



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

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### OFFICE HOURS FOR CLASS REGISTRATION

Tuesday 12:00 - 7:00 PM

Friday 12:00 - 6:00 PM

\*\*Staff will be available to take registration 30 minutes

### 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](http://www.cvsd.com/CVRecCenter)

**ONLINE  
REGISTRATION  
INFORMATION  
ON PAGE 8.**



# WINTER 2014 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 14, 2013 AT 9:00AM**

**See page 8 of this brochure for more details.**

## 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 14, 2013 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 **\$10 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  
Carmel Creek Park  
Carmel Del Mar Park  
Carmel Valley Community Park  
Solana Highlands Park

13030 Ashley Falls Drive  
4260 Carmel Center Road  
12345 Carmel Park Drive  
3777 Townsgate Drive  
3520 Long Run Drive

**Carmel Grove Park**  
**Carmel Knolls Park**  
**Carmel Mission Park**  
**Carmel View Park**  
**Torrey Highlands Park**  
**Winwood Park**

Corner of Carmel Grove & Carmel Creek Rd.  
4850 Carmel Knolls Dr.  
Corner of Carmel Country & Carmel Mission Rd  
Corner of Valley Centre Dr. & Carmel View Rd  
Corner of Del Mar Heights Rd. & Lansdale  
Corner of Carmel Creek Rd. & Paseo Montanas

### 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

### 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 7:00pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

### 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.*

### CONTRACTUAL PROGRAM vs RENTAL PROGRAM:

The Carmel Valley 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 Carmel Valley Recreation Council as a sponsored program. 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

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

# YOUTH CONTRACTUAL PROGRAMS

## CHILD AND BABYSITTER SAFETY CLASS

Child and Babysitter Safety class is a community education program for youth ages 11-16, that covers child safety and basic care for infants and children. 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 from the American Health & Safety Institute 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.*

Day: Saturday [5944]  
Date/Time: March 15 9:30 – 1:30 pm  
Ages: 11 years and up  
Cost: \$60 per person  
Location: CVRC Room 1  
Instructor: Sue Lockhart  
Minimum enrollment: 3 Maximum enrollment: 20



For more information, Contact Sue at 858-344-0475  
Internet: [www.lockhart-training.com](http://www.lockhart-training.com)  
Email: [sue@lockhart-training.com](mailto:sue@lockhart-training.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 [5943]  
Dates: January 11 – March 1  
Age/Time: 4 - 6 years 9:30 - 10:30am  
Cost: Resident \$124 / 8 weeks  
Non Resident \$146 / 8 weeks  
Location: CVRC Room 1  
Instructor: Aleta Barthell, Professional Theater Artist and Founder  
Minimum Enrollment: 4 Maximum Enrollment: 12



For more information, contact Aleta Barthell at (760) 846-6072.  
Email: [Aleta@roadrunner.com](mailto:Aleta@roadrunner.com)  
Internet: [www.kidsactsd.com](http://www.kidsactsd.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. For details go to: <http://hopscotchsandiego.com/tinytots/>

Ages: 3 - 5 years  
Days: Monday, Wednesday, and Friday  
Times: 9:00 am - 12:00 pm  
Location: CVRC Room 2  
Minimum enrollment: 7 Maximum enrollment: 20

Session One: "Under the Sea" [5936]  
January 6, 8, 10, 13, 15, 17, 22, 24, 27, 29, 31 (No class 1/20)  
Cost: Resident \$330.00 / 11 classes  
Non Resident \$360.25 / 11 classes

Session Two: "Insects and Birds" [5937]  
February 3, 5, 7, 10, 12, 14, 19, 21, 24, 26, 28 (No class 2/17)  
Cost: Resident \$330.00 / 11 classes  
Non Resident \$360.25 / 11 classes

Session Three: "Gardening" [5938]  
March 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28 (No class 3/31)  
Cost: Resident \$360.00 / 12 classes  
Non Resident \$393.00 / 12 classes



For more information, please call Kim at (858) 336-0053.  
Email: [kimbruch@yahoo.com](mailto:kimbruch@yahoo.com)

## PEE WEE CLINICS

NEW

In an atmosphere of fun, activity and cooperation, Pee Wee Clinics promote self confidence and physical development. Your child will improve their movement, motor skill performance and develop competency in a variety of physical skills. Activities include: speed and agility, locomotion, balance, throwing, catching, hand and foot-eye coordination, cooperative games, parachute activities, and much more!!! **Bring: Sunscreen and water.**

|       |                |           |           |
|-------|----------------|-----------|-----------|
| Day:  | Thursday       | Session 1 | Session 2 |
| Time: | 9:15 - 9:45am  | [5987]    | [5989]    |
|       | 9:45 - 10:15am | [5988]    | [5990]    |

Session 1: 1/9 - 2/13  
Session 2: 2/20 - 3/27  
Ages: Boys & Girls 3-5 years old  
Cost: Resident \$90.00 / 6 weeks  
Non-Resident \$106.50 / 6 weeks

Location: CVRC Lower Field  
Instructor: Malcolm Tovey  
Minimum enrollment: 8 Maximum enrollment: 16



For more information, Contact Malcolm at 858-735-3654  
Email: [malcolmtovey@mac.com](mailto:malcolmtovey@mac.com)

## FAMILY SELF DEFENSE & SAFETY

### BRAZILIAN JIU JITSU

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.

5 - 10 years old Monday 5:00 – 6:00pm & Saturday 10:30 – 11:30 am  
Session 1: 1/6 – 2/22 (6 weeks) [5939] No class on 1/20 or 2/17  
Session 2: 2/24 – 3/29 (5 weeks) [5940]

10 - 14 years old Monday 4:00 – 5:00pm & Saturday 9:30 – 10:30 am  
Session 1: 1/6 – 2/22 (6 weeks) [5941] No class on 1/20 or 2/17  
Session 2: 2/24 – 3/29 (5 weeks) [5942]

Location: CVRC Room 2  
Instructor: Edward Hawkins, Black Belt  
Cost: Resident: Session 1: \$130.00 / 6 weeks (12 classes)  
Session 2: \$110.00 / 5 weeks (10 classes)  
Non-Resident: Session 1: \$163.00 / 6 weeks (12 classes)  
Session 2: \$137.50 / 5 weeks (10 classes)

Minimum enrollment: 4 Maximum enrollments: 10

For more information, please email Edward Hawkins at  
[Cored2220@gmail.com](mailto:Cored2220@gmail.com)



### KAJUKENBO KARATE/ WUSHU KUNG FU

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jujutsu, 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 - 7:30 PM  
Session 1: January 9 - February 6 [5934]  
Session 2: February 27 - March 27 [5935]  
Ages: 5 and up, all skill levels welcome  
Cost: Resident \$75.00 / 5 weeks  
Non-Resident \$88.75 / 5 weeks  
Location: CVRC Room 2  
Instructor: Mike Shaw, 3rd Degree Black Belt  
Minimum enrollment: 3 Maximum enrollment: 25

For more information, please call Mike Shaw at 858-531-2508.  
Internet: [www.kick411.com](http://www.kick411.com)  
Email: [3shawboys@gmail.com](mailto:3shawboys@gmail.com)



### ARE YOU GOING TO REGISTER ONLINE?

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



# YOUTH CONTRACTUAL PROGRAMS

## ROCK 'n TUMBLE

### GYM KIDS GYMNASTICS

#### TODDLERS AND PRESCHOOLERS

Our toddler and pre school classes cater to children ages walking through 5 years. The program has been specifically designed to teach age appropriate gymnastics using fun progressions on our state of the art equipment. Our qualified and experienced instructors lead action packed classes where your child will learn to swing on the bars, jump on the trampoline, roll on the tumbling mats and climb our ever popular inflatable mountain!

**Minimum Enrollment: 3**

#### Gym Kids Pre-Rollers: walkers - 3 years

**\*Parent Participation REQUIRED**

Led by our knowledgeable staff, parents accompany the young gymnast as they develop fine & gross motor skills, gymnastics skills as well as rhythm & movement. Our young gymnasts especially love our bubble play and parachute time!

|        |                 |        |
|--------|-----------------|--------|
| Monday | 9:30 - 10:15am  | [5945] |
|        | 10:30 - 11:15am | [5946] |
|        | 5:00 - 5:45pm   | [5947] |

#### Gym Rollers: 3 - 5 years

|        |                 |        |         |                 |        |
|--------|-----------------|--------|---------|-----------------|--------|
| Monday | 9:30 - 10:15am  | [5948] | Tuesday | 12:00 - 12:45pm | [5956] |
|        | 11:30 - 12:15pm | [5949] |         | 2:00 - 2:45pm   | [5957] |
|        | 3:00 - 3:45pm   | [5950] |         | 3:00 - 3:45pm   | [5958] |
|        | 4:00 - 4:45pm   | [5951] |         | 4:00 - 4:45pm   | [5959] |
|        | 5:00 - 5:45pm   | [5952] |         | 5:00 - 5:45pm   | [5960] |

#### SCHOOL AGE PROGRAM

Our school age classes cater to children ages 5-12. Special attention has been given to our non competitive program, to ensure technically correct gymnastics skills are taught in a challenging but fun environment. Using all Olympic event equipment: vault, bars, beam, floor, and trampoline; our talented and experienced instructors will certainly develop your child's strength, flexibility, agility and confidence as a gymnast. **Minimum Enrollment: 3**

#### Pre-Jumpers: Girls 4 - 6 years

|         |               |        |
|---------|---------------|--------|
| Tuesday | 1:00 - 2:00pm | [5961] |
|---------|---------------|--------|

#### Gym Jumpers: Girls 5 - 7 years

|        |               |        |         |               |        |
|--------|---------------|--------|---------|---------------|--------|
| Monday | 3:00 - 4:00pm | [5953] | Tuesday | 3:00 - 4:00pm | [5962] |
|        | 4:00 - 5:00pm | [5954] |         | 4:00 - 5:00pm | [5963] |
|        |               |        |         | 4:45 - 5:45pm | [5964] |

#### Gym Jammers: Girls 7 - 11 years

|         |               |        |
|---------|---------------|--------|
| Tuesday | 3:45 - 4:45pm | [5965] |
|         | 4:45 - 5:45pm | [5966] |

#### Hot Shots! By invitation only!

Focus on USA Gymnastics Level 3 & 4 skills and routines.

|        |               |        |
|--------|---------------|--------|
| Monday | 5:30 - 7:00pm | [5955] |
|--------|---------------|--------|

**Cost: Resident \$195.00 Non-Resident \$222.50**

#### Boys Only: 5 - 7 years

|         |               |        |
|---------|---------------|--------|
| Tuesday | 3:00 - 4:00pm | [5967] |
|---------|---------------|--------|

**Cost: Residents \$165.00 / 10 weeks**  
**Non- Residents \$192.50 / 10 weeks**  
**Sessions: Monday 1/6 - 3/24 (No class on 1/20 and 2/17)**  
**Tuesday 1/7 - 3/25 (No class on 1/21 and 2/18)**

*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: [mary@rockntumble.com](mailto:mary@rockntumble.com)**

**Internet: [www.rockntumble.com](http://www.rockntumble.com)**

## OPEN YOUTH SPORTS DAYS

Staff will be holding a drop in sports program. Each session will be composed of one planned sport for the day that will alternate week to week and end with free time where the participants can choose the activity

The main sports for the day will alternate between Basketball, Soccer, Kickball, Flag Football, Capture the Flag, and Ultimate Frisbee and more.

#### REQUIREMENTS FOR PARTICIPATION

**A liability waiver must be signed by a parent or guardian prior to participation in the program. Waivers can be picked up in the main office Monday - Friday between 12:00 and 8:00pm and turned in prior to participation.**

**Proper clothing and footwear (sneakers or tennis shoes)**

**Positive attitude and good sportsmanship is a must!**

Age: 12 - 17 years  
 Time: 3:30 - 5:00pm  
 Cost: FREE  
 Instructor: Carmel Valley Recreation Staff  
 Session: Every Friday, **no class on 2/14**

**Last minute cancellations are possible. Please call the center at (858) 552-1616 to verify that the program will be held that day.**



## ARTIST STUDIO

Children are by nature creative and my job is simply to encourage the natural interest and curiosity that kids display. 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. Kids will bring home a portfolio at the end of each session.

#### 5 - 10 years old

**Thursday 3:00 pm - 4:00 pm**

|            |             |        |
|------------|-------------|--------|
| Session 1: | 1/9 - 2/13  | [5968] |
| Session 2: | 2/20 - 3/27 | [5969] |

Location: CVRC Room 2  
 Instructor: Anu Gujral  
 Cost: Resident \$ 90.00 / 6 weeks  
 Non-Resident \$ 106.50 / 6 weeks

**Note: Additional \$12.00 art materials fee will be collect by the instructor**  
**Minimum enrollment: 6 Maximum enrollments: 12**

**For more information, Contact Anu Gujral at 858-386-8923**

**New Email: [email-gujralanu@gmail.com](mailto:email-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 [5970]  
 Age: 6th - 8th Grade  
 Cost: \$165/10 weeks or \$192.50 for Non-residents  
 Session: 1/6 - 3/24 (No class on 1/20 and 2/17)



## ARE YOU GOING TO REGISTER ONLINE?

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





# YOUTH CONTRACTUAL PROGRAMS

## LEARNING THROUGH LITERATURE



Learning through Literature takes a story and explores all areas of the curriculum. We focus on language development, pre-reading / reading skills, phonemic awareness and writing in addition to math, social studies, art and music. Students are encouraged to think critically, communicate effectively, collaborate with their peers and be creative.

Days: Tuesday and Thursday  
 Times: 12:30 pm - 2:00 pm  
 Ages: 3 - 5 years old  
 Session 1: 1/7 - 2/6 [5981]  
 Session 2: 2/18 - 3/20 [5982]  
 Location: CVRC Room 2  
 Instructor: Kim Trauth  
 Cost: Resident \$220.00 / 5 weeks (10 classes)  
 Non-Resident \$252.50 / 5 weeks (10 classes)



Minimum enrollment: 3 Maximum enrollments: 10

For more information, Contact Kim Trauth at [kimtrauth@yahoo.com](mailto:kimtrauth@yahoo.com)

## YOGIS AND ME



Yogis and Me combines traditional Yoga poses with creative movement, props, music, and books. The classes will have different themes, depending on the time of year.

3 - 6 years old Friday 4:00 pm - 4:45 pm  
 Session 1: 1/10 - 2/7 [5983]  
 Session 2: 2/21 - 3/21 [5984]  
 3 - 6 years old Saturday 11:00 am - 11:45 am  
 Session 1: 1/11 - 2/8 [5985]  
 Session 2: 2/22 - 3/22 [5986]

Location: CVRC Room 1  
 Instructor: Sharon Segal  
 Cost: Resident \$ 60.00 / 5 weeks  
 Non-Resident \$ 73.75 / 5 weeks



Minimum enrollment: 4

Maximum enrollments: 12

For more information, visit [www.yogisandme.com](http://www.yogisandme.com)

## YOUTH RENTAL PROGRAMS

### DANCE TO EvOLvE\*\*\*

### REGISTER DIRECTLY WITH DANCE TO EvOLvE

#### 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 prior to the session starting.

Day: Wednesday  
 Ages: 2 - young 3 years  
 Time: 9:45 - 10:30 am  
 Session: Begins January 8 - June 25  
 Location: Room 1



#### Tiny Movers

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  
 Ages: 3 - 4 years  
 Time: 10:35 - 11:30 am or 3:30 - 4:25 pm  
 Session: Begins January 8 - June 25  
 Location: Room 1

#### Star Shiners

A combination class of ballet and tap to keep your Star Shiner moving. This gentle but structured class will introduce curriculum goals through fun movement allowing your child to express themselves while developing dance, listening, and coordination.

Day: Wednesday  
 Ages: 4.5 - 6 years  
 Time: 4:30 - 5:25 pm  
 Session: Begins January 8 - June 25  
 Location: Room 1



#### 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: Wednesday  
 Ages: 6 - 9 years  
 Time: 5:30 - 6:25 pm  
 Session: Begins January 8 - June 25  
 Location: Room 1



#### 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: Wednesday  
 Ages: 4 - 7 years  
 Time: 4:15 - 5:10 pm  
 Session: Begins January 8 - June 25  
 Location: Room 2

#### Hip Hop

This exciting and fast paced class will leave your dancer feeling fresh! Don't be intimidated...great for those who want to 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: Wednesday  
 Ages: 8 - 12 years  
 Time: 5:15 - 6:10 pm  
 Session: Begins January 8 - June 25  
 Location: Room 2



To take a trial class and to register, go to [www.dancetoevolve.com](http://www.dancetoevolve.com) or Call Dance to EvOLvE at 858-876-5327.

# YOUTH RENTAL PROGRAMS

## MASTER SPORTS\*\*\*

### 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 ball 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 1/13 - 3/17 (No class 1/20 or 2/17)**  
**Tuesday 1/14 - 3/4**  
**Saturday 1/18 - 3/8**  
Location: CVRC Lower 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. All participants receive a soccer ball and t-shirt.

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: 1/17 - 3/7  
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: 1/15 - 3/5  
Location: CVRC 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: **1/13 - 3/17 (No class 1/20 or 2/17)**  
Location: CVRC Gymnasium



#### 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: 1/16 - 3/6  
Location: CVRC Amphitheater

#### 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/Time: Saturday 1:00 - 4:00pm  
Age: 4 & 5 years  
Cost: \$130 / 8 weeks  
Session: 3/22 - 5/17  
Location: CVRC Lower Field  
NOTE: When registering online be sure to go to LEAGUES and not classes for this program.



#### XTREME DODGEBALL CAMPS

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. Physical 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. T-shirt included.

Ages: 6 - 12 years  
Times: 9:00 - 12:00pm  
Winter Break December 23, 26, 27 \$120 / 3 days  
Winter Break December 30, January 2, 3 \$120 / 3 days  
President's Break February 18, 19, 20, 21 \$135 / 4 days  
Spring Break April 7, 8, 9, 10, 11 \$155 / 5 days

Instructor: Master Sports Staff  
Location: CVRC Gymnasium

NOTE: When registering online be sure to go to LEAGUES and not classes for this program.

**Don't Wait – Register Online Today at**  
**[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)**

For more information, contact: Cara Dawson at (858) 945-4889 or  
Email Master Sports at: [service@MASTERyourSPORTS.com](mailto:service@MASTERyourSPORTS.com)

*Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business. Please contact them directly for all program inquiries.*

# YOUTH RENTAL PROGRAMS

## MASTER SPORTS\*\*\*

### REGISTER DIRECTLY WITH MASTER SPORTS

#### YOUTH BASKETBALL - SPRING 2014 RECREATION LEAGUE FOR INDIVIDUAL PLAYERS



Divisions:  
Grade 1 -2 (Co-ed)  
Grade 3 - 4 (Boys)  
Grade 5 - 6 (Boys)  
Grade 7 -8 (Boys)

League runs: Late March – Early June 2014  
Registration fee: \$125.00 per player  
Games are Saturdays in the CVRC Gymnasium

FOR MORE INFORMATION, GO TO [www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)

Please Note: Our Summer 2014 (June-August) Youth Basketball League Registration begins March 15 online.

#### CARMEL VALLEY OPEN - SPRING 2014 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.

Season Runs late March through early June 2014  
Cost: \$850.00 per team includes uniforms (1 check per team)  
Email [ryan@masteryoursports.com](mailto:ryan@masteryoursports.com) to reserve a spot.

REGISTRATION DEADLINE: March 15, 2014  
DOWNLOAD TEAM REGISTRATION FORM AT  
[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)



#### CARMEL VALLEY TENNIS\*\*\*

##### REGISTER DIRECTLY WITH C.V. TENNIS

| Tier I/II       | Mondays & Wednesdays                      | 3:30 - 5:00 pm |
|-----------------|---|----------------|
| January 6 - 29  | 7 clinics \$140 member / \$165 non-member |                |
| February 3 - 26 | 7 clinics \$140 member / \$165 non-member |                |
| March 3 - 31    | 9 clinics \$180 member / \$205 non-member |                |

| Tier I/II NEW Clinics | Mondays & Wednesdays                      | 5:00 - 6:30 pm |
|-----------------------|---|----------------|
| January 6 - 29        | 7 clinics \$140 member / \$165 non-member |                |
| February 3 - 26       | 7 clinics \$140 member / \$165 non-member |                |
| March 3 - 31          | 9 clinics \$180 member / \$205 non-member |                |

| Tier III        | Tuesdays & Thursdays                      | 3:30 - 5:00 pm |
|-----------------|---|----------------|
| January 7 - 30  | 8 clinics \$160 member / \$185 non member |                |
| February 4 - 27 | 8 clinics \$160 member / \$185 non member |                |
| March 4 - 27    | 8 clinics \$160 member / \$185 non member |                |

| Tier IV & High Performance I | Tuesdays & Thursdays                      | 5:00 - 7:00 pm |
|------------------------------|---|----------------|
| January 7 - 30               | 8 clinics \$200 member / \$225 non-member |                |
| February 4 - 27              | 8 clinics \$200 member / \$225 non-member |                |
| March 4 - 27                 | 8 clinics \$200 member / \$225 non-member |                |

**High Performance II - Satellite Tournament/Elite - Open Tournament Players**  
Fridays 4:00 - 6:30 pm (limited spots available)  
January 10 - March 28 11 clinics \$385 member / \$495 non-member  
(No clinics on 1/20 MLK Holiday & 2/17 Presidents Day)

##### IMPORTANT INFORMATION:

- Yearly Junior membership cost : \$25
- You must have an instructor approval 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\*

To register, call Carmel Valley Tennis at 858 504 4181  
[www.carmelvalleytennis.net](http://www.carmelvalleytennis.net)

#### 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.

Included: 5 camouflage tents, inflatable boxes & commercial quality outdoor laser taggers. 90 minutes of game play!

Day: Saturday/Sunday  
Age: 7 years to adult  
Time: 11:00am -12:30pm or 1:00pm - 2:30pm  
Location: CVRC Lower Field  
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.)

To reserve your laser tag event,  
Email: [jay@masteryoursports.com](mailto:jay@masteryoursports.com)



Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business.  
Please contact them directly for all program inquiries.

#### LITTLE RASCALZ SOCCER\*\*\*

##### REGISTER DIRECTLY WITH LITTLE RASCALZ

#### LITTLE RASCALZ SOCCER

NON-COMPETITIVE SOCCER CLASSES FOR CHILDREN UNDER 7

Our 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 & effective. Our child coach ratio is unparalleled and our class sizes are small.

|            |                 |                           |                   |
|------------|-----------------|---------------------------|-------------------|
| Tuesday:   | 3:20 - 4:00pm   | Regular class             |                   |
|            | 4:10 - 4:50pm   | Regular class             |                   |
| Wednesday: | 9:30 - 10:10pm  | Mommy n me                |                   |
|            | 10:20 - 11:00pm | Regular class             |                   |
| Thursday:  | 3:20pm          | Regular class             | 3:20pm Vets class |
|            | 4:10pm          | Regular class             | 4:10pm Vets class |
| Ages:      | Mommy n me      | 18 months - 2 ½ years old |                   |
|            | Regular class   | 2 1/2 - 5 1/2 years old   |                   |
|            | Vets class      | 4 – 6 years old           |                   |

Session 1 : November 4 - January 11  
Session 2: January 13 - March 8  
Location: CVRC Lower Field  
Cost: \$140 / 8 week session  
Discounts: 30% Sibling, 20% Military.

For more details and lists of other classes in Carmel Valley,  
Call (619) 309-9626 or visit [www.littlerascalzsoccer.com](http://www.littlerascalzsoccer.com)



Little Rascalz Soccer rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of Little Rascalz. Please contact them directly for all program inquiries.

## ADULT ACTIVITIES

### YOGA GALS



Come try yoga in a non-competitive, supportive environment. Yoga Gals is ideal for yoga beginners and intermediate level students. Instructor offers several options for each pose so that students can work at their own level. Use class code to register online at [www.sdrecconnect.com](http://www.sdrecconnect.com)

**Monday 9:00 – 10:00 am January 6 – March 24** *no class 1/20 or 2/17*

|                 |          |   |        |
|-----------------|----------|---|--------|
| FULL PAYMENT    | 10 weeks | \$100 resident or \$127.50 for Non-resident | [5971] |
| Jan 6 - Feb 10  | 5 weeks  | \$50 resident or \$63.75 for Non-resident   | [5972] |
| Feb 24 - Mar 24 | 5 weeks  | \$50 resident or \$63.75 for Non-resident   | [5973] |

**Friday 9:00 – 10:00 am January 10 – March 28**

|                 |          |   |        |
|-----------------|----------|---|--------|
| FULL PAYMENT    | 12 weeks | \$120 resident or \$153 for Non-resident  | [5975] |
| Jan 10 - Feb 14 | 6 weeks  | \$60 resident or \$76.50 for Non-resident | [5976] |
| Feb 21 - Mar 28 | 6 weeks  | \$60 resident or \$76.50 for Non-resident | [5977] |

For more information, Call Janice at 858-735-6166 or email her at [yoga\\_mom@me.com](mailto:yoga_mom@me.com)

### ZUMBA



Zumba with Lisa Gozlan

Monday & Wednesday 6:30 – 7:30 pm CVRC Room 2

For cost and class information, email instructor at [LsZumba@gmail.com](mailto:LsZumba@gmail.com)

### ADULT FITNESS CLASSES

With Lesley Siegel



#### Active Older Adults Fitness

Wednesday & Friday 8:30 – 9:30 am

#### Strength and Stretch Fitness

Wednesday & Friday 9:30 – 10:30 am

Session 1: January 15 - March 7 (no class on 2/19 and 2/21)

Session 2: March 12 - May 2 (no class on 4/9 and 4/11)

Location: CVRC Gymnasium

For more information, call the San Dieguito Adult School at 760-753-7073.

## Having a Party in the Park?

If you would like to host a birthday or other special event in one of the parks in the Carmel Valley area, please contact staff at the Recreation Center for availability and information.

Carmel Valley Recreation Center  
(858) 552-1616

See page 2 for list of parks.



## ONLINE REGISTRATION INFORMATION

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



**Log onto: [www.SDRecConnect.com](http://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, etc.) and click submit. Please submit your request only once. You will receive a confirmation email at the email address that you provided. Please follow directions provided to active account.

**\*Please Note: (For first time users only) Parents/Guardian must create there own account first using there own information. Once you have an online registration account, you will have the opportunity to add a child as a family member.**

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

## ADULT LEAGUES

### SOFTBALL LEAGUES : MEN'S SLOW PITCH

**Tuesday Night League - \$620.00 per team** [5978]

Starts March 4 - June 24 (17 weeks)

**Thursday Night League - \$620.00 per team** [5979]

Starts March 6 - June 26 (17 weeks)

Register online at: [www.SDRecConnect.com](http://www.SDRecConnect.com) (use activity codes to register)

Registration begins in February

\$15 charge per game for umpire

For more information, contact League Director  
Pete McNamara 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](http://www.govavi.com) to register or for more information call (858) 273-3485

### INDOOR VOLLEYBALL LEAGUES: CO-ED & WOMEN'S

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

For more information visit: [www.govavi.com](http://www.govavi.com) to register or for more information call (858) 273-3485

### BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights after 6:00 pm
- B and C divisions available.

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