



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 2014 Activity Program

REGISTRATION BEGINS: DECEMBER 14, 2013 AT 10:00AM

SEE INSIDE COVER FOR REGISTRATION DETAILS.

ALL PROGRAMS & FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION.

REGISTRATION INFORMATION

CLASS REGISTRATION BEGINS:

Saturday, December 14, 2013 at 10:00a.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 accomodate 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
- * Scholarships and Surcharge reductions available.

HOURS OF OPERATION

Monday	12:00 pm. - 8:00 pm
Tuesday	1:00 pm - 8:00 pm
Wednesday	12:00 pm - 8:00 pm
Thursday	1:00 pm - 8:00 pm
Friday	1:00 pm - 8:00 pm
Saturday	9:00 a.m. - 5:00 pm
Sunday	Closed



REGISTRATION HOURS

Tuesday & Wednesday	4:30pm - 7:00pm
Friday	2:00 pm - 7:00 p.m.

Permits by Appointment Only with Center Director.

HOLIDAY CLOSURES

Wednesday, December 25, 2013 - Christmas Day
Wednesday, January 1, 2014 - New Years Day
Monday, January 20, 2014 - Martin Luther King Jr. Day
Monday, February 17, 2014 - Presidents Day
*All hours are subject to change without prior notification.

INDEPENDENT CONTRACTOR REQUIREMENTS

All contractors, sub-contractors & volunteers must be fingerprinted through the City of San Diego Live Scan Process. Contractors must maintain a business license & proof of insurance. City staff handles all registration for the program. Contractor must provide Worker's Compensation coverage for all employees.

PERMIT HOLDER REQUIREMENTS

Permit holders must provide proof of insurance. Registration is handled by the permit holder. The permit holder is not required to submit proof of fingerprinting for their coaches, volunteers or instructors. No commercial animal activities are permitted on park property.

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.

Spring Program 2014

The Spring Activity Program will be available
Monday March 3, 2014

Registration for Spring Classes/Camps will begins
Saturday March 15, 2013
Most classes will begin the week of April 14, 2014



YOUTH PROGRAMS

DANCE TO EvOLvE

January 9 - March 29

(12 week semester discount) - \$169

January 9 - February 15

(6 week session) - \$94

February 20 - March 29

(6 week session) - \$94



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.danceto evolve.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.

Days: Wednesday

Dates: January 8 - March 19 *No Class 2/19/14

Age: Walking to 3 years old

Time: 10 - 10:45am

Fee: \$165 / 10 weeks



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.

Days: Wednesdays

Dates: January 8 - March 19 *No Class 2/19/14

Age: 3-5 years old

Time: 11:00 - 11:45am

Fee: \$165 / 10 weeks



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

Times: Gymnastics Level I (Ages 5-8) 1:00 - 2:00 pm

Gymnastics Level II (Ages 6-9) 2:00 - 3:00 pm

Fees: \$165 / 10 weeks

Dates: January 8 - March 19 *No classes February 19

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

ROCK 'n TUMBLE



YOUTH PROGRAMS

CIVIC DANCE ARTS

Founded in 1942, the Civic Dance Arts Program of the City of San Diego Park and Recreation Department offers dance classes at affordable prices to enable children from all backgrounds full participation in the study of various styles of dance. Each class meets once a week for 45 minutes.

***Registration:** January 8, 2014

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

Time:

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

2:45pm - Tap 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)



Fee: \$48.00 [Payable to City Treasurer]

Session Dates: January 15 - May 14

**Recitals first 3 weekends in June*

For more information contact the Dance Department at (619) 525-8258 or www.civildancearts.org

CRAFTY MINDS

FREE AFTERSHOOL PROGRAM

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

Day: Monday - 3:00 - 5:00pm

Day: Wednesday - 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: 5:00-6:00pm

Session: January 6 - March 30 **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: January 10 - March 28 **Fee:** \$120 / 11 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: January 6 - April 2 **Fee:** \$230 / 23 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. 6-7:30 pm; Adv. 6-8 pm

Session: January 6 - April 2 **Fee:** \$230 / 34 classes

No class: January 20, February 17-21

For more information please contact

Master K. Goodwin (27 Years Experience)

coastal.canyon.tsd@gmail.com

(858) 356-9535 www.coastalcanyontsd.org



ADULT LEAGUES

MEN'S BASKETBALL LEAGUE

Tuesday Night -

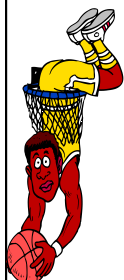
Ocean Air Recreation Center

For more information please contact

Rob Powell, League Director at

(858) 829-8007 or

www.sandiegobasketball.com



BIO - TECH CO-ED SOFTBALL

Monday, Tuesday, Wednesday Thursday

Torrey Hills Neighborhood Park

Thursday - Ocean Air Recreation Center

For more information please contact

Pete McNamara League Director -

(858) 453-6208



YOUTH PROGRAMS

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 every-

where you learn

CLASS POSTPONED

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 2 - February 28

Classes On-Going Space is limited

Level I

5:30 - 6:10pm

Level II

6:15 - 7:00pm

Level III

7:05 - 7:50pm



CHILD AND BABYSITTING 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.

Day: Saturday **Date:** February 15

Time: 1:00 – 5:00 pm **Ages:** 11 years & up

Price: \$60 per person

Instructor: Sue Lockhart

Lockhart Training

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

STEAM ACADEMY

Our six-week Saturday STEAM2 (Science, Technology, pre-Engineering, Art, Math, and Music) Academy provides ages 4-8 with educational fun-filled Saturday morning sessions focused on Botany, Entomology, Space Science, Rocket Science, Zoology, Biology, Chemistry, and Geology. The STEAM2 Academy utilizes curriculum, in conjunction with NASA California Space Grant Consortium, National Science Foundation High Performance Wireless Research and Education Network, and the National Park Service.

Session: January 11 - February 15 (6 weeks)

January 11 - Botany

January 18 - Entomology

January 25 - Space Science

February 1 - Rocket Science

February 8 - Zoology and Biology

February 15 - Chemistry and Geology



Day: Saturday

Time: 9:00am - 12:00pm

Ages: 4 - 8 year olds - Min. 7 Max. 20 students

Fee: \$180

Instructor: Kim Bruch

Questions about the program? Contact Kim at 858-336-0053 Website: www.steam2academy.org



Having a Party in the Park?

If you would like to host a birthday or other special event at Ocean Air, Sage Canyon or Torrey Hills Neighborhood Park.

Please contact staff at the Recreation Center for availability and information.



**Ocean Air
Recreation Center
(858) 552-1687**

YOUTH PROGRAMS

THESE GROUPS RENT FACILITIES TO RUN CLASSES. REGISTER FOR THESE CLASSES WITH THE INSTRUCTOR

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

New Year Session: January 13 - March 8
(8 week session)

Fee: \$146.00

Day: Mondays

- 9:00 - 9:40 - Mommy n me class
- 9:50 - 10:30 - Regular class
- 10:40 - 11:20 - Regular class

Day: Tuesdays

- 9:30 - 10:10 - 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.littlerascalsoccer.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.

Wednesday 3:15 & 4:15pm

Ages: 3 - 8

Session I - November 13 - January 22

* No Class on November 27, Dec. 25 and Jan. 1

Sunday 3:00 - 3:45pm (Regular Class)

Ages: 3 - 5

Sunday 4:00 - 4:45pm Veterans/Pitching Machine

Ages: 4 - 8

Session I - November 17 - January 19

* No Class, Dec. 29 and Jan. 5

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



VOLUNTEER OPPORTUNITIES

If you want to make a difference in a park or at a recreation facility, then there is a place for you at Ocean Air Recreation Center. Each year volunteers of all ages and abilities come and help with a number of programs, special events, and grounds maintenance. Many volunteers come to help individually or as part of a group. Students who need credit for completing community service work can have their hours verified for services provided at this facility.

Applications are available at Ocean Air Recreation Center. The minimum age to volunteer is 13. Come make a difference in your community today by becoming a Park and Recreation Department Volunteer!

**More information is available by calling
(858) 552-1687**



MASTER SPORTS PROGRAMS

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: January 16 - March 6



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 - January 15 - March 5
 Thursday - January 16 - March 6
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: January 18 - March 8
Fee: \$115 / 8 weeks

MASTER YOUR SORTS CARMEL VALLEY OPEN – SPRING 2014 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. Grades K-12. Season Runs late march to early June 2014. **REGISTRATION BEGINS JANUARY 10, 2014. DOWNLOAD TEAM REGISTRATION FORM**
 AT www.MASTERyourSPORTS.com
 For more info contact Ryan Conroy at 858-336-2668

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: 3 - 6 **Time:** 4:45- 5:45pm
Fee: \$115/ 8 weeks
Session: January 13 - March 17
NO CLASSES ON Jan. 20 AND Feb. 17



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.

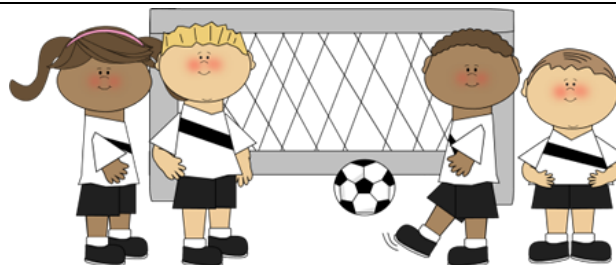


Day: Wednesday
Ages: K - 2nd grade **Time:** 2:30 - 3:30pm
Ages: 3rd - 6th grade **Time:** 3:30 - 4:30pm
Session: January 15 - March 5
Fee: \$115 / 8 weeks

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:** 4:00 - 5:00pm
Grade: 3 - 6th **Time:** 4:00 - 5:00pm
Session: January 16 - March 6
Fee: \$115 / 8 weeks



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