



THE CITY OF SAN DIEGO

Park & Recreation Department

"We enrich lives through quality parks and programs."

OCEAN AIR RECREATION CENTER

4770 Fairport Way

San Diego, Ca 92130

Office: (858) 552-1687 Fax: (858) 847-9907

www.sandiego.gov



Fall



**ONLINE
REGISTRATION INFORMATION
PAGE 3**



2015

Effective September 8, 2015, service fees will apply as follows for all transactions.

For Online Registration, \$2 Transaction fee and 3% Processing fee will be charged for every transaction. For In-house Registration, a \$2 Transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable.

ACTIVITY PROGRAM

REGISTRATION BEGINS: SATURDAY, AUGUST 22, 2015

MOST CLASSES BEGIN WEEK OF SEPTEMBER 1, 2015

SEE PAGE 3 FOR REGISTRATION DETAILS.

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

PARK & FACILITY INFORMATION

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

THE OCEAN AIR RECREATION COUNCIL

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

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

FACILITIES AVAILABLE

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

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

*Open to paid reservation, pending availability.



NEIGHBORHOOD PARKS

Torrey Hills 4262 Calle Mejillones
Sage Canyon 5252 Harvest Run Drive

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

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

HOURS OF OPERATION

Effective: December 15, 2012

Monday & Wednesday
12:00pm - 8:00pm

Tuesday, Thursday & Friday
1:00pm - 8:00pm

Saturday
9:00am - 5:00pm

Sunday
Closed



HOLIDAY CLOSURES

September 7, 2015 - Labor Day
November 11, 2015 - Veterans Day
November 26, 2015 - Thanksgiving

WALK-IN REGISTRATION HOURS

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

Park Use Permits and Recreation Center Use
Permits are taken by appointment only.
Please contact the Center Director at
(858) 552-1687 to make an appointment.

All hours are subject to change without prior notification.

GENERAL PARK RULES

- No field use during school hours
- No smoking
- No littering
- No golfing
- No glass containers
- No motorized devices
- No remote controlled devices
- Dogs must be on a leash at all times
- Keep dogs at a safe distance from Playground.
- No overnight camping
- No open camp fires
- No Skateboards, Bikes, Scooters, or Roller Skates around building or tot lot.



REGISTRATION INFORMATION

CLASS REGISTRATION BEGINS:

Saturday, August 22 2015 at 10:00am

MOST CLASSES BEGIN: Week of September 1

UNLESS OTHERWISE NOTED

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

PAYMENT METHOD

- Payment is required at the time of registration.
- Payment methods taken at the Center are credit card, EXACT cash or check payable to OARC.
- Online Class registration requires credit card payment.
- Credit cards accepted are VISA, MasterCard, American Express and Discover. No debit cards.
- A \$12 fee will be charged for all returned checks.
- Financial assistance is available. Please submit the application to Recreation Center office one week prior to the start of registration.
- Class fees are not prorated/discounted after the beginning of the scheduled session.

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

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

REFUND POLICY

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

INDIVIDUALS WITH DISABILITIES

All classes can accommodate individuals with disabilities. Upon availability, Therapeutic Services will provide assistance along with Ocean Air contractual staff. Please request this service at least three weeks prior to the first day of the program. For more information on Therapeutic Services call (619) 525-8247.

ONLINE REGISTRATION

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

Log onto: www.SDRecConnect.com



Returning Customers (previously registered for classes online)

Click the "My Account" button. Enter your Login (email) and password.

Log in with this password to activate your account. First-time Online User?

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

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

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

WINTER REGISTRATION DATE

Winter Brochure available on-line
October 24, 2015

Registration for WINTER begins
Saturday, November 21, 2015 at 10am

Most classes begin week of
December 1, 2015

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

RECREATION CENTER & PARK INFORMATION

GYMNASIUM USAGE

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

OPEN BASKETBALL

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

OPEN VOLLEYBALL

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

OPEN BADMINTON & PICKLEBALL

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

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

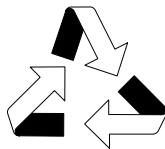
FIELD USAGE

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



RECYCLE

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



AED

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



CONTRACTUAL PROGRAM VS. RENTAL PROGRAM

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

Requirements for Independent Contractors:

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

Contractors must submit a business license and proof of insurance. City staff handles all registration for the program. Contractors must provide Worker's compensation coverage for all their employees.

Requirements for Permit Holders/Rental Programs:

Must provide proof of insurance.

Must provide own advertisement for program.

Handles all registration for their programs.

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

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

Having a Party in the Park?

If you would like to host a birthday or other special event at Ocean Air, Sage Canyon or Torrey Hills Neighborhood Park. Please contact staff at the Recreation Center for availability and information. **(858) 552-1687**

CARMEL VALLEY

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse: blacklax@att.net

DMCV Sharks: www.dmcvsharks.com

North Shore Girls Softball

www.northshoregirlssoftball.com

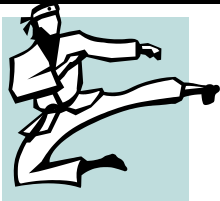
San Diego Youth Rugby: www.sandiegoyouthrugby.org

Del Mar Little League: www.dml.org

T. Pines Football & Cheer: www.torreypinespw.com

Bourrisa Del Mar Soccer: www.borussiadelmar.com

YOUTH & FAMILY CLASSES



COASTAL CANYON TANG SOO DO KOREAN KARATE

Fitness, practical self-defense, and traditional martial arts training for the whole family



TINY TIGER (4-5 yrs*)

Positive, energetic, fun.
Focus on safety skills

Day: Monday **Time:** 5:00-6:00pm
Session: Sept. 14 - Nov. 16 **Fee:** \$120 / 10 classes
ON-LINE REGISTRATION CODE (18302)

LITTLE DRAGON (6-7 yrs*)

Increase coordination and discipline.
Skills for bullies, strangers, and emergencies.

Day: Friday **Time:** 5:00-6:00pm
Session: Sept. 11 - Nov. 20 **Fee:** \$120 / 10 classes
ON-LINE REGISTRATION CODE (18299)

NOVICE JUNIOR GUP (8-9 yrs*)

Specialized beginner program
(white to green belt) for this age group.

Day: Monday & Friday
Time: 5:00-6:00pm
Session: Aug. 31 - Nov. 20 **Fee:** \$220/ 22 classes
ON-LINE REGISTRATION CODE (18300)

YOUTH GUP (9-12*)

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

Day: Monday & Wednesday
Time: Beginner 6-7 pm; Intermediate 6-7:30 pm
Session: Aug. 31 - Nov. 18 **Fee:** \$220/ 22 classes
ON-LINE REGISTRATION CODE (18303)

TEEN & ADULT (13 and up*)

Improve health; enhance performance at work & school.

Day: Monday/Wednesday/Friday
Time: Beginner 6-7 pm; Intermediate 6-7:30 pm;
Session: Aug 31 - Nov. 20 **Fee:** \$230 / 33 classes
ON-LINE REGISTRATION CODE (18301)

ADVANCED CLASS

Advanced training for red belts and up.

Day: Monday/Wednesday/Friday/Saturday
Time: 6-8 PM MWF, 10:30-11:30 AM Saturday
Session: Aug 31 - Nov. 20 **Fee:** \$270/ 41 classes
ON-LINE REGISTRATION CODE (18567)

*Age may vary according to rank
No class: 9/7, 9/12, 10/2, 10/3, 11/7, 11/11

Fitness, Safety, Fun — Skills for Life
Internationally accredited instructors and ranking

Contact Master Goodwin:
coastal.canyon.tsd@gmail.com 858 356-9535 www.coastal.canyontsd.org



Fun and exciting opportunities await families to explore and hike the trails of both local and regional City of San Diego hiking trails of all levels of challenges with and without the professional guidance from Park Rangers.

April 1 to October 1, 2015

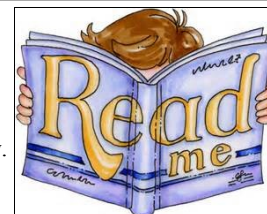
Admission is Free

A Passport obtainable from the nearest recreation center to document the visits to all the sites will be available to all participants who, at the end of the program, may qualify for award certificates and souvenir t-shirts.

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

BOOK NOOK

Parks and Recreation and the Library Department are partnering to provide lending libraries at recreation centers throughout the City.



Our Book Nook is located inside our facility check it out!

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.

"Today a Reader - Tomorrow a Leader"

YOUTH CLASSES

DANCE TO EVOLVE



MAGICAL MUNCHKINS (2 - young 3 yrs)

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

TINY MOVERS COMBO CLASS (3 - 4 yrs)

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

STAR SHINERS COMBO CLASS (4.5 - 6 yrs)

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

SATURDAY

9:30am: Magical Munchkins

14 Week (18305) - 7 Week (18306) - 7 Week II (18307)

10:20am: Tiny Movers

14 Week (18310) - 7 Week (18311) - 7 Week II (18312)

11:20am: Star Shiners

14 Week (18304) - 7 Week (18308) - 7 Week II (18309)

SESSION FEES

14 Week: September 12 - December 19 Fee: \$234

*No class Thanksgiving weekend

7 Week: September 12 - October 24 Fee: \$130

7 Week II: October 31 - December 19 Fee: \$130

*No class Thanksgiving weekend

***SCHEDULE A TRIAL CLASS**

Portion of Dance to Evolve Proceeds Go To
Rady's Children Hospital



For more information please contact
Director - Brittany White (858) 876-5327 or
Website - www.dancetoevolve.com

CHILD & BABYSITTER SAFETY CLASS



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

Participants receive a booklet and starter first aid kits, and a Babysitter certificate from The American Safety & Health Institute upon completion. Instructor Sue Lockhart, has been training babysitters in San Diego for over 20 years.



Date: Friday, December 4 & 11 2015

Time: 4:00pm - 6:00pm

Ages: 11 years and up

Cost: \$60 per person

Location: Ocean Air Meeting Room

Instructor: Sue Lockhart

Minimum enrollment: 3

Maximum enrollment: 20

ON-LINE REGISTRATION CODE (18646)



For more information
contact

Sue Lockhart at: 858-344-0475

Internet: www.lockhart-training.com

Email: sue@lockhart-training.com

YOUTH CLASSES

ROCK 'n TUMBLE

Day: Wednesday
Fee: \$165 (10 weeks)
Session: 9/16/15 - 12/9/15



***No class on Oct. 14 ; Nov. 11 & 25**

PRE GYM - KIDS (w/parent) (18319)

Age: Walking - 3 years
Time: 10:00 – 10:45am
 (12:1 Student/Teacher Ratio)

A class designed for parent and child “together time.” An open format allows children to select activities from our kid’s sized gymnastics apparatus.

GYM - KIDS I (18313)

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

Age: 3 - 4 years
Time: 11:00 – 11:45am
 (6:1 Student/Teacher Ratio)



GYMNASTICS I & II (18315)

Age: 5 - 9 years
Time: 1:00 – 2:00 pm
 (8:1 Student/Teacher Ratio)

Gymnastics for boys and girls offering instruction on vault, bars, balance beam and floor exercise. Strength and flexibility are increased as gymnasts learn proper progressions for mastering new skills. Level I is offered for students new to gymnastics, while level II is for students with gymnastics experience.

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



SATURDAY SCIENCE

with STEAM2 ACADEMY (18320)

Put on your thinking cap and join us for our Saturday STEAM2 (Science, Technology, pre-Engineering, Art, Math, and Music) classes. The STEAM2 Academy provides kids ages 4-9 with educational fun-filled sessions focused on Botany, Entomology, Space Science, Rocket Science, Zoology, Biology, Chemistry, and Geology. The STEAM2 Academy utilizes curriculum, in conjunction with NASA California Space Grant Consortium, National Science Foundation High Performance Wireless Research and Education Network, and the National Park Service.

Day: Saturday
Time: 12:00pm - 2:00pm
Ages: 4 - 9 years (Min. 7 Max. 20 students)
Fee: \$160.00 / 4 weeks
Session: November 7 - 28
Instructor: Kim Bruch

November 7 – Marine Biology
November 14 – Chemistry
November 21 – Space and Rocket Science
November 28 – Geology

Questions about the program?

Contact Kim at
 858-336-0053 Website: www.steam2academy.org



Are you going to register online?

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

YOUTH CLASSES

ARTISTS STUDIO

Children are by nature creative and my job is simply to encourage the natural interest and curiosities that kids display. In these fun and creative themed art classes, 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 bring home a portfolio at the end of each camp.

Fall Session 1 - 6 weeks
September 14 - October 19 (18486)

Fall Session 2 - 6 weeks
November 2 - December 14 (18487)
* No Class on November 23

Day: Monday
Time: 3:00pm - 4:00pm
Ages: 5 - 12 years old
Cost: \$118 - 6 weeks



Location: Ocean Air Meeting Room
Instructor: Anu Gujral
Minimum enrollment: 6
Maximum enrollment: 12

****Art Materials included in cost****

**For more information contact
Anu Gujral 858-386-8923**

Are you going to register online?
OARC Online registration activity numbers are assigned for each class and are appear in brackets; e.g. (6262)

CIVIC DANCE ARTS

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

CLASS DAY: WEDNESDAY

3:15pm-Pre-Ballet (Age 4 - 6) (16912)

4:00pm-Beginner Tap 1A(Age 6 - 17) (16910)

4:45pm-Beginner Jazz 1A (Age 6 - 17) (16908)

Fee: 41.00 / 10 week session
September 30 - December 16, 2015
No Class November 11 & 25



****Classes are visible online on August 21.**
Registration begins September 19th.

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



CRAFTY MINDS FREE AFTERSHOOL PROGRAM

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

Day: Wednesday
Time: 1:00 - 3:00pm
Ages: 6 - 12 years
Fee: Free



Session: On Going
* A signed parent permission slip is needed.
Instructor: City Recreation Staff

MASTER SPORTS*

BASKETBALL CLASS

Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games. All participants receive a basketball and a t-shirt.

Days: Monday

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

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

Fee: \$120/ 8 weeks

Session: Sept. 21 - Nov. 9



XTREME DODGE BALL WEDNESDAYS

Get ready for one of the most fun games your child will play. Combining dodge ball, capture the flag, hide and go seek and paintball this game is a sure winner. We use soft foam style dodge balls for safety. Games are held in the gym.

Day: Wednesday

Ages: 1st - 4th grade **Time:** 2:30 - 3:30pm

Ages: 4th - 6th grade **Time:** 3:30 - 4:30pm

Session: Sept. 23 - Nov. 18 (No Class on Nov. 11)

Fee: \$120 / 8 weeks

CARMEL VALLEY OPEN TEAM ENTRY YOUTH BASKETBALL LEAGUE



Make your own team, pick a name, and play some basketball in two of the most beautiful facilities in San Diego. Ocean Air and Carmel Valley Recreation Centers. Season Runs late September to early December.

Cost: \$850 per team, includes uniforms

REGISTRATION DEADLINE SEPTEMBER 7

Email ryan@mastersports.com

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

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

VOLLEYBALL

Passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship and rules will all be covered in this fun camp. Participants will practice fundamentals through a variety of different drills where critiqued by our instructors. All participants receive a T-shirt.

Day: Thursday

Ages: 9 - 13 years

Beginner: 4:00 - 5:00pm

Intermediate: 5:00 - 6:00pm

Fee: \$120 / 8 weeks

Dates: Sept. 24 - Nov. 12



SOCCER

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

Day: Thursday

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

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

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

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

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

Session: Sept. 24 - Nov. 12

Fee: \$120 / 8 weeks



JR. SPORTS

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

Day: Wednesday

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

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

Session: Wednesday: Sept. 23 - Nov. 11

Fee: \$120 / 8 weeks



Day: Saturday

Ages: 3 - 4 years **Time:** 9:00 - 9:50am

4 - 5 years **Time:** 10:00 - 10:50am

5 - 6 years **Time:** 11:00 - 11:50am

Session: Sept. 26 - Nov. 14

Fee: \$120 / 8 weeks

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

YOUTH CLASSES*

LITTLE RASCALZ CLASSES

NON-COMPETITIVE SOCCER CLASSES

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

Our classes are:

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

Mommy 'n' Me

For curious and energetic little ones aged 18 mo - 2½

Regular classes

Suitable for the majority of children aged 2½ - 5½

Vets classes

Slightly more challenging for children aged 4 - 6

Advanced classes

Advanced with competition introduced for 6 - 7 yrs

Session: September 8 - October 30

Fee: \$129.75 (Monday)

Day: Mondays (7 week)

9:30 - Mommy n me class

10:20 - Regular class

Fee: \$146 (Tuesday & Friday)

Day: Tuesdays (8 week)

9:30 - Regular class

10:20 - Vet's class

Day: Fridays (9 week)

3:30 - Regular class

3:30 - Vets class

3:30 - Advanced class

4:20 - Regular class

4:20 - Vets class

4:20 - Advanced class

5:10 - Regular class

5:10 - Vets class

5:10 - Advanced class



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



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



Kurtis Swanberg's



LITTLE ROOKIES T-BALL - PITCHING MACHINE AND SOFTBALL SCHOOL

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

Day: Wednesday

Ages: 3 - 8 years

Time: 4:00 - 5:00pm

Fee: \$154 / 8 weeks

Session: Sept. 2 - Oct. 21



Day: Sunday

Ages: 3 - 7 years Regular Class

Time: 3:00 - 4:00pm

Ages: 3 - 5 years Veterans/Pitching Machine

Time: 4:00 - 5:00pm

Fee: \$154 / 8 weeks

Session: Sept. 20 - Nov. 8

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



ADULT LEAGUES*

MEN'S BASKETBALL LEAGUE

Tuesday Night at Ocean Air Recreation Center

Rob Powell, League Director at (858) 829-8007 or
www.sandiegobasketball.com

BIO - TECH CO-ED SOFTBALL

Monday - Thursday at Torrey Hills Park

Pete McNamara -(858) 453-6208

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

SPECIAL EVENT



Ocean Air Recreation Council presents



SNOW DAY AT THE PARK

Toy/Food Drive & Pancake Breakfast

Saturday, December 5, 2015

8:30am - 11:30am



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

Bring an unwrapped toy or bag of non-perishable food between
November 16 and December 4 to receive 4 tickets for the Pancake
Breakfast! (otherwise, breakfast is \$5.00/person day of event)

30' Snow Sled Run

Bunny Slope

Delicious Breakfast

Visit from Santa

Holiday Giving

Outside Games & Activities

