

The City of

SAN DIEGO

Parks and Recreation Department

Hourglass Fieldhouse Summer 2024 Brochure

OUR MISSION

"To provide healthy, sustainable, and enriching environments for all."

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at 619-235-1132, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.

PARK & FACILITY INFORMATION

Our staff cordially invites you to visit all recreation centers in Mira Mesa:
Hourglass Field House, Lopez Ridge Recreation Center and Gil Johnson/Mira Mesa Recreation Center.

HOLIDAY CLOSURES

| | |
|----------------|---------|
| Juneteenth | June 19 |
| Fourth of July | July 4 |

IMPORTANT PHONE NUMBERS

| | |
|--------------------------|----------------|
| SDPD (Non-Emergency) | (619) 531-2000 |
| Ned Baumer Pool | (858) 538-8083 |
| San Diego Humane Society | (619) 299-7012 |

OTHER FACILITIES

Verne Goodwin Senior Center
8460 Mira Mesa Blvd San Diego, CA 92126
(858) 578-7325

Rancho Penasquitos Skate Park
10111 Carmel Mountain Rd San Diego, CA 92129
(858) 538-8131

YOUTH SPORTS ORGANIZATIONS

Mira Mesa Little League
<https://www.miramesalittleleague.org/>

Mira Mesa Youth Football
<https://www.miramesachargers.org>

Mira Mesa AYSO
<https://www.miramesaayso.org>

Mira Mesa Girls Softball League
<https://www.mmgsoftball.com>

ADULT SPORTS ORGANIZATIONS

Co-Ed & Men's Softball
Peter McNamara www.socaladultsoftball.com

Adult Basketball League
Rob Powell www.sandiegobasketball.com

Senior Softball
Jim Smith (619) 358-3361

INDIVIDUALS WITH SPECIAL NEEDS

All activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services Department will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be determined if one-on-one aide is needed.

Therapeutic Recreation 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)525-8249TTD.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreation programs.

If you would like to volunteer, please see staff for more information, or contact the Volunteer Office at:

<https://bit.ly/3ISqfsX> or (619)533-4017.

PARK USE INFORMATION

For park use permits and reservations for the listed areas including, but not limited to sports field use, picnic areas, special events, and picnic shelters.

Please contact the following Recreation Centers:

HOURLASS FIELD COMMUNITY PARK (858) 538-8153

| | |
|-----------------------|----------------------------|
| Maddox Park* | 7809 Flanders Drive |
| Mason Joint Use | 10340 San Ramon Drive |
| Mesa Verde Park | 8350 Gold Coast |
| Hourglass Park | 10440 Black Mountain Rd |
| Walker Joint Use | 9125 Hillery Drive |
| Wangenheim Joint Use | 9230 Gold Coast Drive |
| Westview Park* | 11278 Westview Pkwy |

LOPEZ RIDGE COMMUNITY PARK (858) 538-8171

| | |
|---------------|------------------------|
| Lopez Ridge | 7245 Calle Cristobal |
| Sandburg Park | 11170 Avenida Del Gato |

MIRA MESA COMMUNITY PARK (858) 538-8122

| | |
|--------------------------|----------------------------|
| Breen Park* | 11119 Polaris Drive |
| Camino Ruiz Park* | 11498 Camino Ruiz |
| Challenger Joint Use | 10810 Parkdale Ave |
| Ericson Joint Use | 11174 Westonhill Drive |
| McAuliffe Park | 7540 Winterwood Lane |
| Mesa Viking Park | 11278 Westonhill Drive |

Mira Mesa Community Park* 8575 New Salem Street

- parks with picnic shelters that are available for permit

COMMUNITY RECREATION GROUP

These groups of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, publicize and help provide recreation opportunities for citizens in the Mira Mesa community. Groups, clubs and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed. Persons interested in making a positive impact or who have concerns about local parks and recreation centers should attend these meetings.

The Mira Mesa Recreation Council meets on the second Tuesday of every month at 7:00pm at Lopez Ridge Recreation Center.

Please visit www.miramesarecreationcouncil.org for more info.



IMPORTANT INFORMATION
Recreation Centers are equipped with Automated External Defibrillator

All City of San Diego Parks and Beaches are smoke free.



REGISTRATION INFORMATION

Registration Begins: Saturday, May 11, 2024 at 10:00 am

Only a parent or legal guardian can register participants under the age of 18 years.

Cash or paper check is not accepted for registration.

Acceptable payment methods (on-line and in-person) include:

Electronic check - proper ID with proof of checking account required

Credit, debit, or gift cards issued by qualified card service merchants

(Visa, MasterCard, American Express, and Discover only).

A **\$25.00 fee will be charged for declined electronic checks**. All customers must verify that bank routing and account numbers are entered correctly.

All fees must be paid in full prior to attending the first class.

Classes not meeting the minimum number of students may be cancelled.

PROCESSING FEES ARE INCLUDED

All registration and reservation fees include a non-refundable 3.56% processing fee.

RECREATIONAL PROGRAMS REFUND AND TRANSFER POLICY

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form (COM -6), in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund Policy Exclusions:

Three percent (3.56%) processing fee will be deducted from all refunds

No refund or transfer for non-attendance at any class

No credits to account

No refunds for costumes or equipment

Activity fees less than \$10.00 will not be refunded

Classes: Refund is based on the date that the written application is submitted.

96.5% refund - 3 or more calendar days prior to the first day of the class

75% refund - less than 3 calendar days prior to the first day of class

No refund for requests submitted more than 24 hours after the first day of class

Camps: Refund is based on the date that the written application is submitted.

96.5% refund - 10 or more calendar days prior to the first day of camp

50% refund - less than 10 calendar days prior to the first day of camp

No refund or transfer for requests less than 48 hours prior to the first day of camp

****For more information, refer to the complete Recreational Programs Refund and Transfer Policy attached to all receipts****

ONLINE REGISTRATION INFORMATION

You may register online for all contractual programs offered by using the Online 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.

New Customers - click 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 you provided. Please follow directions to activate the account.

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

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

HOURGLASS PARK

10440 Black Mountain Rd. San Diego, CA 92126

(858) 538-8153



WELCOME

The staff at Hourglass Field Community Park would like to welcome you and your family to our facility. We offer a variety of activities for both children and adults. Our goal is to provide you with the best activities possible and be able to fulfill your recreational needs.

We welcome any suggestions you may have for new and existing activities.

Hourglass Park has three meeting rooms, kitchen, game room, gymnasium with two full courts, seven multi-purpose fields, sports equipment, a dance room with mirrors, gymnastic room and a playground.

*For reservation details of the facility please contact the office.

STAFF

| | |
|------------------|--|
| Claudia Apodaca | Area Manager II |
| Jesse Dawn | Center Director III Assistant Center Director |
| Paul Lee | Recreation Leader I |
| Isabella Gibbens | Recreation Aide |
| Dane Beasley | Recreation Aide |
| Elise Dunn | Recreation Aide |
| Ja'Mir Salaam | Recreation Aide |

HOURS OF OPERATION

| | |
|-----------|------------------|
| Monday | 10:00am - 9:00pm |
| Tuesday | 1:00pm - 9:00pm |
| Wednesday | 10:00am - 9:00pm |
| Thursday | 1:00pm - 9:00pm |
| Friday | 11:00am - 8:00pm |
| Saturday | 9:00am - 4:00pm |
| Sunday | 10:00am - 4:00pm |

SUMMER SPORTS LEAGUES

Season Dates: May - August, 2024

\$65/child (Includes jersey & picnic)



Cal 8: 5 - 8 years

(#112386)

Practice Day/Time:

Mondays & Wednesdays, 5:00 - 6:00pm

Game Day/Time:

Wednesdays, 5:30pm

Cal 10: 10 & under

(#112383)

Practice Day/Time:

Mondays & Fridays, 6:00 - 7:00pm

Game Day/Time:

Fridays, 6:00 or 7:00pm

Cal 12: 12 & under

(#112384)

Practice Day/Time:

Wednesdays, 6:30 - 8:00pm & Saturdays 9:30am

Game Day/Time:

Saturdays 9:30 or 10:30am

Cal 15: 15 & under

(#112385) **

Practice Day/Time:

Wednesdays 6:30-8:30pm

** Game Day Thursdays @ North Clairemont Recreation Center

Cal 12 Girls League:

(#113054)*

Practice Day/Time:

Thursdays 5-6pm

*Game Day Wednesdays @ North Clairemont Recreation Center

EVALUATIONS

Cal 8: Wed May 29

6:00 -7:00pm

Cal 10: Wed June 5

6:00 - 7:00pm for last names that begin with letters **A-L**

7:00 - 8:00pm for last names that begin with letters **M-Z**

Cal 12: Mon June 3

5:00 - 6:00pm

Cal 15: Wed May 29

7:00 - 8:00pm

Cal 12 Girls: Mon June 3

5:00 - 6:00pm



STAFF PROGRAMS

TAI CHI INTEGRAL

Integral Tai Chi is a health improvement program, combining Yoga, Tai Chi, Qi Gong, and Meditation in one system that integrates, body, mind, and spirit. This class serves to bring the vision of restoring health, engendering hope, and facilitating a healing process. This program allows you to generate and use or energy effectively, enhance brain functionality, increase physical fitness, reduce stress, increase flexibility, lessen the effects of aging, and improve feelings of wellbeing. Requirements for class include: Yoga mat, t-shirt and sweatpants (no trunks or shorts), bottle water, and yoga mat.

Age: 18 years and older

Instructor: Binh Phan

Schedule: Saturdays & Sundays 10-12:00pm

Location: Room J223

Dates: June 1 - Aug 17, 2024 (#115095)
June 2 - Aug 18, 2024 (#115096)

Fee: FREE

CIVIC DANCE ARTS

In the class your child will begin the passion for dance through, Ballet and Jazz. Program schedule and information will be available at www.cividdanceart.org or by calling 619 235-5255



Spirit Kids Gymnastics

TINY TOTS

This Tiny Tots class is designed for toddlers to learn basic gymnastics skills, balance and flexibility. The class is focused around building coordination and body awareness while encouraging social and motor skills. This class incorporates lots of movement and play while teaching basic fundamental skills.

Ages: 3 - 4 years old

Schedule: Thursdays 2:00 - 2:45pm

Dates: June 6 - July 18, 2024

Fee: \$150 (#115093)

Ages: 3 - 4 years old

Schedule: Thursdays 2:00 - 2:45pm

Dates: July 25 - August 29, 2024

Fee: \$150 (#115094)



HOT SHOTS

This Class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 5 - 7 years old

Schedule: Thursdays 3:00 - 3:50pm

Dates: June 6 - July 18, 2024

Fee: \$150 (#115092)

Ages: 5 - 7 years old

Schedule: Thursdays 3:00 - 3:50pm

Dates: July 25 - August 29, 2024

Fee: \$150 (#115091)



ALL-STARS 1

The All Stars 1 class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 6 - 9 years old

Schedule: Thursdays 4:00 - 4:50pm

Dates: June 6 - July 18, 2024

Fee: \$150 (#115087)

Ages: 6 - 9 years old

Schedule: Thursdays 3:00 - 3:50pm

Dates: July 25 - August 29, 2024

Fee: \$150 (#115088)



ALL-STARS 2

Ages: 7 - 10 years old

Schedule: Thursdays 5:00 - 5:50pm

Dates: June 6 - July 18, 2024

Fee: \$150 (#115089)

Ages: 7 - 10 years old

Schedule: Thursdays 5:00 - 5:50pm

Dates: July 25 - August 29, 2024

Fee: \$150 (#115089)



* Independent Contractor: spiritkidssports@gmail.com (858) 848 -0488

Damoytt Tennis Program

These classes will teach age appropriate fundamentals for beginners, intermediate and advance tennis skills and fitness related exercise. Bring one can of unopened tennis balls. Tennis and a racket are required.

Make up classes allowed for three absences. **All classes are \$262**

Instructor: Coach Stan Jefferson **Phone #:** (619)770-7187 **E-mail:** dbadamoyttennis@yahoo.com

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|--|--|
| <p><u>BEGINNER SKILL Level 1 Ages: 5 - 10 years</u> June 1 - Aug 24 (#115223) Saturdays 8-9:00am June 2 - Aug 25 (#115224) Sundays 8-9:00am</p> | <p><u>BEGINNER SKILL Level 2 Ages: 8 -12 years</u> June 1 - Aug 24 (#115227) Saturdays 9 -10:00am June 2 - Aug 25 (#115228) Sundays 9 -10:00am</p> |
| <p><u>INTERMEDIATE SKILL Level 1 Ages: 8 - 12 years</u> June 1 - Aug 24 (#115229) Saturdays 10-11:00am June 2 - Aug 25 (#115230) Sundays 10 -11:00am</p> | <p><u>INTERMEDIATE SKILL Level 2 Ages: 10 -16 years</u> June 1 - Aug 24 (#115231) Saturdays 11-12:00pm June 2 - Aug 25 (#115232) Sundays 11-12:00pm</p> |
| <p><u>ADVANCED SKILL Ages: 10 - 16 years</u> June 1 - Aug 24 (#115225) Saturdays 12 –1:00pm June 2 - Aug 25 (#115226) Sundays 12 -1:00pm</p> |  |
| <p><u>COMPETITIVE PLAY MIXER Level 1 Ages: 10 - 16 years</u> June 1 - Aug 24 (#115237) Saturdays 1 -2:00pm June 2 - Aug 25 (#115238) Sundays 1 -2:00pm</p> |  |
| <p><u>BALL MACHINE TENNIS TRAINING (REFINEMENT) Ages: 10 - 16 years</u> June 1 - Aug 24 (#115239) Saturdays 2 - 3:00pm June 2 - Aug 25 (#115240) Sundays 2 - 3:00pm</p> | |

*Contractual programs consist of independent contractors that have been approved as a sponsored program.

Requirements for Independent Contractors:

- All contractors, sub-contractors and volunteers must be fingerprinted through the Live Scan process.
- Contractors must submit a business license and proof of insurance
- City staff handles all registrations for the program
- Contractors must provide Worker's compensation coverage for all their Employees

FALL SPORTS LEAGUES

Co-Ed Volleyball League



Season Dates: September - November 2024
(Cost includes jersey & banquet)

12 & Under

Practice Day/Time: Tuesdays, 6:00 - 8:00pm
Game Day/Time: Fridays, 5:00 - 8:00pm

15 & Under

Practice Day/Time: Tuesdays, 6:30 - 8:30pm
Game Day/Time: Saturdays, 9:30am & 10:30am

***Volunteer coaches needed**

Registration is free for parents who volunteer as head coach.

More Details coming in Fall Brochure 2024

