



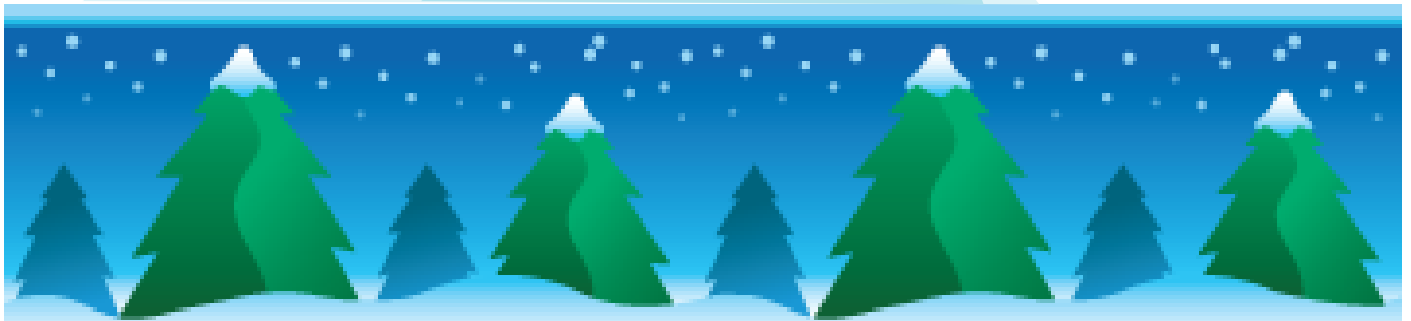
THE CITY OF SAN DIEGO

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

Winter²⁰¹⁵ Activity Program



REGISTRATION BEGINS: SATURDAY, NOVEMBER 22, 2014

MOST CLASSES BEGIN WEEK OF DECEMBER 1, 2014

SEE PAGE 3 FOR REGISTRATION DETAILS.

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

PARK & FACILITY INFORMATION

On behalf of the Ocean Air Recreation Council, **WELCOME** to your local recreation center! We are excited to continue to provide wonderful recreation services and programming to our community.

OCEAN AIR RECREATION COUNCIL

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, and equipment. They plan, promote, publicize, and help provide recreation opportunities for citizens in the Ocean Air boundaries. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meeting.

Meetings are open to the public. We encourage and welcome your participation. The Ocean Air Recreation Council meets every 4th Tuesday of each month at 7:00pm at the Ocean Air Recreation Center. If you are interested or have concerns about your neighborhood parks and recreation center, please attend the meetings or join the council. Looking forward to seeing you at Ocean Air.

FACILITIES AVAILABLE

Ocean Air Park and Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball/volleyball/badminton courts
- Two meeting rooms*
- Age appropriate playground
- Passive picnic areas
- Picnic shelters*
- Barbeques
- Lighted Outdoor basketball court*
- Lighted Multi purpose fields*
- Fitness Area
- Trailhead to Carmel Mountain Preserve

*Open to paid reservation, pending availability.



NEIGHBORHOOD PARKS

Torrey Hills	4262 Calle Mejillones
Sage Canyon	5252 Harvest Run Drive
Carmel Valley Pool	3777 Townsgate Drive
Carmel Valley Skate Park	12600 El Camino Real

For other neighborhood parks in your area stop by the Recreation office and inquire with staff.

Reservations for the above listed areas including, but not limited to, sports field use, gazebos, party jumps, and special events, please contact Ocean Air Recreation Center (858)552-1687. Events with 50 or more people **MUST** have a permit approved by the Center Director.

HOURS OF OPERATION

Effective: December 15, 2012

Monday & Wednesday	12:00pm - 8:00pm
Tuesday, Thursday & Friday	1:00pm - 8:00pm
Saturday	9:00am - 5:00pm
Sunday	Closed

HOLIDAY CLOSURES

November 11, 2014	Veteran's Day
November 27, 2014	Thanksgiving
December 25, 2014	Christmas Day
January 1, 2015	New Year's Day
January 19, 2015	Martin Luther King Jr. Day
February 16, 2015	President's Day



WALK-IN REGISTRATION HOURS

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

Park Use Permits and Recreation Center Use
Permits are taken by appointment only.

Please contact the Center Director at (858) 552-1687 to make an appointment.

All hours are subject to change without prior notification.



GENERAL PARK RULES

- | | |
|------------------------------------|---|
| • No field use during school hours | • Keep dogs at a safe distance from playground |
| • No smoking | • No overnight camping |
| • No littering | • No open camp fires |
| • No golfing | • No skateboards, bikes, scooters, or roller skates |
| • No glass containers | • Dogs must be on a leash at all times |
| • No motorized devices | |
| • No remote controlled devices | |
| • No soliciting | |



REGISTRATION INFORMATION

CLASS REGISTRATION BEGINS:

Saturday, November 22, 2014 at 10:00am

MOST CLASSES BEGIN: Week of December 1
(UNLESS OTHERWISE NOTED)



REGISTRATION

- * Registration is taken on a first come, first serve, basis, online or in person. Phone or mail registration is not accepted.
- * When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.
- * If classes do not meet minimum enrollment, they will be cancelled and a full refund will be issued.

PAYMENT METHOD

- Payment is required at the time of registration.
- Payment methods taken at the Center are credit card, EXACT cash or check payable to OARC.
- Online class registration from home requires credit card payment.
- Credit cards accepted are VISA, MasterCard, American Express and Discover. No debit cards.
- A \$12 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

- * Refund request forms **MUST** be submitted PRIOR to the 2nd scheduled class meeting.
- * Refunds for camps and leagues must be submitted PRIOR to the first day/game.
- * To obtain a refund, a OARC Refund Request Form (obtain at office) must be completed and submitted with your receipt.
- * All requests take 10 business days to process.
- * No partial refunds or make-ups for missed classes



ONLINE REGISTRATION

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 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

SPRING REGISTRATION DATE

SPRING Brochure available on-line
January 24, 2015

Registration for SPRING begins
Saturday, February 21, 2015 at 10am

Most classes begin week of
March 1, 2015

THERAPUETIC RECREATION SERVICES

All activities accommodate people with disabilities. Upon availability, Therapeutic Services will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be made to determine if a one on one aide is needed. Therapeutic Services is a citywide program that provides recreation opportunities for people with disabilities. More information is available by calling them at (619) 525-8247 or (619) 525-8249 TDD.

RECREATION CENTER & PARK INFORMATION

GYMNASIUM USAGE

A monthly gym schedule is available at the recreation center for all free play activities. Times are subject to change without prior notification. **Drinks, food, and black soled shoes are prohibited from the gymnasium, no exceptions! Open play schedule is available at the recreation center at the beginning of each month.**

OPEN BASKETBALL

Free play basketball is available both inside and outside on a first come, first serve basis until full court games are ready to play. See gym schedule for indoor free play hours. All ages are welcome.

OPEN VOLLEYBALL

Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

OPEN BADMINTON & PICKLEBALL

Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play badminton and pickleball hours. All ages are welcome.

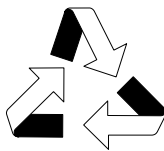
No organized play, practice or instruction is allowed in the gymnasium without an approved permit.

FIELD USAGE

The Ocean Air and Sage Canyon Joint-Use Fields are a partnership between the City of San Diego and the Del Mar Union School District. The playing fields are closed to public for use 1/2 hour before the start of the school day bell and up until a 1/2 hour after the end of the school day bell. For availability & permitting call the Ocean Air Center Director at (858) 552-1687.

RECYCLE

There are marked recyclable containers throughout the park. Keep the park clean by RECYCLING! Please do not overflow the containers. Let the office know if cans are full.



AED

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



CONTRACTUAL PROGRAM VS. RENTAL PROGRAM

Ocean Air Recreation Center offers a variety of programs for the youth which are provided through the means of two different sources; Contractual programs and rental programs. Contractual programs consist of independent contractors that have been approved by the Ocean Air Recreation Council as a sponsored 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.**

*Master Sports, Little Rascalz, Little Rookies T-Ball, San Diego Rhythmic Gymnastics and SD Basketball rent facility space from the City of San Diego at the Ocean Air Recreation Center to operate their programs. Distributing registration and program information is the responsibility of these individual businesses. **Please contact them directly for all program inquiries.**

CARMEL VALLEY***

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse - blacklax@att.net

DMCV Sharks - dmcvsharks.com

North Shores Girl Softball - northshoregirlssoftball.com

San Diego Youth Rugby - sandiegoyouthrugby.org

Del Mar Little League - dmll.org

T. Pines Football & Cheer - torreypinespw.com

Bourrisa Del Mar Soccer - borussiadelmar.com

YOUTH CONTRACTUAL CLASSES

DANCE TO EVOLVE



MAGICAL MUNCHKINS (2 - young 3 yrs)

A gentle introductory combination class of tap, ballet, tumbling and dance games.

TINY MOVERS COMBO CLASS (3 - 4 yrs)

A combination class of tap, ballet, tumbling and dance games.

STAR SHINERS COMBO CLASS (4.5 - 6 yrs)

A combination class of tap and ballet to keep your *Star Shiner* moving.

SATURDAY

9:15am: Magical Munchkins (9486)

10:05am: Tiny Movers (9491)

11:05am: Star Shiners (9488)



SESSION / FEES

8 weeks: January 10 - February 28

Fee: \$148



*SCHEDULE A TRIAL CLASS

A portion of Dance to Evolve proceeds go to Rady's Children Hospital.

**For more information contact
Brittany White at (858) 876-5327
www.dancetoevolve.com**

ROCK 'n TUMBLE

Day: Wednesday
Fee: \$165 / 10 weeks
Session: Jan 7 - Mar 18
***No class on Feb. 18**



PRE GYM KIDS w/parent (9496)

Age: Walking - 3 years

Time: 10:00 – 10:45am

(12:1 Student/Teacher Ratio)

A class designed for parent and child “together time.”

An open format allows children to select activities from our kid's sized gymnastics apparatus.

GYM KIDS I (9492)

Age: 3 - 5 years

Time: 11:00 – 11:45am

(6:1 Student/Teacher Ratio)

Come join the gymnastics fun as our instructors lead warm up exercises and gymnastics progressions on all of the kid-sized apparatus. Our highly trained instructors use circuits for maximum skill development with minimal down time as students learn by doing.



GYMNASTICS I & II (9493)

Age: 5 - 9 years

Time: 1:00 – 2:00 pm

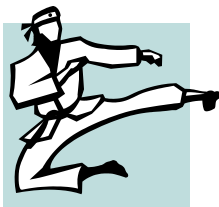
(8:1 Student/Teacher Ratio)

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.



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

YOUTH & FAMILY CONTRACTUAL CLASSES



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: Monday

Time: 5:00-6:00pm

Session: Dec 1 - Feb 23

Fee: \$115/ 9 classes

ON-LINE REGISTRATION CODE (9481)

LITTLE DRAGON (6-7 yrs*)

Increase coordination and discipline.

Skills for bullies, strangers, and emergencies.

Day: Friday

Time: 5:00-6:00pm

Session: Dec 5 - Feb 27

Fee: \$110 / 9 classes

ON-LINE REGISTRATION CODE (9478)

NOVICE JUNIOR GUP (8-9 yrs*)

Specialized beginner program

(white to green belt) for this age group.

Day: Monday & Friday

Time: 5:00-6:00pm

Session: Dec 1 - Feb 27

Fee: \$190 / 18 classes

ON-LINE REGISTRATION CODE (9479)

YOUTH GUP (9-12 yrs*)

Enhance self-control, fitness,
strength, and flexibility.

Day: Monday & Wednesday

Time: Beginner 6-7 pm; Intermediate 6-7:30 pm

Session: Dec 1 - Feb 25

Fee: \$190 / 19 classes

ON-LINE REGISTRATION CODE (9482)

TEEN & ADULT (13 and up*)

Improve health; enhance performance at work & school.

Day: Monday/Wednesday/Friday

Time: Beginner 6-7 pm; Intermediate 6-7:30 pm

Session: Dec 1 - Feb 27

Fee: \$190 / 28 classes

ON-LINE REGISTRATION CODE (9480)

ADVANCED CLASS

Advanced training for red belts and up.

Day: Monday/Wednesday/Friday/Saturday

Time: 6-8 pm MWF, 10:30-11:30 am Saturday

Session: Dec 1 - Feb 28

Fee: \$210 / 33 classes

ON-LINE REGISTRATION CODE (9945)

*age may vary according to rank

no class: 12/6, 12/20 - 1/3, 1/10, 1/19, 2/7, 2/13-2/21

Fitness, Safety, Fun — Skills for Life

Internationally accredited instructors and ranking

Contact Master Goodwin:

coastalcanyon.tsd@gmail.com 858 356-9535 www.coastal.canyontsd.org



DID YOU KNOW:

Native habitat is preserved behind the Ocean Air Recreation Center?

In the rainy season, this area can become home to endangered, rare, and sensitive species of plants and animals associated with vernal pools. The San Diego Fairy Shrimp and the Western Spadefoot Toad lie dormant in dusty crevices until the pools fill with water. The pools are an important part of San Diego's natural habitat, although it is estimated that only 3% of the region's historical number of pools remain.

YOUTH CONTRACTUAL CLASSES



SATURDAY SCIENCE

with STEAM2 ACADEMY (9497)

Our four-week Saturday STEAM2 (Science, Technology, pre-Engineering, Art, Math, and Music) Academy provides kids ages 4-8 with educational fun-filled sessions focused on Botany, Entomology, Space Science, Rocket Science, Zoology, Biology, Chemistry, and Geology.

Day: Saturday

Time: 9:00am - 12:00pm

Ages: 4 - 8 years (Min. 7 Max. 20 students)

Fee: \$160.00 / 4 weeks

Session: February 7 - 28

Instructor: Kim Bruch



February 7 It's Raining! Vernal Pools

February 14 Valentine's Day! Science of Chocolate

February 21 3-2-1 Blast Off! Space Science

February 28 Plants, Insects and More! Botany and Entomology



**For more information contact
Kim Bruch at (858) 336-0053
www.steam2academy.org**



CIVIC DANCE ARTS

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

CLASS DAY: WEDNESDAY

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

2:45pm Tap Beginner (Age 6 - 17)

3:30pm Jazz Beginner (Age 6 - 17)

4:15pm Ballet (Age 7- 17)

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



Registration: January 7, 2015

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

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

Session: January 14 - May 13, 2015

No class April 1 & April 8

Students who were enrolled in the Fall 2014 session have priority in these ongoing classes, so classes that are listed as full may indeed have no room. Check With instructor.

**For more information contact the Dance
Department at (619) 235-5255 or
www.civildancearts.org**

CRAFTY MINDS

FREE AFTERSCHOOL PROGRAM

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

Day: Wednesday

Time: 1:00 - 3:00pm

Ages: 6 - 12 years

Fee: Free

Session: On Going

* A signed parent permission slip is needed.

Instructor: City Recreation Staff



*** MASTER YOUR SPORTS CLASSES

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

Ages: K - 2nd grade **Time:** 3:45- 4:45pm

Ages: 3rd - 6th grade **Time:** 4:45- 5:45pm

Fee: \$115/ 8 weeks

Session: January 12 - March 16



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

Fee: \$115 / 8 weeks

Session: January 14 - March 4

CARMEL VALLEY WINTER YOUTH BASKETBALL LEAGUE REC/OPEN TEAM ENTRY



Make your own team, pick a name, and play some basketball in two of the most beautiful facilities in San Diego. Ocean Air and Carmel Valley Recreation Centers. Season runs late January - March 2015.

Cost: \$850 per team, includes uniforms.

REGISTRATION DEADLINE: DECEMBER 1

**** Individual Fee for Rec. League \$130.00**

Email ryan@masteryoursports.com

Individual Players can register for the recreation league. See website for details.

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

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: Jan. 15 - Mar. 5



SOCCER

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

Day: Thursday

Grade: 4 - 5 years **Time:** 3:00 - 3:45pm

Grade: K - 2nd **Time:** 3:45 - 4:45pm

Grade: 3 - 6th **Time:** 4:45 - 5:45pm

Session: January 15 - March 5

Fee: \$115 / 8 weeks



JR. SPORTS

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

Day: Wednesday or Thursday

Ages: 3 - 4 years **Time:** 9:30am - 10:20am

4 - 5 years **Time:** 10:30am - 11:20am

Session: Wednesday: January 14 - March 4

Thursday: January 15 - March 5

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 17 - March 7

Fee: \$115 / 8 weeks



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***YOUTH CLASSES

LITTLE RASCALZ CLASSES

NON-COMPETITIVE SOCCER CLASSES

Classes are unique. There is no substitution to this program and our highly effective methods. Our particular style of fun/teaching is completely one of a kind and we back that up with a 100% money back guarantee!

Our classes are:

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

Mommy 'n' Me

For curious and energetic little ones aged 18 mo - 2½

Regular classes

Suitable for the majority of children aged 2½ - 5½

Vets classes

Slightly more challenging for children aged 4 - 6

Advanced classes

Advanced with competition introduced for 6 - 7

Session: November 3 - January 9

January 12 - March 6

Fee: \$146.00 / 8 weeks

Day: Mondays

9:30 - Mommy n me class

10:20 - Regular class

Day: Tuesdays

9:30 - Regular class

10:20 - Vet's class

Day: Fridays

3:30 - Regular class

3:30 - Vets class

3:30 - Advanced class

4:20 - Regular class

4:20 - Vets class

4:20 - Advanced class

5:10 - Regular class

5:10 - Vets class

5:10 - Advanced class



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



For more information & registration contact Coach Suzie at 619-309-9626 www.littlerascalzsoccer.com



Kurtis Swanberg's LITTLE ROOKIES



T-BALL - PITCHING MACHINE AND SOFTBALL SCHOOL

The classes are designed to enhance the players skills and proper technique while learning all the fundamentals of the game. He will personally instruct the students in base-running, throwing, fielding, hitting, pitching and receiving the ball. Classes are considered one of the finest in all San Diego County. The players greatly develop their skills and confidence while enjoying a fun and rewarding time.

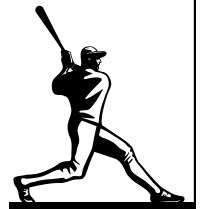
Day: Wednesday

Ages: 3 - 7 years

Time: 3:30 - 4:15pm

Fee: \$154 / 8 weeks

Session: Nov 12 - Jan 21



Day: Sunday

Ages: 3 - 7 years Regular Class

Time: 3:00 - 3:45pm

Ages: 3 - 5 years Veterans/Pitching Machine

Time: 3:50 - 4:35pm

Fee: \$154 / 8 weeks

Session: Nov 16 - Jan 25

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

Volunteer Opportunities

Volunteers assist the City's workforce in enhancing services to the public by performing tasks beyond the capacity and scope of current City employees, including fundraising efforts. Volunteers are found supporting special populations; help with the success of various environmental, library, neighborhood youth and adult programs; and assist with parks and beach beautification projects. The City's volunteers represent the City's diversity; including seniors, minorities, students, professionals, families, active and non-active military, faith-based or community groups, to name a few.

For more information contact the **Citywide Volunteer Office at volunteersd@sandiego.gov**

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WINTER CAMPS

ROCK 'n TUMBLE



GYMNASTICS HOLIDAY CAMP

Have Fun learning gymnastics, making friends and celebrating fun winter themes at our Rockin **HOLIDAY CAMP!** Gymnastics skills and progressions will be introduced to the novice through intermediate gymnast (USGA levels 1-3) on vault bars, balance beam, floor exercise and trampoline.

Rock and Tumble teaches technically correct gymnastics while kids have lots of fun. Gymnasts will be divided into small groups (**7:1 student: teacher ratio**) by age and ability to learn gymnastics. Daily snack and water will be provided along with fun down time activities including group games and fun theme days. Students bring lunch, Monday and Tuesday. **PIZZA** lunch provided on Wednesday. **Dress in exercise/gymnastics attire, long hair tied back please.**

Date: December 22, 23 & 24

Time: 9:00am - 1:00pm

Ages: 3 - 9 years old

Fee: \$110

Registration Code (9949)



**** Registration and payment taken online at SDRecConnect.com or at the front desk of the recreation center during registration hours**
Please call 858-552-1687



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

*** San Diego Rhythmic Gymnastics Academy Winter Camp

If your child enjoys playing with a ball or dancing with a ribbon she or he probably will like Rhythmic Gymnastics Camp. The camp offers different activities like gymnastics, dance, ballet, track and field, and others.

Your child will learn how to work with a ribbon, ball, hoop, rope, and rhythmic gymnastics clubs. Our camp offers the best all-around physical education compliment to any young child's physique and development.

Your child needs to wear a gymnastics outfit and bring 2 snacks and two bottles of water per day.

CAMP I

Dates: December 22 - 24

Days: Monday - Wednesday

Ages: 6 and up

Time: 9:00am - 3:00pm

Fee: \$150



CAMP II

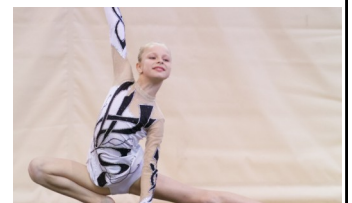
Dates: December 29 - 31

Days: Monday - Wednesday

Ages: 6 and up

Time: 9:00am - 3:00pm

Fee: \$150



**For more information & registration
contact SDRGA directly at (619) 852-7439
www.sandiegorhythmicgymnastics.com**

SAFETY CLASS

CHILD & BABYSITTER SAFETY CLASS

Child and Babysitter Safety Class is a community education program for youth ages 11 to 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 kits, and a Babysitter certificate from The American Safety & Health Institute upon completion. Instructor Sue Lockhart, has been training babysitters in San Diego for over 20 years.

Group classes can be scheduled for Girl Scouts at special discounted rate. Contact Sue directly at 858-344-0475



REGISTRATION CODE (9950)

Day/Date: Friday , February 6
Friday, February 13

* Must attend both 2 hour classes to receive certification.

Time: 4:00 - 6:00pm

Ages: 11 years and up

Cost: \$60 per person

Location: Ocean Air Meeting Room

Instructor: Sue Lockhart

Minimum enrollment: 3

Maximum enrollment: 20



For more information contact Sue Lockhart at:
858-344-0475

Internet: www.lockhart-training.com

Email: sue@lockhart-training.com



ADULT LEAGUES

Torrey Hills Neighborhood Park BIO TECH CO-ED SOFTBALL SPRING 2015

Monday Night

Registration Code (9970)

Tuesday Night

Registration Code (9972)

Wednesday Night

Registration Code (9973)

Thursday Night

Registration Code (9971)



Fee: \$650 / team

Games begin week of February 23, 2015

Register online at: www.SDRecConnect.com
(use Registration codes to register)

Registration begins November 22, 10:00am

\$15 charge per game for umpire

**For more information, contact League Director
Pete McNamara at 858-453-6208.**

***MEN'S BASKETBALL LEAGUE

Tuesday Night - Ocean Air

Rob Powell, League Director at
(858) 829-8007 or

www.sandiegobasketball.com



**Are you going to register
online?**

**Online registration activity numbers
are assigned for each class and are
appear in brackets; e.g. (6262)**

SPECIAL EVENT



Ocean Air Recreation Council presents



SNOW DAY AT THE PARK

Toy/Food Drive & Pancake Breakfast

Saturday, December 6, 2014

8:30am - 11:30am



Support San Diego Toys for Tots & San Diego Food Bank by helping fill Santa's Sleigh for those in need!

Bring an unwrapped toy or bag of non-perishable food between November 17 and December 5 to receive 4 tickets for the Pancake Breakfast! (otherwise, breakfast is \$5.00/person day of event)

30' Snow Sled Run

Bunny Slope

Delicious Breakfast

Visit from Santa

Holiday Giving

Outside Games & Activities



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 235-1133 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.