

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

**Carmel Valley Community
Park & Recreation Center**

3777 Townsgate Drive
San Diego, CA 92130

Recreation Center Office:
(858) 552-1616

Carmel Valley Pool:
(858) 552-1623

Carmel Valley Tennis:
(858) 504-4181

www.cvsd.com
Recreation Council Information

LOOK WHAT'S INSIDE!

ACTING CLASS.....	Pg.3
ART CLASS.....	Pg.3
BABYSITTING CLASS.....	Pg.7
BASKETBALL CLASS.....	Pg.7
BASKETBALL LEAGUES - YOUTH.....	Pg.8
DANCE CLASSES.....	Pg.3
DODGEBALL LEAGUE - YOUTH.....	Pg.5
DOG TRAINING.....	Pg.7
FLAG FOOTBALL LEAGUE - YOUTH.....	Pg.3
GYMNASTICS.....	Pg.6
RUNNING CLUB - GIRLS.....	Pg.6
SELF DEFENSE.....	Pg.7
SPORTS CLASSES - YOUTH.....	Pg.4-6
TENNIS.....	Pg.4

**OFFICE HOURS FOR
CLASS REGISTRATION**

MONDAY	2:00 - 6:00pm
TUESDAY	2:00 - 7:00pm
WEDNESDAY	2:00 - 7:00pm
FRIDAY	2:00 - 6:00pm

**TONS OF
FUN SPORTS
PROGRAMS!**



**FALL
2010
PROGRAM**

Park Use Permits and Recreation Center Use Permits are taken by appointment only.
Please contact Center Director Rob Powell @ (858) 552-1616 to make an appointment.

CLASS REGISTRATION BEGINS SEPT. 11, 2010 AT 9:00AM

*Numbers will be issued at 7:00am to reserve a place in line.
See inside front cover for complete details.*

REGISTRATION INFORMATION

Registration for our programs is taken on a first come, first serve, walk-in basis. No phone or mail in registration accepted. **Children under 18 must be registered by their parent/legal guardian. NO EXCEPTIONS!**

REGISTRATION BEGINS:

SATURDAY, SEPTEMBER 11, 2010 at 9:00AM

(Except for Master Sports Programs, Kid City Programs, Senior Fitness, Leash Your Fitness, Performance Dog Training & Tennis)

Numbers will be issued at 7:00am to reserve a place in line. One number per family. We can not give you a number for a friend/neighbor.

Historically, only a few classes fill to capacity on the first day of registration; register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. *Programs may be cancelled if the minimum enrollment requirement is not met 24 hours prior to the start of the first class. Please register early.*

All participants must meet age requirements.

PAYMENT POLICY:

- ◆ Payment is required at the time of registration.
- ◆ Please pay with **EXACT cash or a check** payable to CVRC.
- ◆ No credit cards.
- ◆ A **\$35 fee** will be charged for all returned checks.
- ◆ Financial assistance is available. Please submit the application to Recreation Center office **10 days prior to the start of registration.**
- ◆ Class fees are not prorated/discounted after the beginning of the scheduled session.

Resident - Resides in the City of San Diego, property taxes are paid to the City of San Diego

Non-Resident - Resides outside the City of San Diego (Solana Beach, Del Mar, Rancho Santa Fe, Cardiff, etc.)

REFUND POLICY:

This policy applies to programs offered by the Carmel Valley Recreation Council, unless otherwise stated in this brochure. Sorry, no refunds available for programs with less than 4 class meetings. No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). **Sorry, no exceptions!**

A **\$20 service fee** will be charged **per registrant for each refund request.**

A CVRC Refund Request Form (available at the Recreation Center) and your yellow registration receipt must be submitted **at least 48 hours prior to the second scheduled class meeting.**

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and cannot participate in class please contact CVRC staff as soon as possible. A **CVRC Refund Request Form** (available at the Recreation Center) **must be submitted as soon as possible.** Refund or credit will be determined on a case by case basis by the Center Director.

INDIVIDUALS WITH DISABILITIES:

Most classes can accommodate persons with disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance. Please ask for this service at the time of registration.

RECREATION COUNCIL

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

CARMEL VALLEY RECREATION CENTER

RECREATION CENTER CLOSURES

Monday, September 6, 2010 - Labor Day
Thursday, November 11, 2010 - Veteran's Day
Thursday, November 25, 2010 - Thanksgiving Day
Friday, December 24, 2010 - Christmas Day Observed
Friday, December 31, 2010 - New Year's Day Observed

FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center is a City of San Diego Park and Recreation facility and is free and open to the public during designated hours. Facilities and programs available:

- ◆ Indoor multipurpose courts
- ◆ Game room with Table Tennis
- ◆ Passive picnic areas with barbeques
- ◆ Outdoor basketball courts
- ◆ Horseshoe pits & Outdoor Fitness Stations
- ◆ Tennis courts
- ◆ Amphitheater
- ◆ Two Playgrounds
- ◆ Multipurpose fields

Carmel Valley Recreation Center
has multi-purpose rooms available to rent!

Meetings - Birthday Parties - Holiday Gatherings

Call for availability and more information.

Park Use Permits and Recreation Center Use Permits are taken by appointment only. **Please contact Center Director Rob Powell at (858) 552-1616 to schedule.**

CARMEL VALLEY NEIGHBORHOOD PARKS

NEIGHBORHOOD PARKS

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

PARK USE INFORMATION

City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

Call for availability and more information. Permits are taken by appointment only. Please contact Center Director Rob Powell at (858) 552-1616 to schedule.

CARMEL VALLEY SWIMMING POOL

DIRECT LINE: (858) 552-1623

The Carmel Valley pool is operated under a separate administration. Please call the Pool Office for hours of operation, fees, and lessons information.

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse
blacklax@att.net

North Shore Girls Softball
www.nsgls.com

Carmel Valley Manchester Soccer
www.manchestersoccer.net

San Diego Youth Rugby
www.sandiegoyouthrugby.org

Del Mar Little League
www.dml.org

Solana Beach Little League
www.solanabeachlittleleague.com

DMCV Sharks Soccer
www.dmcvsharks.com

Torrey Pines Pop Warner/Cheer
www.torreypinespw.com

YOUTH ACTIVITIES

KIDS ACT!

Imagine! Create! Perform! Whether your child loves the stage, or needs to build confidence when speaking in front of their classmates, Kids Act can help to motivate, inspire and enrich your child. Students are introduced to improv skills through theater games, work on adapting a children's story and paint their own scenery for a special performance on the last day of class.



Day: Saturday
Age/Time: 4 - 6 years 10:00 - 11:00 am
7 - 11 years 11:00 - 12:00 pm
Cost: \$110/7 weeks or \$130 for Non-residents
Instructor: Aleta Barthell, Professional Theater Artist and Founder
SESSION: 9/25 - 11/6/10

For more information contact Aleta Barthell at (760) 635-3340.
Email: Aleta@roadrunner.com
Internet: www.aletabarthell.com
Minimum Enrollment: 4 Maximum Enrollment: 12

MY FIRST ART CLASS

2-4 years with parent or helper

For the truly beginner artist! This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative. Children are introduced to color, shape, texture, and art materials through carefully designed lessons that introduce artists and techniques, encourage skill development, and ignite the imagination! All new lessons each session! All materials are included.

Day: Tuesday
Time: 9:45 - 10:30am (ages 2 - 3)
10:45 - 11:30am (ages 3 - 4)
Cost: \$72/5 weeks or \$86 Non-resident
Instructor: Abrakadoodle Staff
SESSION 1: 9/21 - 10/19/10
SESSION 2: 10/26 - 11/30/10 NO CLASS 11/23
Minimum Enrollment: 4 Maximum Enrollment 8



For more information contact Kristin at (760) 731-0555.
Email: KNugent@abrakadoodle.com
Internet: www.abrakadoodle.com/ca07.html

YOUTH FLAG FOOTBALL LEAGUE

The Carmel Valley Recreation Council is excited to bring a Flag-Football League to the Carmel Valley Community. This league is for all skill levels. Teams will be formed by a draft, based on the number of registered participants on the day of player evaluations. Teams will play other area Recreation Center Teams and have a chance to qualify for the City-Wide tournament at Robb Field in December competing against the top teams in the City of San Diego. Registration price includes 6-7 regular season games, playoffs, jerseys, and trophies/medals.

DIVISIONS:

10 and Under: Players Must Turn 8 prior to December 12, 2010
12 and Under: Players Cannot turn 13 prior to December 12, 2010
Birth Certificates are required to register. No Exceptions!
Age Cutoff: December 12, 2010
Registration begins August 16, 2010 at 12:00 noon.
Cost: \$60.00
Season: September - December 11, 2010
Coach: Recreation Center Staff



DANCE WITH NANCE

MOMMY & ME BALLET (BALLET/CREATIVE)

2 - 3 years

Lots of fun! Parents and toddlers will enjoy dancing together and your child will be introduced to ballet and creative movement. Tiaras, wands, dress up and fun activities provided.

Day: Friday
Time: 10:00am - 10:35am
Cost: \$75/5 weeks or \$90 Non-resident
SESSION 1: 9/24 - 10/22/10
SESSION 2: 10/29 - 12/10/10 NO CLASS 11/12 & 11/26
Minimum Enrollment: 6 Maximum Enrollment: 12



BALLET & TAP

4 - 5 years

An introduction to ballet positions and creative movement. Your child will learn posture, balance, rhythm and enjoy dancing with new friends!

Day: Friday
Time: 10:40 - 11:15am
Cost: \$75/5 weeks or \$90 Non-resident
SESSION 1: 9/24 - 10/22/10
SESSION 2: 10/29 - 12/10/10 NO CLASS 11/12 & 11/26
Minimum Enrollment: 6 Maximum Enrollment: 12



ROCKIN' STARS! (BALLET/TAP/JAZZ)

4 - 5 years

A wonderful introduction to ballet, tap, and jazz. Your child will learn basic dance steps and develop musical awareness, rhythm and motor skills.

Day: Tuesday
Time: 1:00 - 1:45pm
Cost: \$75/5 weeks or \$90 Non-resident
SESSION 1: 9/21 - 10/19/10
SESSION 2: 10/26 - 11/30/10 NO CLASS 11/23
Minimum Enrollment: 6 Maximum Enrollment: 12



GOTTA DANCE!

BEGINNING CHILDREN'S THEATER

5 - 9 years

A fun adventure of dance routines to songs from Camp Rock, High School Musical and more! Learn beginner jazz/cheer/modern dance routines to songs from pop artists! Enjoy choreographing dance routines with your friends, and creating backdrop posters for our show to be presented during the parent review day the final class of Session 2. Your child will also watch their talents on our video and TV monitors! Great props including blow up guitars, pom poms, and microphones will be provided!

Day: Wednesday
Time: 4:30 - 5:30pm
Cost: \$75/5 weeks or \$90 Non-resident
SESSION 1: 9/22 - 10/20/10
SESSION 2: 10/27 - 12/8/10 NO CLASS 11/10 & 11/24
Minimum Enrollment: 6 Maximum Enrollment: 16



Instructor: Dance with Nance Staff
Note: Wear comfortable clothes, tennis or jazz shoes, and appropriate dance shoes for ballet and tap genres.

For more information contact Nancy Holden at (760) 815-0620.
Internet: www.dancewithnance.com

KID CITY SPORTS

PEE WEE AND ME

Come join the fun! A class where children will learn the fundamentals of four (4) different sports. The sports will include the traditional "Multi-Sport" format which will be basic fundamentals of 3 weeks of soccer, 2 weeks of football, 2 weeks of basketball and 3 weeks of t-ball (in that order). The goal is for the kids to get exposure to sports and the equipment used. ****PARENT PARTICIPATION IS REQUIRED**** Please check the website for rain updates on the DAY OF class. Please bring a water bottle. We supply all of the equipment.

Day/Time: Saturday 11:00 - 11:40am
 Age: 24 - 36 months
 Cost: \$140/10 weeks
SESSION: 9/18/10 - 12/4/10 NO CLASS 11/13 & 11/27
LOCATION: CVRC Lower Field (adjacent to parking lot)
Minimum Enrollment: 5 Maximum Enrollment: 30



PEE WEE SPORTS

Children will learn the fundamentals of four (4) different sports. 3 weeks of soccer, 2 weeks of football, 2 weeks of basketball and 3 weeks of t-ball (in that order). For the 3-6 years classes, participants will be divided up into age groups, 3-4 years and 5-6 years, when necessary. Our goal is for kids to have fun, get exposure to sports, and ensure individualization and participation. Please check the website for rain updates on the DAY OF class. Please bring a water bottle, we supply all of the equipment. No shin guards needed.

Wednesday: 3:45 - 4:25pm (3-6 years)
 4:30 - 5:10 pm (3-6 years)
 Thursday: 3:45 - 4:25pm (3-6 years)
 Saturday 9:00 - 9:40am (3-6 years)
 10:00 - 10:40am (3-4 years)



Cost: \$140/10 weeks
SESSION: Wed. 9/15 - 11/17/10
Thurs. 9/16 - 12/2/10 NO CLASS 11/11, 11/25
Sat. 9/18 - 12/4/10 NO CLASS 11/13, 11/27
LOCATION: Wed. CVRC Lower Field (adjacent to parking lot)
Thurs. CVRC Upper Field
Sat. CVRC Lower Field (adjacent to parking lot)
Minimum Enrollment: 5 Maximum Enrollment: 30

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

T-BALL

Come join the fun! Children will learn the fundamentals of throwing, catching, batting and base running. We will do infield and outfield practice. "See the ball, hit the ball" approach is emphasized along with appropriate batting stance and bat position when hitting. Fielding technique will include grounders. "Live Games" will include multiple balls used. Age groups may be combined due to enrollment. Please check the website for rain updates on the DAY OF class. Please bring a water bottle. We supply all of the equipment.

Day/Time: Friday
 Time: T-Ball I 4:30 - 5:10pm (3-4 years)
 T-Ball II 4:30 - 5:10pm (5-6 years)
 Cost: \$140/10 weeks
SESSION: 9/17 - 12/3/10 NO CLASS 11/12 & 11/26
LOCATION: CVRC Lower Field (adjacent to parking lot)
Minimum Enrollment: 5 Maximum Enrollment: 30



SOCCER

Come join the fun! Children will have a ball learning the fundamentals of soccer. Skills covered are kicking, passing and defense. Your little athlete will be introduced to the concept of set plays and gain soccer experience. Age groups may be combined due to enrollment. Please check the website for rain updates on the DAY OF class. Please bring a water bottle, we supply all of the equipment. No shin guards needed.

Tuesday Soccer 3:45 - 4:25pm (3-5 years)
 Friday Soccer I 3:45 - 4:25pm (3-4 years)
 Friday Soccer II 3:45 - 4:25pm (5-6 years)
 Cost: \$140/10 weeks



SESSION: Tues. 9/14 - 11/16/10
Fri. 9/17 - 12/3/10 NO CLASS 11/12 & 11/26
LOCATION: Tues. CVRC Upper Field
Fri. CVRC Lower Field (adjacent to parking lot)
Minimum Enrollment: 5 Maximum Enrollment: 30

To register for Kid City programs, download the MAIL-IN registration form online at www.kidcitysports.com

For more information contact Mark at (858) 344-2557.
 Email: director@kidcitysports.com

CARMEL VALLEY TENNIS

FALL JUNIOR PROGRAMS

Monthly tennis clinics for junior players will be held in the Fall from September-December. Clinics are available for all ages and ability levels.

Beginners: Monday and Wednesday 3:30 - 5:00pm
Intermediate: Tuesday and Thursday 3:30 - 5:00pm
Advanced: Tuesday and Thursday 5:00 - 6:30pm

Clinic Session Dates:

September 1st-30th - \$180 (9 clinics)
 October 4th-28th - \$160 (8 clinics)
 November 1st-19th, 29th and 30th - \$140 (7 clinics)
Thanksgiving Week Camp 9:00-12:00
 November 22nd, 23rd, 24th and 26th - \$30/day
 December 1st-30th - \$180 (9 clinics)
Holiday Weekday Camp 9:00-12:00
 December 20th - 31st - \$30/day



Adult Programs Available – Call for Information

\$20 DISCOUNT GIVEN IF REGISTERED FOR MONTHLY CLINIC 7 DAYS IN ADVANCE!!

Register for clinics at Tennis Shop @ Upper Court Area

Hours of Operation:

Mon. - Fri. 8:30 - 7:30pm
 (Office Closed 1:30-3:00pm Mon.-Fri.)
 Saturday 8:30 - 6:00pm
 Sunday 8:30 - 5:00pm

Please call ahead for court reservations. Cost: \$10 per hour

For more information contact Carmel Valley Tennis at: (858) 504-4181.

MASTER SPORTS

XTREME DODGEBALL LEAGUE

Get ready for one of the most fun games your child will ever play. We use soft foam style dodge balls for safety. Games are held in the gym. Bring a friend and play on the same team! We will form teams the first week and teams will play for season long point standings. Team Jerseys and awards included. Space is limited.

Day:	Friday
3:30 - 4:30pm	K - 2nd grade (Instructional)
4:30 - 5:30pm	3 - 4th grade (Rookies)
5:30 - 6:30pm	5 - 6th grade (Pro's)
6:30 - 7:30pm	7 - 8h grade (All Star's)
7:30 - 8:30pm	9 - 12th grade H.S. division (Hall of Famers)



Cost: \$125/8 weeks includes jersey.
 Director: Coach Jay and Master Sports Staff
SESSION: 9/24 - 11/12/10
LOCATION: Carmel Valley Recreation Center Gymnasium
NOTE: When registering online be sure to go to LEAGUES and not classes for this program.

BEGINNER T-BALL FALL LEAGUE

Now in our 10th year! This league is designed for children who miss the age cut off date for little league. It is a non-competitive environment where the score is not kept.

There are no outside practices and parents are encouraged to participate with their child. Our goal is to have fun, improve skills and build knowledge of the game. Includes a baseball hat, team picutre, jersey and trophy. **Please bring: glove, pants, and tennis shoes.**

Age: 4 - 5 years (must be 4 by 12/1/10)
 Day: Saturday
 Games are played at 1:00pm, 2:00pm, 3:00pm

Cost: \$130/8 weeks
SESSION: 9/25/10 - 11/20/10 **NO GAMES 11/13**
LOCATION: Carmel Valley Recreation Center,
 Lower Field, adjacent to parking lot

REGISTER AT: www.MASTERyourSPORTS.com



JR. SPORTS

Participants will play soccer, basketball, tee-ball, flag football and track & field. Class T-Shirt and sports gift included.

Day:	Monday
Time/Age:	2 - 3 years* 9:20 - 9:55am
	<i>*Parent participation required for 2-3yrs.</i>
	<i>Parent and participant receive matching class shirts.</i>
	3 - 4 years 10:00 - 10:50am
	4 - 5 years 11:00 - 11:50am
Cost:	\$110/8 weeks
Instructor:	Master Sports Coach - Chris
SESSION:	9/20 - 11/8/10
LOCATION:	Carmel Valley Recreation Center, Lower Field, adjacent to parking lot



BASKETBALL

Our staff will help students improve in all aspects of the game. Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games. All participants receive a basketball and a t-shirt.

Day:	Wednesday
Time/Age:	3:00 - 4:00pm Grades K - 2
	4:00 - 5:00pm Grades 3 - 6

Cost: \$110/8 weeks
 Instructor: Master Sports Staff
SESSION: 9/22 - 11/10/10
LOCATION: Carmel Valley Recreation Center Gymnasium



VOLLEYBALL

This volleyball program will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking digging, rotation, sportsmanship and rules will all be covered in this fun class.

Day:	Mondays
Age:	9 - 13 years
Time:	4:00 - 5:00pm Beginner
	5:00 - 6:00pm Intermediate

Cost: \$110/8 weeks
 Instructor: Master Sports Staff
SESSION: 9/20 - 11/8/10
LOCATION: Carmel Valley Recreation Center Gymnasium



**CHECK OUT OUR UPCOMING
 YOUTH BASKETBALL
 LEAGUES!
 INFO ON BACK COVER**



To register for Master Sports programs visit
www.MASTERyourSPORTS.com
 For more information contact Master Sports at (858) 518-1315.
 Email: info@MASTERyourSPORTS.com

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

GYM KIDS GYMNASTICS

In our toddler and preschool program, children ages walking through 5 develop gymnastics skills on all of the apparatus using progressions. Kinesthetic awareness, fine & gross motor skills, hand/eye/foot coordination and crossing the midline activities are packed into a FUN filled active learning experience.

Our school age gymnastics program, designed for children ages 5 - 12, challenges children in a safe and positive way as we teach technically correct gymnastics on the Olympic events: vault, bars, balance beam, floor exercise and trampoline. Our noncompetitive program focuses on the learning process, as we promote the feeling of "I CAN DO IT!" in each child."

Cost: \$160/10 weeks or \$190 for Non-residents
SESSION: Mon. 9/20 - 11/29/10 NO CLASS 11/22
Tues. 9/21 - 11/30/10 NO CLASS 11/23

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

Tumble Toddlers: walkers - 36 months

*Parent Participation REQUIRED

Parent or Guardian accompanies the young gymnast as he or she explores all of the gymnastics stations along with rhythm & movement plus parachute time!

Monday	10:30 - 11:15am	Tuesday	10:00 - 10:45am
--------	-----------------	---------	-----------------

Gym Kids Pre-Rollers: walkers - 3 years

*Parent Participation REQUIRED

This transition class is the perfect segue into our Rollers (ages 3-5) level class and is the most advanced of our parent participation classes. This is also a GREAT class for parents with a young toddler as well as a preschool aged child as it is run simultaneously with our Gym Rollers (ages 3-5).

Monday	9:30 - 10:15am
	5:00 - 5:45pm

Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am	Tuesday	11:00 - 11:45am
	11:30 - 12:15pm		12:00 - 12:45pm
	3:00 - 3:45pm		3:00 - 3:45pm
	4:00 - 4:45pm		4:00 - 4:45pm
	5:00 - 5:45pm		5:00 - 5:45pm

Pre-Jumpers: Girls 4 - 6 years

Tuesday	1:00 - 2:00pm
---------	---------------

Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm	Tuesday	3:00 - 4:00pm
	4:00 - 5:00pm		4:00 - 5:00pm
			4:45 - 5:45pm

Gym Jammers: Girls 7 - 11 years

Monday	5:50 - 6:50pm	Tuesday	3:45 - 4:45pm
			4:45 - 5:45pm

Gym Jumpers & Jammers Level II: 6 - 11 years

Must have previous gymnastics experience and meet a skill set to be invited into this class.

Monday	6:00 - 7:00pm
--------	---------------

Boys Only

Tuesday	3:00 - 4:00pm
	(5 - 7 years)

For more information contact Gym Kids at (858) 487-7799.
 Email: info@rockntumble.com
 Internet: www.rockntumble.com/carmelsched.pdf

GYM KIDS ROCK 'N CHEER

A great class for aspiring cheerleaders! Learn all the cheer and arm moves, chants, jumps and stunts plus the gymnastics skills necessary for cheerleaders. Taught by our qualified instructors, kids learn technically correct gymnastics and cheer in an upbeat environment.

Day: Monday
 Time: 2:00 - 3:00pm
 Age: 4 - 6 years
 Cost: \$160/10 weeks or \$190 for Non-residents
SESSION: 9/20 - 11/29/10 NO CLASS 11/22



For more information contact Gym Kids at (858) 487-7799.
 Email: info@rockntumble.com
 Internet: www.rockntumble.com/carmelsched.pdf

GYM KIDS JR. HIGH TUMBLING & TRAMPOLINE

For the middle school aged boy or girl gymnast. Focus is on tumbling and trampoline skills that carry over into cheer as well as ALL sports. Vault, Bars and Beam incorporated to promote upper body strength and balance.

Day: Monday
 Time: 6:50 - 7:50pm
 Age: 6th - 8th Grade
 Cost: \$160/10 weeks or \$190 for Non-residents
SESSION: 9/20 - 11/29/10 NO CLASS 11/22



For more information contact Gym Kids at (858) 487-7799.
 Email: info@rockntumble.com
 Internet: www.rockntumble.com/carmelsched.pdf

GIRLS ON THE RUN

Girls on the Run a life-changing program that encourages preteen girls to develop self-respect and healthy lifestyles through running. We combine training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. Our goal is to encourage positive emotional, social, mental, spiritual and physical development.

Day: Mon./Wed. or Tues./Thurs.
 Age: 8 - 12 years
 Time: 4:00 - 5:15pm
 Cost: \$200/12 weeks
SESSION: 9/13 - 12/10/10 NO CLASS 11/22

For more information, contact Girls on the Run of San Diego at (619) 813-9020
 Email: info@gotrsd.org
 Internet: www.gotrsd.org

Girls on the Run rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate it's programs. Distributing registration and program information is the responsibility of Girls on the Run. Please contact them directly for all program inquires.



FAMILY SELF DEFENSE & SAFETY

Kajukenbo Karate/ Wushu Kung Fu

Get the Martial Arts Advantage! Learn a combined Martial Arts style, which includes Karate, Judo, JuJitsu, Kenpo, and Kung Fu. This program promotes a higher level of self confidence, improve self esteem, discipline, concentration and coordination. Adults & children train together in a positive family environment.

Day/Time: Thursday 6:00 - 7:30pm
Ages: 5 and up - All skill levels are welcome
Cost: \$75/5 weeks or \$90 for Non-residents
Instructor: Mike Shaw, 3rd Degree Black Belt
SESSION 1: 9/23 - 10/21/10
SESSION 2: 10/28 - 12/9/10 **NO CLASS 11/11 & 11/25**
Minimum Enrollment: 5

For more information contact Mike at (858) 531-2508.
Email: shawadria@att.net
Internet: www.kick411.com



CHILD AND BABYSITTER SAFETY

Child and Babysitter Safety class is a community education program that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children. Participants receive a booklet and starter first aid kit, and a Babysitter certificate from the American Health & Safety Institute upon completion. Instructor has been training babysitters in San Diego for 20 years.

Dates: **Wed. October 6 & Wed. October 13**
from 3:30 - 6:00pm (both days)
Ages: 11 years and up
Fee: \$60/Resident or \$66 for Non-residents
(Refund requests must be submitted 48 business hours prior to start of class.)
Instructor: Sue Lockhart
Minimum Enrollment: 4 Maximum Enrollment 15

For more information, contact Sue at (858) 344-0475.



YOUTH BASKETBALL TRAINING

This fun basketball clinic teaches the fundamentals, techniques and skills of basketball. In addition, Coach Brooks uses his experience from playing competitive basketball to teach young athletes the benefits of goal setting, discipline, practice, commitment, encouragement, and teamwork.

Day: Thursday
Time: 4:00 - 5:30pm
Ages: 7 - 15 years
Cost: \$100/6 weeks or \$120 for Non-residents
Instructor: Brooks Barnhard
SESSION: 9/23 - 10/28/10
Minimum Enrollment: 12 Maximum Enrollment 40

For more information contact Coach Brooks at (619) 850-2209.



WINTER PROGRAM INFORMATION



Brochure Available:
Week of November 22, 2010
Registration Begins:
Saturday, December 11, 2010
Session Begins:
January 3, 2011

Note: All dates are subject to change without prior notification.

PERFORMANCE DOG TRAINING

Basic Obedience I (Manners)

Basic Obedience I is a 4 week class aimed at teaching your dog to respond better in your living room, in your yard and in your community. We increase your dog's abilities to behave and focus on your directions when events unfold unexpectedly. They learn to Sit, Down, Stay, Come when called, Settle, Leave it, Wait, Walk nicely on leash, Share resources, Greet guest politely, meet new dog courteously, Accept vet exams and grooming, Build confidence in new surroundings.
Prerequisites: Your dog must be at least 6 months old, up-to-date on vaccinations and get along with other dogs and people.

Day: Tuesday
Time: 10:00 - 11:00am
Cost: \$100/4 weeks (discount coupons available on the website)
LOCATION: Torrey Highlands Park



Beginning Agility I

Beginning Agility I is a 4 week class designed to introduce you and your dog to the sport of dog agility. You will learn the basic agility obstacles like Jumps, Tunnels, Weave poles, and an Aframe. We will lay a solid foundation and nurture your dog's enthusiasm for learning the sport. We'll show you how to build focus, attention and confidence as a team.
Prerequisites: Basic Obedience I. Your dog must be at least 6 months old, up-to-date on vaccinations, and get along with other dogs and people.

Day: Tuesday
Time: 11:00am - 12:00pm
Cost: \$100/4 weeks (discount coupons available on the website)
LOCATION: Torrey Highlands Park

For more information contact Dan Roy at (619) 838-8238.
Please register online at www.performancedogtraining.com

LEASH YOUR FITNESS

ATTENTION: DOG LOVERS! Leash Your Fitness is now at Carmel Valley Recreation Center and Torrey Highlands Park. The only "boot camp" style class in San Diego where you can workout WITH your dog! We incorporate cardio, yoga, balance, core, agility and dog obedience in one-non stop hour. Our classes are set up for all fitness levels and dog sizes—we WELCOME novice exercisers. Your first class is FREE because you have to try it to see how much fun it is.

Days: Tuesday mornings at CVRC
Thursday mornings at Torrey Highlands Park

For more information contact
Dawn Celapino at 619-822-3296.
www.LEASHYOURFITNESS.com



Performance Dog Training and Leash Your Fitness rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this business. **Please contact them directly for all program inquires.**

SENIOR ACTIVITIES

ACTIVE OLDER ADULTS STRENGTH & STRETCH

Senior exercise classes offered through the San Dieguito Adult School. Contact the San Dieguito Adult School for class schedules and registration information.
Phone: (760) 753-7073
Internet: www.sdadulthood.com

OUTDOOR FITNESS PROGRAMS

The following instructors run fitness classes in Carmel Valley. Please contact them directly for their class and program information.

Gut Check Fitness Boot Camp

Joe Decker (858) 342-2993
www.joe-decker.com

Kettlebell Kamp

Michelle Carlborg (858) 869-5171
www.kettlebellkamp.com

Leash Your Fitness

Dawn Celapine (619) 822-3296
www.LEASHYOURFITNESS.com

Naked Fitness

Marko Dresevic (858) 610-8103
www.nakedfitness.net

Wired Fitness Boot Camps

Bryan Schuler (619) 843-5157
www.wiredfitness.com

YOUTH PROGRAMS

Girls on the Run

Ages 8-12 years
Cathy Presonise (619) 813-9020
www.gotrsd.org

YOUTH BASKETBALL LEAGUES

Association for Athletics

CARMEL VALLEY OPEN - FALL 2010 YOUTH BASKETBALL LEAGUE

Make your own team, pick a name, and play some basketball. Games are on Mondays and Wednesdays and held in the gyms at Ocean Air and Carmel Valley Recreation Centers.

Season runs September 21 – December 4.

Cost: \$850 per team (up to 10 players)

Sign up early to guarantee a spot.

Jerseys and awards included.

Divisions:

- 1st - 2nd
- 3rd - 4th
- 5th - 6th
- 7th - 8th
- 9th – 12th

Don't have a team? Individual Players: if there is sufficient interest we will also form a League on Saturdays from individual sign ups.

Please go the web for info.

**DOWNLOAD TEAM REGISTRATION FORM AT
www.MASTERyourSPORTS.com**



Association for Athletics

YOUTH BASKETBALL - WINTER 2011 RECREATION LEAGUE

ONLINE REGISTRATION BEGINS

September 15, 2010 at

www.MASTERyourSPORTS.com

Ages: Grades K - 12

League Play: Begins January 3, 2011

Registration Fee: \$105 (\$115 after Nov. 10, 2010)

Games are held in the Carmel Valley and Ocean Air Recreation Center Gyms.

Volunteer coaches are needed.

**PLEASE VISIT www.MASTERyourSPORTS.com
FOR SKILLS ASSESSMENT DATES AND TIMES.**



ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

SOFTBALL LEAGUES: MEN'S & CO-ED

- Team sign ups only.
- Co-ed: Monday or Wednesday Nights at CVRC
- Co-ed: Monday through Thursday Nights at Torrey Hills Park
- Men's Slow Pitch: Tuesday or Thursday Nights at CVRC
- Team entry fees to be determined.

**For more information contact League Director,
Pete McNamera, at (858) 453-6208.**

KICKBALL LEAGUES (CO-ED):

- Individuals and Teams are welcome to sign up.
- Social league: Games played on Monday nights

For more information visit: www.govavi.com or call (858) 273-3485

INDOOR VOLLEYBALL LEAGUES: MEN'S, WOMEN'S & CO-ED

- Individuals and Teams are welcome to sign up.
- Coed: 6v6 Intermediate Thursday nights
- Men's: 4v4 Challenge Thursday nights
- Women's: 4V4 Intermediate & Challenge Thursday nights

For more information visit: www.govavi.com or call (858) 273-3485

BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights.
- B and C divisions available.

**For more information call Lance at (619) 991-8902 or visit:
www.sandiegoabl.com**

The businesses listed on this page rent facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of each individual business. **Please contact them directly for all program inquires.**