



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

Winter Activity Program

REGISTRATION BEGINS: SATURDAY, DECEMBER 15, 2012

MOST CLASSES BEGIN WEEK OF JANUARY 7, 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

December 25, 2012 - Christmas Day

January 1, 2013 - New Year's Day

January 21, 2013 - Martin Luther King Jr. Day

February 18, 2013 - President's 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

REGISTRATION INFORMATION

CLASS REGISTRATION BEGINS:

Saturday, December 15, 2012

CLASSES BEGIN: Week of January 7, 2013

- * 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 accommodate 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.

REFUND POLICY

- * Refund request forms MUST be submitted PRIOR to the 2nd scheduled class meeting.
- * Refunds for camps and leagues must be submitted PRIOR 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.

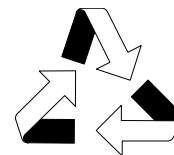
No organized play, practice or instruction is allowed in the gymnasium without approved permit.

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.



AED

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



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

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 Boppers 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.

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.

THURSDAY

No class 12/24-1/6

9:45am: Tiny Movers

10:35am: Baby Boppers Hip Hop

11:35am: Pre-Star Shiners

SATURDAY

9:30am: Magical Munchkins

10:20am Tiny Movers

11:20am: Star Shiners



WINTER SESSIONS

Dec 6 - Mar 16 \$182 / 13 weeks

Dec 6 - Jan 26 \$89 / 6 weeks

Jan 30 - Mar 16 \$104 / 7 weeks

TAKE A FREE TRIAL 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: Jan 7 - Mar 25 Fee: \$110 / 10 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: Jan 11 - Mar 29 Fee: \$120 / 11 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: Jan 7 - Apr 3 Fee: \$210 / 22 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

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

Session: Jan 7 - Apr 3 Fee: \$210 / 33 classes

ONLY \$6/CLASS!

No class Jan 21, Feb 18, 20, 22, Apr 1

Coastal Canyon



"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

ROCK 'N TUMBLE

Day: Wednesday
Fee: \$176 / 11 weeks
Session: Jan 9 - Mar 20

PRE GYM-KIDS - W/ PARENT

Age: Walking to 3 years
Time: 10 - 10:45am



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



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



ROCK 'N TUMBLE HOLIDAY GYMNASTICS CAMP

Our ever popular Gym Kids Camp is for boys and girls who want a day full of gymnastics activity and fun! Campers learn gymnastics skills at their pace, beginner through intermediate. Our fantastic staff works with small groups divided by age 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 and crafts, games, sports and agility.

Days: Wednesday - Friday **Time:** 9:00am - 1:00pm

Ages: 3 - 10 years **Fee:** \$108 / 3 days

Instructors: Miss Ashley & Miss Viviana

Dates: Dec 26 - 28, 2012

For more information contact Rock N Tumble at 858-487-7799 or 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: January 8 - February 28
 Classes On-Going

5:30pm - 6:15pm

Beginner/Intermediate

(White, Yellow, Orange, Orange with Black stripe and Green).

6:15pm - 7:15pm

Intermediate/Advanced (Purple and up)

INSTRUCTOR:

Sensei Melita holds a 2nd degree black belt in Shaolin Kempo and is a veteran of the United States Army, in which he served as a Special Operations Airborne Ranger. For more information on Sensei Melita, visit www.Danmelita.com



MASTER SPORTS CLASSES & CAMPS

MASTER SPORTS RENTS OUR FACILITIES. PLEASE CONTACT THEM DIRECTLY FOR REGISTRATION.

HOLIDAY XTREME DODGE BALL CAMP

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. Camp is held in the gym. Shirt included.

Days: Wednesday - Friday
Ages: 6 - 12 Beginner (Ages Broken into groups)
Time: 9:00am - 12:00pm
Fee: \$120 / 3 days
Dates: Jan 2 - 4



BASKETBALL CAMP

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. Shirt included.

Days: Wednesday - Friday
Ages: 6 - 12 Beginner (Ages Broken into groups)
Time: 9:00am - 12:00pm
Fee: \$130 / 3 days
Dates: Dec 26 - 28

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
Time: 9:00am - 3:00pm
Grade: K-2 3:45pm-4:45pm
Grade: 3-6 4:45pm-5:45pm
Fee: \$115/ 8 weeks
Session: Jan 14 - Mar 18 (No Class 1/21 or 2/18)



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 Camp T-shirt

Day: Thursday
Ages: 9 - 13 years
Beginner: 4:00 - 5:00pm
Intermediate: 5:00 - 6:00pm
Fee: \$115 / 8 weeks
Dates: Jan 17 - Mar 7



SOCCER

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

Day: Thursday
Grade: 4-5 years **Time:** 3:00pm - 3:45pm
Grade: K - 2nd **Time:** 3:45pm - 4:45pm
Grade: 3 - 6th **Time:** 3:45pm - 4:45pm
Session: Jan 17 - Mar 7
Fee: \$115 / 8 weeks



JR. SPORTS

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

Day: Wednesday or Thursday
Ages: 3 - 4 years **Time:** 9:00am - 9:50am
4 - 5 years **Time:** 10:00am - 10:50am
Saturday
5 - 6 years **Time:** 11:00am - 11:50am
Session: Jan 16 - Mar 6, 2013
Fee: \$115 / 8 weeks



**For more information and registration contact Master Sports
at (858) 518-1315 or visit www.MASTERyourSPORTS.com**



YOUTH & ADULT CLASSES

CRAFTY MINDS

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: January 7 - On Going (No class 2/20)

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

Instructor: City Recreation Staff

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.



SESSION: Jan 14 - Mar 4 (8 weeks)

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

Regular classes - Suitable for children aged 2½ - 5½

Vets classes - Slightly more challenging for children 4-6 years

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 - \$124.50



Day: Tuesday

9:30am - Regular class

10:20am - Regular class

3:20pm - Regular class

4:10pm - Vets class

Fee - \$124.50



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

Fee - \$124.50



*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: January 9**

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

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

Session: Jan 16 - May 15

Students who were enrolled in the Fall 2012 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.

For more information contact the Dance Department at (619) 235-5255 or www.civildancearts.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: \$170 / 10 weeks

Session: Jan 16 - Mar 22

Instructor: Maria Cleary

For more info: 858 - 229 - 0360 or visit www.purepilatessandiego.com



YOUTH & ADULT LEAGUES

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

VAVI - SPORT & SOCIAL CLUB

Monday Co-Ed Softball - Ocean Air

Rory Berg (858) 273-3485 - www.govavi.com

SPRING REGISTRATION DATES

Registration for
Spring Camps & Classes
begins **March 16, 2013**

Spring Class Program Available
Monday, March 4, 2013

Master Sports Leagues

CARMEL VALLEY OPEN - Spring 2013

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. 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

Email ryan@masteryoursports.com to reserve a spot.

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.MASTERYoursSPORTS.com



YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse

(858) 259-1450

C.V. Manchester Soccer

<http://manchestersoccer.net>

Del Mar Little League

www.dml.org

DMCV Sharks

(858) 794-8404

North Shores Girl Softball

(858) 643-9790

Torrey Pines Pop Warner
& Cheerleading

info@torreypinespw.com

SPECIAL EVENTS

TORREY HILLS SPRING EGG HUNT

Saturday, March 30, 2013

9:00am

4260 Calle Mejillones

San Diego, Ca 92130



EGG HUNT TIMES

0 - 2 years - 9:30am

3 - 5 years - 9:40am

6 - 8 years - 9:50am

9 & up - 10:00am

Festivities include egg hunt, jumper, face painting, games, crafts and more!

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.