



THE CITY OF SAN DIEGO

Park & Recreation Department

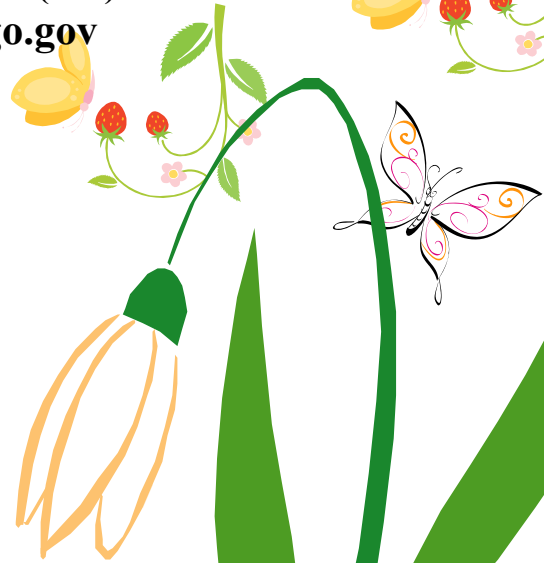
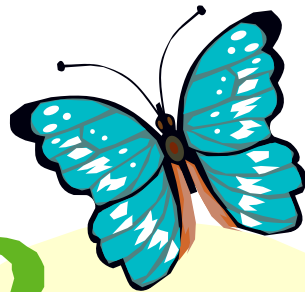
"We enrich lives through quality parks and programs."

OCEAN AIR RECREATION CENTER

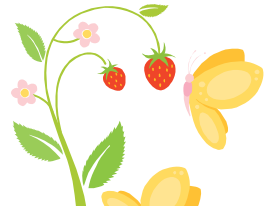
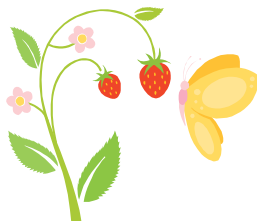
4770 Fairport Way
San Diego, Ca 92130

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

www.sandiego.gov



Spring



ACTIVITY PROGRAM

2012



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.

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

HOURS OF OPERATION

Effective: December 31, 2011 - June 30, 2012

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/PERMIT REGISTRATION HOURS

MONDAY & THURSDAY - 5:00 - 7:00 pm

FRIDAY - 2:30pm - 6:30pm

*SATURDAY 10:00am - 2:00pm

(*Only through 2nd week of class registration)

All hours are subject to change without prior notification.

HOLIDAY CLOSURES

MARCH 30TH - CESAR CHAVEZ DAY

MAY 28TH - MEMORIAL 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.
Contact recreation staff for more information.



NEIGHBORHOOD PARKS

Torrey Hills 4262 Calle Mejillones
Sage Canyon 5252 Harvest Run Drive
For other neighborhood parks in your area stop by the recreation center 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 an 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.

GENERAL PARK RULES

- No Field Use During School Hours
- No Smoking
- No Glass Containers
- No Littering
- No Golfing
- No Motorized Devices
- No 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.

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

REGISTRATION BEGINS:

Monday, March 12th at 5:00p.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 accomodate 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 and class fees are **NOT** prorated by city staff.
- * Exact CASH or CHECK payable to OARC are the only methods of payment accepted.
- * A service fee will be charged for ALL returned checks.

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.
- * All requests take 10 business days to process.
- * No partial refunds or make-ups for missed classes.

* SUMMER *

REGISTRATION DATES

The Summer Ocean Air Activity Program will be available Tuesday, May 29th

The Summer Camp Program will be available Monday, March 26th -
With registration starting Saturday, May 5th

RECYCLE

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



YOUTH PROGRAMS

KID'S

KITCHEN CREATIONS HEALTHY FOOD REVOLUTION



Let's make healthy food fun! Chef/Dietitian Jodie inspires your kids to 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 creations in the kitchen while including hilarious slide shows, insightful commercial breaks, fun food games, label creations and taste tests with a hidden emphasis on good nutrition.

Day: Monday

Session - April 16th - May 14th

Time: 3:30pm - 4:30pm

Ages: 2nd - 6th grade

Fee: \$115 / 5 weeks

(Includes homemade snack and recipe)

Instructor: Jodie Block, MS, RD, CDN

<http://about.me/JodieBlock>



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)



***Registration:**

With the instructor at time of class

Summer Class Registration

June 20, 2012

Classes start June 27th

Students who were enrolled in the Spring 2012 Semester have priority in these ongoing classes, so classes that are listed as full may indeed have no room. Best to check directly with the instructor during registration week

**For more information contact the
Dance Department at (619) 235-5255
or www.civildancearts.org**

KIDARTS

DRAWING AND PAINTING CLASS

Introduction to art with focus on developing natural talents and abilities of artistic self-expression. Your child's talents will have a chance to bloom. Students will learn the 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:

March 26th - June 4th

* No class April 9th, May 7th, May 28th

Fee: \$112 / 8 Weeks *Minimum 5 students

Instructor: Lech J. Skrzeczkowski





Coastal Canyon Tang Soo Do KOREAN KARATE

Child (4+), Youth, Teen, & Adult

FITNESS, SAFETY, FUN – Skills for Life



INTERNATIONALLY ACCREDITED

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



TINY TIGER / LITTLE DRAGON

Class (4 to 7 years)

Positive, energetic, fun. Focus on safety skills.

DAY: Mondays

TIME: 5:00-6:00 pm

DATE: April 16 - June 11* **FEE:** 7 classes / \$77



All instructors accredited with the World Tang Soo Do Association (WTSDA), an international organization 150,000 members strong that fosters lifetime training and friendship. 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>

***Continuous enrollment and
rank advancement available***

***5 years or 50: Our team of experienced
instructors will help you reach goals.***

Any discounting or prorating through instructor, not the
Ocean Air Rec Center

*no class May 4, May 7, May 28

Specialized FAMILY TRAINING

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



YOUTH Class (8ish & up)

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

DAY: Monday/Wednesday

TIME: Beginner 6-7 pm; Intermediate 6-7:30 pm

DATE: April 16 - June 13*

FEE: 16 classes / \$138



TEEN and ADULT (12ish & up)

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

DAY: Monday/Wednesday/Friday

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

DATE: April 16 - June 13*

FEE: 23 classes / \$138

!!! ONLY \$6 /class !!!

YOUTH CLASSES



“Dance To EvOLvE” CLASSES

“ BE A PART OF OUR JUNE RECITAL “

April 5th - June 30th
(12 week semester) - \$168 (\$10 savings)

April 5th - May 19th
(6 week session) - \$89

May 24th - June 30th
(6 week session) - \$89

****NO CLASSES - 4/12 & 4/14 ****

“TAKE A FREE TRIAL CLASS!”

THURSDAY

9:45am: Magical Munchkins
10:35am: Pre-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:

\$160 / 10 weeks - April 4th - June 13th

*** No class April 11th**



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:

\$160 / 10 weeks - April 4th - June 13th

*** No class April 11th**



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 - April 4th - June 13th

*** No class April 11th**



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

YOUTH AND ADULT CLASSES

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 center office.

YOUTH CLASS

Day: Saturday

Time: 12:30pm – 1:30pm

Ages: 4 - 10 years old

Introductory Fee: \$70/ 8 weeks

Session : March 31st - May 26th

*No Class on April 14th

Instructor: Salim Otero

Minimum class size 5

Maximum class size 12



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 focus on the properties of the medium, such as application, value and color. We are 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:

March 31st - May June 9th

* No Class April 7th, May 12th, May 26th

Instructor: Lech J. Skrzeczkowski

Fee: \$120 / 8 weeks



OPEN MARTIAL ARTS

Open Martial Arts is a freestyle system, which begins with the basic foundations of Shaolin Kempo and incorporates many facets of the Martial Arts world. Students will build on the Kempo foundation with techniques from, Muay Thai kickboxing, Tae Kwon Do, Aikido, Krav Maga, Jiu Jitsu, and wrestling. Classes will include a heavy emphasis on self-defense, self-confidence and self-control as well as board breaking and weapons defense. Open Martial Arts is for everyone, where you learn at your own level and pace. The belt structure is based closely on Shaolin Kempo and testing is done every 3 months.

Days: Tuesdays and Thursdays

Session : March 1st - May 1st

Fee: \$96 / 8 weeks

*No classes on 4/10 & 4/11

Classes On-Going

5:15pm - 6:15pm

Beginner/Intermediate (White, Yellow, Orange, orange with Black stripe and Green).

6:00pm - 7:00pm

Intermediate/Advanced (Purple and up)

INSTRUCTOR:

Sensei Melita holds a 2nd degree black belt in Shaolin Kempo and is a veteran of the United States Army, in which he served as a Special Operations Airborne Ranger.

For more information on Sensei Melita, visit www.Danmelita.com



YOUTH ENRICHMENT CLASSES

STRATEGY BOARD GAMES

In the age of Wii and Xbox, some kids miss out on the enriching fun of classic tabletop strategy games like Risk, Chess, Stratego, Scrabble, Go, Dominoes & Backgammon. Students will be (re) introduced to these great games that help develop analytical thinking. We will cover the rules, have fun learning to play, and teach winning strategies. The course objectives are to have fun, learn analytical thinking (through game strategies), and practice fair play and good sportsmanship. *Henry Herz has been playing board games since he was a child, and has published strategy and educational board games.*

Day: Wednesday
Age: 4th - 8th grade
Time: 1:00pm - 2:00pm

Fee & Dates:
\$139 / 8 weeks - April 11th - May 30th



PUBLIC SPEAKING FOR KIDS

Public speaking is a valuable life skill that will benefit your child throughout their academic and professional careers. Yet, many people shy away from learning this critical ability. This class teaches kids that through preparation and practice, there is nothing to fear. Being able to effectively express yourself to others is fun!

The course objectives are to learn how to organize a speech, give a polished speech, and gain self-confidence. Classes will include lecture and both extemporaneous and prepared speeches.

Henry Herz has given professional presentations for over 20 years. He has an Advanced Toastmaster Bronze certification.

Day: Wednesday
Age: 4th - 8th grade
Time: 2:10pm - 3:10pm

Fee & Dates:
\$139 / 8 weeks - April 11th - May 30th



YOUTH ENRICHMENT CLASSES

FUTURE MILLIONAIRES

Understanding money and how to save or use it responsibly are valuable life skills that are best taught early. Students will be introduced at a basic level to personal finance concepts such as goal setting & decision making, income & expenses, planning & budgeting, saving & banking, and credit & borrowing. Through interactive classroom exercises, these normally dry subjects will be made interesting. The class will include a homework assignment of setting and achieving a savings goal. Invest in your future executive today!

Henry Herz attended business school at Cornell. His 10 and 12-year olds sons operate three web-based businesses.

Day: Wednesday
Age: 4th - 8th grade
Time: 3:20pm - 4:20pm

Fee & Dates:
\$139 / 8 week - April 11th - May 30th



* SUMMER * REGISTRATION DATES

The Summer Ocean Air Activity
Program will be
available Tuesday, May 29th

The **SUMMER CAMP**
Program will be available
Monday, March 26th -
With registration starting
Saturday May 5th



ADULT FITNESS / YOUTH SPORTS

REGISTER FOR THIS CLASS AT THE REC CENTER

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: \$136 / 8 weeks
April 18th - June 6th



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
7:15pm - 8:15pm

Session; \$136 / 8 weeks
April 18th - June 6th



Instructor : MARIA CLEARY

**For more info: (858) 229 - 0360 or visit
[www. purepilatessandiego.com](http://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



THE FOLLOWING CLASS HAS ON-LINE REGISTRATION THROUGH THEIR WEB SITES

LITTLE RASCALZ

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

March 12th - April 30th (8 Weeks)
May 14th - June 29th (7 Weeks)



***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
10:20am - Regular class

Fee - \$140

Day: Tuesdays

9:30am - Regular class
10:15am - Regular class
3:30pm - Regular class
4:20pm - Vets class

Fee - \$140

Day: Fridays at any of 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 - \$140



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

619-309-9626

www.littlerascalzsoccer.com

YOUTH CLASSES

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



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:** 3:45 - 4:45pm
3rd - 6th grade **Time:** 4:45 - 5:45pm

Session: March 26th - May 15th

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: 4 - 5 years **Time:** 3:00 - 3:45pm
K - 2nd grade **Time:** 4:00 - 5:00pm
3rd - 6th grade **Time:** 5:00 - 6:00pm

Session: March 29th - May 17th

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: March 28th - May 16th

Fee: \$110

Day: Thursday

Ages: 3 - 4 years **Time:** 9:30 - 10:20am
4 - 5 years **Time:** 10:30 - 11:20am

Session: March 29th - May 17th

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

*No Class on 4/7 & 5/26

Session: April 1st - June 6th

Fee: \$110



For more information and registration contact
Master Sports at
(858) 945-8339 or visit
www.MASTERyourSPORTS.com

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.



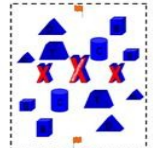
Day: Wednesday

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

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

Session: March 28th - May 16th

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

Ages: 9 - 13 - **Intermediate**

Time: 5:00 - 6:00pm

Session: March 29th - May 17th

Fee: \$110



For more information and registration contact
Master Sports at
(858) 945-8339 or visit
www.MASTERyourSPORTS.com



KID'S KITCHEN CREATIONS CLASS

Meets on Mondays 3:30 - 4:30pm

Instructor: Jodie Block, R.D., M.S., C.D.N.

Homemade Whole Wheat Oatmeal Pancakes



INGREDIENTS

1 cup whole wheat flour
1 cup quick or rolled oats ground to flour in a blender
1/4 cup ground flax seeds
1 tablespoon baking powder
1 teaspoon salt 1 egg
1 teaspoon cinnamon
1 tablespoon honey
1 to 1 1/2 cups skim milk (or vanilla soy milk) (less for thin more for thick pancakes)
1+ bananas, sliced
1 teaspoon mini chocolate chips per pancake (drop into pancake during cooking) 1 cup blueberries or your favorite fruit
1/4 cup chopped almonds or walnuts
Cooking spray for pan

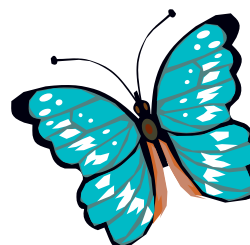


DIRECTIONS

In a bowl, mix the flour, oats, baking powder, salt, egg, cinnamon, and honey. Stir in the milk to the desired consistency. Stir in the banana slices/fruit. Place a skillet on medium heat. Spray pan, pour 1/4 cup of batter. Add nuts and/or chips now. Flip pancakes when they begin to bubble, cook until golden brown. Serve with sliced fruit and pureed berries instead of syrup.
Makes 12 pancakes (four servings).

OPTIONS to enhance store bought mix

Mash in baked sweet potato
Add oats to the batter
Load up the batter with fruit
Replace the egg with a mashed banana
Replace the fat with applesauce
Use cooking spray instead of butter
Top with maple Greek yogurt: mix three ounces of plain Greek with a teaspoon of syrup





THE CITY OF SAN DIEGO • "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Torrey Hills **SPRING EGG HUNT**

Sponsored by the Ocean Air Recreation Council and Torrey Hills HOA

Saturday, April 7, 2012

9:00 a.m. – 11:00 a.m.

Torrey Hills Neighborhood Park – 4262 Calle Mejillones

EGG HUNT TIMES

0 - 2 years – 9:30am

3 - 5 years - 9:40am

6 - 8 years - 9:50am

9 & UP - 10:00am

GAMES!

FACE PAINTING!

MUSIC!

FUN FOR ALL!

Please arrive on time and bring your own basket!

FOR MORE INFO CALL 858-552-1687

WWW.SANDIEGO.GOV

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 THE DISTRICT MANAGER @ 619-221-8918) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUESTS.

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