



THE CITY OF SAN DIEGO

Park & Recreation Department

"We enrich lives through quality parks and programs."

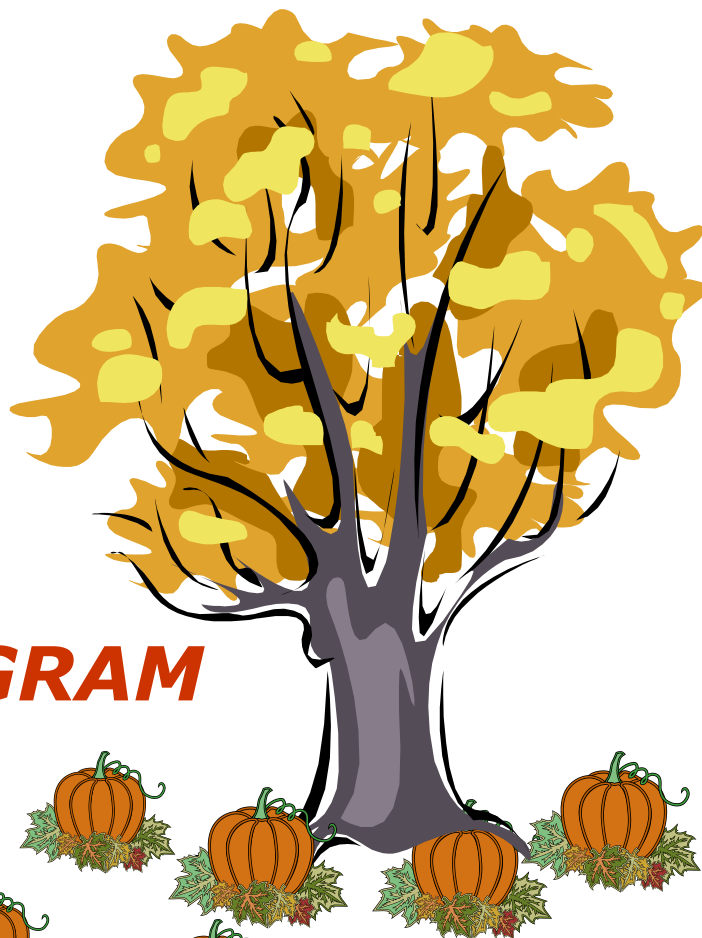
# OCEAN AIR RECREATION CENTER

4770 Fairport Way

San Diego, Ca 92130

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

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



## **ACTIVITY PROGRAM 2013**



### **FALL REGISTRATION DATES**

Registration for Fall Classes begins **September 4, 2013** at 4:30pm

# REGISTRATION INFORMATION

## HOURS OF OPERATION

**Monday & Wednesday**  
12:00pm - 8:00pm



**Tuesday, Thursday & Friday**  
1:00pm - 8:00pm

**Saturday**  
9:00am - 5:00pm

**Sunday**  
Closed



## HOLIDAY CLOSURES

November 11 - Veterans Day  
November 28 - Thanksgiving

## CLASS/CAMP REGISTRATION & PERMITTING HOURS

Tuesday & Wednesday 4:30pm - 7:00pm  
Friday 2:00pm - 7:00pm  
Saturday 10:00am - 2:00pm

\*All hours are subject to change without prior notification.

**Fee/Surcharge waiver & Scholarships  
Available**

**Ask staff for more information.**

## CLASS REGISTRATION BEGINS:

Wednesday, September 4, 2013 at  
4:30p.m.

## CAMPS/CLASSES

- \* Registration is taken on a first come, first serve, walk in basis. Phone or mail registration is not accepted.
- \* When camps/classes fill to capacity, waiting lists are formed. Camps/classes *may* be expanded to accommodate additional students.
- \* If camps/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 camp meeting.** No registrations will be accepted after the second scheduled camp/class meeting.
- \* Exact CASH or CHECK payable to OARC are the only methods of payment accepted.
- \* **A \$30.00 service fee will be charged for ALL returned checks.**
- \* Class fees are NOT pro-rated/discounted after the beginning of the scheduled session.

## REFUND POLICY

- \* **Refund request forms MUST be submitted PRIOR to the 1st scheduled camp 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.

## WINTER REGISTRATION DATES

The WINTER activity program will be available  
**Monday, November 25, 2013**

Registration for Winter Camps / Classes begins  
**Saturday, December 3, 2013** With most classes starting **January 6, 2013**

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

# REGISTRATION INFORMATION

## CONTRACTUAL PROGRAMS VERSUS RENTAL PROGRAMS

The Ocean Air Recreation Center offers a variety of programs for the youth which are provided through the means of two different sources; Contractual programs and rental programs. Contractual programs consist of independent contractors that have been approved by the Ocean Air Recreation Council as a sponsored programs. Rental programs are commercial companies that rent out the facility to offer their programs and activities for the community. Please see below for specified requirements:

### Requirements for Independent Contractors:

- All contractors, sub-contractors and volunteers must be finger-printed through the City of San Diego Live Scan Process.
- Contractors must submit a business license and proof of insurance
- City staff handles all registration for the program Contractors must provide Worker's compensation coverage for all their employees.

### Requirements for Permit Holders/Rental Programs:

- Must provide proof of insurance
  - Must provide own advertisement for program
- Handles all registration for their programs.  
Note: Rental programs are not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.

**Permit Holders/Rental programs are identified with a \*\*\* triple asterisk in this program**



## INDIVIDUALS WITH DISABILITIES

All classes or programs can accommodate individuals with disabilities. For programs that are sponsored by the Recreation Council, the City of San Diego Park and Recreation, Therapeutic Recreation Services will provide inclusion aides as additional assistances along with the contractual program staff.

Inclusion aides will be provided only upon availability. Requests for this service must be made at least three weeks prior to the first day of the program. For more information on Therapeutic Services, please call (619)525-8247. Rental programs are required to provide reasonable accommodations for individuals with disabilities. Contact program provider to discuss accommodations.

### **Our Vision**

***"We Enrich Lives Through Quality Parks and Programs"***

**Come out today and play!**

San Diego's Park and Recreation Department is responsible for overseeing nearly 40,000 acres of developed and undeveloped open space, more than 340 parks including Balboa Park, Mission Trails Regional Park, and Mission Bay Park; 26 miles of shoreline from Sunset Cliffs to La Jolla; 13 pools; 3 public golf complexes; 55 recreation centers and more. Park and recreation professionals and volunteers host hundreds of community events each year and provide safe places for thousands of children to go after school. City employees and volunteers take great pride to enrich the lives of others through quality parks and programs, designed and developed so that people of all ages, abilities and income levels have the chance to participate in excellent recreational opportunities.

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# CLASSES

## CIVIC DANCE ARTS

Founded in 1942, the Civic Dance Arts Program of the City of San Diego Park and Recreation Department has introduced hundreds of thousands of citizens to the art form of dance.

**CLASS DAY: WEDNESDAY**

**2:00pm - Pre-Tap (Age 4 - 5)**

**2:45pm - Tapp I (Age 6 - 17)**

**3:30pm - Jazz I (Ages 6 - 17)**

**4:15pm - Hip Hop (Ages 6 - 17)**

**5:00pm - Pre-Ballet (Age 4 - 6)**



**\*Registration: SEPTEMBER 18th**

Register/Pay with instructor on day and time of desired class. Priority will be given to continuing students.

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

**Classes Start: September 25 - December 11**

**For more information contact the Dance Department at (619) 525-8258 or [www.cividdancearts.org](http://www.cividdancearts.org)**

## CRAFTY MINDS

### FREE AFTERSCHOOL 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: On Going**

**Fee: Free - A signed parent permission slip is needed.**

**Instructor: City Recreation Staff**



## 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: Sep 9 - Dec 2 Fee: \$120 / 11 classes**

### 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: Sep 13 - Dec 6 Fee: \$130 / 12 classes**

### YOUTH GUP (8-ish 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: Sep 9 - Dec 18 Fee: \$240 / 27 classes**

### 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**

**ONLY \$6/CLASS!**

**Time: Beginner 6-7 pm; Int. 6-7:30 pm; Adv. 6-8 pm**

**Session: Sep 9 - Dec 20 Fee: \$240 / 41 classes**

No class: Nov 11, 25, 27, 29

**"Fitness, Safety, Fun - Skills for Life"**

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



**Sibling and Family Discount available, contact:**

**[coastal.canyon.tsd@gmail.com](mailto:coastal.canyon.tsd@gmail.com)**

**(858) 356-9535 [www.coastalcanyontsd.org](http://www.coastalcanyontsd.org)**



# CLASSES

## "Dance To EvOLvE" CLASSES

September 5th - December 21  
(15 week semester discount) - \$215  
\*\*\*\*\*

September 5th - October 19  
(7 week session) - \$107  
\*\*\*\*\*

October 24 - December 21  
(8 week session) - \$125

**\*\*NO CLASSES - 11/28 & 11/30**



### "SCHEDULE A TRIAL CLASS!"

#### THURSDAY

9:45am: Magical Munchkins - Tap/Ballet  
10:35am: Tiny Movers - Tap/Ballet  
11:35am: Pre-Star Shiners Tap/Ballet (4-5 yrs.)

#### SATURDAY

9:15am: Tiny Movers - Tap/Ballet  
10:15am: Star Shiners Tap/Ballet  
11:15am: Ballet 1

#### Magical Munchkins (2 - Young 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.

#### Ballet I (6 - 9 yrs.)

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 with always having fun.



**Director: Brittany White**

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

## ROCK 'n TUMBLE

### PRE GYM-KIDS WITH PARENTS

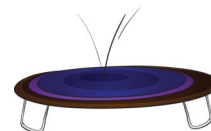
A class designed for parent and child "together time" An open format allows children to select activities from our kid's sized gymnastics apparatus. Lessons are guided by qualified, caring instructors with an emphasis on gymnastics, fine & gross motor development, rhythm and movement.

**Day:** Wednesday  
**Age:** Walking to 3 years old  
( 10:1 Student/Teacher Ratio)

**Time:** 10 - 10:45am

**Fee & Dates:**

\$160 / 10 weeks -  
September 25 - December 4  
**\* No class November 27**



### 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 ( 6:1 Student/Teacher Ratio)  
**Time:** 11:00 - 11:45am

**Fee & Dates:**

\$160 / 10 weeks -  
September 25 - December 4  
**• No class November 27**



### 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 - September 25 - December 4  
**\* No class November 27**

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

# CLASSES

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

## 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:** September 10 - October 31

Classes On-Going



### Level I

5:30 - 6:10pm

### Level II

6:15 - 7:00pm

### Level III

7:05 - 7:50pm



### INSTRUCTOR:

**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.

## 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:** 2:00 - 3:00pm

4 - 6 year olds

3:15 - 4:15 pm

7-11 year olds

**Fee:** \$124

**Session:** September 21 - November 9 (8 weeks)

**Instructor:** Aleta Barthell

Questions about the program? Contact Aleta at 760 - 846 - 6072 or visit [www.kidsactsd.com](http://www.kidsactsd.com)

## CARMEL VALLEY YOUTH SPORTS ORGANIZATIONS

**Carmel Valley Lacrosse**

[blacklax@att.net](mailto:blacklax@att.net)

**DMCV Sharks**

[dmcvsharks.com](http://dmcvsharks.com)

**C.V. Manchester Soccer**

[manchestersoccer.net](http://manchestersoccer.net)

**North Shores Girl Softball**

[northshoregirlsoftball.com](http://northshoregirlsoftball.com)

**Del Mar Little League**

[dmll.org](http://dmll.org)

**Carmel Valley Dons**

[cvdons.com](http://cvdons.com)

**T. Pines Football & Cheerleading**

[torreypinespw.com](http://torreypinespw.com)

**San Diego Youth Rugby**

[sandiegoyouthrugby.org](http://sandiegoyouthrugby.org)

### \*\*UPCOMING EVENTS\*\*

**Ocean Air Recreation Center**

**TOY/FOOD DRIVE &**

**PANCAKE BREAKFAST**

**Saturday, December 7, 2013**

# \*\*\*YOUTH CLASSES

## LITTLE RASCALZ CLASSES



### 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 (for parents too)!
- \*Super effective with small class sizes
- \*A high energy experience and great exercise. Plus, they promote the development of gross motor skills, social interaction, cooperation with peers, direction following, etc.

#### **\*Mommy 'n' Me**

For curious and energetic little ones aged 18 mo - 2½

#### **\*Regular classes**

Suitable for the majority of children aged 2½ - 5½

#### **\*Vets classes**

Slightly more challenging for children aged 4-6 yrs

#### **\*Advanced classes**

Advanced with competition introduced for 5-6 yrs

**Fall Session: September 3 - October 28  
(8 week session)**

**Fee: \$146.00**

#### **Day: Mondays**

9:30 - 10:10 - Mommy n me class

10:20 - 11:00 - Regular class

#### **Day: Tuesdays**

9:30 - 10:10 - Regular class

10:20 - 11:00 - Regular class

#### **Day: Fridays**

3:30 - 4:10 - Regular class

3:30 - 4:10 - Vets class

3:30 - 4:10 - Advanced class

4:20 - 5:00 - Regular class

4:20 - 5:00 - Vets class

4:20 - 5:00 - Advanced class

5:10 - 5:50 - Regular class

5:10 - 5:50 - Vets class

5:10 - 5:50 - Advanced class

**YEAR ROUND  
CLASSES  
CHECK WEB SITE  
FOR UP TO DATE  
SCHEDULES**



**For more information and registration for  
classes and camps contact Coach Suzie at  
619-309-9626  
www.littlerascalzsoccer.com**

## 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 base-running, 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 - 8 **Time:** 3:15 & 4:15pm

**Session:** September 11 - November 6

**Fee:** \$149 / 8 weeks

- No Class on October 9
- Check website for times

#### **Day: Sunday**

**Ages:** 3 - 5 **Regular Class**

**Time:** 3:00 - 3:45pm

**Ages:** 4 - 8 **Veterans/Pitching Machine**

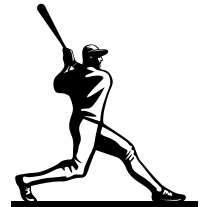
**Time:** 4:00 - 4:45pm

September 15 - November 10

**Fee:** \$149 / 8 weeks

- No Class on October 13
- Check website for times

For more info call the office at 858-344-7678 or  
website [www.littlerookiestballschool.com](http://www.littlerookiestballschool.com)



## Master 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](mailto:ryan@masteryoursports.com)

Individual Players can register for the recreation league.

See website for details or call **(858) 945-8339**

Season Runs Mid-September to early December  
Registration deadline is September 7th

Download team registration form at  
[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)

# \*\*\*YOUTH / ADULT CLASSES AND LEAGUES

## 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:** 3 - 6 4:45- 5:45pm  
**Fee:** \$115/ 8 weeks  
**Session:** September 23 - November 18



## 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:** September 25 - November 13  
**Fee:** \$115 / 8 weeks

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

## ADULT LEAGUES

### \*\*\* MEN'S BASKETBALL LEAGUE

**Tuesday Night - Ocean Air**

Rob Powell, League Director at (858) 829-8007 or [www.sandiegobasketball.com](http://www.sandiegobasketball.com)

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### BIO - TECH CO-ED SOFTBALL

**Monday, Tuesday, Wednesday Thursday**

Torrey Hills Neighborhood Park

**Thursday - Ocean Air Recreation Center**

Pete McNamara - (858) 453-6208

## 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.

**Day:** Thursday  
**Ages:** 9 - 13 years  
**Beginner:** 4:00 - 5:00pm  
**Intermediate:** 5:00 - 6:00pm  
**Fee:** \$115 / 8 weeks  
**Dates:** September 26 - November 14



## 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  
**Grade:** 4-5 years **Time:** 3:00 - 3:45pm  
**Grade:** K - 2nd **Time:** 3:45 - 4:45pm  
**Grade:** 3 - 6th **Time:** 4:45 - 5:45pm  
**Session:** September 26 - November 14  
**Fee:** \$115 / 8 weeks



## JR. SPORTS

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

**Day:** Wednesday or Thursday  
**Ages:** 3 - 4 years **Time:** 9:30am - 10:20am  
 4 - 5 years **Time:** 10:30am - 11:20am  
**Session:** Wednesday - September 25 - November 13  
 Thursday - September 26 - November 14  
**Fee:** \$115 / 8 weeks



**Day:** Saturday  
**Ages:** 3 - 4 years **Time:** 9:00 - 9:50am  
 4 - 5 years **Time:** 10:00 - 10:50am  
 5 - 6 years **Time:** 11:00 - 11:50am  
**Session:** September 28 - November 16  
**Fee:** \$115 / 8 weeks