



The City of San Diego
 Park & Recreation Department
 We enrich lives through quality parks and programs



Carmel Valley Community Park & Recreation Center

3777 Townsgate Drive, San Diego, CA 92130, (858) 552-1616

<http://www.sandiego.gov/park-and-recreation/centers/recctr/carmelvalley.shtml>

LOOK WHAT'S INSIDE!

ACTING CLASS	PG.3
ADULT FITNESS.....	PG.8
ART START	PG.4
ARTIST STUDIO.....	PG.4
BABYSITTING CLASS.....	PG.3
BASKETBALL LEAGUES - YOUTH.....	PG.7
BOOKTASTIC.....	PG.4
DANCE CLASSES	PG.5
DODGEBALL CAMPS - YOUTH.....	PG.6
FUN FRIDAYS.....	PG.5
GYMNASTICS.....	PG.4
LASER TAG	PG.6
SELF DEFENSE.....	PG.3
SPORTS CLASSES - YOUTH.....	PG.6
TENNIS - YOUTH.....	PG.7
TINY TOTS.....	PG.3
TOTS N POTS	PG.3
YOGA.....	PG.8

HOURS OF OPERATION

Monday - Friday	12:00 PM - 8:00 PM
Saturdays	9:00 AM - 2:00 PM
Sundays	CLOSED

REGISTRATION HOURS

Tuesdays	12:00 PM - 7:00 PM
Fridays	12:00 PM - 6:00 PM

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

Carmel Valley Pool:
 (858) 552-1623

Carmel Valley Tennis:
 (858) 504-4181

Recreation Council Information:
www.cvsd.com/CVRecCenter



WINTER 2015 PROGRAM



**ONLINE REGISTRATION
 INFORMATION ON PAGE 8.**

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 NOVEMBER 22, 2014 AT 10:00AM

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, November 22, 2014 at 10:00AM

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 for any reason, you will be notified by email and will receive a full refund. Refund 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 (non-regular/routine illness) after registration day and cannot participate in class, please contact CVRC staff as soon as possible. A CVRC Refund Request Form (available at the Recreation Center) must be submitted as soon as possible. **Refund or credit will be determined on a case by case basis by the Center Director.**

CARMEL VALLEY PARKS

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

Carmel Grove Park	Corner of Carmel Grove & Carmel Creek Rd.
Carmel Knolls Park	4850 Carmel Knolls Dr.
Carmel Mission Park	Corner of Carmel Country & Carmel Mission Rd
Carmel View Park	Corner of Valley Centre Dr. & Carmel View Rd
Torrey Highlands Park	Corner of Del Mar Heights Rd. & Lansdale
Winwood Park	Corner of Carmel Creek Rd. & 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

TOTS N POTS

Tots n Pots is a fun-filled, hands-on cooking & baking workshop experience, creating a platform to educate children as to healthy foods and eating habits. The workshops allow your child to be creative whilst having fun... and the best part... you can leave the mess to us!

During the workshops, kiddies learn a whole variety of skills such as fine motor development, speech development, perceptual skills, bilateral integration and sequencing skills through: *mixing, weighing, mashing, pouring, and stirring*. We introduce fun and creative recipes each week in our workshops, some interesting facts about the food they are preparing and useful tips & fun recipes are available for Moms via email on request! **Please contact instructor directly PRIOR to enrolling if your child has food allergies or dietary requirements.**

Day/Time: Wednesday 10:00 - 11:00 am
 Session 1: **January 7 - 28** [9733]
 Session 2: **February 4 - 25** [9734]



Ages: Boys & Girls 2 - 6 years old
 Cost: Resident \$80.00 / per session
 Non-Resident \$91.00 / per session

Materials Fee: \$20 (Collected by instructor on first day)
 Location: CVRC Room 2

Minimum enrollment: 5 Maximum enrollment: 9

For more information, Contact Chene at 858-926-6509
 Email: Chene@totsnpots.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: "Transportation" [9737]
December 1, 3, 5, 8, 10, 12, 15, 17, 19
 Cost: Resident \$270.00 / 9 classes
 Non Resident \$294.75 / 9 classes



Session Two: "Under The Sea" [9738]
January 5, 7, 9, 12, 14, 16, 21, 23, 26, 28, 30
 Cost: Resident \$330.00 / 11 classes
 Non Resident \$360.25 / 11 classes



Session Three: "Insects" [9739]
February 2, 4, 6, 9, 11, 13, 18, 20, 23, 25, 27
 Cost: Resident \$330.00 / 11 classes
 Non Resident \$360.25 / 11 classes

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

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/Date: **Saturday, January 3** [9740]
 Time: 9:30 am - 1:30 pm
 Ages: 11 years and up
 Cost: \$60 per person
 Location: CVRC Room 2
 Instructor: Sue Lockhart
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

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/Dates: Saturday **January 10 - February 28**
 Age/Time: 4 - 6 years 9:30 - 10:30am [9735]
 7 - 11 years 10:30 - 11:30 am [9736]



Cost: Resident \$124 / 8 weeks
 Non Resident \$146 / 8 weeks

Location: CVRC Room 2
 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: aletabarthell@gmail.com
 Internet: www.kidsactsd.com

KAJUKENBO KARATE/ WUSHU KUNG FU

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jiu Jitsu, 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: **December 4 - January 15** [9880] (No class 12/25 & 1/1)
 Session 2: **January 29 - February 26** [9881] (No class 1/22)

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
 Email: 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

DANCE TO EvOLvE

Magical Munchkins Tap Dancing/Ballet Class

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

Day: Wednesday [9743]
 Ages: 2 - young 3 years
 Time: 3:00 - 3:45 pm
 Location: Room 1
 Minimum: 5 Maximum: 12



Beat Breakers Hip Hop

Calling all boys and girls for this fun high-energy hip hop dance class that enables boys to be boys and girls to let loose. Dancers develop creativity, coordination, musicality and listening skills. This non-stop action-packed class includes hip hop, basic break dancing, and dance games that will have your kids movin' to the beats! All music and moves are age appropriate.

Day: Wednesday [9746]
 Ages: 4 - 7 years
 Time: 4:20 - 5:15 pm
 Location: Room 2
 Minimum: 5 Maximum: 15



Tiny Movers Tap Dancing/Ballet Class

A combination class of tap and ballet with 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 [9744]
 Ages: 3 - 4 years
 Time: 3:50 - 4:45 pm
 Location: Room 1
 Minimum: 5 Maximum: 15



Hip Hop

This exciting and fast paced class will leave your kid 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 [9747]
 Ages: 8 - 12 years
 Times: 5:20 - 6:15 pm
 Location: Room 2
 Minimum: 5 Maximum: 16

Star Shiners Tap Dancing/Ballet Class

Keep your Star Shiner moving in this tap and ballet combination class. This gentle but structured class introduces curriculum goals through fun movement allowing your child to express themselves while learning and developing dance, listening, and coordination.

Day: Wednesday [9745]
 Ages: 4.5 - 6 years
 Time: 4:50 - 5:45 pm
 Location: Room 1
 Minimum: 5 Maximum: 16



FOR ALL EVOLVE DANCE CLASSES:

Session: January 7 - February 25
 Cost: Resident \$140.00 / 8 weeks
 Non-Resident \$162.00 / 8 weeks

Portion of Proceeds go to Rady Children's Hospital

For more information or to schedule a trial class, Contact Dance to EvOLvE at 858-876-5327 or visit www.dancetoevolve.com

FUN FRIDAYS at Carmel Valley



Join the Carmel Valley Recreation Center staff every Friday for our new "Fun Friday" program. While waiting for your parents enjoy crafts, games or physical activity, and then unwind with a movie and a snack. All activities will be age appropriate and movies will have a rating of G or PG.

Positive attitude and good sportsmanship is a must!

Age: 9 - 14 years
 Time: 3:30 - 6:30pm
 Session: January 9 - 30 [9850]
 February 6 - 27 [9852]



Cost: \$25.00 residents & \$36.00 for Non Residents
 Instructor: Carmel Valley Recreation Staff
 Location: Room 1
 Minimum: 8 Maximum: 18

SD Skatelite Winter Skate Class

Come learn to skate at the Carmel Valley Skate Park! This class is designed to help beginner skateboarders build balance, coordination, and confidence on a skateboard. Participants will be introduced to the fundamentals of skateboarding, skateboarding safety, and skate park etiquette. Intermediate students will work on trick progressions including grinds, airs, and flips. Skate park will be closed to the public to ensure a safe and controlled environment for participants to practice. Open to ages 5 - 13. Helmets, elbow pads, and knee pads would be required from all students. Skateboard rentals are available upon request. Contact Andrew@sdskatelife.com to reserve a rental prior to the first class.

Day: Saturday
 Time: 9:00 - 10:00 am
 Session 1: January 3 - February 21 [9803]
 Ages: 5 - 13 years old
 Cost: Resident \$105.00 / 8 weeks
 Non-Resident \$127.00 / 8 weeks
 Minimum Enrollment: 4 Maximum Enrollment: 20



To register go to: www.sdreconnect.com
 For more information, call (858) 552-1616.

For more information, contact Andrew Barbosa at 619-354-7998 or via email: andrew@sdskatelife.com

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 1/12/15 - 3/2/15**
Tuesday 1/16/15 - 3/3/15
Saturday 1/17/15 - 3/7/15
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: **1/16/15 - 3/6/15**
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: **1/14/15 - 3/4/15**
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: **1/12/15 - 3/16/15 (No class 1/19/15 & 2/116/15)**
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 - 4:30 pm, ages 8 - 12
Cost: \$115 / 8 weeks
Session: **1/15/15 - 3/5/15**
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: **3/21/15 - 5/16/15**
Location: CVRC Lower Field

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



HOLIDAY 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.

WINTER BREAK:
December 22, 23, 26 9:00 - 12:00pm 6 - 12 years \$120 / 3 days

FEBRUARY BREAK:
February 17 - 20 9:00 - 12:00 pm 6 - 12 years \$135 / 4 days

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

Don't Wait – Register Online Today at
www.MASTERSPORTS.com

For more information, contact: Cara Dawson at (858) 945-4889
Email: service@MASTERSPORTS.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 2015 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 2015
Registration fee: \$125.00 per player
Games are Saturdays in the CVRC Gymnasium

FOR MORE INFORMATION, GO TO www.MASTERSPORTS.com

Please Note: Our Summer 2015 (June - August 2015) Youth Basketball League Registration begins March 15, 2015, online.

CARMEL VALLEY OPEN - SPRING 2015 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 Monday 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 2015
Cost: \$850.00 per team includes uniforms (1 check per team)
Email ryan@masteryoursports.com to reserve a spot.

REGISTRATION DEADLINE: March 15, 2015
DOWNLOAD TEAM REGISTRATION FORM AT
www.MASTERSPORTS.com



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.

Wednesday: 9:15 am Mommy n me
10:00 am Mommy n me
10:45 am Regular class

Thursday: 9:30 am Regular class 10:20 am Vets class
3:20 pm Regular class 3:20 pm Vets class
4:10 pm Regular class 4:10 pm Vets class

Ages: Mommy n me 18 months - 2 1/2 years old (Parent participation class)
Mommy n me advanced 2 - 3 years old (Parent participation class)
Regular class 2 1/2 - 5 1/2 years old
Vets class 4 - 6 years old

Session 1 : January 12 - March 7
Location: CVRC Lower Field
Cost: \$146 / 8 weeks
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

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 inquires.

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.



Day: Saturday/Sunday
Age: 7 years to adult
Time: 11:00am -12:30pm or 1:00pm - 2:30pm
Location: CVRC Lower Field
Includes: 5 camouflage tents, inflatable boxes & commercial quality outdoor laser taggers. 90 minutes of game play!

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: jay@mastersports.com

CARMEL VALLEY TENNIS***

REGISTER DIRECTLY WITH C.V. TENNIS

Tier I/II **Mondays & Wednesdays 3:30 - 5:00 pm**
January 5 - 28 7 clinics \$140 member / \$165 non-member
February 2 - 25 7 clinics \$140 member / \$165 non-member
March 2 - 30 9 clinics \$180 member / \$205 non-member

Tier I/II **Mondays & Wednesdays 5:00 - 6:30 pm**
January 5 - 28 7 clinics \$140 member / \$165 non-member
February 2 - 25 7 clinics \$140 member / \$165 non-member
March 2 - 30 9 clinics \$180 member / \$205 non-member

Tier III **Tuesdays & Thursdays 3:30 - 5:00 pm**
January 6 - 29 8 clinics \$160 member / \$185 non-member
February 3 - 26 8 clinics \$160 member / \$185 non-member
March 3 - 31 9 clinics \$225 member / \$250 non-member

Tier IV & High Performance I **Tuesdays & Thursdays 5:00 - 7:00 pm**
January 6 - 29 8 clinics \$200 member / \$225 non-member
February 3 - 26 8 clinics \$200 member / \$225 non-member
March 3 - 31 9 clinics \$225 member / \$250 non-member

High Performance II - Satellite Tournament/Elite - Open Tournament Players
Fridays 4:00 - 6:30 pm (limited spots available)
January 9 - March 27 12 clinics \$420 member / \$540 non-member

NO CLASS ON 1/19 MARTIN LUTHER KING JR & 2/16 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

ADULT ACTIVITIES

YOGA FOR ALL



YOGA FOR ALL is designed for NEW and INTERMEDIATE LEVEL students, ages 10 and up. It is a class for those who want to practice YOGA in a non-judgmental, welcoming environment. We specialize in students with physical limitations including: back pain, shoulder injuries, and other injuries. Classes combine strength, stretching, and relaxation. All classes are held at the Carmel Valley Recreation Center.

MONDAY 9:00 – 10:00 am [9748]

January 5 - February 23 No class 1/19 & 2/16
6 weeks \$60 resident or \$76.50 for Non-resident

THURSDAY 6:30 – 7:30 pm [9749]

January 8 - February 26
8 weeks \$80 resident or \$102.00 for Non-resident



FRIDAY 9:00 – 10:00 am [9750]

January 9 - February 27
8 weeks \$80 resident or \$102.00 for Non-resident

For more information, Call Janice at 858-735-6166
or email her at yoga_mom@me.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 12 - February 27

Session 2: March 9 - May 1

Location: CVRC Gymnasium

For more information, call the San Dieguito Adult School at 760-753-7073
To Register go to: www.sdadulted.com

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.



ALL CITY OF SAN DIEGO PARKS
AND BEACHES ARE SMOKE

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



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 their own account first using their 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

Starts March 3 - June 23

Thursday Night League - \$620.00 per team

Starts March 5 - July 9

Register online at: www.SDRecConnect.com

Registration begins in February 2015.

\$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 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 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