

# POWAY

## COMMUNITY SERVICES GUIDE



**FALL 2024**

**Registration Begins:  
AUGUST 6, 2024 AT 7:30AM  
FOR POWAY RESIDENTS  
AUGUST 7, 2024 AT 7:30AM  
FOR EVERYONE**

**[POWAY.ORG/CLASSES](https://poway.org/classes)**



# IT'S FALL! NATURE'S CALLING ... AND SO ARE WE!

## Hoot, Howl & Prowl

**Blue Sky Reserve** comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close. Groups will leave at 10-minute intervals, and tours last approximately 75 minutes. Kids are welcome to wear their costumes. End the evening with a cup of hot chocolate! Registration required.

**REGISTRATION & INFORMATION:** [poway.org/classes](http://poway.org/classes) or (858) 668-4781

CLASS #	DAY	TIME	DATES	FEE
1200.200	SA	5:30pm	Oct 19	\$6 per person
1200.201	SA	5:40pm	Oct 19	\$6 per person
1200.202	SA	5:50pm	Oct 19	\$6 per person
1200.203	SA	6:00pm	Oct 19	\$6 per person
1200.204	SA	6:10pm	Oct 19	\$6 per person
1200.205	SA	6:20pm	Oct 19	\$6 per person
1200.206	SA	6:30pm	Oct 19	\$6 per person
1200.207	SA	6:40pm	Oct 19	\$6 per person

## Calling all volunteers, that is!

We create community and enhance quality of life, but we don't do it alone! Poway is fortunate to have dedicated volunteers who give of their time and talent to help us make exceptional experiences. Volunteers ride the rails, patrol parks, engage others in ancient history, explore nature, gain valuable experience and leadership skills in our teen program, and more!

As we return to school and schedules, why not "fall-into" some volunteer service? Not only will you make new friends with shared interests, but you will also make a difference in this fine community while having FUN!

**APPLY ONLINE AT:** [poway.org/volunteer](http://poway.org/volunteer)





THERE IS STILL  
TIME FOR SOME  
**SUMMER  
FUN!**

### 2024 SUMMER MOVIES IN THE PARK SERIES

**FREE!** Enjoy a family-friendly movie under the stars during the **Summer Movies in the Park Series**. Movies will be shown on Saturdays at sunset. Bring your favorite snacks or a picnic dinner; food will not be available for purchase.

INFORMATION: [poway.org](http://poway.org) or (858) 668-4671

DATE	LOCATION	MOVIE
July 27	Community Park	<i>Kung Fu Panda 4</i>
August 10	Old Poway Park	<i>Hook</i>

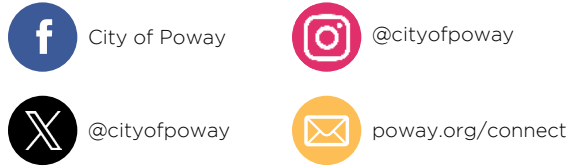
### 2024 SUMMER CONCERT SERIES

**FREE!** What goes together with summer and fun? Music, of course! So get your dancing shoes on, grab the family, and join us for the best local entertainment around on Sundays from 5:30-7:00pm. Our famous food trucks, **Born in Brooklyn** and **Taco Picasso**, will be back at Lake Poway to serve up your favorite foods.

INFORMATION: [poway.org](http://poway.org)

DATE/LOCATION	PERFORMER/MUSICAL STYLE
July 21 Old Poway Park	<b>The Benedetti Trio</b> VARIETY
July 28 Lake Poway	<b>Britain's Finest</b> BEATLES
August 4 Old Poway Park	<b>Pomerado Community Band</b> BIG BAND

Connect with us and never miss a recreation opportunity again!



### SAVE THE DATE

#### FALL CLASS REGISTRATION:

**POWAY RESIDENTS:** August 6, 2024 at 7:30am.

**EVERYONE:** August 7, 2024 at 7:30am.

<b>FALL CAMPS</b>	<b>2</b>
<b>CITY PROGRAMS</b>	<b>3</b>
Kid's Night Out	3
Teen Programs	3
<b>FALL CLASSES</b>	<b>4-16</b>
Preschool Activities	4
Creative Arts	4
Art	4
Dance	5
Sports	8
Open Play Sports	10
Health & Wellness	11
Special Needs	12
Safety Training	12
Dog Training	12
Swim Classes	13
Poway Swim Center	16
<b>POWAY PARKS &amp; FACILITIES</b>	<b>17-22</b>
Poway Community Park	17
Old Poway Park	18
Lake Poway	19
Blue Sky Ecological Reserve	20
Kumeyaay-Ipai Interpretive Center	21
Poway Library	22
Sportsplex USA	22
<b>CULTURAL &amp; RECREATIONAL FACILITIES MAP</b>	<b>23</b>
<b>REGISTRATION</b>	<b>24</b>
<b>POWAY CENTER FOR THE PERFORMING ARTS</b>	<b>25</b>

# FALL CAMPS!



## CAMP! SKATEBOARDING

AGES 5-13

Skateboarders of all levels are invited to come build your ramp skills, develop tricks, learn safety techniques, meet guest pros, and make new friends! All participants MUST wear a helmet, elbow pads, and knee pads each day. Bring a skateboard or contact the instructor for options prior to the first day.

**INSTRUCTOR:** SD Skatelife, Andrew Barbosa:  
Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

**NO CLASS:** Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.200	M-F	9:00am-12:00pm	Nov 25-Nov 29	\$145/\$158

## CAMP! YOUNG ENGINEERS: CRAZY CARS

AGES 5-12

Build a range of crazy cars from elastic, race, and even flipping! Participants are introduced to the world of engineering and science by gaining a deeper understanding of how different components work. Participants apply it to their own creations and put it to the test to overcome all obstacles including tracks, sand, and loops.

**INSTRUCTOR:** Young Engineers of Greater San Diego

**LOCATION:** Community Park, Willow Room 302

**NO CLASS:** Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
6901.200	M-F	9:00am-12:00pm	Nov 25-Nov 29	\$154/\$167

## CAMP! CHEERLEADING, DANCE & TUMBLE

AGES 5-10

Learn the fundamentals of cheerleading and dance techniques such as stretches, jumps/kicks, cheers, sideline dances, beginner stunting and tumbling, and a full routine, all of which are performed for families on the last day! FUN cheer-themed arts and crafts include: decorate your own hair bow, cheer camp t-shirt, friendship bracelets, spirit sticks, posters, and more.

**INSTRUCTOR:** Charlene's Dance & Cheer: charlenesdance.com

**LOCATION:** Community Park, Willow Room 303

**NO CLASS:** Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
5703.200	M-F	9:00am-12:00pm	Nov 25-Nov 29	\$148/\$161

## CAMP! WONDERS! SCIENCE: THE BEST OF WONDERS

AGES 4-12

These science camps are hands-on fun from beginning to end! Participants engage in 50 different hands-on experiments including: launch the ultimate candy cannon, make fire glowing giant tubes, make silver pennies, make amazing glowing rock crystals, create incredible whoosh bottles, work electricity buzzers and lights, create tornado tubes, make gigantic bubbles, fashion the amazing suction splat, experiment with floating rocks, perform with gravity defying balance birds, concoct 3 tremendous slimes, fire the ultimate water rocket, make an amazing bird caller, and much more!

**INSTRUCTOR:** Wonders! Science and Math

**LOCATION:** Community Park, Oak Hall East

**NO CLASS:** Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.200	M-F	9:00am-12:00pm	Nov 25-Nov 29	\$150/\$163*

\*\$35 materials fee due on the first day of class

## CAMP! WONDERS! SCIENCE: THE ULTIMATE WONDERS

AGES 4-12



These science camps are hands-on fun from beginning to end! Participants engage in 50 different hands-on experiments including: dazzle people with the slippery ring experiment, make world class slime,

travel on a real hoverboard, put together snazzy crystal pendants, fashion amazing bubble snakes, make an exquisite rock board, work gigantic vortex cannons, create a chemical styrofoam tower, experiment with amazing liquid nitrogen, experiment with fiber optics, make incredible glowing rock crystals, and much more!

**INSTRUCTOR:** Wonders! Science and Math

**LOCATION:** Community Park, Oak Hall East

**NO CLASS:** Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.201	M-F	1:00-4:00pm	Nov 25-Nov 29	\$150/\$163*

\*\$35 materials fee due on the first day of class

# CITY PROGRAMS



## Kid's Night Out

### KID'S NIGHT OUT

GRADES 1-5

Kid's Night Out is a win-win for everyone! Parents, take the night off because Kid's Night Out is all about the kids. Kids enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It's not your average night... it's Kid's Night Out!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Oak Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.200	F	5:00-9:00pm	Sep 6	\$13/\$26
1000.201	F	5:00-9:00pm	Oct 4	\$13/\$26
1000.202	F	5:00-9:00pm	Nov 1	\$13/\$26
1000.203	F	5:00-9:00pm	Dec 6	\$13/\$26

## Teen Programs

### TEEN BACKYARD MOVIE NIGHT

GRADES 6-9

Grab your friends and join us for a jam-packed evening filled with amazing activities, awesome lawn games, tasty barbecue, an uber-sweet popcorn bar, and so much more! Then bundle up and kick back as we watch **The Super Mario Bros. (PG)** on a giant inflatable screen under the stars!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Oak Hall

CLASS #	DAY	TIME	DATES	FEE
1001.200	F	5:00-9:00pm	Sep 20	\$6



### TEEN GLOW-IN-THE-DARK DODGEBALL

GRADES 6-9

What's better than playing dodgeball!? Playing glow-in-the-dark dodgeball, of course! Get ready for some beast glow-in-the-dark fun with dodgeball, rockin' tunes, dodgeball, boss treats, dodgeball, lit prizes, and more—dodgeball, that is! This legendary showdown is a teen program fave that you and your friends won't want to miss!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	FEE
1001.201	F	5:00-9:00pm	Oct 18	\$6

### TEEN GAME SHOWDOWN

GRADES 6-9

Hey teens! We're bringing your favorite games to life in the ultimate game showdown! Challenge your friends in life-size versions of classic board games; get your buzzer hand ready as you take on opponents in crazy adaptations of famous gameshows; and the competition is on like Donkey Kong in an amazing race that will have you and your teammates cheering for more! Don't just sit there—come on down! You're our next contestant in this wild game showdown!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Oak Hall

CLASS #	DAY	TIME	DATES	FEE
1001.202	F	5:00-9:00pm	Nov 15	\$6

### TEEN ROCK THE DROP

GRADES 6-9

Who says you have to wait until December 31 to celebrate the New Year? We're skipping ahead, amping the awesome to super sauce levels, and rocking the drop like it's 2099! Glow crazy with your friends on the dance floor, prep your own new year's party gear, spoil your taste buds with neon treats, glow the competition away during wacky blackout challenges, count down to 2025 in raging style, and more! Grab your friends and end the year rockin' out!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Oak Hall

CLASS #	DAY	TIME	DATES	FEE
1001.203	F	5:00-9:00pm	Dec 20	\$6



# Preschool Activities

## TINY TOTS AGES 3-5

This education program teaches participants valuable learning skills through play, songs, games, structured learning, and crafts in a fun and engaging atmosphere. Participants learn concepts such as letters, numbers, writing and math skills, social skills, and more. Participants must be potty-trained and able to participate independently. Please bring a snack and drink each day.

**INSTRUCTOR:** Charlene's Dance & Cheer: charlensdance.com  
**LOCATION:** Community Park, Willow Room 306  
**NO CLASS:** Nov 26 & 28

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.200	TU/TH	9:00am-12:00pm	Sep 10-Oct 3	\$252/\$265*
1500.201	TU/TH	9:00am-12:00pm	Oct 8-Oct 31	\$252/\$265*
1500.202	TU/TH	9:00am-12:00pm	Nov 5-Dec 5	\$252/\$265*

\*\$10 materials fee due on the first day of class

# Creative Arts

## NEW! MUSICAL THEATER AND DANCE: AGES 5-12 THE GRINCH

Let your inner star shine while being introduced to the world of musical theater and dance! Participants build confidence and performance skills through fun drama games and exercises. Cast parts and learn lines, scenes, songs, and a dance routine from the hit musical *The Grinch* in preparation for a family showcase on the last day of class.

**INSTRUCTOR:** Charlene's Dance & Cheer: charlensdance.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Oct 31 & Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
1810.200	TH	4:30-5:30pm	Sep 12-Dec 12	\$180/\$193

# Art

## GET SMART WITH ART AGES 2-5

A unique beginners class for children to learn about artists and techniques, and create a new masterpiece each week! Participants explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development.

**INSTRUCTOR:** Ms. Vivian  
**LOCATION:** Community Park, Willow Room 306  
**NO CLASS:** Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.200	M	10:00-10:45am	Sep 9-Sep 30	\$56/\$69
2505.201	M	10:00-10:45am	Oct 7-Oct 28	\$56/\$69
2505.202	M	10:00-10:45am	Nov 4-Dec 9	\$56/\$69

## ART SMARTS: DRAWING & PAINTING AGES 5-12



Using a positive, uplifting environment of creativity, we generate the "wow factor" using a variety of mediums, including colored pencils, oil pastels, watercolors, aqua crayons, and watercolor pencils. With over 200 lesson plans, participants enjoy drawing and painting animals, landscapes,

portraiture, manga, birds, flowers, abstract design, and more. All materials provided.

**INSTRUCTOR:** Art Smarts  
**LOCATION:** Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
2508.200	TU	4:00-5:00pm	Sep 10-Oct 22	\$119/\$132
2508.201	TU	4:00-5:00pm	Oct 29-Dec 10	\$119/\$132

# Dance

## CHEERLEADING, DANCE & TUMBLE

AGES 3-12

In this high-energy class, participants use pom-poms and learn the fundamentals of cheer, dance, and tumbling techniques including voice projection, stretching, jumps, kicks, beginner tumbling and stunting, cheers, and sideline dances. Participants perform a full routine at a USD college athletic game!



**INSTRUCTOR:** Charlene's Dance & Cheer: charlenesdance.com

**LOCATION:** Community Park, Willow Room 303

**NO CLASS:** Oct 31 & Nov 28

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.200	3-5	TH	5:30-6:00pm	Sep 12-Dec 12	\$159/\$172
1703.201	6-12	TH	6:00-6:50pm	Sep 12-Dec 12	\$180/\$193

Try it  
before  
you buy  
it!

Try high-quality, fun Dance To EvOLvE classes without obligation on Sep 9, 11, & 14. Liability waiver required. Classes are designed to be progressive.

## NEW! STORYBOOK DANCE

AGES 3-4.11

Embark on an enchanted journey through various dance styles, exploring a captivating new theme each week. Our dynamic sessions blend multiple dance styles, allowing participants to discover the beauty of expression through movement. Whether it's ballet, creative movement, or a sprinkle of hip hop, each class is a unique adventure tailored to ignite and nurture a love for dance. Let's dance, dream, and explore together!

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.200	M	3:45-4:25pm	Sep 9-Oct 21	\$137/\$150
1702.201	M	3:45-4:25pm	Oct 28-Dec 9	\$137/\$150

## MINI MOVERS & MUSIC

AGES 16 MOS-2.11

This vibrant class is tailor-made for all those ready to groove! Filled with imaginative movement, lively music, and exciting dance games, it's the ultimate playground for mini movers. Through energetic and expressive sessions, participants master age-appropriate dance moves, enhance motor skills, and find their rhythm in a dynamic and supportive environment. Adult participation is required per each child as needed.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.202	M	4:30-5:10pm	Sep 9-Oct 21	\$137/\$150
1702.203	M	4:30-5:10pm	Oct 28-Dec 9	\$137/\$150

## NEW! PETITE STARS TAP & BALLET

AGES 3.3-5.5

This tap and ballet combination class is designed to keep participants moving, learning, and having a blast! From tapping toes to graceful ballet moves, every class is an adventure filled with fun and excitement. With a focus on progression and skill-building, classes gently guide participants toward mastering dance techniques while fostering creativity and self-expression.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.204	M	5:15-6:10pm	Sep 9-Oct 21	\$137/\$150
1702.205	M	5:15-6:10pm	Oct 28-Dec 9	\$137/\$150

## DREAM DANCERS

AGES 6-9.11

Step into the world of dance with our beginner class, where technique meets excitement in every step! Begin by nurturing your grace, strength, and musicality while ensuring every moment is filled with fun. In this dynamic combo of jazz or tap and ballet, participants not only master the fundamentals but also explore the vibrant world of multiple dance genres.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Willow Room 303

**NO CLASS:** Nov 30

### Jazz & Ballet

CLASS #	AGES	DAY	TIME	DATES	R/NR FEE
1702.206	6-9	M	6:15-7:10pm	Sep 9-Oct 21	\$137/\$150
1702.207	6-9	M	6:15-7:10pm	Oct 28-Dec 9	\$137/\$150

### Tap & Ballet

CLASS #	AGES	DAY	TIME	DATES	R/NR FEE
1702.208	6.7-9.11	SA	11:15am-12:10pm	Sep 14-Oct 26	\$137/\$150
1702.209	6.7-9.11	SA	11:15am-12:10pm	Nov 2-Dec 14	\$118/\$131





**NEW! DANCE DISCOVERY** **AGES 3-9.11**

Dive into a world of movement, rhythm, and creativity as participants embark on an exciting exploration. This unique class uses The Dance Map, a dynamic visual tool that transforms learning into an interactive adventure! Guided by the map, participants journey through various dance styles, unlocking new realms of expression with each step. Through engaging games, exercises, and imaginative activities, develop strength, flexibility, coordination, and confidence while being exposed to a diverse array of dance styles throughout each class.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 27

CLASS #	AGES	DAY	TIME	DATES	R/NR FEE
1702.210	3-5.11	W	1:00-1:55pm	Sep 11-Oct 23	\$137/\$150
1702.211	3-5.11	W	1:00-1:55pm	Oct 30-Dec 11	\$118/\$131
1702.212	6-9.11	W	2:00-2:55pm	Sep 11-Oct 23	\$137/\$150
1702.213	6-9.11	W	2:00-2:55pm	Oct 30-Dec 11	\$118/\$131

**BEAT BUSTERS HIP HOP** **AGES 4-7.11**

Unleash your inner dance superstar! This dynamic class is all about having fun while honing creativity, coordination, musicality, and listening skills. From hip hop grooves to exhilarating dance games, every moment is packed with non-stop action that will have you movin' to the beats! Rest assured, all music and moves are age-appropriate, ensuring a safe and enjoyable experience for all.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 27

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.214	W	4:00-4:55pm	Sep 11-Oct 23	\$137/\$150
1702.215	W	4:00-4:55pm	Oct 30-Dec 11	\$118/\$131

**PRETEEN HIP HOP** **AGES 8-12.11**

Designed to leave participants feeling refreshed and energized, elevate your dance game with this invigorating and high-octane hip hop class. Whether you're a seasoned dancer or new to the dance floor, this class caters to all skill levels, providing a supportive environment where creativity flourishes and confidence soars. Rest assured, all music and moves are age-appropriate, ensuring a safe and enjoyable experience for all.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 27

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.216	W	5:00-5:55pm	Sep 11-Oct 23	\$137/\$150
1702.217	W	5:00-5:55pm	Oct 30-Dec 11	\$118/\$131

**MAGICAL MUNCHKINS TAP & BALLET** **AGES 2-3.3**

Step into this enchanting introductory dance class where rhythm, grace, and boundless fun await! Our dynamic sessions seamlessly blend tap and ballet, and engaging dance games, creating an energetic and expressive atmosphere where every participant can shine. Adult participation is required per each child as needed.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 30

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.218	SA	8:30-9:10am	Sep 14-Oct 26	\$137/\$150
1702.219	SA	8:30-9:10am	Nov 2-Dec 14	\$118/\$131

**TINY MOVERS TAP & BALLET** **AGES 3-4.4**

Watch as participants embark on a journey of learning basic dance and motor skills, musicality, and rhythm, all while having a blast in a supportive environment. Starting with tap and seamlessly transitioning into ballet each week, these classes are carefully crafted to keep your little one engaged and excited. This is the first independent class, with families watching from outside the room, fostering confidence and independence.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 30

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.220	SA	9:15-10:10am	Sep 14-Oct 26	\$137/\$150
1702.221	SA	9:15-10:10am	Nov 2-Dec 14	\$118/\$131



**STAR SHINERS TAP & BALLET****AGES 4.5-6.11**

This class fosters continuous growth and progression, guiding participants through a journey of skill development and self-expression. Carefully designed to seamlessly integrate curriculum goals with joyous movement, participants are both challenged and fulfilled. Starting with tap and seamlessly transitioning into ballet each week, participants

not only refine their dance, listening, and coordination skills but also dive into the intricacies of ballet terminology and technique. Once a month, participants spice things up with a jazz dance day, adding variety and excitement to our repertoire.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 30

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.222	SA	10:15-11:10am	Sep 14-Oct 26	\$137/\$150
1702.223	SA	10:15-11:10am	Nov 2-Dec 14	\$118/\$131

**NEW! SHOWSTOPPERS HIP HOP & POMS****AGES 6.7-9.11**

Get ready to dazzle the dance floor with our dynamic combination class that blends the hottest hip hop moves with the precision and flair of pom routines. Our high-energy sessions will have participants grooving as they learn the latest hip hop choreography and master the art of pom routines.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 30

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.224	SA	12:30-1:25pm	Sep 14-Oct 26	\$137/\$150
1702.225	SA	12:30-1:25pm	Nov 2-Dec 14	\$118/\$131

**NEW! BALLET 1****AGES 10-14**

Dive into the enchanting world of ballet in this class designed to inspire and elevate participants of all levels, no experience required. Whether you dream of pirouetting across the stage or simply want to explore the beauty of classical dance, this class offers the perfect balance of technique and artistry. We will focus on building a strong foundation in ballet fundamentals while nurturing creativity and expression.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 30

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.226	SA	1:30-2:25pm	Sep 14-Oct 26	\$137/\$150
1702.227	SA	1:30-2:25pm	Nov 2-Dec 14	\$118/\$131

# DANCE-THEMED POP-UP EVENTS

**NEW! PARENTS NIGHT OUT:  
BLUEY BOOGIE BASH****AGES 3-8**

Immerse your little ones in a night filled with laughter, creativity, and boundless imagination inspired by the beloved animated series, *Bluey*. During this pop-up event, participants engage in games, crafts, and activities. From imaginative storytelling to interactive games that mirror the show's spirit, get ready for an evening of fun, fostering friendships, and sparking the magic of dance. Families are invited to enjoy a special performance at the end of the evening.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.228	F	4:30-8:00pm	Oct 25	\$70/\$83

**NEW! PARENTS NIGHT OUT:  
ELVES IN TRAINING****AGES 3-8**

Zip! Zap! Santa's elves are working hard in his workshop and need your help! During this holiday pop-up event, participants hammer down some awesome hip-hop moves, create a clever winter craft, and sing and dance to their favorite seasonal songs! Give Santa time to do holiday preparation (or take much needed downtime). Families are invited to enjoy a special performance at the end of the evening.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.229	F	4:30-8:00pm	Dec 13	\$70/\$83



# Sports

## SOCCER SHOTS MINIS

AGES 2-3



This high-energy program introduces participants to fundamental soccer principles such as using their feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, participants begin to experience the joy of playing soccer and being active. All participants receive a Soccer Shots jersey.

**INSTRUCTOR:** Soccer Shots

**LOCATION:** WED: Valle Verde Park, Ball Field

SAT: Community Park, Open Play Area

**NO CLASS:** Nov 9 & 30

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.200	W	4:30-5:00pm	Sep 11-Oct 30	\$185/\$198*
2010.201	SA	9:00-9:30am	Sep 14-Dec 14	\$215/\$228*

\*\$35 materials fee due on the first day of class

## SOCCER SHOTS CLASSIC

AGES 4-6

Using imaginative games, we focus on basic soccer skills like dribbling, passing, and shooting. Positive character traits such as respect, teamwork, and appreciation are highlighted. Soccer Shots introduces participants to the fun of soccer and provides the foundation needed to get started in the sport. All participants receive a Soccer Shots jersey.

**INSTRUCTOR:** Soccer Shots

**LOCATION:** WED: Valle Verde Park, Ball Field

SAT: Community Park, Open Play Area

**NO CLASS:** Nov 9 & 30

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.202	W	5:05-5:50pm	Sep 11-Oct 30	\$185/\$198*
2010.203	SA	9:35-10:20am	Sep 14-Dec 14	\$215/\$228*

\*\$35 materials fee due on the first day of class

## SOCCER SHOTS PREMIER

AGES 7-10

Premier classes focus on individual skill, fitness, and sportsmanship, providing an opportunity for participants to be challenged through fun games and team interaction. Participants are also introduced to competition in a developmentally-appropriate manner. All participants receive a Soccer Shots jersey.

**INSTRUCTOR:** Soccer Shots

**LOCATION:** Community Park, Open Play Area

**NO CLASS:** Nov 9 & 30

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.204	SA	10:35-11:30am	Sep 14-Dec 14	\$215/\$228*

\*\$35 materials fee due on the first day of class

## SKATEBOARDING: BEGINNER

AGES 6-13

This beginner's class is designed to help build balance, confidence, and coordination. Participants learn the fundamentals of riding, skateboarding safety, and early trick development. All participants MUST wear a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

**INSTRUCTOR:** SD Skatelife, Andrew Barbosa:  
Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

**NO CLASS:** Nov 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.200	W	5:00-6:00pm	Sep 11-Oct 16	\$120/\$133
2004.201	W	5:00-6:00pm	Oct 30-Dec 11	\$120/\$133

## SKATEBOARDING: INTERMEDIATE/ADVANCED

AGES 6-13

Develop flowing runs, focus on the principles of getting air, flip tricks, and grinding, meet professionals, and participate in mock competitions. Participants must have at least one year of experience OR have participated in the Skateboarding: Beginner class before enrolling. All participants MUST wear a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

**INSTRUCTOR:** SD Skatelife, Andrew Barbosa:  
Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

**NO CLASS:** Nov 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.202	W	4:00-5:00pm	Sep 11-Oct 16	\$120/\$133
2004.203	W	4:00-5:00pm	Oct 30-Dec 11	\$120/\$133





## TAEKWONDO

AGES 5+

Try it before you buy it!

This is a complete martial arts program designed to help participants of all ages develop respect, self-control, strength, speed, coordination, endurance, and confidence. Learn Taekwondo kicks, blocks, and punches

through self-defense skills. A white Taekwondo uniform is required and may be purchased from the instructor for \$45. Attend the first day of class for free! Liability waiver required.

**INSTRUCTOR:** Master Chen

**LOCATION:** Community Park, Sycamore Hall

**BELT TESTING:** Nov 18 & Nov 20—Participants will be notified if they're eligible to attend; \$45 belt testing fee required.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.200	5+	M/W	5:00–6:00pm	Sep 9–Dec 4	\$129/\$142
2001.201	11+	M/W	6:05–7:05pm	Sep 9–Dec 4	\$129/\$142

### Junior/Adult Taekwondo—Black Belt Participants

This program is for black belt participants only. Combined with class 2001.201 for the first hour, black belt participants stay an extra 25 minutes for individual instruction.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.202	11+	M/W	6:05–7:30pm	Sep 9–Dec 4	\$129/\$142

## YOUTH VOLLEYBALL

AGES 10-15

Looking for a fun sport? Come and play volleyball on Monday nights. Boys and girls are invited to participate in this fun, recreational activity. Beginning Volleyball will work on the basics of passing, setting, hitting, and serving using instruction, drills and practice. **One year of volleyball experience and knowledge of passing, setting, and serving required for Intermediate Volleyball.**

**INSTRUCTOR:** Susie Gehrke

**LOCATION:** Meadowbrook Gymnasium

### Beginner

CLASS #	DAY	TIME	DATES	R/NR FEE
2002.200	M	5:30–6:30pm	Sep 16–Nov 4	\$75/\$88

### Intermediate

CLASS #	DAY	TIME	DATES	R/NR FEE
2002.201	M	6:30–7:30pm	Sep 16–Nov 4	\$75/\$88

## ADULT VOLLEYBALL

AGES 16+

All players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past volleyball experience is required.**

**INSTRUCTOR:** Dick Leatherman

**LOCATION:** Twin Peaks Multipurpose Center

### Coed Intermediate

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.200	Men	TH	6:30–9:30pm	Sep 26–Nov 21	\$80/\$93
2005.201	Women	TH	6:30–9:30pm	Sep 26–Nov 21	\$80/\$93

### Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.202	Men	TU	6:30–9:30pm	Sep 24–Nov 19	\$80/\$93
2005.203	Women	TU	6:30–9:30pm	Sep 24–Nov 19	\$80/\$93

### Women

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.204	Women	M	6:30–9:30pm	Sep 23–Nov 18	\$80/\$93



**TENNIS**

**AGES 6-14**

Come learn tennis from beginner to advanced! In the Beginner class, start by learning skills such as forehand and backhand groundstrokes, volleys, and a good first serve. Next, move on to court positioning, footwork drills, scoring system, and court etiquette while fine-tuning strokes in the intermediate class. Enthusiasts enhance their ability in the Advanced Juniors class, preparing them for tournaments, league play, and high school teams. Advanced Juniors class placement is determined by the instructor.

**INSTRUCTOR:** Art Christophiades  
**LOCATION:** Community Park, Tennis Courts  
**NO CLASS:** Oct 31 & Nov 26 & 28

**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.200	9-14	TU/TH	4:00-5:00pm	Sep 10-Oct 10	\$70/\$83
2000.201	6-8	SA	9:00-10:00am	Sep 14-Oct 12	\$35/\$48
2000.202	9-14	SA	10:00-11:00am	Sep 14-Oct 12	\$35/\$48
2000.203	9-14	TU/TH	4:00-5:00pm	Oct 22-Dec 3	\$70/\$83
2000.204	6-8	SA	9:00-10:00am	Oct 26-Nov 23	\$35/\$48
2000.205	9-14	SA	10:00-11:00am	Oct 26-Nov 23	\$35/\$48

**Intermediate**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.206	10-14	TU/TH	5:00-6:00pm	Sep 10-Oct 10	\$70/\$83
2000.207	10-14	SA	11:00am-12:00pm	Sep 14-Oct 12	\$35/\$48
2000.208	10-14	TU/TH	5:00-6:00pm	Oct 22-Dec 3	\$70/\$83
2000.209	10-14	SA	11:00am-12:00pm	Oct 26-Nov 23	\$35/\$48

**Advanced Juniors**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.210	10-14	M/W	4:00-5:30pm	Sep 9-Oct 9	\$90/\$103
2000.211	10-14	M/W	4:00-5:30pm	Oct 21-Nov 20	\$90/\$103



Open play basketball, volleyball, badminton, and pickleball are available at no charge.

# Open Play Sports

**OPEN PLAY SPORTS**

**ALL AGES**

The City of Poway operates two gymnasiums that provide activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge.

During the fall months, free open gym times are as follows:

**Twin Peaks Multipurpose Center**

14640 Tierra Bonita Road

ACTIVITY	DAY	OPEN GYM HOURS
Open Badminton	F	6:00-9:00pm
Open Volleyball	SU	6:00-9:00pm

**Meadowbrook Gymnasium**

12320 Meadowbrook Lane

ACTIVITY	DAY	OPEN GYM HOURS
Open Basketball	TU	6:00-9:00pm
Open Basketball	TH	6:00-9:00pm
Open Pickleball	F	6:00-9:00pm
Open Adult Basketball	SU	8:00-11:00am
Open Basketball	SU	11:00am-2:00pm

Hours are subject to change without notice. For current operating hours, please visit our website at [poway.org/gyms](http://poway.org/gyms).

# Health & Wellness

## FREE OLDER ADULT PROGRAMS!

INFORMATION: [poway.org/olderadults](http://poway.org/olderadults)

### FEELING FIT

ALL AGES

Feeling Fit offers a safe, comfortable environment to engage in physical activity, social interaction, and fun. Learn about the benefits of exercise, health, and fitness components. All moves and exercises are designed to be adapted to various physical abilities and can be performed from a seated or standing position. Equipment provided for class use.

**INSTRUCTOR:** Feeling Fit

**LOCATION:** Community Park, Sycamore Hall

DAY	TIME	R/NR FEE
M	10:00-11:00am	FREE
TH	10:00-11:00am	FREE

### QIGONG

ALL AGES

Learn to synchronize the mind, body, and breath! Qigong combines gentle flowing movements, relaxed breathing, and self-massage. This self-healing practice becomes a moving meditation as participants enjoy reduced stress and anxiety and improved balance and coordination. Can be done from a seated or standing position. Bring a yoga mat.

**INSTRUCTOR:** Veronique Cometti

**LOCATION:** Community Park, Oak Hall East

DAY	TIME	R/NR FEE
T	10:00-10:45am	FREE



### LINE DANCING

ALL AGES

Do you love music, like to dance, but don't have a partner? Learn to line dance! Each dance is a pattern of steps that repeats throughout the song. We'll learn a new dance each week to different music. Wear soft-soled shoes and bring water.

**INSTRUCTOR:** Duffy

**LOCATION:** Community Park, Sycamore Hall

DAY	TIME	R/NR FEE
W	1:00-3:00pm	FREE
F	1:00-3:00pm	FREE

### SILVER AGE YOGA

ALL AGES

Silver Age Yoga is designed to reach the entire bell curve of the older adult population so that adults from beginner to advanced can safely participate at their own level of comfort. Can be performed from a seated or standing position.

**INSTRUCTOR:** Silver Age Yoga

**LOCATION:** Community Park, Sycamore Hall

DAY	TIME	R/NR FEE
F	9:30-10:45am	FREE



# Special Needs

## MUSIC MOVES ME

AGES 18+

Come sing, dance and play along! Participants immerse themselves in a world of music. Learn how music can help manage stress, enhance memory, improve communication, and be an expression of feelings.

**INSTRUCTOR:** Villa de Vida, Inc.

**LOCATION:** Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.200	TU	4:00-5:00pm	Sep 10-Nov 12	\$100/\$113



## HEALTHY LIFESTYLES

AGES 18+

Learn to live a healthy lifestyle by cooking healthy dishes! Taught by an extraordinary chef, participants learn kitchen safety, watch live demonstrations, and sample healthy dishes. Get your aprons ready because this class is full of delicious recipes.

**INSTRUCTOR:** Villa de Vida, Inc.

**LOCATION:** Community Park, Oak Hall West

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.201	TH	4:00-5:00pm	Sep 12-Nov 14	\$100/\$113*

\*\$60 materials fee due on the first day of class

# Safety Training

## CHILD & BABYSITTING SAFETY

AGES 10-17

This hands-on, community education program teaches basic care techniques and child safety for infants and children. Participants practice infant care skills on dolls and manikins, as well as other babysitter activities. Topics include: playtime safety, infant and child feeding, recognizing emergencies, and more. Upon completion of the course, participants receive a Babysitting Certificate from the American Safety & Health Institute and a Pediatric CPR participant card. Participants should bring a snack and water.

**INSTRUCTOR:** Lockhart Training

**LOCATION:** Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.200	SA	9:30am-1:30pm	Oct 5	\$59/\$72*

\*\$10 materials fee due on the first day of class

# Dog Training

Proof of current vaccinations must be shown at first class. An adult must accompany all dog handlers 16 and younger. No metal choke chains or pinch collars; they are not needed!

## TRAINING CLASSES

DOGS 12 WEEKS+

Training classes are the best thing you can do for you and your dog. Basic commands are taught in the Basic Obedience classes along with walking politely on leash. As the curriculum advances in the Intermediate Obedience classes, your dog works towards obtaining a Canine Good Citizen Title (AKC certified), which includes greeting other dogs politely on leash and coming when called.

**INSTRUCTOR:** Good Dog Training School, Lynne Moore

**LOCATION:** TUESDAY: Old Poway Park, Gazebo

SATURDAY: Garden Road Park, Open Area

## Basic Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.200	TU	6:30-7:30pm	Sep 10-Oct 15	\$95/\$108*
2300.201	SA	9:30-10:30am	Sep 14-Oct 19	\$95/\$108*
2300.202	TU	6:30-7:30pm	Oct 22-Nov 26	\$95/\$108*
2300.203	SA	9:30-10:30am	Oct 26-Nov 30	\$95/\$108*

\*\$25 material fees due on the first day of class

## Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.204	SA	10:45-11:45am	Sep 14-Oct 19	\$95/\$108
2300.205	SA	10:45-11:45am	Oct 26-Nov 30	\$95/\$108



Training classes are the best thing you can do for you and your dog.



# Swim Classes

## Swim Lesson Registration

Please note the age, skill level requirements, and times for each class. Students enrolled either above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call (858) 668-4683 prior to the start of the class to ensure that you are not dropped.

## Waitlist

Can't find space in the class you're looking for? Contact us at (858) 668-4680 or [activenet@poway.org](mailto:activenet@poway.org) to be placed on a waitlist at no charge. Please include: participant's name, age, class activity number, and phone number. We will contact you if space becomes available.

## Swim Lesson Assessments

If you are unsure which level to enroll in, make an appointment to have a free swim lesson assessment! It is highly recommended for determining the correct placement level for participants.

**INFORMATION:** (858) 668-4680

\*PLEASE NOTE: No classes on Monday, September 2.

### PRE-GRUNION

AGE 2

Designed for young children who are ready to begin learning basic swimming skills, but not ready to participate without their parents. Skills introduced are water entry, breath control, floats, and beginning swim strokes. Parents **must** accompany their children in the water.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0020.200	M/W	5:10-5:50pm	Aug 26-Sep 18*	\$65/\$97

### GRUNION 1

AGES 3-4

A beginning class for children with limited or no swimming experience to become comfortable in the water. Skills range from submerging underwater, front and back floats, front and back kicking, and beginning swim strokes.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0101.210	M/W	3:30-4:10pm	Aug 26-Sep 18*	\$65/\$97
0101.211	M/W	4:20-5:00pm	Aug 26-Sep 18*	\$65/\$97
0101.220	TU/TH	3:30-4:10pm	Aug 27-Sep 19	\$74/\$111

### Session 2

0101.230	SA/SU	8:50-9:30am	Sep 21-Oct 13	\$74/\$111
----------	-------	-------------	---------------	------------



### GRUNION 2

AGES 3-5

Introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. Reinforces basic swim skills learned in Grunion 1, with a greater emphasis on independence.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0102.210	M/W	3:30-4:10pm	Aug 26-Sep 18*	\$65/\$97
0102.211	M/W	5:10-5:50pm	Aug 26-Sep 18*	\$65/\$97
0102.220	TU/TH	4:20-5:00pm	Aug 27-Sep 19	\$74/\$111
0102.221	TU/TH	5:10-5:50pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0102.230	SA/SU	8:00-8:40am	Sep 21-Oct 13	\$74/\$111
0102.231	SA/SU	8:50-9:30am	Sep 21-Oct 13	\$74/\$111

### GRUNION 3

AGES 3-5

Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasized skills include front and back crawl. Students should feel comfortable in at least four feet of water.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0103.210	M/W	3:30-4:10pm	Aug 26-Sep 18*	\$65/\$97
0103.211	M/W	5:10-5:50pm	Aug 26-Sep 18*	\$65/\$97
0103.220	TU/TH	6:00-6:40pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0103.230	SA/SU	8:00-8:40am	Sep 21-Oct 13	\$74/\$111

### OTTER PUP

AGES 3-5

This class is for swimmers that are ready to move on to the Otter level but are not old enough. Focuses on improving technique, increased endurance of front and back crawl, and side breathing. Students must be proficient in all Grunion 3 skills to enroll.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0104.220	TU/TH	4:20-5:00pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0104.230	SA/SU	8:00-8:40am	Sep 21-Oct 13	\$74/\$111

\*PLEASE NOTE: No classes on Monday, September 2.

### STARFISH

AGES 6-12

Designed for older swimmers with limited or no swimming experience to gain confidence in the water. Students will learn fundamentals of submerging, floating, kicking, and swim strokes. Orientation to four feet of water is also introduced.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0201.210	M/W	4:20-5:00pm	Aug 26-Sep 18*	\$65/\$97
0201.211	M/W	6:00-6:40pm	Aug 26-Sep 18*	\$65/\$97
0201.220	TU/TH	3:30-4:10pm	Aug 27-Sep 19	\$74/\$111
0201.221	TU/TH	5:10-5:50pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0201.230	SA/SU	8:00-8:40am	Sep 21-Oct 13	\$74/\$111

### SEAHORSE

AGES 6-12

This class is for older swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least four feet of water.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0202.210	M/W	6:00-6:40pm	Aug 26-Sep 18*	\$65/\$97
0202.220	TU/TH	3:30-4:10pm	Aug 27-Sep 19	\$74/\$111
0202.221	TU/TH	6:00-6:40pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0202.230	SA/SU	9:40-10:20am	Sep 21-Oct 13	\$74/\$111

### OTTER

AGES 6-14

This class improves technique, promotes self-proficiency, and increases endurance of front crawl and back crawl. Additionally, focuses on side-breathing, passing the Swim Test, and introduces the deep end.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0203.210	M/W	4:20-5:00pm	Aug 26-Sep 18*	\$65/\$97
0203.211	M/W	6:00-6:40pm	Aug 26-Sep 18*	\$65/\$97
0203.220	TU/TH	5:10-5:50pm	Aug 27-Sep 19	\$74/\$111
0203.221	TU/TH	6:00-6:40pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0203.230	SA/SU	9:40-10:20am	Sep 21-Oct 13	\$74/\$111





**SEAL AGES 6-15**

Takes place in 11-12 feet of water. Must be able to swim 15 yards of front crawl with side breathing, back crawl, and elementary backstroke. Skills introduced are dolphin and breaststroke kick, diving from the side of the pool, and continued emphasis on stroke efficiency.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0204.220	TU/TH	6:00-6:40pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0204.230	SA/SU	8:50-9:30am	Sep 21-Oct 13	\$74/\$111

**STINGRAY AGES 6-15**

This class continues to develop technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Introduced skills are breaststroke, sidestroke, and diving.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0205.210	M/W	6:50-7:30pm	Aug 26-Sep 18*	\$65/\$97
0205.220	TU/TH	6:50-7:30pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0205.230	SA/SU	8:50-9:30am	Sep 21-Oct 13	\$74/\$111

\*PLEASE NOTE: No classes on Monday, September 2.

**DOLPHIN AGES 6-15**

Focuses on stroke refinement and increased swimming endurance. Proficiency in front crawl with side-breathing, back crawl, elementary backstroke, sidestroke, and breaststroke are expected. New skills introduced are butterfly and flip turns.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0206.220	TU/TH	6:50-7:30pm	Aug 27-Sep 19	\$74/\$111
<b>Session 2</b>				
0206.230	SA/SU	9:40-10:20am	Sep 21-Oct 13	\$74/\$111

**SWORDFISH AGES 16+**

Develop skill proficiency and continue to progress towards swimming greater distances in all strokes. Participants are expected to swim at least 50 yards without stopping prior to taking this class.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0207.210	M/W	6:50-7:30pm	Aug 26-Sep 18*	\$65/\$97
<b>Session 2</b>				
0207.230	SA/SU	9:40-10:20am	Sep 21-Oct 13	\$74/\$111

**ADULT BEGINNER AGES 16+**

It's never too late to learn to swim! For adults who desire to become confident in the water and learn basic swimming skills.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0301.220	TU/TH	6:50-7:30pm	Aug 27-Sep 19	\$74/\$111

**ADULT INTERMEDIATE AGES 16+**

For adults who are comfortable in the water and have basic swimming skills. Focuses on increased endurance, stroke refinement, and improvement.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0302.210	M/W	6:50-7:30pm	Aug 26-Sep 18*	\$65/\$97



# POWAY SWIM CENTER

13094 Civic Center Drive  
 (858) 668-4680  
[poway.org/swim](http://poway.org/swim)

The Swim Center includes a 50-meter by 25-yard pool with attached diving well and shallow children's area.

The facility also features:

- One- and three-meter diving boards
- Lap swimming lanes
- Full locker rooms with private shower stalls and changing areas
- Family/single-use restrooms
- Splash Pad with geysers, overhead buckets, water tunnel, and more!
- Water maintained between 80 and 84 degrees

Lanes will be set aside during recreational swim for those interested in swimming laps. Some recreational swim times will be shared with City programs and facility rentals. Portions of the pool and diving boards may not be available for use by the public during these times.

## Hours

### Fall Schedule (Aug 19–Oct 19)

#### Adult Lap Swim

Mon/Wed/Fri	10:30am-1:30pm
Tues/Thurs	8:00am-1:30pm (Long Course)
Mon-Fri	4:15-7:00pm*
Sat	10:30am-5:00pm
Sun	12:00-3:00pm

#### Recreational Swim/Splash Pad

(Splash Pad may be closed based on seasonal weather)

Mon/Wed/Fri	10:30am-1:30pm (Shallow Square/Splash Pad only; Diving Board Closed)
Tues/Thurs	8:00am-1:30pm (Shallow Square/Splash Pad only; Diving Board Closed)
Mon-Fri	4:15-7:00pm*
Sat	1:00-5:00pm
Sun	Closed

\*The Swim Center will be closed at 5pm on the 1st Friday of every month for Staff Training.

#### Holiday Hours

Labor Day | Sept 2 | 10:30am-5:00pm



#### WATER EXERCISE

AGES 16+

Water exercise is a low-impact exercise for any ability. Classes are held in four feet of water. Advanced swimming skills are not required. Daily admission is required.

DAYS	TIME	FEE
M/W/F	11:00am-12:00pm	Daily Admission Fee

#### FAMILY SWIM

ALL AGES

Bring your family and floaties to the pool! Family Swim is a designated time for families to come swim together and enjoy their toys, rafts, fins, snorkels, and inner tubes. Items not provided by Swim Center. Proof of residency will be required for the resident rate.

DAYS	TIME	R/NR FEE
SA	10:30am-1:00pm	\$14/\$19

#### RED CROSS LIFEGUARD TRAINING

AGES 15+

Lifeguard training teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certifications for Lifeguarding/First Aid/CPR/AED.

Learning occurs in and outside of class. 100% attendance and participation is required. There is a water skills test on the first day of class that must be passed in order to take the class. Class fee includes materials, book, and a resuscitation mask. Must be 15 years of age by the first day of class.



**INFORMATION:** [poway.org/lifeguardtraining](http://poway.org/lifeguardtraining) or (858) 668-4683

CLASS #	DAY	TIME	DATES	FEE
0700.202	W	5:00-6:30pm Pretest	Oct 16	\$250
	M/W	4:30-7:30pm	Oct 21, 23, 28, and 30	
	SA	9:00am-6:00pm	Oct 26	
	SA	9:00am-1:00pm	Nov 2	

# POWAY PARKS & FACILITIES



## POWAY COMMUNITY PARK

13094 Civic Center Drive  
(858) 668-4671

[poway.org/communitypark](http://poway.org/communitypark)

### Hours

Daily | Sunrise-Sunset

#### Office

Daily | 8:00am-9:00pm

**Ball Fields | Bocce Courts** Daily | 8:00am-sunset  
(10:00pm with reservation)

**Dog Park | Tennis Courts | Basketball Court**  
Daily | Sunrise-10:00pm

#### Skate Park

Daily | 8:00am-8:00pm

FREE!

### CONGREGATE MEAL PROGRAM FOR OLDER ADULTS

Join us for a delicious and nutritious lunch served Monday through Friday from 11:00am-12:30pm at the Mickey Cafagna Community Center. Lunch is \$5 for adults 50+. Reservations are required and must be made in-person by 1:00pm the day before. Payment is due at the time of reservation. Reservations can be made up to a month in advance. For more information and to see the monthly menu, visit [poway.org/olderadults](http://poway.org/olderadults) or call (858) 668-4671.



### FREE EQUIPMENT

ALL AGES

Visit the Mickey Cafagna Community Center to borrow basketballs, bocce balls, footballs, and other cool recreation equipment! Be sure to bring a valid photo ID or keys to exchange.



SAVE THE DATE!

ALL AGES

## Winter Festival



Experience the magic and charm of winter like never before at Poway Community Park! This **FREE** event will be held on: **Friday, January 10 and Saturday, January 11, 2025.**

# OLD POWAY PARK

14134 Midland Road  
(858) 668-4576

[poway.org/oldpowaypark](http://poway.org/oldpowaypark)

## Hours

### Museum

Saturdays | 10:00am-2:00pm  
Sundays | 11:00am-2:00pm

### Nelson House

Saturdays | 10:00am-2:00pm

### Boardwalk Craft Market:

July-Aug | First & Third Saturdays  
Starting Sept 2 | Every Saturday  
8:00am-2:00pm

### Railroad Info:

[powaymidlandrr.org](http://powaymidlandrr.org)

### Farmers Market

Saturdays | 8:00am-1:00pm

### Old Poway Pottery

Saturdays | 10:00am-2:00pm

## ONCE UPON A HALLOWE'EN

ALL AGES

**FREE!**

Celebrate Halloween in a distinctly different way at this family-friendly event. Take a ride aboard the "Halloween Express" locomotive, visit the "cemetery" and haunted house, play carnival-type games, and enjoy spooky Halloween crafts, plus tasty treats. Some activities require a nominal fee.

INFORMATION: [poway.org](http://poway.org) or (858) 668-4576

Saturday, October 26 | 4:30-8:30pm

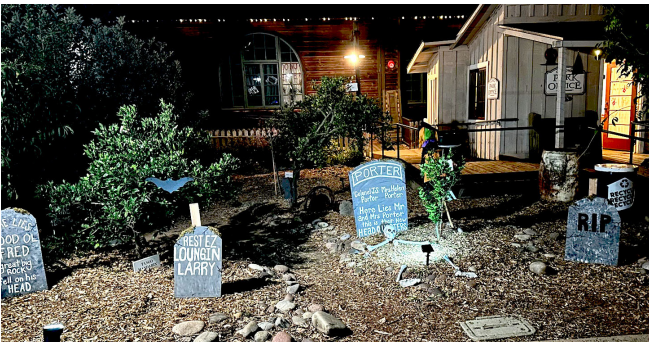


## HAUNTED HOUSE AT OLD POWAY PARK

ALL AGES

Thrills and chills await you in Templars Hall as this spooktacular event returns for a third year! Admission is \$1 per person; not recommended for children under 5.

Sunday, October 27 through Wednesday, October 30 | 6:30-8:30pm



## RENDEZVOUS IN POWAY

ALL AGES

Join us at Old Poway Park as we take a walk back in time to the 1820-1890's for the annual Rendezvous in Poway. The event will take place in early October. For more information and dates, contact our park office at (858) 668-4576.

## TRAIN SONG FESTIVAL

ALL AGES

**FREE!**

Railroads have long been an important part of our heritage and we invite you to join us in their celebration. In addition to a main stage in the gazebo filled with musical entertainment from San Diego Folk Heritage, there will be model railroad layouts in the Porter House, and the Heritage Museum and Nelson House will be open for tours. Of course, the Poway Midland Railroad will provide train rides around the park for a nominal fee.

INFORMATION: [poway.org](http://poway.org) or (858) 668-4576

Saturday, November 9 | 10:00am-4:00pm

## SAVE THE DATE!

ALL AGES

## Christmas in the Park

Friday, December 13 | 3:30-8:30pm and  
Saturday, December 14 | 3:30-8:30pm





## LAKE POWAY

14644 Lake Poway Road  
(858) 668-4770

[poway.org/lakepoway](http://poway.org/lakepoway)

**Park Ranger Office** (858) 668-4772

**Lake Poway Concession** (858) 668-4778

### Hours

Daily | 6:00am-Sunset

### Lake Fishing and Boating Hours

Wednesday-Sunday | 6:00am-Sunset

### Entry Station

Open Weekends & Holidays

\$10 non-resident entry fee for vehicles

Active Military free with ID

### Holiday Hours

Labor Day | Sept 2 | 6:00am-Sunset

### Trout Season

Temperatures dropping means trout are returning! Lake Poway has the best permit and boat prices in the area and is truly a "Big Trout Destination!" Watch our website for the opening of Trout Season: [poway.org/LakePoway](http://poway.org/LakePoway).

#### FALL CAMPING SERIES

ALL AGES

Camping your way! Set up your tent and explore the park at your own pace. Hike the many trails, drop a line to catch a fish, cruise the lake on a motorboat, or simply relax by your campsite and take in all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included, but may be purchased for a nominal fee.

CLASS #	DAY	TIME	DATES	FEE
1103.200	F-SA	1:00pm-10:00am	Sep 20-21	\$31
1103.201	F-SA	1:00pm-10:00am	Sep 27-28	\$31
1103.202	F-SA	1:00pm-10:00am	Oct 11-12	\$31
1103.203	F-SA	1:00pm-10:00am	Oct 18-19	\$31

#### HALLOWEEN FAMILY CAMPOUT

ALL AGES

Join us for a wickedly fun Halloween Campout. Little ghouls and goblins of all ages can enjoy a Ranger-led, spooky night hike, a costume contest, trick or treating, s'mores and a creepy craft starting at 4:00pm!

CLASS #	DAY	TIME	DATES	R/NR FEE
1103.204	SA-SU	4:00pm-10:00am	Oct 26-27	\$65/\$78

#### NIGHT FISHING

ALL AGES

Think you're ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30pm on Friday & Saturday nights through August 31.



# BLUE SKY ECOLOGICAL RESERVE

16275 Espola Road  
1 mile north of Lake Poway Road  
(858) 668-4781

[poway.org/bluesky](http://poway.org/bluesky)

## Hours

Daily | Sunrise-Sunset



**SAVE THE DATE!**

**ALL AGES**

## Hoot, Howl and Prowl

**Saturday, October 19 | 5:30-7:15pm**

Please see inside front cover for all the details!



**BECOME A BLUE SKY DOCENT**

**AGES 18+**

Do you love wildlife and being outdoors? Would you like to join our dedicated team of docent naturalists by becoming a tour leader? No experience needed. Learn about the flora and fauna of our area at your own pace. We guarantee you will make a lasting impact!

**INFORMATION:** [blueskyreserve@poway.org](mailto:blueskyreserve@poway.org) or (858) 668-4781



Join our dedicated team of docent naturalists by becoming a tour leader.



## KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

Parking located at 13104 Carriage Road, Poway

[poway.org/kiic](http://poway.org/kiic)

### Hours

Open third Saturday of each month | 10:00am-1:00pm

### GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI

ALL AGES

Visit us on the third Saturday of each month between 10:00am and 1:00pm for a docent-led tour. Experience artifacts, 'ewaas, milling and grinding stations. If you prefer to wander the trail at your own pace, our easy-to-navigate, self-guided tour brochure is available at the Interpretive Center.



### VOLUNTEER TODAY, INSPIRE FOR A LIFETIME AGES 18+

Kumeyaay-Ipai Interpretive Center volunteers are Poway's greatest cultural resource. You can be, too! We need docents to lead tours for third grade students. No experience is required, and our self-paced training is completely free! Lead just one tour a month and you will impact young lives for a lifetime.

**INFORMATION:** [aransom@poway.org](mailto:aransom@poway.org) or (858) 668-4781



# POWAY LIBRARY

13137 Poway Road  
(858) 513-2900

[sdcl.org](http://sdcl.org)

## Hours

Monday & Thursday | 10:00am-6:00pm  
Tuesday & Wednesday | 12:00-7:00pm  
Friday, Saturday & Sunday | 10:00am-5:00pm

### FREE! CHILDREN'S PROGRAMS BIRTH TO GRADE 5

**Baby Storytime:** Mondays | 11:00am, Tuesdays | 1:00pm  
**Chess Club:** Mondays | 3:30pm  
**Preschool Storytime:** Thursdays | 10:30am  
**Crafternoon:** Thursdays | 1:00pm  
**Preschool Play:** Fridays | 10:30am  
**Love on a Leash:** Fridays | 3:30-4:30pm  
**Dance Storytime:** Saturdays | 10:30am

### FREE! TEEN PROGRAMS GRADES 6-12

**Teen Tuesdays:** Check [sdcl.org/poway](http://sdcl.org/poway) for more program details | 4:00-6:00pm

### FREE! ADULT PROGRAMS AGES 18+

**Friendship Club:** Second & Last Monday | 10:30-11:30am  
**Knitting Club:** Second & Fourth Monday | 1:00-3:00pm  
**Tech Help:** Second & Last Wednesday | 2:00-3:00pm  
**Yoga-Mindful Movement with Breath:** Wednesdays | 3:00-4:30pm, Every Second Saturday of the Month | 11:30am-1:00pm  
**Ukulele Class:** Second Wednesday | 5:00pm  
**Ukulele Jam:** Last Wednesday | 5:00pm  
**Book Club:** Third Wednesday | 6:00pm  
**Pounds, Music and Movement Class:** Thursdays | 11:30 am  
**Mah Jongg-American & Chinese:** Thursdays | 1:00-3:00pm  
**Cribbage:** Fridays | 10:00am-12:00pm  
**Tai Chi for Adults:** Fridays | 10:00am  
**Meditation for All:** Every First Saturday of the Month | 2:00-3:00pm



**SPORTSPLEX USA**  
★ ★  
*Your Place To Play.*

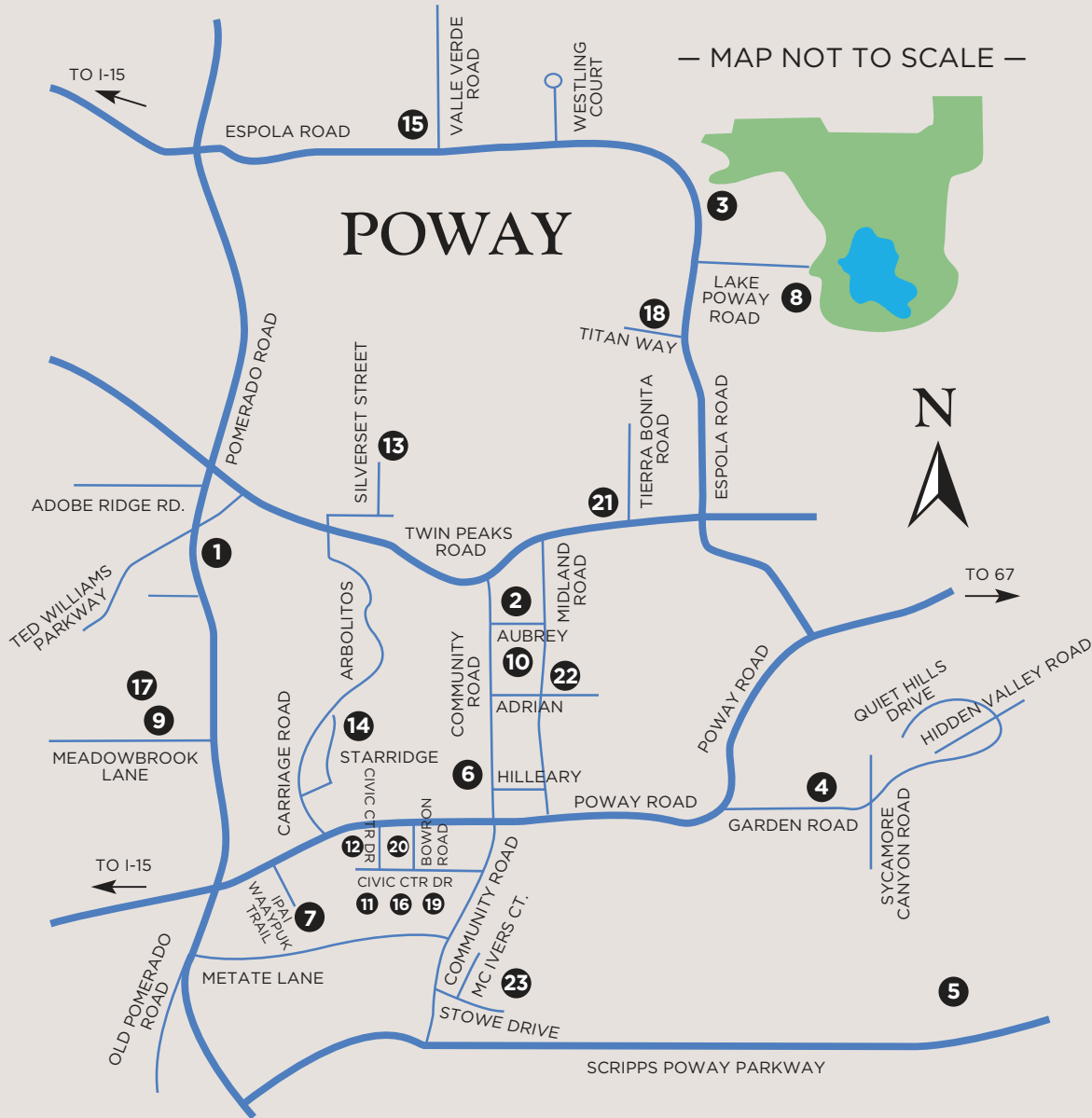
**Poway's Premier Sports Complex**

- ▶ Adult Softball
- ▶ Adult Indoor Soccer
- ▶ Youth Indoor Soccer (3-12yrs)
- ▶ Birthday Parties

Leagues now forming. Visit us online today!  
**SportsplexUSA.com**

**12349 McIvers Ct. Poway, CA 92064**

# CULTURAL & RECREATIONAL FACILITIES



- 1 Arbolitos Sports Fields**  
14401 Pomerado Road
- 2 Aubrey Park**  
13544 Aubrey Street
- 3 Blue Sky Ecological Reserve**  
16275 Espola Road
- 4 Garden Road Neighborhood Park**  
14901 Garden Road
- 5 Goodan Ranch**  
16281 Sycamore Canyon Road
- 6 Hilleary Park**  
13500 Community Road
- 7 Kumeyaay-Ipai Interpretive Center**  
13104 Ipai Waaypuk Trail
- 8 Lake Poway Recreation Area**  
14644 Lake Poway Road

- 9 Meadowbrook Soccer Field**  
12250 Meadowbrook Lane
- 10 Old Poway Park**  
14134 Midland Road
- 11 Poway Community Park**  
13094 Civic Center Drive
  - Community Swim Center
  - Mickey Cafagna Community Center
  - Dog Park
- 12 Poway Skate Park**  
13090 Civic Center Drive
- 13 Silverset Neighborhood Park**  
14795 Silverset Street
- 14 Starridge Neighborhood Park**  
13745 Carriage Road
- 15 Valle Verde Neighborhood Park**  
16899 St. Andrews Drive

- 16 Valley Soccer Field**  
13094 Civic Center Drive
- 17 Meadowbrook Gymnasium**  
12320 Meadowbrook Lane
- 18 Poway Center for the Performing Arts**  
15498 Espola Road
- 19 Poway City Hall**  
13325 Civic Center Drive
- 20 Poway Community Library**  
13137 Poway Road
- 21 Twin Peaks Multipurpose Center**  
14640 Tierra Bonita Road
- 22 Veterans Park**  
14135 Midland Road
- 23 Sportsplex USA**  
12349 McIvers Court



**FALL REGISTRATION DATES:**

August 6 at 7:30am for Poway Residents and August 7 at 7:30am for Everyone.

**3 convenient ways to register for classes:**

**1 ONLINE REGISTRATION**  
is available by visiting the City of Poway website: [poway.org/classes](http://poway.org/classes). A \$1.50 convenience fee will be charged per transaction. Payment must be made by MasterCard, Visa, or American Express.

**2 WALK-IN REGISTRATION**  
is available at the Community Services Department during business hours.  
**Location**  
13325 Civic Center Drive  
**Hours**  
Check [poway.org](http://poway.org) for current hours.

**3 MAIL-IN REGISTRATION**  
is available by check (payable to City of Poway) or by credit card (Master Card, Visa, or American Express). Cash will not be accepted. Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.  
**Mail to**  
P.O. Box 789, Poway, CA 92074-0789

## Class and Camp Refund/Transfer Policy

**Cancelled by City:**

A full refund will be issued for all classes or camps cancelled or overbooked by the City of Poway and/or the independent contract instructor.

**All Other Refunds:**

Refunds or transfers must be requested in writing by noon at least one week prior to the start date. Written requests may be submitted via email to [Activenet@poway.org](mailto:Activenet@poway.org), or by mail to City of Poway, Community Services Department, P.O. Box 789, Poway, CA 92074. A \$19 cancellation fee will be deducted.

No cancellation fee will be deducted if customer places refund as a credit on account. If class, camp, or program is less than the \$19 cancellation fee, the refund will automatically be given as credit on account. Credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer's account will be cleared.

Except as otherwise provided in this policy, if a registrant fails to attend a program after it begins, the registrant is **not**

entitled to a refund. Exceptions may be authorized by the Director of Community Services. A doctor's note or written request describing the extenuating circumstances must be submitted to the Community Services Department within two weeks of the refund request.

## Residency

Poway Residents are defined as those persons who live within the City limits of Poway. Proof of residency is required at the time of registration.

## Financial Assistance

**Poway Leisure Assistance for Youth (PLAY) Scholarship**

Developmentally-disabled individuals and youth may be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you. To find out more, please visit our website at [poway.org/play](http://poway.org/play).

**Access**

We strive to ensure our programs, services, and facilities include and accommodate those with developmental disabilities.

Join us as we kick-off the September 2024–June 2025 season! We host major plays and concerts, individual artists of national acclaim and provide a first-class performance space for community-based productions and the Poway Unified School District. Join us to celebrate the arts—there’s something for everyone!

TICKETS AND INFORMATION: [powaycenter.com](http://powaycenter.com)

# POWAY CENTER FOR THE PERFORMING ARTS

15498 Espola Road  
[PowayCenter.com](http://PowayCenter.com)

## Rental Requests

[business@powaycenter.com](mailto:business@powaycenter.com)

## Administration

(858) 668-4693  
Tuesday through Thursday | 10:00am–2:00pm

## Box Office

(858) 748-0505  
Friday | 1:00–6:00pm  
Saturday | 1:00–6:00pm  
Closed on major holidays

The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin.

## Art Gallery & Facility

Tuesday–Thursday | 10:00am–2:00pm  
Friday | 1:00–6:00pm  
Saturday | 1:00–6:00pm  
Closed on major holidays



## POWAY ONSTAGE

# Naturally 7



Presenters of World-Class Talent at the Poway Center for the Performing Arts.  
[powayonstage.org](http://powayonstage.org)

## POWAY UNIFIED SCHOOL DISTRICT



Student stars of all ages sing, act, dance and show off their talents.  
[powayusd.com](http://powayusd.com)

## COMMUNITY PRESENTERS



Talented groups bring a diverse lineup of live performances to the stage including ballet, orchestra, youth theatre, musicals and more. [powaycenter.com](http://powaycenter.com)

## ART SHOWS

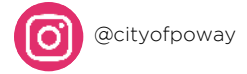


Rotating exhibits ensure a wide variety of styles and media from local, regional, and student artists.



**City of Poway**  
 13325 Civic Center Drive  
 Poway, CA 92064

Connect with us and never miss a recreation opportunity again!



# FALL 2024 EVENTS AT A GLANCE



**Poway City Council**  
 Mayor: STEVE VAUS  
 Deputy Mayor: CAYLIN FRANK  
 Councilmember: PETER DE HOFF  
 Councilmember: ANITA EDMONDSON  
 Councilmember: BRIAN PEPIN

**SAVE THE DATE!**  
 Registration Dates:  
 August 6 at 7:30am for Poway Residents and  
 August 7 at 7:30am for Everyone.  
 See page 24 for details, or visit [poway.org/classes](http://poway.org/classes).