

## Therapeutic Recreation

# Exploring San Diego

Mission Trails camping trip and Exploring Mission Bay are for individuals with disabilities and their families. Participants must demonstrate the ability to follow directions and respond to redirection.

### Camping Trip

Bring the whole family for an overnight camping trip at Mission Trails. We will enjoy ranger led hikes, star gazing, and a movie showing in the indoor amphitheater. Dinner, s'mores, a light breakfast and some camping equipment will be provided.



Date: June 13-14, 2015

*Independent Campers must be 18 years or older*

Cost: \$10.00/person (call for family rate)

### Exploring Mission Bay

Join us for this four week session of outdoor adventure as we explore many of the exciting things that Mission Bay has to offer.

*Paddle boarding, kayaking, archery and MORE!*



Select Sundays from 12-3 p.m.  
September, October, November

Ages: 13 and up

Cost: \$30.00

**Call Therapeutic Recreation Services to register,  
619-525-8247**

# Nature Camp

Discover the wonders of nature in your hometown as we hike natural environments in San Diego, tour Balboa Park and visit historical sites and museums. Campers will create crafts projects, play games and enjoy a week of nature based activities.

The camps will be offered at (6) recreation centers in Community Parks II Division for children 7-12 yrs. Call your local center to make your reservation.

Session I: July 13 through July 17, 2015

**Montgomery Waller Rec. Center** 619-424-0466

Session II: July 20 through July 24, 2015

**City Heights Recreation Center** 619-641-6105

Session III: July 27 through July 31, 2015

**Willie Henderson Sports Complex** 619-527-3407

Session IV: August 3 through August 7, 2015

**Skyline Hills Recreation Center** 619-527-3486

Session V: August 10 through August 14, 2015

**Adams Recreation Center** 619-235-1149

Session VI: August 17 through August 21, 2015

**Encanto Recreation Center** 619-527-3411

The cost is \$15.00 per camper- cash only. Monday Through Fridays from 11:30-5 p.m. Space is limited to 20 campers per session & registration is on a first come first serve bases.

For more information please contact:

District Manager, Kim Mathis @ 619-236-7342

[kmathis@sandiego.gov](mailto:kmathis@sandiego.gov)



# 2015

## City of San Diego Park and Recreation Department Outdoor Adventures



Take a look inside  
*for great opportunities*  
in your area!



## Outdoor Adventures Kick-Off!

### Chollas Lake *Fishing Derby*

Spend a day at the lake and learn to fish. We will teach you how to use bait, cast the line into the lake and catch fish! There will also be nature walks throughout the day where we will explore the area and learn about wildlife within the City of San Diego. **Equipment will be provided along with prizes and refreshments.**

Ages: 5-15 years old

Cost: FREE

Date: April 25, 2015

Time: 10 a.m.-3 p.m.

11 a.m. Nature Crafts

For more information and registration please call:

**Chollas Lake, 619-527-7683**

**Active Net code: 14275**



**Transportation will be provided from local recreation centers.**



## Open Space

# Passport to Nature

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.



## Participating Parks

# Staff Guided Tours

For tour dates and times, please visit/call your local recreation center or go to <http://www.sandiego.gov/park-and-recreation/centers/index.shtml>.

\* **32nd Street Canyon**

*Children's program*

\* **Black Mt. Open Space**

\* **Balboa Park**

\* **Carmel Mountain Preserve**

\* **Chollas Lake**

*Nature crafts*

\* **Chollas Radio Canyon**

*Children's program*

\* **Kate Session Community Park**

\* **Manzanita Canyon**

\* **Marian Bear**

\* **Mission Trails**

\* **Navajo Canyon**

*Children's program*

\* **Otay Valley Regional Park**

\* **Penasquitos Creek Neighborhood Park**

\* **Rancho Mission Canyon**

*Children's program*

\* **Rose Canyon**

\* **Ruffin Canyon**

*Children's program*

\* **Tecolote Nature Center**

*Nature crafts/activities*

*Weed Warriors clean up*

\* **Western Hills Neighborhood Park**

