



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



Carmel Valley Community Park & Recreation Center

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

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

SUMMER 2015 CLASSES

COME OUT TO OUR FAMILY FRIENDLY EVENTS:



GO TO LAST PAGE FOR MORE DETAILS

GENERAL INFORMATION

HOURS OF OPERATION

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

REGISTRATION HOURS

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

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

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.

IMPORTANT CONTACT INFORMATION

Carmel Valley Pool:
 (858) 552 - 1623

Carmel Valley Tennis:
 (858) 504 - 4181

Recreation Council Information:
www.cvsd.com/CVRecCenter

CLASS REGISTRATION BEGINS MAY 16, 2015 AT 10:00AM

Go to next page for registration 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, May 16, 2015 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
Solana Ranch Park	Pacific Highlands Ranch Parkway
Carmel Grove Park	Corner of Carmel Grove & Carmel Creek Rd.
Carmel Knolls Park	4850 Carmel Knolls Dr.
Carmel Mission Park	Corner of Carmel Country & Carmel Mission Rd
Carmel View Park	Corner of Valley Centre Dr. & Carmel View Rd
Torrey Highlands Park	Corner of Del Mar Heights Rd. & Lansdale
Winwood Park	Corner of Carmel Creek Rd. & Paseo Montanas

PARK USE INFORMATION

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

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

CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

FACILITIES AVAILABLE

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

Facilities and programs available:

- ◆ Indoor multipurpose courts
- ◆ Game room with Table Tennis
- ◆ Passive picnic areas with barbecues
- ◆ 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

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: 10 Maximum enrollment: 20

Session One: "Dinosaurs: Fun with Fossils" [13115]

June 1, 3, 5, 8, 10, 12

Cost: Resident \$180.00 / 6 classes
 Non Resident \$196.50 / 6 classes

For more information, please call Kim at (858) 336-0053.

Email: kimbruch@yahoo.com



CHILD AND BABYSITTER SAFETY CLASS

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

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

Day/Date: **Saturday, June 13** [13120]
Saturday, August 15 [13121]

Time: 9:30 am - 1:30 pm
 Ages: 11 years and up
 Cost: Resident \$60.00
 Non-Resident \$62.75

Location: CVRC Room 2
 Instructor: Sue Lockhart

Minimum enrollment: 3 Maximum enrollment: 20

For more information, Contact Sue at 858-344-0475

Internet: www.lockhart-training.com,



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 June 27 - August 8 (No Class July 4)**
 Age/Time: 4 - 6 years 9:30 - 10:30 am [13116]
 7 - 11 years 10:30 - 11:30 am [13117]

Cost: Resident \$ 98.00 / 6 weeks
 Non Resident \$ 114.50 / 6 weeks

Location: CVRC Room 2
 Instructor: Aleta Barthell, Professional Theater Artist and Founder

Minimum enrollment: 4 Maximum enrollment: 12

For more information, contact Aleta Barthell at (760) 846-6072

Email: aletabarthell@gmail.com

Internet: www.kidsactsd.com



JAPANESE KARATE

Learning Japanese Karate is not only about self defense, it is rather a way of life. In lieu of learning proper Japanese Karate where you will work on physical abilities such as power, speed, agility, skills, flexibility and balance, you will also learn how to improve your emotional and mental well being by learning about respect, discipline, confidence, social manners and how use it all to help others. A new outlook of life is achieved as you develop your physical abilities. This way of living is beneficial to kids, teens and adults.

Age/Time:		Session 1	Session 2
8 - 14 years	Monday 5:00 pm - 6:00 pm	[13122]	[13124]
15 & up	Monday 6:00 pm - 7:30 pm	[13123]	[13125]

Session 1: **June 1 - 29**
 Session 2: **July 6 - August 3**
 Cost: Resident \$70.00 / 5 weeks
 Non-Resident \$83.75 / 5 weeks

Instructor: Alireza Talebzadeh
 Location: CVRC Room 2

Minimum: 8 Maximum: 18



To register go to: www.sdreconnect.com

For more information, call (858) 552-1616

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 pm - 7:30 pm
 Session 1: **June 4 - July 2** [13118]
 Session 2: **July 16 - August 13** [13119]
 Ages: 5 and up, all skill levels welcome

Cost: Resident \$75.00 / 5 weeks
 Non-Resident \$88.75 / 5 weeks

Location: CVRC Room 2
 Instructor: Mike Shaw, 3rd Degree Black Belt

Minimum enrollment: 3 Maximum enrollment: 25

For more information, please call Mike Shaw at 858-531-2508.

Internet: www.kick411.com

Email: 3shawboys@gmail.com



KIDS NIGHT OUT

Enjoy a night out and let us take care of your kids, knowing they will be in a safe and fun environment. We have activities to keep them entertained for over 4 hours. Activities include: board games, indoor gym games, crafts, and a movie to end the night. We didn't even mention the best part yet. At Kids Night Out, we will provide your child with a yummy dinner. All movies are rated G or PG. **Please let staff know if your child has food allergies.**

Age: 6 - 12 years
 Day/Time: Friday, 5:00 pm - 9:00 pm
 Session: **June 12** [13126]
July 10 [13127]
August 21 [13128]

Cost: \$15.00 per child
 Instructor: Carmel Valley Recreation Staff
 Location: CVRC Room 2
 Minimum: 8 Maximum: 18

To register go to: www.sdreconnect.com

For more information, call (858) 552-1616



YOUTH CONTRACTUAL PROGRAMS

ROCK'N TUMBLE GYMNASTICS

TODDLERS AND PRESCHOOLERS

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!

Day/Date: **June 22, July 6, July 13 & July 20** (No Class on 6/29/15)
 Time: Monday 10:00 am - 10:45am [13129]
 Cost: Residents - \$66.00 Non- Residents - \$77.00

Please Note: All classes will be at Carmel Valley with the exception of July 6th class which will meet at Ocean Air Recreation Center 4990 Fairport, San Diego, CA 92130.

Gym Rollers: 3 - 4 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!

Day/Date: **June 22, July 6, July 13 & July 20** (No Class on 6/29/15)
 Time: Monday 3:30 pm - 4:15 pm [13130]
 Monday 4:30 pm - 5:15 pm [13131]
 Cost: Residents - \$66.00 Non- Residents - \$77.00

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.

Gym Jumpers: Girls 5 - 7 years

Day/Date: **June 22, July 6, July 13 & July 20** (No Class on 6/29/15)
 Time: Monday 3:30 pm - 4:30 pm [13132]
 Monday 4:30 pm - 5:30 pm [13133]
 Cost: Residents - \$66.00 Non- Residents - \$77.00

Hot Shots! Girls 7 - 12 years *By invitation only!*

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

Day/Date: **June 22, July 6, July 13 & July 20** (No Class on 6/29/15)
 Time: Monday 5:30 pm - 7:00 pm [13135]
 Cost: Resident \$80.00 Non-Resident \$91.00



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

For more information, contact Gym Kids at (858) 487-7799.
 Email: mary@rockntumble.com Internet: www.rockntumble.com

DANCE TO EvOLvE



Tiny Movers Tap Dancing/Ballet Class (3 - 4 years)

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. **Minimum: 5 Maximum: 15**

Session 1: **Wednesday 4:15 pm - 5:10 pm** [13136]
 Session 2: **Wednesday 4:45 pm - 5:40 pm** [13137]

Star Shiners Tap Dancing/Ballet Class (4.5 - 6 years)

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. **Minimum: 5 Maximum: 16**

Session 1: **Wednesday 5:15 pm - 6:10 pm** [13138]
 Session 2: **Wednesday 5:45 pm - 6:40 pm** [13139]

Beat Breakers Hip Hop (4 - 7 years)



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. **Minimum: 5 Maximum: 15**

Session 1: **Wednesday 4:20 pm - 5:15 pm** [13140]
 Session 2: **Wednesday 4:30 pm - 5:25 pm** [13141]

Hip Hop (8 - 12 years)

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. **Minimum: 5 Maximum: 16**

Session 1: **Wednesday 5:20 pm - 6:15 pm** [13143]
 Session 2: **Wednesday 5:30 pm - 6:25 pm** [13144]



www.dancetoevolve.com

Session 1: **June 3 - 24**
(Recital Registered Dancers only)
 Cost: Resident \$74.00 / 4 weeks
 Non-Resident \$85.00 / 4 weeks

Session 2: **July 8 - August 26**
 Cost: Resident \$148.00 / 8 weeks
 Non-Resident \$167.25 / 8 weeks

Check out our camps or schedule a trial class, contact Dance to EvOLvE at 858-876-5327 or visit dancetoevolve.com



CITY-WIDE ACTIVITIES

BOOK NOOK - Coming Soon!

Parks and Recreation and the Library Department are partnering to provide lending libraries at recreation centers throughout the City. Our new Book Nook- Reading is Recreation program is scheduled to roll out May 1, 2015.

We need your help obtaining donated books. We are hoping to fill the shelves with reading material for every age.

Book donations can be dropped off at any neighborhood recreation center.

Remember Reading is Recreation



ADULT LEAGUES

SOFTBALL LEAGUES : MEN'S SLOW PITCH

Tuesday Night League - \$620.00 per team
Starts August 2015

Thursday Night League - \$620.00 per team
Starts August 2015

Register online at: www.SDRecConnect.com
Registration begins in July 2015
\$15 charge per game for umpire

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



KICKBALL LEAGUES: CO-ED

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

INDOOR VOLLEYBALL LEAGUES: CO-ED & WOMEN'S

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

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



BASKETBALL LEAGUES: MEN'S

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



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

ALL CITY OF SAN DIEGO PARKS AND BEACHES ARE SMOKE FREE.



PARK FIT WALK/SWIM CHALLENGE

FOR ALL AGES

July 14 - Aug 14, 2015
Walk 30 miles in 30 days or
Swim 20 miles in 30 days.



Participants must enroll at any local City of San Diego Park and Recreation Center or Pool. Each participant will receive a Parks Fit San Diego bracelet. Participants who complete the challenge will receive a commemorative "I Got Fit in my Park in 30 Days" T-Shirt (while supply lasts). Participants can walk/swim independently on their own time and at their own pace, or in a group led by Park and Recreation staff. Walk and swim schedules are available at all City Recreation Centers and Pools.

Deadline to enroll is August 1, 2015.

ADULT ACTIVITIES

YOGA FOR ALL

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

MONDAY 6:30 pm - 7:30 pm
Session 1: June 1 - July 6 [13145]
Session 2: July 13 - August 17 [13146]
6 weeks \$60 resident or \$76.50 for Non-resident

THURSDAY 6:30 pm - 7:30 pm
Session 1: June 4 - July 9 [13147]
Session 2: July 16 - August 20 [13148]
6 weeks \$60 resident or \$76.50 for Non-resident

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



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.

SUMMER 2015 SPECIAL EVENTS

SUMMER MOVIES IN THE PARK

Bring your blanket, pillow and/or beach chair to this fun, free, family activity. Summer Movies in the Park is a perfect event to relax and enjoy a safe and special night under the stars.



June 27, 2015

Despicable Me 2

August 15, 2015

Cinderella



Movie will begin at dusk.

WWW.SUMMERMoviesINTHEPARK.COM

SUMMER SERENADES CONCERT SERIES

Bring a blanket or low beach chair, some food, and drinks and enjoy the evening! All events will be held at the Carmel Valley Recreation Center from 5:00 pm - 7:00 pm.

July 12	Atomic Groove
July 19	Clay Colton Band
July 26	Y3K
August 2	Upstream & the Caribbean Jems Dancers

