



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

# FALL 2014 PROGRAM

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### OFFICE HOURS FOR CLASS REGISTRATION

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

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

**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

**Recreation Council Information:**  
[www.cvsd.com/CVRecCenter](http://www.cvsd.com/CVRecCenter)



**ONLINE REGISTRATION  
 INFORMATION ON PAGE 8.**

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

**CLASS REGISTRATION BEGINS AUGUST 23, 2014 AT 10:00AM**

**See page 8 of this brochure for more details.**

## REGISTRATION INFORMATION

Online Registration will be available this season.  
See page 8 in this brochure for details. Children under 18 must be registered by their parent/legal guardian. NO EXCEPTIONS!

### REGISTRATION BEGINS:

**SATURDAY, August 23, 2014 at 10:00AM**

Registration at the Recreation Center will be done on a first come, first serve basis. (Except for Adult Sports Leagues, Master Sports Programs, Senior Fitness & Carmel Valley Tennis)

Historically, only a few classes fill to capacity on the first day of registration; register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. *Programs may be cancelled if the minimum enrollment requirement is not met 48 hours prior to the start of the first class. Please register early. All participants must meet age requirements.*

### PAYMENT POLICY:

- ◆ Payment is required at the time of registration.
- ◆ Payment methods for registrations taken at the Center are a credit card, EXACT cash or a check payable to CVRC.
- ◆ **Online Class registration requires a credit card payment.**
- ◆ **Credit cards accepted are VISA, MasterCard, American Express and Discover. We are unable to accept debit cards.**
- ◆ A \$35 fee will be charged for all returned checks.
- ◆ **Financial assistance is available. Please submit the application to Recreation Center office one week prior to the start of registration.**
- ◆ Class fees are not prorated/discounted after the beginning of the scheduled session.

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

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

### REFUND POLICY:

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

If a class is canceled for any reason, you will be notified by email and will receive a full refund. Refund checks will be issued and mailed to the address on the family account.

A \$10 service fee will be charged per registrant for each refund request. Refunds are processed within 10 business days of request. All approved refund requests will be paid via check. This includes credit card transactions. A CVRC Refund Request Form (available at the Recreation Center) and your registration receipt must be submitted at least 48 business hours prior to the second scheduled class meeting.

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

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

## CARMEL VALLEY PARKS

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

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

### PARK USE INFORMATION

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

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

### CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

#### FACILITIES AVAILABLE

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

Facilities and programs available:

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

### RECREATION COUNCIL:

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7:00pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

### INDIVIDUALS WITH DISABILITIES:

All classes or programs can accommodate individuals with disabilities. For programs that are sponsored by the Recreation Council, the City of San Diego Park and Recreation, Therapeutic Recreation Services will provide inclusion aides as additional assistances along with the contractual program staff. Inclusion aides will be provided only upon availability. Requests for this service must be made at least three weeks prior to the first day of the program. For more information on Therapeutic Services, please call (619)525-8247. *Rental programs are required to provide reasonable accommodations for individuals with disabilities. Contact program provider to discuss accommodations.*

### CONTRACTUAL PROGRAM vs RENTAL PROGRAM:

The Carmel Valley Recreation Center offers a variety of programs for the youth which are provided through the means of two different sources; Contractual programs and rental programs. Contractual programs consist of independent contractors that have been approved by the Carmel Valley Recreation Council as a sponsored program. Rental programs are commercial companies that rent out the facility to offer their programs and activities for the community. Please see below for specified requirements:

#### Requirements for Independent Contractors:

All contractors, sub-contractors and volunteers must be finger-printed through the City of San Diego Live Scan Process.

Contractors must submit a business license and proof of insurance

City staff handles all registration for the program

Contractors must provide Worker's compensation coverage for all their employees

#### Requirements for Permit Holders/Rental Programs:

Must provide proof of insurance

Must provide own advertisement for program

Handles all registration for their programs

Rental programs are **NOT required to submit proof of fingerprinting** for their coaches, volunteers and/or instructors.

Permit Holders/Rental programs are **identified with a \*\*\* triple asterisk** in this program

# YOUTH CONTRACTUAL PROGRAMS

## TOTS N POTS

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

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

Day/Time: Wednesday 10:00 - 11:00 am  
 Session 1: **September 3 - 24** [8216]  
 Session 2: **October 1 - 22** [8217]  
 Session 3: **October 29 - November 19** [8218]  
 Ages: Boys & Girls 2-5 years old  
 Cost: Resident \$80.00 / per session  
 Non-Resident \$91.00 / per session



Materials Fee: \$20 (Collected by instructor on first day)  
 Location: CVRC Room 2  
**Minimum enrollment: 5 Maximum enrollment: 9**

For more information, Contact Chene at 858-926-6509  
 Email: [Chene@totsnpots.com](mailto:Chene@totsnpots.com)

## STORIES IN PERFORMANCE with KIDS ACT!

Kids Act encourages students to manifest their talents and abilities through the joy of creative expression. Students will learn improvisational skills through theater games, adapt a story for performance, paint their own scenery, and perform for family and friends on the last day of class.

Day/Dates: Saturday **September 13 - November 1**  
 Age/Time: 4 - 6 years 9:30 - 10:30am [8211]  
 7 - 11 years 10:30 - 11:30 am [8213]  
 Cost: Resident \$124 / 8 weeks  
 Non Resident \$146 / 8 weeks  
 Location: CVRC Room 1  
 Instructor: Aleta Barthell, Professional Theater Artist and Founder  
**Minimum Enrollment: 4 Maximum Enrollment: 12**



For more information, contact Aleta Barthell at (760) 846-6072  
 Email: [aletabarthell@gmail.com](mailto:aletabarthell@gmail.com)  
 Internet: [www.kidsactsd.com](http://www.kidsactsd.com)

## TINY TOTS by Hopscotch San Diego

Our Tiny Tots program is designed to help preschoolers (ages 3-5) get ready for "real" school. Miss Kim and the Hopscotch staff offer a well-rounded curriculum that includes art, music, movement, science, language arts, pre-math, and pre-reading.

The Tiny Tots class provides a \*fun\* atmosphere for children to socialize with others both indoors and outdoors, learn how to stand in line, participate in circle time, and the list continues! Each three-hour session includes instruction, materials for learning activities, art projects, musical instruments, and healthy snacks.

For details go to: <http://hopscotchsandiego.com/tinytots/>

Ages: 3 - 5 years  
 Days: Monday, Wednesday, and Friday  
 Times: 9:00 am - 12:00 pm  
 Location: CVRC Room 2  
**Minimum enrollment: 7 Maximum enrollment: 20**

**Session One: "All About Me"** [8219]  
**September 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29**  
 Cost: Resident \$360.00 / 12 classes  
 Non Resident \$393.00 / 12 classes



**Session Two: "Nature"** [8220]  
**October 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31**  
 Cost: Resident \$420.00 / 14 classes  
 Non Resident \$458.50 / 14 classes



**Session Three: "Animals"** [8221]  
**November 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28**  
 Cost: Resident \$360.00 / 12 classes  
 Non Resident \$393.00 / 12 classes

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

## CHILD AND BABYSITTER SAFETY CLASS

Child and Babysitter Safety class is a community education program for youth ages 11-16, that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children.

Participants receive a booklet and starter first aid kit, and a Babysitter certificate from the American Health & Safety Institute upon completion. Instructor, Sue Lockhart, has been training babysitters in San Diego for 20 years. *Group classes can also be scheduled for Girl Scout groups with a special discounted rate. Contact Sue directly at (858) 344-0475.*

Day/Date: **Saturday, November 8** [8244]  
 Time: 9:30 - 1:30 pm  
 Ages: 11 years and up  
 Cost: \$60 per person  
 Location: CVRC Room 1  
 Instructor: Sue Lockhart  
**Minimum enrollment: 3 Maximum enrollment: 20**



For more information, Contact Sue at 858-344-0475  
 Internet: [www.lockhart-training.com](http://www.lockhart-training.com)  
 Email: [sue@lockhart-training.com](mailto:sue@lockhart-training.com)

## FAMILY SELF DEFENSE & SAFETY

### BRAZILIAN JIU JITSU

In this class that is held 2 days a week, your child will learn Brazilian Jiu Jitsu techniques and Anti-Bully techniques that they can use in real life situations. They will learn proper techniques to overcome a much stronger and heavier opponent using leverage and gain self confidence, respect and balance.

<b>Beginners</b> [8214]	<b>Intermediate</b> [8215]
Monday 4:45 - 5:15 pm	Monday 5:15 - 6:00 pm
& Saturday 9:30 - 10:00 am	& Saturday 10:00 - 10:45 am
Ages: 5 - 10 years	Ages: 5 - 10 years
Resident: \$180.00 / 8 weeks	Resident: \$200.00 / 8 weeks
Non-Resident: \$224.00 / 8 weeks	Non-Resident: \$244.00 / 8 weeks

*Note: It is mandatory for all participants to wear a Jiu Jitsu Gi uniform*

Dates: **September 6 - October 27** (16 classes)  
 Location: CVRC Room 2  
 Instructor: Edward Hawkins, Black Belt  
**Minimum enrollment: 4 Maximum enrollments: 12**



For more information, please email Edward Hawkins at  
[Cored2220@gmail.com](mailto:Cored2220@gmail.com)

### KAJUKENBO KARATE/ WUSHU KUNG FU

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jiu Jitsu, Kenpo, and Chinese Boxing (Kung Fu). Our goal is to increase self confidence, discipline and awareness of surroundings. Students will focus on multiple aspects of the martial arts which includes physical conditioning, forms (movements involving kicks, punches and blocks), and of course, self defense. Join our family environment and get the Martial Arts Advantage!

Day/ Time: Thursday, 6:00 - 7:30 PM  
 Session 1: **September 4 - October 2** [8335]  
 Session 2: **October 16 - November 13** [8336]  
 (No class on 10/9, 11/20 & 11/27)  
 Ages: 5 and up, all skill levels welcome  
 Cost: Resident \$75.00 / 5 weeks  
 Non-Resident \$88.75 / 5 weeks  
 Location: CVRC Room 2  
 Instructor: Mike Shaw, 3rd Degree Black Belt  
**Minimum enrollment: 3 Maximum enrollment: 25**



For more information, please call Mike Shaw at 858-531-2508.  
 Internet: [www.kick411.com](http://www.kick411.com)  
 Email: [3shawboys@gmail.com](mailto:3shawboys@gmail.com)

## ARE YOU GOING TO REGISTER ONLINE?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]





# YOUTH CONTRACTUAL PROGRAMS

## ROCK 'n TUMBLE GYM KIDS GYMNASTICS

### TODDLERS AND PRESCHOOLERS

Our toddler and pre school classes cater to children ages walking through 5 years. The program is designed to teach age appropriate gymnastics using fun progressions on our state of the art equipment. Our qualified and experienced instructors lead action packed classes where your child will learn to swing on the bars, jump on the trampoline, roll on the tumbling mats and climb our ever popular inflatable

#### Pre-Rollers: walkers - 3 years (PARENT PARTICIPATION REQUIRED)

Led by our knowledgeable staff, parents accompany the young gymnast as they develop fine & gross motor skills, gymnastics skills as well as rhythm & movement. Our young gymnasts especially love our bubble play and parachute time!

Monday	9:30 - 10:15am	[8246]	Tuesday	11:00 - 11:45 am	[8249]
	10:30 - 11:15am	[8247]			
	5:00 - 5:45pm	[8248]			

#### Gym Rollers: 3 - 5 years

Our pre-rollers "GRADUATE" into our teacher led program while parents cheer the gymnasts on from the sidelines. Classes are designed to develop beginning gymnastics skills on all of the apparatus while promoting safety and FUN!

Monday	9:30 - 10:15am	[8250]	Tuesday	12:00 - 12:45pm	[8255]
	11:30 - 12:15pm	[8251]		2:00 - 2:45pm	[8256]
	3:00 - 3:45pm	[8252]		3:00 - 3:45pm	[8257]
	4:00 - 4:45pm	[8253]		4:00 - 4:45pm	[8258]
	5:00 - 5:45pm	[8254]		5:00 - 5:45pm	[8259]

### SCHOOL AGE PROGRAM

Our school age classes cater to children ages 5-12. Special attention has been given to our non competitive program, to ensure technically correct gymnastics skills are taught in a challenging but fun environment. Using all Olympic event equipment: vault, bars, beam, floor, and trampoline; our talented and experienced instructors will certainly develop your child's strength, flexibility, agility and confidence as a gymnast. Our focus is on Level 1 & 2 skills and routines.

#### Pre-Jumpers: Girls 4 - 6 years

Tuesday	1:00 - 2:00pm	[8260]
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#### Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm	[8261]	Tuesday	3:00 - 4:00pm	[8263]
	4:00 - 5:00pm	[8262]		4:00 - 5:00pm	[8264]
				4:45 - 5:45pm	[8265]

#### Gym Jammers: Girls 7 - 11 years

Tuesday	3:45 - 4:45pm	[8266]
	4:45 - 5:45pm	[8267]

#### Hot Shots! By invitation only!

Focus on USA Gymnastics Level 3 & 4 skills and routines.

Monday 5:30 - 7:00pm [8268]

Cost: Resident \$235.00 Non-Resident \$268.00



#### Boys Only: 5 - 7 years

Tuesday	3:00 - 4:00pm	[8283]
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Cost: Residents - \$198.00 / 12 weeks  
Non-Residents - \$231.00 / 12 weeks

Sessions: Monday September 8 - December 8, No class 11/10 & 11/24  
Tuesday September 9 - December 9, No class 11/11 & 11/25

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

For more information, contact Gym Kids at (858) 487-7799

Email: [mary@rockntumble.com](mailto:mary@rockntumble.com)

Internet: [www.rockntumble.com](http://www.rockntumble.com)

## ARTIST STUDIO

Children are by nature creative and my job is simply to encourage the natural interest and curiosity that kids display. In this fun and creative themed art class, children will ignite their imagination, develop concentration, build confidence, develop skills and have fun. Using real artists materials including watercolors, tempera paints, oil pastels, children create masterpieces that are truly unique. Kids will bring home a portfolio at the end of each session.

Day/Time:	Thursday 3:00 pm - 4:00 pm	
Session 1:	September 4, 11, 18 & October 2, 9, 16	[8209]
Session 2:	October 30 & November 6, 13, 20 & December 4, 11	[8210]
Age:	5 - 10 years old	
Location:	CVRC Room 2	
Instructor:	Anu Gujral	
Cost:	Resident	\$ 90.00 / 6 weeks
	Non-Resident	\$ 106.50 / 6 weeks



Note: Additional \$12.00 art materials fee will be collect by the instructor  
Minimum enrollment: 6 Maximum enrollments: 12

For more information, Contact Anu Gujral at 858-386-8923

New Email: [email-gujralanu@gmail.com](mailto:email-gujralanu@gmail.com)

## BOOKTASTIC

NEW

Whether you love reading or if you need a little more practice, Booktastic is the class for you! We are a fun book club class for kids! Each day students will listen to a story. Exploring the story in different ways is exciting! Students will act out favorite scenes and create projects from the storyline and each child will get to choose a book to keep at the end of the session to begin their own adventure!

Day/Time: Tuesday, 4:30 pm - 5:30 pm

Session 1:	September 9 - September 30	[8340]
Session 2:	October 7 - October 28	[8341]

Age:	5 1/2 - 8 years old
Location:	CVRC Room 2
Instructor:	Kim Trauth
Cost:	Resident \$60.00 / 4 weeks
	Non-Resident \$71.00 / 4 weeks

Minimum enrollment: 3 Maximum enrollments: 10

For more information, Contact Kim Trauth via email at [kimtrauth@yahoo.com](mailto:kimtrauth@yahoo.com) or visit [www.creativityback.com](http://www.creativityback.com)



## ART START

NEW

Let's create something together! Art Start is a Mommy & Me Art Class. You and your child will work together on fun art projects in a relaxed atmosphere. Let your child explore, create, and experience various art activities. Come join us and let the Art Start!

Day/Time: Thursday 12:30 pm - 1:15 pm

Session 1:	September 11 - October 2	[8337]
Session 2:	October 9 - October 30	[8338]
Session 3:	November 6 - December 4	[8339]

(No class on 11/27)

Age:	2 - 5 years old
Location:	CVRC Room 2
Instructor:	Kim Trauth
Cost:	Resident \$40.00 / 4 weeks
	Non-Resident \$51.00 / 4 weeks

Minimum enrollment: 3 Maximum enrollments: 10

For more information, Contact Kim Trauth via email at [kimtrauth@yahoo.com](mailto:kimtrauth@yahoo.com) or visit [www.creativityback.com](http://www.creativityback.com)



## ARE YOU GOING TO REGISTER ONLINE?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]



# YOUTH CONTRACTUAL PROGRAMS

## DANCE TO EvOLvE

### Magical Munchkins Tap Dancing/Ballet Class

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

Day: Wednesday  
 Ages: 2 - young 3 years  
 Time: 3:00 - 3:45 pm  
 Location: Room 1  
 Minimum: 5 Maximum: 10



FULL Session [8650] 1st Half [8664] 2nd Half [8667]

### Tiny Movers Tap Dancing/Ballet Class

A combination class of tap and ballet with tumbling and dance games. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality, and rhythm to reach class goals in fun creative ways. This is the first big girls and boys class as parents watch from outside of the room.

Day: Wednesday  
 Ages: 3 - 4 years  
 Time: 3:50 - 4:45 pm  
 Location: Room 1  
 Minimum: 5 Maximum: 14



FULL Session [8652] 1st Half [8670] 2nd Half [8673]

### Star Shiners Tap Dancing/Ballet Class

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

Day: Wednesday  
 Ages: 4.5 - 6 years  
 Time: 4:50 - 5:45 pm  
 Location: Room 1  
 Minimum: 5 Maximum: 14



FULL Session [8651] 1st Half [8680] 2nd Half [8693]

### Beat Breakers Hip Hop

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

Day: Wednesday  
 Ages: 4 - 7 years  
 Time: 4:15 - 5:10 pm  
 Location: Room 2  
 Minimum: 5 Maximum: 14



FULL Session [8648] 1st Half [8709] 2nd Half [8714]

### Hip Hop

This exciting and fast paced class will leave your kid feeling fresh! Don't be intimidated...great for those who want to be challenged, learn various styles of hip hop, push creativity, and boost confidence. All music and moves are age appropriate in this fun and open hip hop class for boys and girls.

Day: Wednesday  
 Ages: 8 - 12 years  
 Times: 5:15 - 6:10 pm  
 Location: Room 2  
 Minimum: 5 Maximum: 14

FULL Session [8649] 1st Half [8623] 2nd Half [8626]

		Resident	Non Resident
<b>Cost:</b>	<b>Session Dates:</b>		
Full session	9/3 - 12/17 (15 weeks)	\$238.00	\$279.25
First Half	9/3 - 10/15 (7 weeks)	\$124.00	\$143.25
Second Half	10/22 - 12/17 (8 weeks)	\$140.00	\$162.00

Portion of Proceeds go to Rady Children's Hospital

For more information or to schedule a trial class, Contact Dance to EvOLvE at 858-876-5327 or visit [www.danceto evolve.com](http://www.danceto evolve.com)

### FUN FRIDAYS at Carmel Valley



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

Positive attitude and good sportsmanship is a must!



Age: 9 - 14 years  
 Time: 3:30 - 6:30pm  
 Session: September 5 - 26 [8530]  
 October 3 - 24 [8531]  
 November 7 - 28 [8532]

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

Minimum: 8 Maximum: 18  
 To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)  
 For more information, call (858) 552-1616.

### ARE YOU GOING TO REGISTER ONLINE?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]



# YOUTH RENTAL PROGRAMS

## MASTER SPORTS\*\*\*

### REGISTER DIRECTLY WITH MASTER SPORTS

#### JR. SPORTS

Each session participants will play soccer, basketball, tee-ball, flag football and track and field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are appropriate for each age group and most importantly a lot of fun. Sports ball and class shirt included.

##### MONDAY

2 - 3 years 9:20 - 9:55am (**Parent Participation Required**)  
Parent and participant receive matching class shirts.  
3 - 4 years 10:00 - 10:50am  
4 - 5 years 11:00 - 11:50am

##### TUESDAY

3 - 4 years 9:30 - 10:20am  
4 - 5 years 10:30 - 11:20am

##### SATURDAY

4 - 5 years 9:00am - 9:50am  
3 - 4 years 10:00 - 10:50am  
2 - 3 years 11:00 - 11:40am (**Parent Participation Required**)

Cost: \$115 / 8 weeks  
Instructor: Master Sports Staff  
Session: **Monday 9/22 - 11/10**  
**Tuesday 9/23 - 11/11**  
**Saturday 9/27 - 11/15**  
Location: CVRC Lower Field



#### SOCCER

Students will improve their ball handling, goal scoring, passing and more in this class. Emphasis is given to improving motor skills, strength and conditioning, and overall awareness of what is occurring on the soccer field. A great opportunity for players to maintain and improve their skills all year round. The class is formatted with games and drills that are perfect for all levels, including beginners and experienced players. All participants receive a soccer ball and t-shirt.

Day: Friday  
Time/Age: 3:00 - 3:45pm 4 - 5 years  
3:45 - 4:45pm Grades K - 2  
4:45 - 5:45pm Grades 3 - 6  
Cost: \$115 / 8 weeks  
Instructor: Master Sports Staff  
Session: 9/26 - 11/14  
Location: CVRC Lower Field



#### BASKETBALL

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

Day: Wednesday  
Time/Age: 2:45 - 3:45pm Grades K - 2  
3:45 - 4:45pm Grades 3 - 6  
Cost: \$115 / 8 weeks  
Instructor: Master Sports Staff  
Session: 9/24 - 11/12  
Location: CVRC Gymnasium



#### VOLLEYBALL

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

Day/Age: Monday, 9 - 13 years  
Time: 4:00 - 5:00pm Beginner  
5:00 - 6:00pm Intermediate  
Cost: \$115 / 8 weeks  
Instructor: Master Sports Staff  
Session: 9/22 - 11/10  
Location: CVRC Gymnasium



#### LASER TAG

By combining the exciting game of laser tag with popular games like Capture the Flag, Hide and Seek, and Paintball, we have created a fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Our Taggers are the highest quality equipment on the market with awesome sound effects and feedback. The game is played on a field full of props to run around and hide. Get off the couch and into a "Live Game"! T-shirt provided.

Day: Thursday  
Time/Age: 3:45 - 5:00pm, ages 8 - 12  
Cost: \$115 / 8 weeks  
Session: 9/25 - 11/13  
Location: CVRC Amphitheater



#### SPRING BEGINNER T-BALL LEAGUE

This league is designed for children who miss the cutoff date for little league. It is a non-competitive environment where the score is not kept. There are no outside practices and parents are encouraged to participate in meetings. The goal of the league is to have fun, develop new skills, enjoy wearing a hat and uniform and being part of a team for the very first time. Baseball jersey, hat, trophy and team picture provided.

Day/Time: Saturday 1:00 - 4:00pm  
Age: 4 & 5 years  
Cost: \$130 / 8 weeks  
Session: 9/27 - 11/15  
Location: CVRC Lower Field

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



#### SPRING 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. Teams are made up of 12 players. 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  
Time/Age: 4:00 - 5:00pm Grades 3 - 4  
5:00 - 6:00pm Grades 5 - 6  
Cost: \$120 / 8 weeks  
Instructor: Master Sports Staff  
Session: 9/26 - 11/14  
Location: CVRC Gymnasium

**TEAM REQUESTS: Up to 3 friends in each division may request to play together on the same team.**

**Don't Wait – Register Online Today at**  
**[www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)**

**For more information, contact: Cara Dawson at (858) 945-4889**  
**Email: [service@MASTERSPORTS.com](mailto:service@MASTERSPORTS.com)**

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



# YOUTH RENTAL PROGRAMS

## MASTER SPORTS\*\*\*

### REGISTER DIRECTLY WITH MASTER SPORTS

#### YOUTH BASKETBALL - FALL 2014 RECREATION LEAGUE FOR INDIVIDUAL PLAYERS



Divisions:  
Grade 1 -2 (Co-ed)  
Grade 3 - 4 (Boys)  
Grade 5 - 6 (Boys)  
Grade 7 -8 (Boys)

**League runs: Late March – Early June 2014**  
**Registration fee: \$130.00 per player**  
**Games are Saturdays in the CVRC Gymnasium**

FOR MORE INFORMATION, GO TO [www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)

Please Note: Our Winter 2015 (December - March) Youth Basketball League Registration begins September 1, online.

#### CARMEL VALLEY OPEN - FALL 2014 YOUTH BASKETBALL LEAGUE

Make your own team, pick a name, and play some basketball in two of the most beautiful facilities in San Diego. Games are on Monday and Wednesday evenings and held in the gyms at Ocean Air and Carmel Valley Recreation Centers. Teams are guaranteed eight games. All communities are welcome to participate. This league is semi-competitive.

Season Runs late September through early December 2014  
Cost: \$850.00 per team includes uniforms (1 check per team)  
Email [ryan@masteryoursports.com](mailto:ryan@masteryoursports.com) to reserve a spot.

REGISTRATION DEADLINE: September 10, 2014  
DOWNLOAD TEAM REGISTRATION FORM AT  
[www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)



#### CARMEL VALLEY TENNIS\*\*\*

##### REGISTER DIRECTLY WITH C.V. TENNIS

Tier I/II	Mondays & Wednesdays	3:30 - 5:00 pm
Sept 3 - 29	8 clinics \$160 member / \$185 non-member	
Oct. 1 - 29	9 clinics \$180 member / \$205 non-member	
Nov 3 - Dec. 17	11 clinics \$220 member / \$245 non-member	

Tier I/II	Mondays & Wednesdays	5:00 - 6:30 pm
Sept 3 - 29	8 clinics \$160 member / \$185 non-member	
Oct. 1 - 29	9 clinics \$180 member / \$205 non-member	
Nov 3 - Dec. 17	11 clinics \$220 member / \$245 non-member	

Tier III	Tuesdays & Thursdays	3:30 - 5:00 pm
Sept 2 - 30	9 clinics \$180 member / \$205 non-member	
Oct. 2 - 30	9 clinics \$180 member / \$205 non-member	
Nov 4 - Dec. 18	11 clinics \$220 member / \$245 non-member	

Tier IV & High Performance I	Tuesdays & Thursdays	5:00 - 7:00 pm
Sept 2 - 30	9 clinics \$225 member / \$250 non-member	
Oct. 2 - 30	9 clinics \$225 member / \$250 non-member	
Nov 4 - Dec. 18	11 clinics \$275 member / \$300 non-member	

**High Performance II - Satellite Tournament/Elite - Open Tournament Players**  
**Fridays 4:00 - 6:30 pm (limited spots available)**  
Sept 5 - Dec. 12 14 clinics \$490 member / \$630 non-member

NO CLASS ON 11/10 VETERAN'S DAY & 11/24 - 11/28 THANKSGIVING BREAK

#### IMPORTANT INFORMATION:

- Yearly Junior membership cost : \$25
- You must have an instructor approval for all clinics except Tier I & II
- Drop-in prices apply if space is available
- \*\$25 processing fee for all refunds. No refunds once the session has begun. Make-up dates for rain only\*

To register, call Carmel Valley Tennis at 858-504-4181  
[www.carmelvalleytennis.net](http://www.carmelvalleytennis.net)

#### XTREME DODGEBALL CAMPS

By combining some of the most popular games of all time like dodge ball, Capture the Flag, Hide and Seek, and Paintball, Master Sports has created an incredibly fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Physical fitness benefits include building speed, agility, coordination and throwing accuracy. The game is played on a court with inflatable obstacles used for ducking, dodging and hiding. Our dodge balls are child friendly soft foam core models to create a safe and Xtremely fun time. T-shirt included.

**FALL BREAK: November 24 - 26 9:00 - 12:00pm** Ages: 6 - 12 years  
Cost: \$120 / 3 days Location: CVRC Gymnasium

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

#### LASER TAG BIRTHDAY OR GROUP PARTIES by Master Sports

This is the birthday party that takes the cake – a laser tag birthday party is non-stop fun, whether you're turning 7 or 40. And parents, you can enjoy the celebration - our birthday parties are hassle-free as we handle all the entertainment! Players will enjoy state of the art outdoor laser tag equipment designed for huge fun.

Day: Saturday/Sunday  
Age: 7 years to adult  
Time: 11:00am -12:30pm or 1:00pm - 2:30pm  
Location: CVRC Lower Field  
Includes: 5 camouflage tents, inflatable boxes & commercial quality outdoor laser taggers. 90 minutes of game play!  
Cost: \$375 for 15 players or less. \$15 per additional player over 15.  
Specialty items available for an additional charge.  
(i.e. full scale F-22 replica jet, etc.)



To reserve your laser tag event, email Jay: [jay@mastersports.com](mailto:jay@mastersports.com)

#### LITTLE RASCALZ SOCCER\*\*\*

##### REGISTER DIRECTLY WITH LITTLE RASCALZ

#### LITTLE RASCALZ SOCCER

NON-COMPETITIVE SOCCER CLASSES FOR CHILDREN UNDER 7

Our classes are unique. There is no substitution to this program and our highly effective methods. Our particular style of fun/teaching is completely one of a kind and we back that up with a 100% money back guarantee. Our classes are extremely entertaining & effective. Our child coach ratio is unparalleled and our class sizes are small.

Tuesday:	3:30 Regular class		
	4:20 Vets class		
	5:10 Regular class		
Wednesday:	9:30 Mommy n me		
	10:20 Regular class		
Thursday:	3:30pm Regular class	3:30pm Vets class	
	4:20pm Regular class	4:20pm Vets class	
	5:10pm Regular class	5:10pm Vets class	
Ages:	Mommy n me 18 months - 2 1/2 years old (Parent participation class)		
	Mommy n me advanced 2 - 3 years old (Parent participation class)		
	Regular class 2 1/2 - 5 1/2 years old		
	Vets class 4 - 6 years old		



Session 1 : September 2 - October 25  
Session 2 : November 3 - January 10  
Location: CVRC Lower Field  
Cost: \$146 / 8 weeks  
Discounts: 30% Sibling, 20% Military.

For more details and lists of other classes in Carmel Valley, Call (619) 309-9626 or visit [www.littlerascalzsoccer.com](http://www.littlerascalzsoccer.com)

Little Rascalz Soccer rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of Little Rascalz. Please contact them directly for all program inquiries.

# ADULT ACTIVITIES

## YOGA GALS



Come try yoga in a non-competitive, supportive environment. Yoga Gals is ideal for yoga beginners and intermediate level students. Instructor offers several options for each pose so that students can work at their own level. Use class code to register online at [www.sdreconnect.com](http://www.sdreconnect.com)

**Monday 9:00 – 10:00 am September 8 - December 8** *no class 11/10 & 11/24*

FULL PAYMENT	12 weeks	\$120 resident or \$153.00 for Non-resident	<b>[8222]</b>
Sept. 8 - Oct. 13	6 weeks	\$60 resident or \$76.50 for Non-resident	<b>[8223]</b>
Oct. 20 - Dec. 8	6 weeks	\$60 resident or \$76.50 for Non-resident	<b>[8224]</b>

**Thursday 6:30 – 7:30 pm September 11 - December 11** *No class 10/9 & 11/27*

FULL PAYMENT	12 weeks	\$120 resident or \$153.00 for Non-resident	<b>[8226]</b>
Sept. 11 - Oct. 23	6 weeks	\$60 resident or \$76.50 for Non-resident	<b>[8233]</b>
Oct. 30 - Dec. 11	6 weeks	\$60 resident or \$76.50 for Non-resident	<b>[8234]</b>

**Friday 9:00 – 10:00 am September 12 - December 12** *No class 10/10 & 11/28*

FULL PAYMENT	12 weeks	\$120 resident or \$153.00 for Non-resident	<b>[8237]</b>
Sept. 12 - Oct. 24	6 weeks	\$60 resident or \$76.50 for Non-resident	<b>[8240]</b>
Oct. 31 - Dec. 12	6 weeks	\$60 resident or \$76.50 for Non-resident	<b>[8243]</b>

**For more information, Call Janice at 858-735-6166 or email her at [yoga\\_mom@me.com](mailto:yoga_mom@me.com)**



## ADULT FITNESS CLASSES

With Lesley Siegel



### Active Older Adults Fitness

**Session 1: September 3 - October 10**

Mondays, Wednesday & Friday 8:30 – 9:30 am  
Note: Mondays class will meet outside on the field

**Session 2: October 15 - December 12** *No class :10/31, 11/26 & 11/28*

Wednesday & Friday 8:30 – 9:30 am

### Strength and Stretch Fitness

**Session 1: September 3 - October 10**

Wednesday & Friday 9:30 – 10:30 am

**Session 2: October 15 - December 12** *No class: 10/31, 11/26 & 11/28*

Wednesday & Friday 9:30 – 10:30 am

**Location: CVRC Gymnasium**

**For more information, call the San Diegoito Adult School at 760-753-7073.**

## CPR/FIRST AID/AED Training & Certification

### HEARTSAVER CPR, AED, & FIRST AID

American Heart Association Heartsaver CPR AED is ideal for non Healthcare professionals who are seeking, basic CPR & Automate External Defibrillator Training. **BLS for Healthcare providers** is for individuals that need intermediate CPR & Automated External Defibrillator Training, in the healthcare setting.

**Heartsaver First Aid** is ideal for both healthcare professionals and the lay public, that require basic to intermediate training in First Aid.

**BLS for Health Care Providers - CPR AED 4:00 - 7:45pm Cost: \$40.00**  
September 15 [8890]      October 6 [8891]      November 3 [8892]

**FIRST AID 4:00 - 7:45pm Cost: \$40.00**  
September 16 [8893]      October 7 [8894]      November 4 [8895]

**COMBINTAION COURSE 4:00 - 7:45pm Cost: \$65.00**  
September 15 & 16 [8897]      October 6 & 7 [8898]      November 3 & 4 [8899]

**Instructor: Devin Jurman**

**For more information, call 858-452-1543  
Register at: [www.SDRecConnect.com](http://www.SDRecConnect.com)**



# ONLINE

# REGISTRATION INFORMATION

You may register online for all contractual programs offered by the Recreation Council using the Online Activity Registration System.



**Log onto: [www.SDRecConnect.com](http://www.SDRecConnect.com)**

**Returning Customers (previously registered for classes online) -**

Click the "My Account" button. Enter your Login (email) and password. Log in with this password to activate your account. First-time Online User?

**New Accounts** – click on the "Create Account" button. Fill out the New Account request form completely, including all required fields (Birth date, gender, email address, etc.) and click submit. Please submit your request only once. You will receive a confirmation email at the email address that you provided. Please follow directions provided to active account.

**\*Please Note: (For first time users only) Parents/Guardian must create their own account first using their own information. Once you have an online registration account, you will have the opportunity to add a child as a family member.**

If you need help, please click the FAQs (Frequently Asked Questions) button for information.

# ADULT LEAGUES

## SOFTBALL LEAGUES : MEN'S SLOW PITCH

**Tuesday Night League - \$620.00 per team** [6113]  
Starts August 12 - December 9 (17 weeks)

**Thursday Night League - \$620.00 per team** [6110]  
Starts August 14 - December 11 (17 weeks)

Register online at: [www.SDRecConnect.com](http://www.SDRecConnect.com) (use activity codes to register)  
Registration begins in July.

*\$15 charge per game for umpire*

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

## KICKBALL LEAGUES: CO-ED

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

**For more information visit: [www.govavi.com](http://www.govavi.com) to register or for more information call (858) 273-3485**

## INDOOR VOLLEYBALL LEAGUES: CO-ED & WOMEN'S

- Individuals and Teams are welcome to sign up.
- 6v6 Intermediate Thursday nights

**For more information visit: [www.govavi.com](http://www.govavi.com) to register or for more information call (858) 273-3485**

## BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights after 6:00 pm
- B and C divisions available.

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