

THE CITY OF SAN DIEGO

Park & Recreation Department "We enrich lives through quality parks and programs."

OCEAN AIR RECREATION CENTER



REGISTRATION BEGINS: SATURDAY, MARCH 16, 2013

MOST CLASSES BEGIN WEEK OF APRIL 1, 2013

SEE PAGE 3 FOR REGISTRATION DETAILS.

PROGRAMS, FEES & HOURS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION

PARK & FACILITY 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 at the Ocean Air Recreation Center. 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.

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
- Two meeting rooms*
- Age appropriate playground
- Passive picnic areas
- Picnic shelters*
- 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 Mejillones
Sage Canyon 5252 Harvest Run Drive
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.

HOURS OF OPERATION

Effective: December 15, 2012

Monday & Wednesday

12:00pm - 8:00pm

Tuesday, Thursday & Friday

1:00pm - 8:00pm

Saturday

9:00am - 5:00pm

Sunday

Closed



HOLIDAY CLOSURES

April 1, 2013 - Cesar Chavez May 27, 2013 - Memorial Day

REGISTRATION HOURS

 Tuesday & Wednesday
 4:30 - 7:00pm

 Friday
 2:00pm - 7:00pm

 Saturday
 10:00am - 2:00pm

PERMITS BY APPOINTMENT ONLY

All hours are subject to change without prior notification.

GENERAL PARK RULES

- No field use during school hours
- No smoking
- No littering
- No golfing
- No glass containers
- No motorized devices
- No remote controlled devices
- Dogs must be on a leash at all times

- Keep dogs at a safe distance from Playground.
- No overnight camping
- No open camp fires
- No Skateboards, Bikes, Scooters, or Roller Skates around building or tot lot.



REGISTRATION INFORMATION

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CLASS REGISTRATION BEGINS:

Saturday, March 16, 2013

* Except Open Martial Arts-Classes start March 5th MOST CLASSES BEGIN: Week of April 1, 2013 UNLESS OTHERWISE NOTED

- * 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, 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 third class meeting. No registrations will be accepted after the third 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.
- * Non City of San Diego residents are charged an additional program surcharge of \$2.75 per class for Recreation Council run programs.

REFUND POLICY

- * Refund request forms MUST be submitted <u>PRIOR</u> to the 2nd scheduled class meeting.
- * Refunds for camps and leagues must be submitted <u>PRIOR</u> to the first day/game.
- * 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

INDIVIDUALS WITH DISABILITIES

All classes can accommodate individuals with disabilities. Upon availability, Therapeutic Services will provide assistance along with Ocean Air contractual staff. 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.

OCEAN AIR RECREATION CENTER

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 available 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

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

Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play badminton and pickleball 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. For availability & permitting call the Ocean Air Center Director at (858) 552-1687.

RECYCLE

There are marked recyclable containers throughout the park. Keep the park clean by RECYCLING!
Please do not overflow the containers. Let the office know if cans are full.



For patrons in cardiac arrest, an Automated External Defibrillator (AED) is located inside the Ocean Air Recreation Center lobby.



YOUTH & ADULT CLASSES

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

DANCE TO EVOLVE

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.

Baby Bop Hip Hop (2 - 3 yrs)

A class not to be missed for your Baby Bopper. This class is a fusion of creative movement and basic hip hop to get all the wiggles out. Class focuses on muscle development, coordination and musicality through fun and creative ways! Parent presence required. Dancers must be at least 24 months prior to the session starting. Great for boys and girls.

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.

Pre Star Shiners Combo Class (4 - 5 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.

THURSDAY

9:45am: Tiny Movers 10:45am: Magical Munchkins

11:35am: Pre Star Shiners

SATURDAY

9:30am: Baby Hip Hop 10:20am Tiny Movers

11:20am: Star Shiners - Ages: 4.5 - 6

SPRING SESSIONS

15 Week - March 21 - June 29 Fee: \$210 7 Week - March 21 - May 4 Fee: \$104 8 Week - May 9 - June 29 Fee: \$119

* Enrollment is required in both Spring sessions to participate in recitals - June 22nd & 23rd.

TAKE A TRIAL DANCE CLASS!
Director: Brittany White
For more information, please visit
www.dancetoevolve.com or call (858) 876-5327

COASTAL CANYON TANG SOO DO KOREAN KARATE

Fitness, practical self-defense, and traditional martial arts training for the whole family

TINY TIGER (4-5 yrs)

Positive, energetic, fun. Focus on safety skills. **Day:** Mondays **Time:** 5:00 - 6:00 pm **Session:** April 15 - June 10 **Fee:** \$90 / 8 classes

No class May 27th - Memorial Day

LITTLE DRAGON (6-7 yrs)

Fun and nurturing instruction of martial art and safety skills. Increase coordination and discipline.

Day: Fridays **Time:** 5:00 - 6:00pm **Session:** April 19 - June 7 **Fee:** \$90 / 8 classes

YOUTH GUP (8 and up)

Enhance coordination, memory, self-control, and fitness. Skills for bullies, strangers & emergencies.

Day: Monday & Wednesday

Time: Beginner 6-7 pm; Intermediate 6-7:30 pm **Session:** April 15 - June 12 **Fee:** \$170 / 17 classes

No class May 27th - Memorial Day

TEEN & ADULT (12 and 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

Session: April 15 - June 12 Fee: \$170 / 25 classes

No class May 27th - Memorial Day

"Fitness, Safety, Fun - Skills for Life"

Internationally accredited instructors and ranking system. For more info, contact K. Goodwin, 4th Degree Master, 26 years experience.



Sibling and Family Discount available, contact: coastal.canyon.tsd@gmail.com (858) 356-9535 www.coastalcanyontsd.org

YOUTH CLASSES & CAMPS

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



Day: Wednesday Fee: \$160 (10 weeks)

Session: March 27 - June 5th

*No class on April 10th



PRE GYM-KIDS - W/ PARENT

Age: Walking to 3 years **Time:** 10 – 10:45am (10:1 Student/Teacher Ratio)

A class designed for parent and child "together time." An open format allows children to select activities from our kid's sized gymnastics apparatus. Lessons are guided by qualified, caring instructors with an emphasis on gymnastics, fine & gross motor development, rhythm and movement.

GYM KIDS

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! Young gymnasts have a great time while learning gymnastics, the sport of all sports! Our highly trained instructors use circuits for minimal down time as children learn by doing.

Age: 3-5 years Time: 11:00 – 11:45am (6:1 Student/Teacher Ratio)

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.

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

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

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 & Thursdays

Fee: \$96.00 / 8 weeks Session: March 5 - May 2 (8 Weeks)

Classes On-Going

No Classes on 4/9 and 4/11

Level I

5:30 - 6:10pm

Level II

6:15 - 7:00pm

Level III

7:05 - 7: 50pm

INSTRUCTORS:

Dan Melita

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.

David Delgado - Rucci

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





MASTER SPORTS CLASSES

BASKETBALL CLASS

Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games. All participants receive a basketball and a t-shirt.

Days: Monday

Grade: K - 2 3:45-4:45pm Grade: 4:45-5:45pm 3 - 6

Fee: \$115/8 weeks April 8 - June 3 **Session:**







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: April 3 - May 22 Fee: \$115 / 8 weeks

For more information and registration contact Master Sports at (858-945-8339)

or visit www.MASTERyourSPORTS.com

CARMEL VALLEY YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse DMCV Sharks blacklax@att.net dmcvsharks.com

C.V. Manchester Soccer **North Shores Girl Softball** manchestersoccer.net northshoregirlssoftball.com

Del Mar Little League Carmel Valley Dons cvdons.com

dmll.org

T. Pines Football & Cheerleading

torreypinespw.com

San Diego Youth Rugby sandiegoyouthrugby.org

VOLLEYBALL

Passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship and rules will all be covered in this fun camp. Participants will practice fundamentals through a variety of different drills where critiqued by our instructors. All participants receive a T-shirt.

Thursday Day: Ages: 9 - 13 years 4:00 - 5:00pm **Beginner: Intermediate:** 5:00 - 6:00pm Fee: \$115 / 8 weeks April 4 - May 23 **Dates:**



SOCCER

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

Day: Thursday

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

Session: April 4 - May 23 \$115 / 8 weeks Fee:



IR. SPORTS

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

Wednesday or Thursday Day:

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

Wednesday - 4/3 - 5/22 Session:

Thursday -4/4 - 5/23

Fee: \$115 / 8 weeks



Dav: Saturday 9:00 - 9:50am Ages: 3 - 4 years Time: 4 - 5 years Time: 10:00 - 10:50am 5 - 6 years Time: 11:00 - 11:50am

Session: April 6 - May 25 Fee: \$115 / 8 weeks

*Master Your Sports rents facilities from the City. All program inquiries and registrations are handled by Master Your Sports.

YOUTH & ADULT CLASSES

LITTLE RASCALZ

NON -COMPETITIVE SOCCER CLASSES

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, super effective with small class sizes, a high energy experience & great exercise. Plus, they promote the development of gross motor skills, social interaction, cooperation with peers, and direction following.

EARLY SPRING SESSION: March 18th (8 weeks)

Mommy 'n' Me - For curious & energetic little ones 18 mo - 2½ yrs.

Regular classes - Suitable for children aged $2\frac{1}{2}$ - $5\frac{1}{2}$ **Vets classes** - Slightly more challenging than the regular class. 4-6 yrs.

Advanced classes - For children who are ready for some competition and with high skill level. 6-7yrs. **Academy classes** - For our top level players. By invitation only from our advanced class, or email to try out.

Day: Monday

9:30am - Mommy 'n Me soccer/sports 10:20am - Regular class

Fee - \$140.00

Day: Tuesday

9:30am - Regular class 10:20am - Regular class 2:40pm - Mom n me class 5:10pm - Regular class 5:10pm - Vets class

Fee - \$140.00

Day: Friday 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

4:20 - 5pm - Academy class

Fee - \$140.00



LATE SPRING SESSION: May 13th (7 weeks)

Fee: \$124.50 - Same class times and days as Early Spring.

*This program rents facilities from the City. All program inquiries and registrations are handled by Little Rascalz.

For more information & registration contact Coach Bethy at 619-309-9626 www.littlerascalzsoccer.com

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: June 19th

*Register/Pay with instructor on day and time of desired class.

Fee: \$48.00 / session - Payable to City Treasurer

Session: June 26 - August 28

Students who were enrolled in the Spring 2013 session 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.

Check website for

Summer Dance Camps @ Balboa Park For more information contact the Dance Department at (619) 235-5255 or www.civicdancearts.org

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 **Time:** 8:30am - 9:30am

Ages: Adult

Fee: \$136 / 8 weeks **Session:** April 17 - June 5 **Instructor**: Maria Cleary

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For more info:

858 - 229 - 0360 or visit

www. purepilatessandiego.com



YOUTH CLASSES

KIDS ACT Stories in Performance!

Kids Act encourages students to manifest their talents and abilities through the joy of creative expression. Students will learn improvisational skills through theater games, adapt a story for performance, paint their own scenery, and perform for family and friends on the last day of class.

Day: Saturday

Time: 1:00 - 2:00pm 4 - 6 year olds 2:15- 3:15 pm 7-11 year olds

Fee: \$124

Session: April 6 - June 8 (8 weeks)

Instructor: Aleta Barthell

* No classes on April 13 and May 25

Questions about the program? Contact Aleta at 760 -

635 - 3340 or visit www.kidsactsd.com

CRAFTY MINDS

FREE AFTERSHOOL PROGRAM

Come check out our free minimum day afterschool program. Kids participate in a variety of recreation activities including crafts, sports, seasonal and cultural programs.

 Day:
 Wednesday

 Time:
 1:00 - 3:00pm

 Ages:
 6 - 12 years old

Session: March 6th - On Going **Fee:** Free - A signed parent permission slip is needed.

Instructor: City Recreation Staff

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 Pete McNamara - (858) 453-6208

SUMMER REGISTRATION DATE

Registration for Summer Camps begins Saturday, May 11, 2013

Registration for Summer Classes begins Saturday, June 8, 2013

YOUTH & ADULT LEAGUES



Master Your Sports CARMEL VALLEY OPEN TEAM ENTRY YOUTH BASKETBALL LEAGUE

Make your own team, pick a name, and play some basketball in two of the most beautiful facilities in San Diego. Ocean Air and Carmel Valley Recreation Centers. Teams are guaranteed eight games. This league is semi-competitive.

Cost: \$850 per team, includes uniforms Email ryan@masteryoursports.com Individual Players can register for the recreation league. See website for details

Season Runs late March to early June 2013. REGISTRATION DEADLINE MARCH 15, 2013.

Download team registration form at www.MASTERyourSPORTS.com

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Kurtis Swanberg LITTLE ROOKIES T-BALL



The classes are designed to enhance the players skills and proper technique while learning all the fundamentals of the game. He will personally instruct the students in baserunning, throwing, fielding, hitting, pitching and receiving the ball . Classes are considered one of the finest in all San Diego County. The players greatly develop their skills and confidence while enjoying a fun and rewarding time.

Day: Wednesday

Ages: 3 - 7 **Time**: 3:30 – 4:15pm

Session: March 27 - May 15 **Fee:** \$149 / 8 weeks

Day: Sunday

Ages: 3 - 5 Regular Class

Time: 3:00 - 3:45pm

Ages: 3 - 5 Veterans/Pitching Machine

Time: 3:50 - 4:35pm **Session: March 31 - May 19**

Fee: \$149 / 8 weeks

For more info call the office at 858-344-7678 or website www.littlerookiestballschool.com

*Little Rookies rents facilities from the City. All program inquiries and registrations are handled by Little Rookies

Torrey Hills

Sponsored by the Ocean Air Recreation Council and Torrey Hills HOA



Saturday, March 30, 2013 9:00 a.m. – 12:00 p.m.

Torrey Hills Community Park – 4262 Calle Mejillones

GAMES!

EGG HUNT TIMES

0 - 2 years 9:30am

JUMPERS 6 - 8 years 9:50am 9:50am 3 - 5 years 9:40am

10:00am

FACE PAINT

MUSIC!

SCAVENGER HUNT AGES 10 & UP 9:00am - 11:30am



*Please arrive on time and bring your own basket! FOR MORE INFORMATION CALL 858-552-1687

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, 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 DISCRIMINA-TION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8903 OR THE OFFICE OF EOUAL OPPOR-TUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST

FIND AND CIRCLE ALL THE WORDS OF SPRING

