:** 3:00 - 3:50pm

Session: January 20th—March 10th

Fee: \$110

Day: Saturday

Ages: 3 - 4 years **Time:** 8:45 - 9:30am

4 - 5 years **Time:** 9:35 - 10:20am

2 - 3 years **Time:** 10:30 - 11:00am
(parent participation required)

5 - 6 years **Time:** 11:05 - 11:50am

Session: January 22nd—March 12th

Fee: \$110

**For more information and registration contact
Master Sports at**

(858) 518-1315 or visit www.MASTERYOURSPTS.COM

* MASTER SPORTS

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

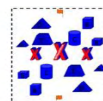
Time: 2:00 – 3:10pm

Ages: 3rd - 6th grade

Time: 3:30 – 4:40pm

Session: January 19th—March 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

Session: January 20th—March 10th

Fee: \$110



* Association for Athletics CARMEL VALLEY OPEN SPRING 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 Mid- March to Mid—June

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



**DOWNLOAD TEAM REGISTRATION FORM AT
WWW.MASTERYOURSPTS.COM**

YOUTH CLASSES 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: January 5th**

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

Fee: \$48 - Payable to City Treasurer

Classes Start: January 12- May 18

(no class 4/6 & 4/13)

**For more information contact the Dance Department
at (619) 525-8258 or the website:**

www.civildancearts.org

KIDARTS

DRAWING AND PAINTING CLASS



Introduction to art with focus on developing natural talents and abilities of artistic expression. Students will learn and practice basic skills of drawing and painting using different tools and techniques. Children will develop their creativity through exposure to art and fun-filled activities. Class includes one visit to the art museum and student art exhibition at the end of session. Basic materials provided except for the sketchbook.

Day: Monday

Ages: 6 - 12 years old

Time: 3:00 - 4:30pm

Session: \$95 (7 Weeks)

January 10th - March 7th

No class Jan 17th or Feb 21st



Instructor: Lech J. Skrzeczkowski

NUTRITION/ WEIGHT LOSS PROGRAM

Adult "Weigh" to Go!" Weight Loss Program

Sort through all of today's hype and learn the correct "Weigh to Go". Learn the secrets to permanent weight loss with a Registered Dietitian, MS in Nutrition, not just an instructor with experience in losing weight. Jodie has taught weight loss at all the top NYC Wall Street Corporations, New York Hospitals, New York City Health Clubs and Sports Medicine Center. Her philosophy is that food not only nourishes but is social. You shouldn't have to lose your social life to be thin. Jodie now resides in SoCal. We are so lucky to have her here to share her expertise in an exciting, interactive lecture style class. Question/Discussion time included.
NO Weigh-Ins.

Day: Monday

Time: 7:00 - 8:00pm

Session I: Jan. 24th - Feb. 28th

(no class Feb. 21)

Fee: \$80 / 5 weeks



STEPS TO A HEALTHIER YOU

Session II: Feb. 28th - March 28th

Fee: \$80 / 5 Weeks

Instructor: Jodie Block, MS, RD, CDN

OUTDOOR SPORT SPECIFIC BOOT CAMP

Fresh air and training to develop POWER, SPEED, BALANCE AND ENDURANCE. For maximum Sports Performance - or General Fitness, Strength and Core Strength and Flexibility.

Improve Winter Sports training (Ski/Snowboard).

Day: Tuesday

Time: 5:45pm - 6:45pm

Ages: Adult

Session: \$152 (8 Weeks)

January 11th - March 1st

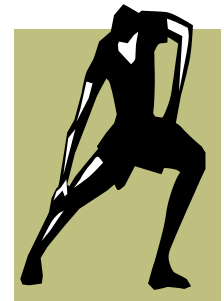
Day: Saturday

Time: 10:30am - 11:30am

Ages: Adult

Session : \$152 (8 Weeks)

January 15th - March 5th



Instructor: Federico De Silva

Since 1989, Federico has dedicated his life to the pursuit of excellence in corrective high performance exercise kinesiology. He is thorough in his biomechanical approach and has worked with elite athletes, post-rehab patients, children, and the elderly. He specializes in authentic Romana's Pilates and Yoga for the mind-body conditioning.

ADULT HEALTH AND FITNESS

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

MINDFUL HATHA YOGA CLASS

In this Mindful Yoga class, experience the practice of conscious, yogic breathing techniques and integrate the fundamentals of mindfulness and meditative focus within the scope of each yoga (asana) practice session.

Day: Thursday
Time: 6:00 – 7:40pm

Session I: \$90 (6 Weeks)
Jan. 6th - Feb 10th
Session II: \$90 (6 Weeks)
Feb. 17th - Mar. 24th

Instructor: Donna Cheema, M.Ed Counseling Psychology, Certified Phoenix Rising Yoga Therapist, Licensed Holistic Health Practitioner, Registered Yoga Teacher, E-500



POSTNATAL PILATES

EXERCISE CLASS WITH MOM AND BABY

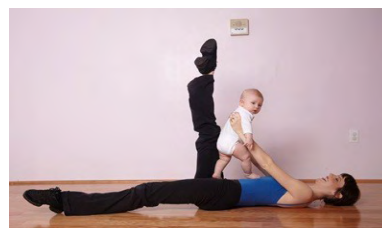
This class will get you back in shape while playing with your baby and meeting other moms. Class is based on principles of Pilates which focuses on stabilizing the core and toning all major muscle groups. Bring a mat for you and a blanket for your baby. Class recommended for Mom or Dad and a pre-walking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

Day: Wednesday
Age: Adult
Time: 9:45 – 10:45am

Session I: \$119/ 7weeks (January 12th - February 23rd)

Session II: \$119/ 7 weeks (March 2 - April 20)

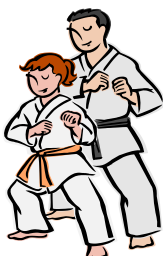
New Years Special! Get a free class! Pay for session I and II by Jan. 12 for only \$199.00



OPEN MARTIAL ARTS

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

Day: Tuesday and Thursday
Ages: Adults
Time: 7:00 – 8:00pm
Session I : \$96 / 8 weeks
January 4th - March 16th
(No Class Jan 18 and Feb 15th)



Instructor: David Delgado - Rucci
Sensei Delgado has been teaching Martial Arts for over 8 years. Sensei Delgado currently holds a first degree black belt

PILATES

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.

Day: Wednesday
Age: Adult
Time: 8:30am - 9:30am
6:45pm - 7:45pm

Session I: \$119 / 7 weeks (January 12 - February 23)

Session II: \$119/ 7 weeks (March 2 - April 20)

New Years Special! Get a free class! Pay for session I and II by Jan. 12 for only \$199.00

Instructor: Maria Cleary; MFA in Dance UC IRVINE, Pilates Certified - Physical Mind Institute. 20 years experience teaching pilates and dance. For more info: purepilates-sandiego.com or call 858-229-0360



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.

Day: Monday 5:00pm-6:00pm
Friday 5:15pm—7:00pm
Ages: Adult

Session I: \$70/ 7 weeks
Jan 7th - Feb 25th
(No class on Jan 10, 24 and 28th)

Session II: \$70/7 weeks
Feb 28th—Apr 18th
(No class on Nov. 26th)

Instructor: Salim 'Alegría' Otero



ADULT HEALTH AND FITNESS AND ATHLETICS

TANG SOO DO KOREAN KARATE

Burn Calories, Reduce Stress, Learn Practical Self Defense. Increase strength, flexibility, and performance at school or work. Classes include punching, kicking, weapons, forms, & sparring. Join an internationally accredited organization that fosters lifetime training and friendship.

Days: Monday and Wednesday
Time: **Beginning:** 6:00 – 7:00pm
Intermediate: 6:00 – 7:30pm
Advanced: 6:00 – 8:00pm



Ages: ADULT and TEEN (12ish years)
(No class on federal and school holidays)
Session: Jan 5 - March 28; **Fee:** \$150/ 22 classes

Separate Youth & Adult classes offered simultaneously to maximize your family time! **BIG FAMILY DISCOUNT** available, speak to instructor.

Chief Instructor: Kelly Goodwin, 4th Dan. Our team brings more than 50 years of combined experience to help you reach your goals! All instructors certified through the World Tang Soo Do Association. For more information: 858-356-9535 or www.coastalcanyontsd.org.

*The Secret Squirrel Society's 2011 Co-Ed Flag Football League

This will be an 8-on-8 league with each team required to field at least two members of the opposite sex at all times. Teams will carry a maximum of ten players on their roster. Season will consist of a ten (10) game regular season, followed by playoffs for the top teams.

All players must be registered and paid in full by Wednesday, January 5, 2011
Games Start January 12, 2011

Individual Cost: \$49.00

Team Cost: \$490.00

***Register Online**

You can register online via:
www.meetup.com/Secret-Squirrel-Society-Football/
or with cash or check in person at any Secret Squirrel sporting event.

info@sdsecretsquirrel.com
Office: 619-272-8332
www.secretsquirrelsports.com



The Secret Squirrel Society

ADULT SOFTBALL LEAGUES

Adult Softball Leagues both Co-Ed and Men's will be held throughout the week. Leagues are forming now. For more information please contact Recreation Staff. (858) 552-1687.



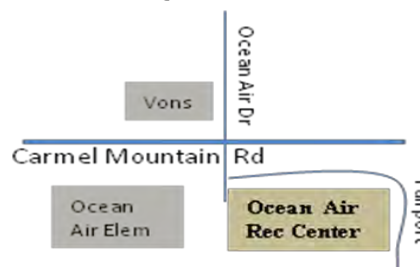
* MEN'S BASKETBALL LEAGUE

San Diego Basketball will be organizing Adult Men's and Women's Basketball. For more info contact Rob Powell, League Director at (858) 829-8007 or check out the website at: www.sandiegobasketball.com



<http://www.sandiego.gov/park-and-recreation/centers/oceanair.shtml>

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.





3-hr Parent-Child Workshop: Everyday Safety Skills with Kickpad Practice for Kids ages 6-12 years

Date: Saturday March 12, 2010

Time: 9:30am - 12:30pm

Ages: 6 to 12 years



Introductory Price: \$60 per child. This special introductory price includes participation for a child accompanied with up to 2 adults and includes the Kidpower Safety comic to aid practice at home. Kidpower is an international nonprofit; no one is turned away due to lack of funds.
CLASS IS LIMITED TO 15 Children. Slots fill quickly! **SIGN UP AT OCEAN AIR REC!**

In this special workshop, children and adults together learn safety skills through fun, interactive practice. Skills are clear, simple, and effective. Adults are coached how to practice these skills with their children in an age-appropriate, upbeat way. The class includes practice of physical self-defense skills on a kick-pad and uses games, role-plays, and stories to practice:

- **Awareness**
- **Staying Out of Reach**
- **Dealing with hurtful words**
- **Safety with strangers**
- **Learning to Check First!**
- **Boundaries about touch**
- **Telling about problems**
- **Safety in emergencies**
- **Dealing with bullies**



“Your workshop gave us a common language for working on what my kids need to know in a way which was empowering for all of us - and, to my great surprise, it was fun!”

“The second grade teacher said that our daughter suddenly became able to set boundaries with her friends in a very sweet way.”

Workshop taught by Kelly Goodwin and Stefany Reed, Coordinator for Kidpower of San Diego.
For more information contact kidpowerSD@gmail.com or 858-736-5580.

KIDPOWER — Because Everyone Deserves to Be Safe
1.2 million served. www.kidpower.org