



THE CITY OF SAN DIEGO

Carmel Mt. Ranch/Sabre Springs Recreation Center

10152 Rancho Carmel Drive

San Diego CA 92128

(858) 538-8100

Park & Recreation Department

"We enrich lives through quality parks and programs."

Spring 2012 Program of Classes



Hours of Operation

Monday	12 — 6:45 PM
Tuesday	12 — 7:45 PM
Wednesday	12 — 7:45 PM
Thursday	2 — 7:45 PM
Friday	12 — 5:45 PM
Saturday	12 — 4:45 PM
Sunday	Closed

REGISTRATION BEGINS: MONDAY, March 19th, 2012

SEE INSIDE COVER FOR REGISTRATION DETAILS.

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION.

Important Information

Recreation Council

Do you want to be involved in your community? Carmel Mountain Ranch/Sabre Springs Recreation Council is an advisory committee made up of individuals who work or live in the community. Recreation council members work with City staff to promote recreation activities for citizens in the Carmel Mountain Ranch and Sabre Springs area. The council meets every second Monday of the month at 7:00 PM. Share your ideas! Get involved! Everyone is welcome!

For more information, please contact our **Chairperson, Laurie Marcus @ (858) 451-0797.**

Carmel Mountain Ranch/Sabre Springs Recreation Center is equipped with an Automated External Defibrillator (or AED) machine.

In the event of a medical emergency, staff is fully trained to operate and assist if necessary.

INDIVIDUALS WITH DISABILITIES

All classes can accommodate individuals with disabilities. Upon availability, Therapeutic Services will provide staff for additional assistance along with Carmel Mtn./Sabre Springs Park 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.

Holiday Closures

Cesar Chavez Day	Friday March 30th
Memorial Day	Monday May 28th

IMPORTANT NUMBERS

Black Mtn. Multipurpose Center...538-8128
Mira Mesa Recreation Center.....538-8122
Hilltop Recreation Center.....538-8198
Rancho Bernardo Rec. Center....538-8129
Canyonside Recreation Center...538-8131
Scripps Ranch Rec. Center.....538-8085
Frog's Club- City Pool.....674-4480
FCSD Soccer.....www.fcsandiego.com
CMR Little League.....CMRLL.ORG
Men's Basketball League....(619) 991-8902
Men's Softball.....(619) 991-8902
Ned Baumer Pool.....538-8083
Joslyn Senior Center.....487-9324

Corporate Sponsorships

Sponsor your favorite concert, special event, children's class, or provide a scholarship for a child in need. The Carmel Mountain Ranch/Sabre Springs Recreation Council is a nonprofit organization, so you will enjoy the benefit of a tax deduction.

For more information please contact:
Center Director @ (858) 538-8100
Or Laurie Marcus @ (858) 451-0797

RECYCLE NOW

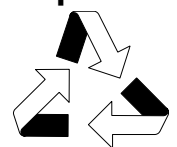
Please bring all your plastic, glass, aluminum, newspaper, junk mail, cardboard (any paper item that can be ripped), tin cans, etc. to the recycle bins at Carmel Mtn. Ranch/ Sabre Springs Recreation Center.

All proceeds help keep our recreation center open!
For more information or any questions,
please call(858)538-8100

Thank you for supporting our parks!

*Bins located next to the first parking lot upon entering the driveway.

**Illegal dumping is prohibited.



Registration, Payment, and Refund Policies

Registration Information

- Registration for our programs is taken on a first come, first serve, walk-in basis.
- No phone or mail in registration accepted.
- Children under 18 must be registered by a parent/legal guardian. **NO EXCEPTIONS!**
- 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.



Independent Contractors Requirements

- All contractors, sub-contractors and volunteers are fingerprinted through the City of San Diego Live Scan Process,
- All Contractors have a business license and proof of insurance.
- City staff handles all registration for the program.
- Contractors provides Worker's Compensation coverage for all employees.



Requirement of Permit Holders

- Must provide proof of insurance.
- Must provide own advertisement for program.
- Registration handled by permit holder.

* Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors. **All Permit Holders are identified with an *asterisk on this program**

Refund Policies

- No partial refunds or make-ups for missed classes (i.e.– routine illness, vacations, or other schedule conflict). Sorry, no exceptions!
- A \$20.00 service fee will be charged per registrant for each refund request.
- 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 your understanding.
- If your child has a medical emergency (not regular or routine illness) and cannot participate in class, please contact staff as soon as possible.
- A Refund Request Form and your pink registration receipt must be submitted prior to second class meeting.

Camp Refund Policy

- All Refunds for Camps must be in compliance with Center Refund Policy and must be submitted seven (7) days prior to the start day of Camp.

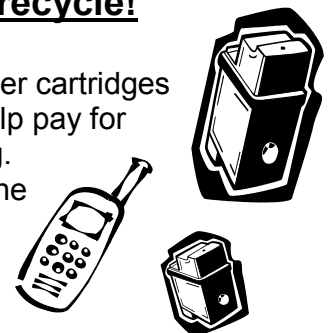
Payment Policies

- Payment is required at the time of registration.
- Please pay with EXACT cash or check made payable to CMRSS. No credit/debit cards.
- A \$35.00 fee will be charged for ALL returned checks.
- Class fees are NOT prorated or 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 of the City of San Diego.

Recycle, recycle, recycle!

Did you know?

Your empty ink and toner cartridges and cell phones can help pay for children's programming. Drop your discards at the Recreation Center of-



five.

Youth Program

LET'S MAKE MUSIC: With Ms. Marlys & Ms Sharon HEAR! FEEL! MOVE! SING!

Fun music and movement classes for all active and curious children from birth to 5 years!

PLAY, CREATE, EXPLORE, DANCE

PLAY a wide variety of rhythm instruments

CREATE with Props-- such as hoops, scarves, bean bags, parachute

EXPLORE and develop a child's natural musicality

DANCE helps with impulse control, balance, coordination, expressiveness

MUSIC play aids in language development, reading, math and social skills



First class of each session is a free trial class for new families!

Each session has a different theme and new activities.

Tuesdays: 9:30am - 10:15am
10:30am - 11:15am

Spring 2012: April 10, 17, 24
May 1, 8, 15, 22, 29

Cost:

8 week session \$80.00

Only \$10 per class.

Siblings under 6 months free!

Each class must have a minimum of 5 students.

Teachers: Sharon Mello and Marlys West
Contact: 858-484-2287, LMMS@juno.com or
www.LetsMakeMusicSchool.com



Watercolor Painting



In these lessons, students will explore the medium watercolor painting.

They will learn basic watercolor painting techniques such as wet-on-wet, wet-on-dry, and over-painting.

An entire project will be completed in each class.

Wednesday, 3:30 to 4:15.

6 to 11 years old..

Fun fun fun

Session #1: January 11, 25. February 1, 8, 15, 22.
(No class 1/18)

Session #2: February 29, March 7, 14, 21, 28,
April 4.

Session #3: April 11, 18, 25, May 2, 9, 16.

Session #4: May 23, 30, June 6, 13, 20, 27.

Cost \$70 per session

(Materials are included)

Teacher: Rosa Barnes

Registration at the Recreation Center

For more information, call (858)208 9229 or
creativephotoimage@juno.com



Ice Skating Classes

During the course students will learn how to balance, glide smoothly, skate forward and backwards, stop and have time for a few neat tricks also. Skaters can practice on the public session from 3:00-5:00 PM.

Skate rental is included.

Classes are held at the San Diego Ice Arena,
11048 Ice Skate Place in Mira Mesa.

For more information, contact; (858) 530-1826.

Instructors: Ann Daniels

Tots

Age: 3-5 years

Day: Wednesday

Time: 4:00-4:30 pm

Youth

Age: 6 years-Teen

Day: Wednesday

Time: 4:30-5:00 pm

**Session Cost: \$45.00 (Resident)
\$55.00 (Non-Resident)**

Session 1: April 4, 11, 18, 25

Session 2: May 2, 9, 16, 23

Session 3: June 6, 13, 20, 27



Youth Program



Basketball II/III *

Basketball classes focus on improving the fundamentals of class participants by teaching new skills and then having them work on them through a variety of different drills and games.

Days: Tuesdays

Ages/Grades: K-2nd grade

Time: 4:00pm—5:00pm

Ages/Grades: 3rd-5th grade

Time: 5:00pm—6:00pm

Starts/Ends: March 27—May 15



Baseball/Tee-Ball*

Students will work on throwing, base running, infield defense, outfield defense, hitting, situational defense, position work, sportsmanship, and more. Repetition of fundamental work is stressed in this class.

Days: Thursdays

Ages/Grades: K-2nd grade

Time: 4:00pm—5:00pm

Ages/Grades: 3rd—6th grade

Time: 5:00pm—6:00pm

Starts/Ends: March 29—May 17



Soccer*

Students will improve their ball handling, goal scoring, passing and more in this class.

Days: Mondays

Ages/Grades: k-2nd grade

Time: 4:00pm—5:00pm

Ages/Grades: 3rd—6th grade

Time: 5:00pm—6:00pm

Starts/Ends: March 26—May 14



Please visit: www.MasteryourSports.com.

All Classes Cost: \$105.00

Register for these programs online

Xtreme Dodgeball *

By combining some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek, and Paintball, Master Sports has created an incredibly fun, fast-passed, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship.

Days: Thursdays

Ages/Grades: K—2nd grade

Time: 3:30pm—4:30pm

Ages/Grades: 3rd—6th grade

Time: 4:30pm—5:30pm

Starts/Ends March 29—May 17



Jr. Sports*

Each session participants will play soccer, basketball, tee-ball, flag football, and track and field.

Days: Mondays

Ages/Grades: 4—5 years

Time: 3:00pm—3:50pm

Starts/Ends: March 26—May 14

Days: Thursdays

Ages/Grades: 3—4 years

Time: 9:30am—10:20am

Ages/Grades: 4—5 years

Time: 10:30am—11:20am

Ages/Grades: 4—5 years

Time: 3:00pm—3:50pm

Starts/Ends: March 29—May 17

Days: Fridays

Ages/Grades: 3—4 years

Time: 9:30am—10:20am

Ages/Grades: 4—5 years

Time: 10:30am—11:20am

Starts/Ends: March 30—May 18

(*This is a permitted program.)

Register for these programs online

Youth Program



Thursday Mornings:

- 9:45am: Magical Munchkins
(2 - 3 yrs)
10:35am: Tiny Movers Ballet/Tumble Combo Class
(3- 4 yrs)
11:35am: Star Shiners Ballet/Tumble Combo Class
(4- 5 yrs)

Thursday Afternoons:

- 3:30pm: Tiny Movers Ballet/Tumble Combo Class
(3- 4 yrs)
4:30pm: Star Shiners Ballet/Tumble Combo Class
(4.5- 6 yrs)
5:30pm: Ballet 1 (6 - 9 yrs)
6:30pm: Hip Hop (8-13 yrs)

**Register for the entire semester save money and secure your place in the class.

12 Week semester: \$168.00

April 12—June 28 2012

OR

6 week session: \$89.00

April 12—May 17, 2012
May 24th—June 28th, 2012

All classes are progressive.

Participate in EvOLvE's June Recital!

See instructor for more details.



FOR MORE INFORMATION:

www.dancetoevolve.com

OR EMAIL: info@dancetoevolve.com

OR CALL: (858) 876-LEAP (5327)



CHESS LESSONS FOR KIDS

Want to do better in school? Learn chess! Learning chess facilitates children's cognitive development by providing them with opportunities to practice thinking, analyzing, problem solving, and decision-making. Beginners learn basic concepts and how to move and best use each piece. Intermediate players will learn strategies and tactics through analyzing games of famous chess masters.

Day: Fridays

Cost: \$85.00 / 6 weeks session

Session 1: April 13—May 18

Session 2: May 25—June 29

For more information, please contact Coach Lam at 858-215-1753



Beginners: Grade/Age: 2nd - 5th grade

Time: 3:00pm - 4:00pm

Intermediate: Grade/Age: 3rd grade and older

Time: 4:00pm - 5:00pm

Park and Recreation Dance Department

Dance classes are conducted by the City of San Diego Civic Dance Arts. Dance schedules are available at the Recreation Center.

For more information, please call
(619) 525-8258 or
www.cividdanceart.org

Day: Mondays

Time: 3:00-7:00 PM

Cost: \$48.00 per semester



Adult Classes and Leagues

Therapeutic Recreation

Action Seekers

This program is designed for people who have a developmental disability, ages 16 and over. We have a Recreation Night one Friday Night a month, from 5:00- 8:30 pm at our center. Each meeting has a theme and will include an activity and a dinner. The cost is \$5 a person. If you would like to sign up, join our mailing list, or if you have any questions, please call Therapeutic Recreation at:
(619) 525-8247, TDD (619) 692-3866.
Hope to see you soon!



Susie's Dance Party

Come and join in the fun with Susie's line dancing group!
Line dancing lessons for adults with disabilities.



Day: Tuesday
Time: 4:45- 6:00 PM

**Cost: \$40.00 (Resident)
\$50.00 (Non-Resident)
*Fee Waivers Available***



American Pie Men's Softball *

For more information contact,
The League Director Erwin Castillo
@ (858) 375-4387.
(*This is a permitted program.)



SDABL
SAN DIEGO ADULT
BASKETBALL LEAGUES

Adult Basketball*

Contact the league director, Lance Allison
@ (619) 991-8902 for more information.
www.sandiegoabl.com

Men's B-Division



Park Reservation Information

**Parties, picnics, sporting events—
large or small, we do it all!**

You can get information about permit fees, and availability for the following parks by contacting the Center Director at (858) 538-8100

Sabre Springs Park Softball Fields

12953 Sabre Springs Parkway

San Diego, CA 92128

Area description : Lighted softball fields, tot lot, picnic areas, walking areas and outdoor restrooms.

South Creek Neighborhood Park

12249 Wickerbay Cove

San Diego, CA 92128

Area description : Tot lot, grassy area, outdoor restrooms, shaded picnic area, softball fields.

Highland Ranch Park

12140 Eastbourne Road

San Diego, CA 92128

Area description : Tot lot, grassy area, softball field, and outdoor restrooms.

Carmel Mt. Ranch/Sabre Springs Recreation Center and Park

10152 Rancho Carmel Drive

San Diego, CA 92128

(858) 538-8100

Area description : Meeting /activity room, gymnasium and kitchen, two softball fields (one lit), multipurpose field, tot lot, indoor and outdoor restrooms, picnic areas, two outdoor basketball courts and passive areas.

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) 221-8903 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.