



City of San Diego Park & Recreation Department
"We enrich lives through quality parks and programs."
<http://www.sandiego.gov/park-and-recreation/centers/carmelvalley.shtml>

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OFFICE HOURS FOR CLASS REGISTRATION

TUESDAYS 12:00 - 7:00PM

FRIDAYS 12:00 - 6:00PM

Staff will be available to take registration 30 minutes
before the first class of each session.

ONLINE
REGISTRATION
INFORMATION
ON PAGE 8.



You can now download the Active Network, Inc.
on your smart phone or tablet to register for classes.

WINTER 2013 PROGRAM



Park Use Permits and Recreation Center Use Permits are taken by appointment only.
Please contact the Center Director at (858) 552-1616 to make an appointment.

CLASS REGISTRATION BEGINS DECEMBER 8, 2012 AT 9:00AM

See page 8 of this brochure for more details.

Carmel Valley Community Park & Recreation Center

3777 Townsgate Drive
San Diego, CA 92130

Recreation Center Office:

(858) 552-1616

Carmel Valley Pool:

(858) 552-1623

Carmel Valley Tennis:

(858) 504-4181

Recreation Council Information

www.cvsd.com/CVRecCenter

REGISTRATION INFORMATION

Online Registration will be available this season.
See page 8 in this brochure for details. Children under 18 must be registered by their parent/legal guardian. **NO EXCEPTIONS!**

REGISTRATION BEGINS:

SATURDAY, December 8, 2012 at 9:00AM

Registration at the Recreation Center will be done on a first come, first serve basis. (Except for Adult Sports Leagues, Master Sports Programs, Senior Fitness & Carmel Valley Tennis)

Historically, only a few classes fill to capacity on the first day of registration; register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. *Programs may be cancelled if the minimum enrollment requirement is not met 48 hours prior to the start of the first class. Please register early.* **All participants must meet age requirements.**

PAYMENT POLICY:

- ◆ Payment is required at the time of registration.
- ◆ Payment methods for registrations taken at the Center are a credit card, EXACT cash or a check payable to CVRC.
- ◆ **Online Class registration requires a credit card payment.**
- ◆ **Credit cards accepted are VISA, MasterCard, American Express and Discover. We are unable to accept debit cards.**
- ◆ A \$35 fee will be charged for all returned checks.
- ◆ **Financial assistance is available. Please submit the application to Recreation Center office one week prior to the start of registration.**
- ◆ Class fees are not prorated/discounted after the beginning of the scheduled session.

Resident - Resides in the City of San Diego, property taxes are paid to the City of San Diego

Non-Resident - Resides outside the City of San Diego (Solana Beach, Del Mar, Rancho Santa Fe, Cardiff, etc.)

REFUND POLICY:

This policy applies to programs offered by the Carmel Valley Recreation Council. Sorry, no refunds available for programs with less than 4 class meetings. No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). **Sorry, no exceptions!**

If a class is canceled due to class minimums not being met; you will be notified by email. Refunds checks will be issued and mailed to the address on the family account.

A \$20 service fee will be charged per registrant for each refund request. Refunds are processed within 10 business days of request. All approved refund requests will be paid via check. This includes credit card transactions. A CVRC Refund Request Form (available at the Recreation Center) and your registration receipt must be submitted **at least 48 business hours prior to the second scheduled class meeting.**

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and cannot participate in class please contact CVRC staff as soon as possible. **A CVRC Refund Request Form** (available at the Recreation Center) **must be submitted as soon as possible.** Refund or credit will be determined on a case by case basis by the Center Director.

CARMEL VALLEY PARKS

Ashley Falls Park	13030 Ashley Falls Drive
Carmel Creek Park	4260 Carmel Center Road
Carmel Del Mar Park	12345 Carmel Park Drive
Carmel Valley Community Park	3777 Townsgate Drive
Solana Highlands Park	3520 Long Run Drive

PARK USE INFORMATION

City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

Call for availability and more information. Permits are taken by appointment only. **Please contact the Center Director at (858) 552-1616 to schedule.**

CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center is a City of San Diego Park and Recreation facility and is free and open to the public, during designated hours. Facilities and programs available:

- ◆ Indoor multipurpose courts
- ◆ Game room with Table Tennis
- ◆ Passive picnic areas with barbeques
- ◆ Outdoor basketball courts
- ◆ Outdoor Fitness Stations
- ◆ Tennis courts
- ◆ Amphitheater
- ◆ Two Playgrounds
- ◆ Multipurpose fields
- ◆ Horseshoe pits

CARMEL VALLEY PARKS ADMINISTERED BY THE MAINTENANCE ASSESSMENT DISTRICT:

Carmel Grove Park, Corner of Carmel Grove and Carmel Creek Rd.

Carmel Knolls Park, 4850 Carmel Knolls Dr.

Carmel Mission Park, Corner of Carmel Country & Carmel Mission Rd.

Carmel View Park, Corner of Valley Centre Dr. & Carmel View Rd.

Torrey Highlands Park, Corner of Del Mar Heights Rd. & Lansdale

Winwood Park, Corner of Carmel Creek Rd. & Pasea Montanas

For information or concerns contact George Flores at (619) 385-1335 or Dan Foley at (619) 685-1366.

For Permits contact: Center Director at (858) 552-1616.

RECREATION COUNCIL:

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

INDIVIDUALS WITH DISABILITIES:

Accommodations are available for persons with disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance. Please contact the Center Director for information.



Having a Party in the Park?

If you would like to host a birthday or other special occasion party in one of the above listed parks please contact staff at the Recreation Center for availability and information
(858) 552-1616

Are you going to register online?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]



FAMILY SELF DEFENSE & SAFETY

Kajukenbo Karate/ Wushu Kung Fu

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jujitsu, Kenpo, and Chinese Boxing (Kung Fu). Our goal is to increase self confidence, discipline and awareness of surroundings. Students will focus on multiple aspects of the martial arts which includes physical conditioning, forms (movements involving kicks, punches and blocks), and of course, self defense. Join our family environment and get the Martial Arts Advantage!

Day/Time: Thursday, 6:00 - 7:30pm
Ages: 5 and up - All skill levels are welcome
Cost: \$75/5 weeks or \$88.75 for Non-residents
Instructor: Mike Shaw, 3rd Degree Black Belt
Location: CVRC Room 2

Minimum Enrollment: 3 Maximum Enrollment: 25

SESSION 1: 1/3 - 1/31/13 [3284]

SESSION 2: 2/7 - 3/21/13 No class 2/14 & 2/21 [3285]

For more information contact Mike Shaw at (858) 531-2508.

Email: 3shawboys@gmail.com

Internet: www.kick411.com



TINY TOTS by Hopscotch San Diego

Our Tiny Tots program is designed to help preschoolers (ages 3-5) get ready for "real" school. Miss Kim and the Hopscotch staff offer a well-rounded curriculum that includes art, music, movement, science, language arts, pre-math, and pre-reading.

The Tiny Tots class provides a *fun* atmosphere for children to socialize with others both indoors and outdoors, learn how to stand in line, participate in circle time, and the list continues! Each three-hour session includes instruction, materials for learning activities, art projects, musical instruments, and healthy snacks.

Ages: 3 - 5 years
Days: Monday and Wednesday
Times: 9:00am - 12:00pm
Instructor: Kim Bruch
Location: CVRC Room 2

Minimum Enrollment: 7 Maximum Enrollment: 14



Session One: Under the Sea,

Art by Wyland, Music by Raffi [3286]

January 7, 9, 14, 16, 23, 28, 30 (No class Monday, 1/21)

Cost: \$210/7 classes or \$229.25 for Non-residents

Session Two: Two Insects and Bird,

Art by David Kirk, Music by Rimsky-Korsakov [3287]

February 4, 6, 11, 13, 20, 25, 27 (No class Monday, 2/18)

Cost: \$210/7 classes or \$229.25 for Non-residents

Session Three: Gardening,

Art by Van Gogh, Music by Woody Guthrie [3288]

March 4, 6, 11, 13, 18, 20, 25, 27

Cost: \$240/8 classes or \$262 for Non-residents

For more information please call Kim at (858) 336-0053.

Internet: <http://hopscotchsandiego.com>

Email: kimbruch@yahoo.com

BRAZILIAN JIU JITZU

In this class that is held 2 days a week, your child will learn Brazilian Jiu Jitsu techniques and Anti-Bully techniques that they can use in real life situations. They will learn proper techniques to overcome a much stronger and heavier opponent using leverage and gain self confidence, respect and balance.

Day/Time: Monday at 5:00 - 6:00pm & Saturday 12:00 - 1:00pm
Ages: 4 - 10 years

Cost: \$130/6 weeks or \$163 for Non-residents

Instructor: Edward Hawkins

Location: CVRC Room 2

Minimum Enrollment: 4 Maximum Enrollment: 14

SESSION 1: 1/5 - 2/16/13 No class 1/21 [3289]

SESSION 2: 2/23 - 4/6/13 [3290]



For more information, please email Edward Hawkins at Cored2220@gmail.com

STORIES IN PERFORMANCE with KIDS ACT!

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
Age/Time: 4 - 6 years, 9:30 - 10:30am [3291]

7 - 11 years, 10:30 - 11:30am [3292]

Cost: \$124/8 weeks or \$146 for Non-residents

Instructor: Aleta Barthell, Professional Theater Artist and Founder

Location: CVRC Room 2

Minimum Enrollment: 4 Maximum Enrollment: 12

SESSION: 1/12 - 3/2/13



For more information contact Aleta Barthell at (760) 635-3340.

Internet: www.kids-act.com

CHILD AND BABYSITTER SAFETY

Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children. Participants receive a booklet and starter first aid kit, and a Babysitter certificate upon completion. Instructor, Sue Lockhart, has been training babysitters in San Diego for 20 years. *Group classes can also be scheduled for Girl Scout groups with a special discounted rate. Contact Sue directly at (858) 344-0475.*

Date/Time: Saturday, March 16 & 23, 9:30am - 11:30am [3293]

Ages: 11 - 16 years

Instructor: Sue Lockhart

Location: CVRC Room 2

Cost: \$63 per person

(Refund requests must be submitted 48 business hours prior to start of class.)

Minimum Enrollment: 3 Maximum Enrollment: 20

For more information contact Sue at (858) 344-0475.

Internet: www.lockhart-training.com

Email: sue@lockhart-training.com



LITTLE RASCALZ SOCCER

Ages: 18 months - 6 years old

Locations: Carmel Valley Recreation Center and Neighborhood Parks (various locations)

Times: Vary

For more information, please visit our website at www.littlerazcalzsoccer.com or call 619-309-9626.



MASTER SPORTS - SPORTS CLASSES

REGISTER DIRECTLY WITH MASTER SPORTS

JR. SPORTS

Each session participants will play soccer, basketball, tee-ball, flag football and track and field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are appropriate for each age group and most importantly a lot of fun. Sports gift and class shirt included.

MONDAY

2 - 3 years 9:20 - 9:55am (Parent Participation Required)

Parent and participant receive matching class shirts.

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

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

TUESDAY

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

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

SATURDAY

4 - 5 years 9:00am - 9:50am

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

2 - 3 years 11:00 - 11:40am (Parent Participation Required)

Cost: \$115/8 weeks

Instructor: Master Sports Staff

SESSION: Monday 1/14 - 3/18/13

Tuesday 1/15 - 3/5/13

Saturday 1/19 - 3/9/13

LOCATION: CVRC Lower Field



LACROSSE

This class is designed for the beginner lacrosse player. Basic fundamentals will be taught, such as stick handling, passing, and shooting. Our instructors will use various drills to teach skills, rules and how to play. (Non contact). Protective eyewear and sticks provided. T-shirt provided.

Day: Tuesday

Time/Age: 3:45 - 4:45pm 8 - 10 years

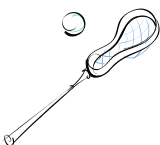
4:45 - 5:45pm 10 - 12 years

Cost: \$115/8 weeks

Instructor: Master Sports Staff

SESSION: 1/15 - 3/5/13

LOCATION: CVRC Upper Field



SOCCER

Students will improve their ball handling, goal scoring, passing and more in this class. Emphasis is given to improving motor skills, strength and conditioning, and overall awareness of what is occurring on the soccer field. A great opportunity for players to maintain and improve their skills all year round. The class is formatted with games and drills that are perfect for all levels, including beginners and experienced players.

Day: Friday

Time/Age: 3:00 - 3:45pm 4 - 5 years

3:45 - 4:45pm Grades K - 2

4:45 - 5:45pm Grades 3 - 6

Cost: \$115/8 weeks

Instructor: Master Sports Staff

SESSION: 1/18 - 3/8/13

LOCATION: CVRC Upper Field



LASER TAG

By combining the exciting game of laser tag with popular games like Capture the Flag, Hide and Seek, and Paintball, we have created a fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Our Taggers are the highest quality equipment on the market with awesome sound effects and feedback. The game is played on a field full of props to run around and hide. Get off the couch and into a "Live Game"! T-shirt provided.

Day: Thursday

Time/Age: 3:30 - 4:30pm, ages 8 - 12

Cost: \$115/8 weeks

SESSION: 1/17 - 3/7/13

LOCATION: CVRC Lower Field



BASKETBALL

Our staff will help students improve in all aspects of the game. 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.

Day: Wednesday

Time/Age: 2:45 - 3:45pm Grades K - 2

3:45 - 4:45pm Grades 3 - 6

Cost: \$115/8 weeks

Instructor: Master Sports Staff

SESSION: 1/16 - 3/6/13

LOCATION: Carmel Valley Recreation Center Gymnasium



VOLLEYBALL

This volleyball program will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship and rules will all be covered in this fun class.

Day/Age: Monday, 9 - 13 years

Time: 4:00 - 5:00pm Beginner

5:00 - 6:00pm Intermediate

Cost: \$115/8 weeks

Instructor: Master Sports Staff

SESSION: 1/14 - 3/18/13 (No class 1/21 or 2/18)

LOCATION: Carmel Valley Recreation Center Gymnasium



Don't Wait - Register Online Today at
www.MASTERyourSPORTS.com

To register for Master Sports programs visit
www.MASTERyourSPORTS.com

For more information contact Cara Dawson at (858) 945-4889.
Email: service@MASTERyourSPORTS.com

MASTER SPORTS - SPORTS LEAGUES, PARTIES AND CAMPS

REGISTER DIRECTLY WITH MASTER SPORTS

HOLIDAY XTREME DODGEBALL CAMP

By combining some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek, and Paintball, Master Sports has created an incredibly fun, fast-paced, adrenaline rush game.

This game teaches team work, strategy, and good sportsmanship.

Fitness benefits include building speed, agility, coordination and throwing accuracy.

The game is played on a court with inflatable obstacles used for ducking, dodging and hiding. Our dodge balls are child friendly soft foam core models to create a safe and Xtremely fun time.

WINTER BREAK CAMP

Day: Tuesday - Friday
Time: 9:00am - 12:00pm
Age: 6 - 12 years
Cost: \$135
Director: Master Sports Staff
SESSION: 2/19 - 2/22/13

SPRING BREAK CAMP DATES

Day: Monday - Friday
Time: 9:00am - 12:00pm
Age: 6 - 12 years
Cost: \$155
Director: Master Sports Staff
SESSION: 4/8 - 4/12/13

LOCATION: Carmel Valley Recreation Center Gymnasium
NOTE: When registering online be sure to go to CAMPS and not classes for this program.



SPRING BEGINNER T-BALL LEAGUE

This league is designed for children who miss the cutoff date for little league. It is a non-competitive environment where the score is not kept. There are no outside practices and parents are encouraged to participate in meetings. The goal of the league is to have fun, develop new skills, enjoy wearing a hat and uniform and being part of a team for the very first time. Baseball jersey, hat, trophy and team picture provided.

Day: Saturday
Age: 4 & 5 years
Cost: \$130
Instructor: Master Sports Staff
SESSION: 3/16 - 5/11/13 (No meeting 3/30)
LOCATION: CVRC Lower Field
NOTE: When registering online be sure to go to LEAGUES and not classes for this program.



LASER TAG BIRTHDAY OR GROUP PARTIES by Master Sports

This is the birthday party that takes the cake – a laser tag birthday party is non-stop fun, whether you're turning 7 or 40. And parents, you can enjoy the celebration - our birthday parties are hassle-free as we handle all the entertainment! Players will enjoy state of the art outdoor laser tag equipment designed for huge fun. Email jay@masteryoursports.com to reserve your laser tag event.

Included: 5 camouflage tents, inflatable boxes & commercial quality outdoor laser taggers. 90 mins. of game play!
Day: Saturday/Sunday
Age: 7 years to adult
Time: 11:00am - 12:30pm or 1:00pm - 2:30pm
Cost: \$375 for 15 players or less. \$15 per additional player over 15. Specialty items available for an additional charge. (i.e. full scale F-22 replica jet, etc.)
LOCATION: CVRC Lower Field

CARMEL VALLEY TENNIS

WINTER 2013 AFTER SCHOOL TENNIS CLINIC SCHEDULE



Tier I & II :	Mondays & Wednesday	3:30 - 5:00pm
Tier III:	Monday & Wednesday	5:00 - 6:30pm
Sessions:	1/7 - 1/30 No clinic 1/21	\$140/7 clinics
	2/4 - 2/27 No clinic 2/18	\$140/7 clinics
	3/4 - 3/27	\$160/8 clinics
Tier IV:	Tuesday and Thursday	3:30 - 5:00pm
Sessions:	1/8 - 1/31	\$160/8 clinics
	2/5 - 2/28	
	3/5 - 3/28	
High Perform. I:	Tuesday and Thursday	5:00 - 7:00pm
Sessions:	1/8 - 1/31	\$200/8 clinics
	2/5 - 2/28	
	3/5 - 3/28	
High Performance II:	Friday	4:00 - 6:30pm
Session:	1/11 - 3/29	\$420/12 clinics

Instructor approval required for all clinics except Tier I & II. Drop in prices apply if space is available. \$25 processing fee for all refunds. No refunds once the session has begun. Make up dates for rain only.

For scheduling, please call Carmel Valley Tennis at 858-504-4181 or visit www.carmelvalleytennis.net.

GYM KIDS GYMNASTICS

TODDLERS AND PRESCHOOLERS

In our toddler and preschool program, children ages walking through 5 develop gymnastics skills on all of the apparatus using progressions. Kinesthetic awareness, fine & gross motor skills, hand/eye/foot coordination and crossing the midline activities are packed into a FUN filled active learning experience. Minimum Enrollment: 3

Gym Kids Pre-Rollers: walkers - 3 years

*Parent Participation REQUIRED

Led by our enthusiastic & knowledgeable staff, parent/guardian accompanies the young gymnast as they develop fine & gross motor skills, learn gymnastics on all of the gymnastics stations along with rhythm & movement, bubble and parachute time!

Monday 9:30 - 10:15am [3301]
10:30 - 11:15am [3302]
5:00 - 5:45pm [3303]

Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am [3304]	Tuesday	12:00 - 12:45pm [3312]
	11:30 - 12:15pm [3305]		2:00 - 2:45pm [3313]
	3:00 - 3:45pm [3306]		3:00 - 3:45pm [3314]
	4:00 - 4:45pm [3307]		4:00 - 4:45pm [3315]
	5:00 - 5:45pm [3308]		5:00 - 5:45pm [3316]

SCHOOL AGE PROGRAM

Our school age gymnastics program, designed for children ages 5 - 12, challenges children in a safe and positive way as we teach technically correct gymnastics on the Olympic events: vault, bars, balance beam, floor exercise and trampoline. Our noncompetitive program focuses on the learning process, as we promote the feeling of "I CAN DO IT!" in each child. Minimum Enrollment: 3

Pre-Jumpers: Girls 4 - 6 years

Tuesday 1:00 - 2:00pm [3317]

Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm [3309]	Tuesday	3:00 - 4:00pm [3318]
	4:00 - 5:00pm [3310]		4:00 - 5:00pm [3319]
			4:45 - 5:45pm [3320]

Gym Jammers: Girls 7 - 11 years

Tuesday 3:45 - 4:45pm [3321]
4:45 - 5:45pm [3322]

Gym Jumpers & Jammers Level II: 6 - 11 years

Must have previous gymnastics experience and meet a skill set to be invited into this class.

Monday 5:50 - 6:50pm [3311]

Boys Only: 5 - 7 years

Tuesday 3:00 - 4:00pm [3323]

Cost: \$160/10 weeks or \$187.50 for Non-residents
SESSION: Mon. 1/7 - 3/25/13 NO CLASS 1/21 & 2/18
Tues. 1/8 - 3/26/13 NO CLASS 1/22 & 2/19

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

For more information contact Gym Kids at (858) 487-7799.
Email: info@rockntumble.com
Internet: www.rockntumble.com/carmelsched.pdf

Are you going to register online?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]



TOTS 'N POTS

Tots 'n Pots is a fun-filled, hands-on cooking & baking workshop experience, creating a platform to educate children as to healthy foods and eating habits. The workshops allow your child to be creative while having fun and the best part... you can leave the mess to us! We introduce fun and creative recipes each week in our workshops, some interesting facts about the food they are preparing, useful tips and fun recipes are available for Moms via email on request!

Little Chefs: 2 - 6 years (parent participation required)

Day: Thursday
Time: 1:00 - 2:00pm
Session 1: 1/17 - 2/14/13 [3294]
Session 2: 2/28 - 3/28/13 [3295]
Location: CVRC Room 2
Cost: \$125/5 weeks or \$138.75 for Non-residents
Minimum enrollment: 5 Maximum enrollment: 9

Tiny Tots: 2 - 5 years (parent participation required)

Day: Friday
Time: 10:00 - 11:00am
Session 1: 1/18 - 2/15/13 [3296]
Session 2: 3/1 - 3/29/13 [3297]
Location: CVRC Room 2
Cost: \$125/5 weeks or \$138.75 for Non-residents
Minimum enrollment: 5 Maximum enrollment: 9

For more information please email Chene@totsnpots.com or call (858) 926 6509.



ARTISTS STUDIO - NEW!

In this fun and creative themed art class, children will ignite their imagination, develop concentration, build confidence, develop skills and have fun. Using real artists materials including watercolors, tempera paints, oil pastels, children create masterpieces that are truly unique.

Age/Day/Time: 5 - 10 years, Thursday, 3:00 - 4:00pm
Location: CVRC Room 2
Session 1: 1/10 - 2/14 [3298] Session 2: 2/21 - 3/28 [3299]
Location: CVRC Room 2
Instructor: Anu Gujral
Cost: \$85/6 weeks or \$101.50 for Non-residents
Note: Additional \$12 materials fee will be collect by the instructor.
Minimum enrollment: 6 Maximum enrollments: 12
For more information contact Anu at 858-386-8923 or gujralanu@gmail.com



GYM KIDS JR. HIGH TUMBLING & TRAMPOLINE

For the middle school aged boy or girl gymnast. Focus is on tumbling and trampoline skills that carry over into cheer as well as ALL sports. Vault, Bars and Beam are incorporated to promote upper body strength and balance.

Day: Monday
Time: 5:50 - 6:50pm [3360]
Age: 6th - 8th Grade
Cost: \$160/10 weeks or \$187.50 for Non-residents
SESSION: 1/7 - 3/25/13 NO CLASS 1/21 & 2/18

For more information contact Gym Kids at (858) 487-7799.
Email: info@rockntumble.com
Internet: www.rockntumble.com/carmelsched.pdf



MAGICAL MUNCHKINS

This gentle introductory combination class of tap, ballet, tumbling and dance games is fun, energetic, and expressive that will have your Magical Munchkin learning all the basics for their first dance class. Parent (or caregivers) presence required since parents participate as needed. Dancers must be at least 24 months before the session starts.

Day: Wednesday
Age: 2 - young 3 years
Time: 9:45 - 10:30am

SESSION 1: 1/2 - 2/6 [3324]

SESSION 2: 2/13 - 3/27 [3325]

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 10



TINY MOVERS TAP/ BALLET COMBO CLASS

A combination class of tap, ballet, tumbling and dance games. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. This is the first 'big girls' and boys' class as parents watch from outside of the room.

Day: Wednesday
Age: 3 - 4 years
Time: 10:35 - 11:30am Sess. 1:[3326] Sess. 2:[3327]
3:30 - 4:25pm Sess. 1:[3328] Sess. 2:[3329]

SESSION 1: 1/2 - 2/6

SESSION 2: 2/13 - 3/27

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 14

PRE-STAR SHINERS TAP/ BALLET COMBO

Pre-Star Shiners is a transition class between Tiny Movers and Star Shiners.

Day/Time: Thursday 4:15 - 5:10pm
Saturday 9:30 - 10:25am
Age: 4 - 5 years

SESSION 1: Thurs. 1/3 - 2/7 [3335]

SESSION 2: Thurs. 2/14 - 3/28 [3336]

SESSION 1: Sat. 1/5 - 2/9 [3337]

SESSION 2: Sat. 2/16 - 3/30 [3338]

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 14



STAR SHINERS TAP/ BALLET COMBO

A combination class of ballet and tap 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.

Day: Wednesday
Age: 4.5 - 6 years
Time: 11:35am - 12:30pm or 4:30 - 5:25pm

SESSION 1: 1/2 - 2/6 11:35am [3342] 4:30pm [3344]

SESSION 2: 2/13 - 3/27 11:35am [3343] 4:30pm [3345]

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 14

Cost: Session 1: \$94/6 weeks or \$110.50 for Non-residents
Session 2: \$109/7 weeks or \$128.25 for Non-residents

For more information or to take a TRIAL CLASS, contact Dance to EvOLvE at (858) 876-5327 or info@danceto evolve.com.
Internet: www.danceto evolve.com



BALLET 1

A beginner ballet class focusing on ballet technique through barre and center work. This class begins a young dancer's ballet training by developing grace, strength, and balance while always having fun.

Day/Age/Time: Thursday, 6 - 9 years, 5:15 - 6:10pm

SESSION 1: 1/3 - 2/7 [3346]

SESSION 2: 2/14 - 3/28 [3347]

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 14

BABY BOPPERS HIP HOP

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 (or caregivers) presence required since parents participate as needed. Dancers must be at least 24 months before the session starts. Great for boys and girls!

Day/Age/Time: Saturday, 2 - 3 years, 10:30 - 11:15am

SESSION 1: 1/5 - 2/9 [3348]

SESSION 2: 2/16 - 3/30 [3349]

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 10

BEAT BREAKERS HIP HOP

This fun high-energy class enables boys to be boys and girls to let loose while developing creativity, coordination, musicality and listening skills. Activities include hip hop, basic break dancing, and dance games in a non-stop action-packed class that will have you movin' to the beats! All music and moves are age appropriate.

Day/Time: Wednesday 4:15 - 5:10pm
Saturday 11:20am - 12:15pm

Ages: 4 - 7 years

SESSION 1: Wed. 1/2 - 2/6 [3350]

SESSION 2: Wed. 2/13 - 3/27 [3351]

SESSION 1: Sat. 1/5 - 2/9 [3353]

SESSION 2: Sat. 2/16 - 3/30 [3355]

LOCATION: CVRC Room 1 (Sat), CVRC Room 2 (Wed)

Minimum Enrollment: 5 Maximum Enrollment: 12

HIP HOP

This exciting and fast paced class will leave your dancer feeling fresh! Don't be intimidated...great for those who want be challenged, learn various styles of hip hop, push creativity, and boost confidence. All music and moves are age appropriate in this fun and open hip hop class for boys and girls.

Day/Age/Time: Wednesday, 8 - 12 years, 5:15 - 6:10pm

SESSION 1: 1/2 - 2/6 [3356]

SESSION 2: 2/13 - 3/27 [3357]

LOCATION: CVRC Room 2

Minimum Enrollment: 5 Maximum Enrollment: 16

NEW! ADULT CARDIO HIP HOP

Come break a sweat in this nonstop energetic class! Perfect for beginners and those who just want to have fun. Music will change throughout class to give a dance party feel as you burn calories in this full body workout involving cardio and conditioning. Improve coordination, balance, rhythm, and fitness all while having a blast!

Age/Day/Time: Adults, Wednesday, 6:15 - 7:10pm

SESSION 1: 1/2 - 2/6 [3358]

SESSION 2: 2/13 - 3/27 [3359]

Location: Room 1

Minimum enrollment: 5 Maximum enrollment: 20

ADULT AND SENIOR ACTIVITIES



Zumba Classes:
Wednesdays at 6:30pm
in CVRC Room 2

SENIOR ACTIVITIES

LIFE STORY: POETRY & MEMOIR WRITING CLASS

ACTIVE OLDER ADULTS: STRENGTH & STRETCH

Senior classes offered through the San Dieguito Adult School.

Contact the San Dieguito Adult School for class schedules and registration information.

Phone: (760) 753-7073

Internet: www.sdadulthood.com



ONLINE REGISTRATION INFORMATION

You may register online for Programs offered by the Recreation Council using the Online Activity Registration System.

Log onto: www.SDRecConnect.com

Returning Customers (previously registered for classes online) - Click the **My Account** button. Enter your Login (email) and password. Log in with this password to activate your account.

First-time Online User?

New Accounts – click on the Create Account button. Fill out the New Account request form completely, including all required fields (Birth date, gender, email address, ect.) and click submit. Please submit your request only once. You will receive an email with a password. After logging in using the new password, you will be prompted to change your password.

***Please Note:** If you are registering a child for an activity, *please use your own information when completing the New Account Request form*, NOT the information of the child you wish to register for an activity. Once you have an online registration account, you will have the opportunity to add family members.

If you need help please click the **FAQs (Frequently Asked Questions)** button for information.

YOUTH B-BALL LEAGUES

Association for Athletics

CARMEL VALLEY OPEN - SPRING 2013 TEAM ENTRY YOUTH B-BALL LEAGUE

Make your own team, pick a name, and play some basketball in two of the most beautiful facilities in San Diego.

Games are on Mondays and Wednesday evenings and held in the gyms at Ocean Air and Carmel Valley Recreation Centers.

Teams are guaranteed eight games. All communities are welcome to participate. This league is semi-competitive.

Cost: \$850 per team includes uniforms (1 check per team)

Email ryan@masteryoursports.com to reserve a spot.

Season Runs late March to early June 2013.

REGISTRATION DEADLINE MARCH 15, 2013.

DOWNLOAD TEAM REGISTRATION FORM AT

www.MASTERYOURSPORTS.com

Association for Athletics

SPRING 2013 RECREATION LEAGUE FOR INDIVIDUAL PLAYERS



Divisions:

Grade 1 -2 (Co-ed)

Grade 3 - 4 (Boys)

Grade 5 - 6 (Boys)

Grade 7 -8 (Boys)

League Play: Late March - Early June 2013

Registration Fee: \$125 per player

Games are Saturdays in the

Carmel Valley Recreation Center Gym.

PLEASE VISIT www.MASTERYOURSPORTS.com

FOR MORE INFORMATION.

Please Note: Our Summer 2013 (June - August)

Youth Basketball League Registration begins March 15 online.

ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

SOFTBALL LEAGUES: MEN'S & CO-ED

- Team sign ups only.
- Men's Slow Pitch: Tuesday or Thursday Nights at CVRC
- Team entry fees to be determined.

For more information contact League Director,
Pete McNamera, at (858) 453-6208.

* KICKBALL LEAGUES: CO-ED

- Individuals and Teams are welcome to sign up.
- Social league: Games played on Monday nights

For more information visit: www.govavi.com or
call (858) 273-3485

* INDOOR VOLLEYBALL LEAGUES: CO-ED

- Individuals and Teams are welcome to sign up.
- 6v6 Intermediate Thursday nights

For more information visit: www.govavi.com or
call (858) 273-3485

* BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights.
- B and C divisions available.

For more information call Lance at (619) 991-8902 or visit:
www.sandiegoabl.com