



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](http://www.sandiego.gov)

# Winter

A stylized graphic featuring the word "Winter" in a large, blue, cursive font. A small blue snowflake is positioned above the letter 'i'. The background consists of light blue, wavy, abstract shapes that resemble snow or water, with several small blue dots scattered around.

***ACTIVITY PROGRAM***

***2011/2012***

# 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.

### HOURS OF OPERATION

Effective: December 31, 2011 - June 30, 2012

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

### CLASS REGISTRATION HOURS

MONDAY/TUESDAY/ WEDNESDAY/ FRIDAY  
1:00 - 7:00 pm

\*SATURDAY 9:00am - 1:00pm

(\*Only through 2nd week of class registration)

All hours are subject to change without prior notification.

### HOLIDAY CLOSURES

**DECEMBER 25TH, 26TH - CHRISTMAS**

**JANUARY 1ST, 2ND - NEW YEARS**

**JANUARY 16TH - DR. KING JR.**

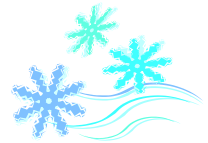
**FEBRUARY 20 - PRESIDENTS DAY**

### 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.



### 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](http://www.dml.org)

**DMCV Sharks**  
(858) 794-8404

**North Shores Girl Softball**  
(858) 643-9790

**Torrey Pines Pop Warner  
and Cheerleading**  
[info@torreypinespw.com](mailto: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.

## 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, November 28th, 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 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.

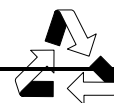
## REFUND POLICY

- \* 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.

## \* SPRING \*

### REGISTRATION DATES

The Spring Ocean Air Activity Program will be available Monday, February 27th. Registration for-Spring programs will begin Monday, March 11th with most programs and classes beginning the week of April 10th unless otherwise noted. Dates/times. subject to change.



## 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.

# 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

**Dates:** Session I - January 9th - February 13th

Session II - February 27th - March 26th

\* No class on January 16th

**Time:** 3:30pm - 4:30pm

**Ages:** 2nd - 6th grade

**Fee:** \$115 / 5 weeks

(Includes homemade snack and recipe)

**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:**

January 23rd - March 12th

**Fee:** \$96 (7 Weeks)

**Instructor:** Lech J. Skrzeczowski



## 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:**

**Wednesday - January 11th**

(Register/Pay with instructor on 1/11 and at time of desired class)

**Fee: \$48 - Payable to City Treasurer**

**Session Dates:**

**January 18th - May 16th**

(No Class on 4/4 and 4/11)



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



# 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\*:** January 9 - April 2

**FEE:** \$110 /11 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](mailto: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; Interm. 6-7:30 pm

**DATE\*:** January 9 - April 4

**FEE:** \$196/24 classes



### **TEEN and ADULT (Age: 12ish & up)**

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

**DAYS:** Monday/Wednesday/Friday

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

**DATE\*:** January 9 - April 4

**FEE:** \$196/35 classes **Only \$5.60/class!**

*Continuous enrollment and rank advancement available*

**\*No class on city or DMUSD holidays; see  
instructor for complete info**

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

# YOUTH CLASSES



## EvOLvE DANCE CLASSES

**January 12th - March 31**  
(12 week semester) - \$168 (\$10 savings)

**January 12th - February 18th**  
(6 week session) - \$89

**February 23rd - March 31st**  
(6 week session) - \$89

**"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:** \$176 (12 Weeks)  
January 11th - March 28th



\$96 (6 week Class) - January 11th - February 15th  
\$96 (6 week Class) - February 22nd - March 28th

### 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)  
January 11th - March 28th



\$96 (6 week Class) - January 11th - February 15th  
\$96 (6 week Class) - February 22nd - March 28th

### 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)  
January 11th - March 28th



\$96 (6 week Class) - January 11th - February 15th  
\$96 (6 week Class) - February 22nd - March 28th

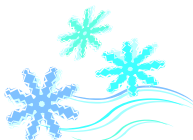
**For more information contact Rock and Tumble at**  
**(858) 487-7799 or internet: www.rockntumble.com**

# WINTER CAMPS

EvOLvE

## 'Dancing Snowflakes'

### Four Day Winter Camp



The ***Dancing Snowflakes*** will continue the holiday celebrations with dancing, singing, and creating winter and new year crafts! There will be a parent show on the Friday at 11:30 to showcase the ***Dancing Snowflakes*** work all week. Come experience the winter fun with Miss Jenny.

(A \$2 per 5 minutes late fee will be added on the day for late pickups.)

**AGES:** 3 - 6 years old  
**DATE:** December 27th - 30th  
**TIME:** 9:00am - 12:00pm  
**FEE:** \$130



**Registration:** Please register directly at the front desk at Ocean Air Rec. for Dancing Snowflakes.

**Staff:** Teachers are the fun, friendly, and professional EvOLvE Teachers that you already know in your child's regular dance class. (8 or more students per camp includes a Teacher's Assistant.)

**Please bring:**

- \*Ballet, tap, and regular shoes with your child's name in all pairs of shoes.
- \*A healthy snack with your child's name on the bag.
- \*Dancers are welcome to wear dance and/or regular clothes. (A change of clothes is always a good idea.)

**Director: Brittany White**

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

## ROCK 'n TUMBLE

### **HOLIDAY GYMNASTICS CAMP**

#### **GYM ROLLERS CAMP**

With Miss Ashley, Miss Viviana & Miss Heather. Low student to teacher ratios make this an ideal first experience for the young camper. Children learn gymnastics skills on vault, bars, balance beam, floor, and trampoline. Fun daily themes are used to incorporate snack, arts & crafts, parachute games, dance and gymnastic skill development.

**Days:** Monday - Friday

**Time:** 9:00am - 1:00pm

**Dates:** **Week 1 - December 19th - 23rd - Cost : \$180**  
**Week 2 - December 27th - 30th - Cost : \$144**

**Ages:** 3 - 6 years

**Bring:** \*Wear athletic attire with long hair tied back and shoes camper can put on and take off with ease.

\*Provided: Daily nutritious snack & cold drinks.

\*Talent Showcase and pizza lunch Friday.

\*Staff to Camper Ratio: 1 : 6



#### **GYM KIDS CAMP**

With Miss Ashley, Miss Viviana & Miss Heather. Our ever popular Gym Kids Camp is for boys and girls who want a day full of gymnastics activity and fun! Campers learn gymnastic skills, at their pace, beginner through intermediate. Our fantastic staff works with small groups on vault, bars, balance beam, floor, and trampoline. Additional open gym time is allocated for gymnasts to work on their favorite skills! Special themes will be used to incorporate arts & crafts, games, sports and agility.

**Days:** Monday - Friday

**Time:** 9:00am - 1:00pm

**Dates:** **Week 1 - December 19th - 23rd - Cost : \$180**  
**Week 2 - December 27th - 30th - Cost : \$144**

**Ages:** 4 - 11 years

**\*Bring:** Wear athletic attire with long hair tied back.

\*Provided: Daily nutritious snack & cold drinks.

\*Talent Showcase and pizza lunch Friday.

\*Staff to Camper Ratio: 1 : 7



**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 office.**

### YOUTH CLASS

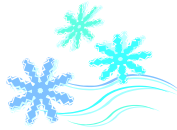
**Day:** Saturday

**Time:** 12:30pm – 1:30pm

**Ages:** 4 - 10 years old

**Introductory Fee:** \$100/ 12 weeks

**Session :** January 7th - March 24th.



**Instructor:** Salim Odero  
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 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)

January 28th - March 10th

**Instructor:** Lech J. Skrzeczkowski



## **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:** 6:00pm – 7:30pm

**Session I:** \$90 (6 Weeks)

January 12th - February 23rd

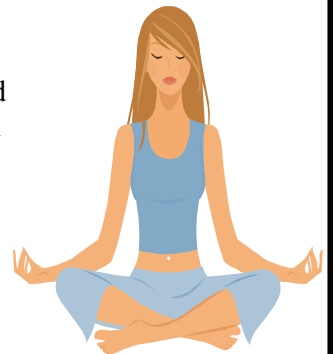
**\*No Class on January 19th**

**\*Minimum 5 participants**

**Session II:** \$90 (6 Weeks)

March 1st - April 5th

**\*Minimum 5 participants**





# 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 I:** \$102 / 6 weeks

January 11 - February 15th

**Session II:** \$119 / 7 weeks

February 22nd - April 4th



## 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 I:** \$102 / 6 weeks

January 11th - February 15th

**Session II:** \$119 / 7 weeks

February 22nd - April 4th

**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.secretsquirrelsports.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

**January 16th - March 5th (8 Weeks)**

**March 12th - April 30th (8 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:** 3:45 – 4:45pm

**Session: January 23rd - March 19th**

**\*No Class on 2/20**

**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:** 4:00 – 5:00pm

**Session: January 19th - March 8th**

**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: January 18th - March 7th**

**Fee: \$110**



**Day: Thursday**

**Ages:** 3 - 4 years **Time:** 9:30 – 10:20am  
4 - 5 years **Time:** 10:30 – 11:20am  
3 - 5 years **Time:** 3:00 - 3:50pm

**Session: January 19th - March 8th**

**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: January 21st - March 10th**

**Fee: \$110**



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



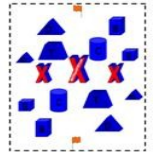
**Day: Wednesday**

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

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

**Session: January 18th - March 7th**

**Fee: \$110**



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## 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 19th - March 18th**

**Fee: \$110**



For more information and registration contact  
Master Sports at  
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[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)

# HAPPY HOLIDAYS! FROM THE OCEAN AIR STAFF



## Winter Word Search

G	V	S	S	F	F	E	T	Y	E	R	D	Q	S	Q
V	N	T	C	L	U	T	P	K	S	E	Y	A	K	N
Z	A	I	U	J	E	A	A	D	L	T	T	X	K	I
Q	C	R	D	E	O	L	X	A	E	N	A	Y	S	B
S	R	E	L	R	F	O	U	L	D	I	C	Q	F	Z
Y	H	S	L	W	A	C	H	S	D	W	Y	X	N	L
D	W	O	O	C	O	O	B	L	I	Z	Z	A	R	D
T	E	N	V	L	I	H	B	Z	N	N	M	S	F	N
R	S	C	D	E	Y	C	H	W	G	W	L	F	R	S
O	K	C	E	Y	L	T	I	G	O	I	A	D	O	B
F	I	L	C	M	A	O	K	N	P	N	T	G	S	M
W	I	E	A	X	B	H	S	P	I	T	S	I	T	Z
O	N	I	C	F	X	E	E	T	A	K	S	E	C	I
N	G	E	B	J	Q	R	R	J	A	N	U	A	R	Y
S	U	E	O	Y	Y	N	E	Z	O	R	F	R	N	S

BLIZZARD  
COLD  
DECEMBER  
FLURRY  
FROST  
FROZEN  
HOT CHOCOLATE  
ICE SKATE  
ICICLE  
JANUARY  
SHOVEL



SKIING  
SLEDDING  
SLEET  
SLIPPERY  
SNOWBOARDING  
SNOWFLAKE  
SNOW FORT  
SNOWMAN  
WINTER



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 - [www.sandiego.gov](http://www.sandiego.gov)



# Ocean Air Recreation Center

## TOY/FOOD DRIVE & PANCAKE BREAKFAST

**Saturday, December 3, 2011**

**8:30 a.m. – 10:30 a.m.**

*The Ocean Air Recreation Council*

*Invite you and your family to a "Morning of Giving".*

*Help us support San Diego Toys for Tots and*

*San Diego Food Bank*

*Bring an unwrapped toy or Non-perishable food between 11/10/11 – 12/3/11*

*And receive 4 tickets to our Pancake Breakfast*

**Activities include: Arts & Crafts, Face Painting, Music,  
Fun & Games and a visit from Santa.**

**Toy and Food Drop off begins Thursday, November 10th**

*(During our Normal Hours of Operation)*

**Breakfast will be served 8:30 – 10:30am.**

**Breakfast Tickets can be purchased for \$5 the day of the event**

**For more info contact staff at 858-552-1687**



**This event is sponsored by:**  
**Ocean Air Recreation Council &  
City of San Diego Park & Recreation Department**



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