



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](http://www.sandiego.gov)

# Winter<sup>2016</sup> Activity Program



**REGISTRATION BEGINS: SATURDAY, NOVEMBER 21, 2015**

**MOST CLASSES BEGIN WEEK OF DECEMBER 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.

## 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
Carmel Valley Pool	3777 Townsgate Drive
Carmel Valley Skate Park	12600 El Camino Real

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

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

## HOURS OF OPERATION

Effective: October 5, 2015

Monday/Tuesday/Thursday	11:00pm - 8:00pm
Wednesday	9:00am - 9:00pm
Friday	10:00am - 9:00pm
Saturday	8:00am - 6:00pm
Sunday	Closed

## HOLIDAY CLOSURES

November 11, 2015	Veteran's Day
November 26, 2015	Thanksgiving
December 25, 2015	Christmas Day
January 1, 2016	New Year's Day
January 18, 2016	Martin Luther King Jr. Day
February 15, 2016	President's Day



## WALK-IN REGISTRATION HOURS

Monday/Tuesday/Thursday	2:00pm - 7:00pm
Wednesday/Friday	12:00pm - 6:00pm
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 | • Keep dogs at a safe distance from playground      |
| • No smoking                       | • No overnight camping                              |
| • No littering                     | • No open camp fires                                |
| • No golfing                       | • No skateboards, bikes, scooters, or roller skates |
| • No glass containers              | • Dogs must be on a leash at all times              |
| • No motorized devices             |   |
| • No remote controlled devices     |   |
| • No soliciting                    |   |



# REGISTRATION INFORMATION

## CLASS REGISTRATION BEGINS:

Saturday, November 21, 2015 at 10:00am

**MOST CLASSES BEGIN:** Week of December 1  
(UNLESS OTHERWISE NOTED)



### REGISTRATION

- \* Registration is taken on a first come, first serve, basis, online or in person. 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 from home requires credit card payment and \$2 transaction fee.
- 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.

**\*\* 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.**

### 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 receipt.
- \* All requests take 10 business days to process.
- \* No partial refunds or make-ups for missed classes



## 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](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 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

## SPRING REGISTRATION DATE

SPRING Brochure available on-line  
**January 23, 2016**

Registration for SPRING begins  
**Saturday, February 20, 2016 at 10am**

Most classes begin week of  
**March 1, 2016**

## THERAPUETIC RECREATION SERVICES

All activities accommodate people with disabilities. Upon availability, Therapeutic Services will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be made to determine if a one on one aide is needed. Therapeutic Services is a citywide program that provides recreation opportunities for people with disabilities. More information is available by calling them at (619) 525-8247 or (619) 525-8249 TDD.

## 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 play schedule is available at the recreation center at the beginning of each month.**

### 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.

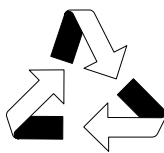
**No organized play, practice or instruction is allowed in the gymnasium without an approved permit.**

### 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.**

\*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.**

### CARMEL VALLEY\*\*\*

### YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse - [blacklax@att.net](mailto:blacklax@att.net)

DMCV Sharks - [dmcvsharks.com](http://dmcvsharks.com)

North Shores Girl Softball - [northshoregirlssoftball.com](http://northshoregirlssoftball.com)

San Diego Youth Rugby - [sandiegoyouthrugby.org](http://sandiegoyouthrugby.org)

Del Mar Little League - [dmll.org](http://dmll.org)

T. Pines Football & Cheer - [torreypinespw.com](http://torreypinespw.com)

Bourrisa Del Mar Soccer - [borussiadelmar.com](http://borussiadelmar.com)



# YOUTH CONTRACTUAL 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 (20739)**

**10:20am: Tiny Movers (20744)**

**11:20am: Star Shiners (20741)**

## SESSION / FEES

**8 weeks: January 9 - February 27**

**Fee: \$140**



### \*SCHEDULE A TRIAL CLASS

A portion of Dance to EvOLvE proceeds go to Rady's Children Hospital.

**For more information contact  
Dance to EvOLvE at (858) 876-5327  
www.dancetoEvOLvE.com**

## ROCK 'n TUMBLE

**Day:** Wednesday  
**Fee:** \$165 / 10 weeks  
**Session:** Jan 6 - Mar 16  
**\*No class on Feb. 17**



**ROCK 'n TUMBLE**

### PRE GYM KIDS w/parent (20749)

**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 (20745)

**Age:** 3 - 5 years

**Time:** 11:00 - 11:45am

(6:1 Student/Teacher Ratio)

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.



### GYMNASTICS I & II (20747)

**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.



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

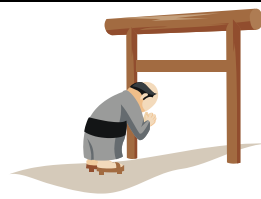
# YOUTH & FAMILY CLASSES



## 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 with  
focus on safety skills

Day: Monday Time: 5:00-6:00pm  
Session: Dec 7 - Feb 22 Fee: \$100 / 8 classes

ON-LINE REGISTRATION CODE (20734)



**LITTLE DRAGON (6-7 yrs\*)**  
Increase coordination and discipline;  
Skills for bullies, strangers, and emergencies

Day: Friday Time: 5:00-6:00pm  
Session: Dec 11 - Feb 26 Fee: \$110 / 9 classes

ON-LINE REGISTRATION CODE (20731)

**NOVICE JUNIOR GUP (8-9 yrs\*)**  
Specialized beginner program  
for younger age group

Day: Monday & Friday Time: 5:00-6:00pm  
Session: Dec 4 - Feb 26 Fee: \$190 / 18 classes

ON-LINE REGISTRATION CODE (20732)

**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: Dec 2 - Feb 24 Fee: \$190 / 18 classes

ON-LINE REGISTRATION CODE (20735)

## TEEN & ADULT (13 and up\*)

Improve health & performance at work & school

Day: Monday/Wednesday/Friday Time: Beginner 6-7 pm; Intermediate 6-7:30 pm;  
Session: Dec 2 - Feb 26 Fee: \$190 / 28 classes

ON-LINE REGISTRATION CODE (20733)

## 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: Dec 2 - Feb 26 Fee: \$215 / 33 classes

ON-LINE REGISTRATION CODE (20730)



\*age may vary according to rank  
no class: 12/19 - 1/2, 1/9, 1/18, 2/6, 2/15 - 2/20

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

Contact Master Goodwin:

coastal.canyon.tsd@gmail.com 858 356-9535 www.coastalcanyontsd.org



Kidpower is a global nonprofit and a leader in providing effective and empowering safety skills for all ages and

abilities. Since 1989, Kidpower has provided fun and interactive Positive Practice to more than 3 million young people. Workshops offer age-appropriate safety training for children and their adults. Learn a set of core skills for being safe with people. Skills focus on being aware, taking charge, and getting help to protect against abduction, abuse, and bullying.

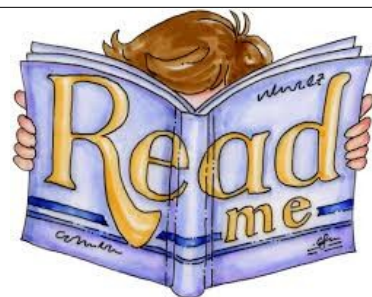
Workshops are periodically offered at the Ocean Air Recreation Center. Contact [KidpowerSD@gmail.com](mailto:KidpowerSD@gmail.com) for the current workshop schedule or to organize a workshop for 5 or more students.

## BOOK NOOK

Parks and Recreation and the Library Department partner 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

## 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 session.



**Session 1 - 6 weeks**

January 11 - February 22 (20727)

**\* No Class on January 18**

**Day:** Monday **Time** 3:00pm - 4:00pm

**Ages:** 5 - 12 years old **Cost:** \$123 - 6 weeks

**Location:** Ocean Air Meeting Room

**Instructor:** Anu Gujral

Minimum enrollment: 5 Maximum enrollment: 12

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

For more information contact

Anu Gujral 858-386-8923 \* Email: gujralanu@gmail.com

## SATURDAY SCIENCE

**with STEAM<sup>2</sup> ACADEMY (20750)**

Our four-week Saturday STEAM<sup>2</sup> (Science, Technology, pre-Engineering, Art, Math, and Music) Academy provides kids ages 4-8 with educational fun-filled sessions focused on Botany, Entomology, Space Science, Rocket Science, Zoology, Biology, Chemistry, and Geology.



**Day:** Saturday

**Time:** 12:00pm - 2:00pm

**Ages:** 4 - 9 years (Min. 7 Max. 20 students)

**Fee:** \$160.00 / 4 weeks

**Session:** February 6 - 27

**Instructor:** Kim Bruch - (858) 336-0053

[www.steam2academy.org](http://www.steam2academy.org)

**February 6 - Entomology**

**February 13 - Science of Chocolate**

**February 20 - Vernal Pools and local Geology**

**February 27 - Botany**

## CIVIC DANCE ARTS

High quality, affordable dance training for 73 years. Priority given to continuing students from Fall semester in these ongoing recital choreograph classes. Register for both the class and the class costume (link in the class description online will take you to the correct class costume to order). See instructor for more information about recitals, costumes and sizing.



**CLASS DAY: WEDNESDAY**

3:15pm-Pre-Ballet (Age 4 - 6) (20237)

4:00pm-Beginner Tap 1A (Age 6 - 17) (20235)

4:45pm-Beginner Jazz 1A (Age 6 - 17) (20234)

**Fee: 41.00 / 10 + week session**

**January 6 - May 18, 2015**

**No Class Feb. 3, March 30, April 6**



**\*\*Classes are visible online on November 30.**

**Registration begins December 19.**

For more information contact the Dance

Department at (619) 235-5255 or

[www.civildancearts.org](http://www.civildancearts.org)

## OCEAN AIR "KIDS WORLD" FREE AFTERSCHOOL 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 CLASSES

## 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:** 3:45 - 4:45pm

**Fee:** \$120/ 8 weeks

**Session:** January 11 - March 14

No class: 1/18 & 2/15



## XTREME DODGE BALL WEDNESDAYS

By combining some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek and Paintball, this incredibly fun, fast-paced and adrenaline rush game is played on a court with inflatable obstacles used for ducking, dodging and hiding. Dodge balls are child friendly soft foam core models.

**Day:** Wednesday

**Ages:** K - 2nd grade **Time:** 2:30 - 4:30pm

**Ages:** 3rd - 6th grade **Time:** 2:30 - 4:30pm

**Fee:** \$120 / 8 weeks \*This is a drop off program

**Session:** January 13 - March 2

## CARMEL VALLEY WINTER YOUTH BASKETBALL LEAGUE REC/OPEN TEAM ENTRY



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 January - March 2015.

**Cost:** \$850 per team, includes uniforms.

**REGISTRATION DEADLINE: DECEMBER 15**

**Email** [ryan@masteryoursports.com](mailto:ryan@masteryoursports.com).

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

**\*\* Individual Fee for Rec. League \$135.00**

**For more information and registration  
contact Master Sports at (858-945-8339)  
or visit [www.MASTERSPORTS.com](http://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:** Jan. 14 - Mar. 3



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

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

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

**Session:** January 14 - March 3

**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 or Thursday

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

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

**Session:** Wednesday: January 13 - March 2

Thursday: January 14 - March 3

**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:** January 16 - March 5

**Fee:** \$120 / 8 weeks



\*Master Sports, Little Rascalz, Little Rookies T-Ball, San Diego Rhythmic Gymnastics, Drama Kids 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

**Session: November 3 - January 9**

**January 12 - March 6**

**Fee: \$146.00 / 8 weeks**

#### **Day: Mondays**

9:30 - Mommy n me class

10:20 - Regular class

#### **Day: Tuesdays**

9:30 - Regular class

10:20 - Vet's class

#### **Day: Fridays**

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](http://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.

**Day: Wednesday**

**Ages: 3 - 7 years**

**Time: 3:30 - 4:15pm**

**Fee: \$154 / 8 weeks**

**Session: Nov 12 - Jan 21**



**Day: Sunday**

**Ages: 3 - 7 years Regular Class**

**Time: 3:00 - 3:45pm**

**Ages: 3 - 5 years Veterans/Pitching Machine**

**Time: 3:50 - 4:35pm**

**Fee: \$154 / 8 weeks**

**Session: Nov 22 - Jan 31**

For more info call the office at 858-344-7678 or

**website [www.littlerookiestballschool.com](http://www.littlerookiestballschool.com)**



Did you know that there is a direct correlation between a student's confidence and their overall school performance? Try out our confidence building workshops

this January! Our goal is to help children prepare for life skills; such as, book reports, science fair presentations, participating in leadership activities and interviews. Children have a blast learning because we use Drama as the tool.



**Day: Thursdays - January 14 - March 10**

**Ages : 6 -11yrs Time: 3:00pm - 4:00pm**

**Ages: 3 -5yrs Time: 4:00pm - 4:45pm**

**Fee: \$129 - 8 week session**

#### **FOR REGISTRATION GO TO:**

<http://dramakids.com/ca1/del-mar-carmel-valley/>

Email questions to [sandiegodramakids@gmail.com](mailto:sandiegodramakids@gmail.com)

Or call 619-846-2407

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# WINTER CAMPS

## ROCK 'n TUMBLE



### GYMNASTICS HOLIDAY CAMP

Have Fun learning gymnastics, making friends and celebrating fun winter themes at our Rockin **HOLIDAY CAMP!** Gymnastics skills and progressions will be introduced to the novice through intermediate gymnast (USGA levels 1-3) on vault bars, balance beam, floor exercise and trampoline.

Rock and Tumble teaches technically correct gymnastics while kids have lots of fun. Gymnasts will be divided into small groups (**7:1 student: teacher ratio**) by age and ability to learn gymnastics. Daily snack and water will be provided along with fun down time activities including group games and fun theme days. Students bring lunch, Monday and Tuesday. **PIZZA** lunch provided on Wednesday. **Dress in exercise/gymnastics attire, long hair tied back please.**

**Date:** December 21, 22 & 23

**Time:** 9:00am - 1:00pm

**Ages:** 3 - 9 years old

**Fee:** \$110

**Registration Code (20756)**



**\*\* Registration and payment taken online at [SDRecConnect.com](http://SDRecConnect.com) or at the front desk of the recreation center during registration hours**  
**Please call 858-552-1687**



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

## \*\*\* San Diego Rhythmic Gymnastics Academy Winter Camp



If your child enjoys playing with a ball or dancing with a ribbon she or he probably will like Rhythmic Gymnastics Camp. The camp offers different activities like gymnastics, dance, ballet, track and field, and others.

Your child will learn how to work with a ribbon, ball, hoop, rope, and rhythmic gymnastics clubs. Our camp offers the best all-around physical education compliment to any young child's physique and development.

Your child needs to wear a gymnastics outfit and bring 2 snacks and two bottles of water per day.

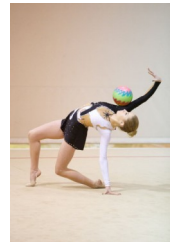
### CAMP

**Dates:** December 21,22 & 23

**Ages:** 6 and up

**Time:** 9:00am - 3:00pm

**Fee:** \$150



**For more information & registration  
contact SDRGA directly at (619) 852-7439  
[www.sandiegorhythmicgymnastics.com](http://www.sandiegorhythmicgymnastics.com)**

## \*\*\* XTREME DODGE BALL HOLIDAY CAMP

By combining some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek and Paintball, this incredibly fun, fast-paced and adrenaline rush game is played on a court with inflatable obstacles used for ducking, dodging and hiding. Dodge balls are child friendly soft foam core models. T-Shirt included.

**Day:** December 28, 29 & 30

**Time:** 9:00am - 12:00pm

**Ages:** 6-12 Years Old

**Fee:** \$120



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

# YOUTH CLASS

## 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.

### REGISTRATION CODE ( 18646 )

Day/Date: Friday , December 4  
Friday, December 11



\* Must attend both 2 hour classes to receive certification.

Time: 4:00 - 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**



For more information contact Sue Lockhart at:  
858-344-0475

Internet: [www.lockhart-training.com](http://www.lockhart-training.com)

Email: [sue@lockhart-training.com](mailto:sue@lockhart-training.com)

## Volunteer Opportunities

Volunteers assist the City's workforce in enhancing services to the public by performing tasks beyond the capacity and scope of current City employees, including fundraising efforts. Volunteers are found supporting special populations; help with the success of various environmental, library, neighborhood youth and adult programs; and assist with parks and beach beautification projects. The City's volunteers represent the City's diversity; including seniors, minorities, students, professionals, families, active and non-active military, faith-based or community groups, to name a few.

For more information contact the Citywide Volunteer Office at [volunteersd@sandiego.gov](mailto:volunteersd@sandiego.gov)

## We want your opinion ?



Ocean Air would like your input on new programs, classes or special events . Next time you visit the center take the time to complete our facility survey.

# ADULT LEAGUES

## Torrey Hills Neighborhood Park BIO TECH CO-ED SOFTBALL SPRING 2015

### Monday Night

Registration Code (20752)

### Tuesday Night

Registration Code (20754)

### Wednesday Night

Registration Code (20755)

### Thursday Night

Registration Code (20753)



**Fee: \$650 / team**

**Games begin week of February 22, 2016**

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

Registration begins November 22, 10:00am

*\$15 charge per game for umpire*

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

## \*\*\*MEN'S

## BASKETBALL LEAGUE

### Tuesday Night - Ocean Air

Rob Powell, League Director at  
(858) 829-8007 or

[www.sandiegobasketball.com](http://www.sandiegobasketball.com)



## Are you going to register online?

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

# 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**

**Entertainment**

**Visit from Santa**

**Holiday Giving**

**Outside Games & Activities**



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.