

City of San Diego Park & Recreation Department  
"We enrich lives through quality parks and programs."  
<http://www.sandiego.gov/park-and-recreation/centers/carmelvalley.shtml>

## LOOK WHAT'S INSIDE!

ADULT YOGA.....	Pg.7
DANCE CLASSES.....	Pg.3
FAMILY SELF DEFENSE.....	Pg.4
FAMILY YOGA.....	Pg.3
GYM KIDS GYMNASTICS.....	Pg.6
JACKI SORENSEN'S AEROBIC DANCE.....	Pg.7
KIDS ACT CLASSES.....	Pg.4
LEASH YOUR FITNESS.....	Pg.7
MOMMY OR DADDY & ME YOGA.....	Pg.3
PLAYBALL CLASSES.....	Pg.4
YOUTH SPORTS CLASSES.....	Pg.5

## OFFICE HOURS FOR CLASS REGISTRATION

MONDAY	2:00 - 7:45pm
WEDNESDAY	2:00 - 7:45pm
FRIDAY	2:00 - 5:00pm

EXCITING  
NEW PROGRAMS  
FOR KIDS  
AND ADULTS!

## Carmel Valley Community Park & Recreation Center

3777 Townsgate Drive  
San Diego, CA 92130

**Recreation Center Office:**  
(858) 552-1616

**Carmel Valley Pool:**  
(858) 552-1623

**Carmel Valley Tennis:**  
(858) 504-4181

[www.cvsd.com](http://www.cvsd.com)  
Recreation Council Information

# WINTER 2010 PROGRAM



**WINTER GYMNASTICS CAMP**  
Join us for the Holidays!  
More info call:  
858-487-7799 or  
[www.rockntumble.com](http://www.rockntumble.com)

Watch for upcoming  
**SPRING SOCCER CAMP**  
information!  
[www.c2csoccer.com](http://www.c2csoccer.com)

**CLASS REGISTRATION BEGINS DEC. 12, 2009 AT 9:00AM**

*Numbers will be issued at 7:00am to reserve a place in line.  
See inside front cover for complete details.*

## 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 their parent/legal guardian. NO EXCEPTIONS!**

### REGISTRATION BEGINS:

**SATURDAY, DECEMBER 12, 2009 at 9:00AM**

**(Except for Master Sports Programs, Kid City Programs, Senior Fitness, Mad Science Camp, Leash Your Fitness & Tennis)**

Numbers will be issued at 7:00am to reserve a place in line. One number per family. We can not give you a number for a friend/neighbor.

**Historically, only a few classes fill to capacity on the first day of registration;** register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. *Programs may be cancelled if the minimum enrollment requirement is not met 24 hours prior to the start of the first class. Please register early.*  
**All participants must meet age requirements.**

### PAYMENT POLICY:

- ◆ Payment is required at the time of registration.
- ◆ Please pay with **EXACT cash or a check** payable to CVRC.
- ◆ No credit cards.
- ◆ A **\$35 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:

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). **Sorry, no exceptions!**

A **\$20 service fee** will be charged **per registrant for each refund request.**

A CVRC Refund Request Form (available at the Recreation Center) and your yellow registration receipt must be submitted **at least 48 hours prior to the second scheduled class meeting.**

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 understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and cannot participate in class please contact CVRC staff as soon as possible. A **CVRC Refund Request Form** (available at the Recreation Center) **must be submitted as soon as possible.** Refund or credit will be determined on a case by case basis by the Center Director.

### INDIVIDUALS WITH DISABILITIES:

Most classes can accommodate persons with disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance. Please ask for this service at the time of registration.

## RECREATION COUNCIL

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

## CARMEL VALLEY RECREATION CENTER

### HOURS OF OPERATION

**Hours Effective: January - March 2010**

Mon/Tues/Wed/Friday	12:00pm - 7:45pm
Thursday	2:00pm - 7:45pm
Saturday	9:00am - 1:45pm
Sunday	Closed

**(Hours subject to change without prior notification)**

### RECREATION CENTER CLOSURES

Monday, January 18, 2010 - Martin Luther King, Jr. Day

Monday, February 15, 2010 - President's Day

### FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center is a City of San Diego Park and Recreation facility and is free and open to the public during designated hours. Facilities and programs available:

- ◆ Indoor multipurpose courts
- ◆ Game room with Table Tennis
- ◆ Passive picnic areas with barbecues
- ◆ Outdoor basketball courts
- ◆ Horseshoe pits & Outdoor Fitness Stations
- ◆ Tennis courts
- ◆ Amphitheater
- ◆ Two Playgrounds
- ◆ Multipurpose fields

## CARMEL VALLEY NEIGHBORHOOD PARKS

### NEIGHBORHOOD PARKS

Ashley Falls Park	13030 Ashley Falls Drive
Carmel Creek Park	4260 Carmel Center Road
Carmel Del Mar Park	12345 Carmel Park Drive
Solana Highlands Park	3520 Long Run Drive

### PARK USE INFORMATION

For park use permits and reservations for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events, please contact:

Carmel Valley Recreation Center at (858) 552-1616.

## CARMEL VALLEY TENNIS

### DIRECT LINE: (858) 504-4181

The Carmel Valley tennis courts are operated under a separate administration. Please call the Pro Shop for hours of operation, fees, and lessons information.

## CARMEL VALLEY SWIMMING POOL

### DIRECT LINE: (858) 552-1623

The Carmel Valley pool is operated under a separate administration. Please call the Pool Office for hours of operation, fees, and lessons information.

## YOUTH SPORTS ORGANIZATIONS

**Carmel Valley Lacrosse**  
(858) 259-1450

**DMCV Sharks Soccer**  
(858) 794-8404

**Carmel Valley Manchester Soccer**  
(858) 344-1086

**North Shore Girls Softball**  
(858) 643-9790

**Del Mar Little League**  
(858) 342-1131

**Solana Beach Little League**  
(858) 824-6696

# YOUTH ACTIVITIES

## DANCE WITH NANCE

### MOMMY & ME: PRINCESS DANCER

(BALLET/JAZZ/CREATIVE)

2 - 3 years

A creative and exciting ballet and movement class that includes parent/guardian and incorporates your children's imagination and creativity to tune motor skills and musicality through ballet and play. Your child transitions into a magical world where they are a princess walking in glass slippers across the castle! The students enjoy becoming a beloved princess. Princess dresses, tiaras, wands and jewelry are provided for students.

Day: Friday  
Time: 10:00am - 10:35am  
Cost: \$70/5 weeks or \$85 Non-resident  
**SESSION 1:** 1/8 - 2/5/10  
**SESSION 2:** 2/12 - 3/12/10  
Minimum Enrollment: 5



### FAMILY YOGA

NEW!

This active theme class is a great way to stretch, play, sing, and have fun with your family! An introduction to breath, focus, asana, and relaxation are discovered as we play with yoga in creative ways. We might explore the ocean together, or climb a pretend mountain. Varied activities will be included such as stretching, basic yoga poses through stories and themes, dance moves, meditation and art projects will be included. All to reinforce the yoga explored that day. (Classes are structured like kids yoga classes with more emphasis on interactive and partner poses for kids and adults to do together). Up to 3 family members.

*Note: Due to insurance requirements, participating family members must be identified at time of registration.*

Day: Wednesday  
Age: Parents and kids ages 5 and up  
Time: 5:30 - 6:45pm  
Cost: \$80/4 weeks or \$95 Non-resident  
**SESSION 1:** 1/6 - 1/27/10  
**SESSION 2:** 2/3 - 2/24/10  
**SESSION 3:** 3/3 - 3/24/10  
**NOTE:** Please bring mat or towel and water.  
Minimum Enrollment: 5

### ROCKIN' STARS!

(BALLET/TAP/JAZZ)

3 - 5 years

A wonderful introduction to dance for girls and boys ages 3-5. Young dancers will develop locomotor skills and explore musicality and expression through movement using fun exercises, stories, colorful props and music that children love. Students learn basic vocabulary and music skills through imaginative exercises. Focus is on building coordination in basic dance steps along with developing communication and social skills.

Day: Friday  
Time: 10:40am - 11:15am  
Cost: \$70/5 weeks or \$85 Non-resident  
**SESSION 1:** 1/8 - 2/5/10  
**SESSION 2:** 2/12 - 3/12/10  
Minimum Enrollment: 5



### MOMMY OR DADDY & ME YOGA

NEW!

Come and explore Yoga together! This active theme class is a great way to stretch, play, sing, and have fun with your little one! Enjoy fun yoga kids songs that will blend movement, animal themes, and adventures into learning yoga postures. Discover your toddler's natural ability to do yoga as they interact with each other and you. We will introduce breath, focus and relaxation. Each class will also have an activity time where we either read a story, draw our favorite animal and other games to reinforce the yoga explored that day.

Day: Wednesday  
Age/Time: 3 - 5 years 11:00 - 11:35am  
Cost: \$70/5 weeks or \$85 Non-resident  
**SESSION 1:** 1/6 - 2/3/10  
**SESSION 2:** 2/10 - 3/10/10  
**NOTE:** Please bring mat or towel and water.  
Minimum Enrollment: 5



Instructor: Dance with Nance Staff  
Note: Wear comfortable clothes, tennis or jazz shoes, and appropriate dance shoes for ballet and tap genres.

For more information contact Nancy Holden at (760) 815-0620.  
Internet: [www.dancewithnance.com](http://www.dancewithnance.com)

## CARMEL VALLEY TENNIS

### WINTER JUNIOR AFTERSCHOOL CLINICS

**Beginners:** Monday and Wednesday 3:30 - 5:00pm  
**Intermediate:** Tuesday and Thursday 3:30 - 5:00pm  
**Advanced:** Tuesday and Thursday 5:00 - 6:30pm

#### Clinic Session Dates:

Session 1: January 4 - 29, 2010  
Session 2: February 1 - 26, 2010  
Session 3: March 1 - 26, 2010

**Clinic Cost:** \$165 per session (\$140 if paid 5 days in advance)

- ◆ Rain make-ups will typically be held on Saturdays.
- ◆ No refunds allowed once the session has begun.
- ◆ Refund and transfer fee: \$25 per student.

### Pee Wee Clinic on Saturdays! Junior Tennis League on Sundays!

For more information contact Carmel Valley Tennis at:  
(858) 504-4181.



# YOUTH ACTIVITIES

## KIDS ACT

NEW!

Imagine! Create! Perform! Whether your child loves the stage, or needs to build confidence when speaking in front of their classmates, Kids Act can help to motivate, inspire and enrich your child. Students are introduced to improv skills through theater games, work on adapting a children's story and paint their own scenery for a special performance on the last day of class.

Day: Saturday  
Age/Time: 4 - 6 years 9:30 - 10:30am  
7 - 11 years 10:30 - 11:30am  
Cost: \$124/8 weeks or \$146 for Non-residents  
Instructor: Aleta Barthell, Professional Theater Artist and Founder  
SESSION: 1/9 - 2/27/10  
Minimum Enrollment: 4



For more information contact Aleta Barthell at (760) 635-3340.  
Internet: [www.aletabarthell.com](http://www.aletabarthell.com)

## FAMILY SELF DEFENSE & SAFETY

### Kajukenbo Karate/ Wushu Kung Fu

Get the Martial Arts Advantage! Learn a combined Martial Arts style, which includes Karate, Judo, JuJitsu, Kenpo, and Kung Fu. This program promotes a higher level of self confidence, improve self esteem, discipline, concentration and coordination. Adults & children train together in a positive family environment.

Day/Time: Thursday 6:00 - 7:30pm  
Ages: 5 and up - All skill levels are welcome  
Cost: \$75/5 weeks or \$90 for Non-residents  
Instructor: Mike Shaw, 1st Degree Black Belt  
SESSION 1: 1/7 - 2/4/10  
SESSION 2: 2/11 - 3/11/10  
Minimum Enrollment: 5

For more information contact Mike at (858) 531-2508.  
Email: [fistacuff2000@yahoo.com](mailto:fistacuff2000@yahoo.com)  
Internet: [www.kick411.com](http://www.kick411.com)



## SPRING BREAK CAMP: MAD SCIENCE ALL-STARS

You've been selected for the All-Star team! Learn about famous scientists and inventors who were All-Stars in their field of expertise. Follow in their footsteps as we equip you with the science skills needed to rise to the top. You will build super structures, create a volcanic eruption and examine rocks formed from volcanic magma. Soar high above as you build a kite and experiment with lift, aerodynamics and air pressure. Discover the secrets behind the stars and make a star chart. Take home projects include: magnetic soccer game, rocket racer, star locator, kite, animal track, crystal garden and more!

Day: Monday - Friday  
Age: 5 - 10 years  
Time: 9:00am - 12:00pm  
Cost: \$138 or \$147 for Non-residents  
Instructor: Mad Science  
SESSION: 4/5 - 4/9/10  
Minimum Enrollment: 10



Camp Registration begins January 23, 2010 at 9:00am.  
Register for this camp at the Carmel Valley Recreation Center.  
For more information about camp content, contact Mad Science at (858) 300-2481.

## PLAYBALL: TWO CAN DO!

Two is a delightful age filled with curiosity, wonder, growth and new experiences. Two Can Do is an exciting program based in activities involving coordination, muscle tone, fine and gross motor skills, balance and spatial awareness among others. These exercises will allow the twos to develop a love for sports. Classes will be taught mostly in English with basic Spanish words.

Day: Wednesday  
Time: 10:00 - 10:40am  
Ages: 24 - 36 months  
Cost: \$70/5 weeks or \$85 for Non-residents  
Instructor: Paola Kantor  
SESSION 1: 1/6 - 2/3/10  
SESSION 2: 2/10 - 3/10/10  
Minimum Enrollment: 5



For more information contact Paola Kantor @ (858) 967-1938  
Email: [paola@playballkids.com](mailto:paola@playballkids.com)  
Internet: [www.usaplayball.com](http://www.usaplayball.com)

## PLAYBALL

Playball is a creative sport and movement program which aims to teach physical skills in a positive and educational environment. Our goal is to inspire and motivate your child to participate and develop confidence, courage, persistence, a positive attitude and many other skills while learning the basis for sports such as baseball, basketball, hockey, tennis, soccer, volleyball and more! Classes will be taught in English with some Spanish words.

Day: Thursday  
Time: 4:00 - 4:50pm  
Ages: 3 - 5 years  
Cost: \$70/5 weeks or \$85 for Non-residents  
Instructor: Paola Kantor  
SESSION 1: 1/7 - 2/4/10  
SESSION 2: 2/11 - 3/11/10  
Minimum Enrollment: 5



For more information contact Paola Kantor @ (858) 967-1938  
Email: [paola@playballkids.com](mailto:paola@playballkids.com)  
Internet: [www.usaplayball.com](http://www.usaplayball.com)

## PLAY BASKETBALL CLINIC

This fun basketball clinic teaches the fundamentals, techniques and skills of basketball. In addition, Coach Brooks uses his experience from playing competitive basketball to teach young athletes the benefits of goal setting, discipline, practice, commitment, encouragement, and teamwork.

Day: Thursday  
Time: 4:00 - 5:30pm  
Ages: 8 - 15 years  
Cost: \$100/6 weeks or \$120 for Non-residents  
Instructor: Brooks Barnhard  
SESSION: 1/7 - 2/11/10



For more information contact Coach Brooks at 619-850-2209.

# KID CITY

## PEE WEE AND ME

A class where children will learn the fundamentals of four (4) different sports. The sports will include the traditional "Multi-Sport" format which will be 2 weeks of soccer, 2 weeks of football, 2 weeks of basketball and 2 weeks of t-ball (in that order). **\*\*PARENT PARTICIPATION IS REQUIRED\*\***

Day/Time: Saturday 11:00 - 11:40am  
Age: 24 - 36 months  
Cost: \$120/8 weeks  
**SESSION: 1/23 - 3/13/10**



## PEE WEE SPORTS

Children will learn the fundamentals of four (4) different sports. 2 weeks of soccer, 2 weeks of football, 2 weeks of basketball and 2 weeks of t-ball (in that order). For the 3-6 years classes, participants will be divided up into age groups, 3-4 years and 5-6 years, when necessary. Our goal is for kids to have fun, get exposure to sports, and ensure individualization and participation.

Wednesday: 3:45 - 4:25pm (3-6 years)  
4:30 - 5:10 pm (3-6 years)

Saturday: 9:00 - 9:40am (3-6 years)  
10:00 - 10:40am (3-4 years)

Cost: \$120/8 weeks  
**SESSION: Wed. 1/20 - 3/10/10  
Saturday 1/23 - 3/13/10**



## T-BALL

Children will learn the fundamentals of throwing, catching and hitting the ball. This will include infield and outfield practice. "See the ball, hit the ball" approach along with grounders and fielding technique. Glove and ball provided for use during class.

Day/Time: Friday  
Time: T-Ball I 4:30 - 5:10pm (3-4 years)  
T-Ball II 4:30 - 5:10pm (5-6 years)

Cost: \$120/8 weeks  
**SESSION: 1/22 - 3/12/10**

## SOCCER

Children will have a ball learning the fundamentals of soccer. Skills covered are kicking, passing and defense. Your little athlete will be introduced to the concept of set plays and gain soccer experience.

Day/Time: Friday  
Time: Soccer I 3:45 - 4:25pm (3-4 years)  
Soccer II 3:45 - 4:25pm (5-6 years)

Cost: \$120/8 weeks  
**SESSION: 1/22 - 3/12/10**



To register for Kid City programs, download the MAIL-IN registration form online at [www.kidcitysports.com](http://www.kidcitysports.com)

For more information contact Mark at (858) 344-2557.  
Email: [director@kidcitysports.com](mailto:director@kidcitysports.com)

# MASTER SPORTS

## BEGINNER T-BALL SPRING LEAGUE

Now in our 9th year! Come and see why last year we had over 120 participants in this fun program! This league is designed for children who miss the age cut off date for little league. It is a non-competitive environment where the score is not kept.

There are no outside practices and parents are encouraged to participate with their child. Our goal is to have fun, improve skills and build knowledge of the game. Includes a baseball hat, team picture, jersey and trophy. **Please bring: glove, pants, and tennis shoes**

Age: 4 - 5 years (must be 4 by 6/1/10)  
Day: Saturday, Games are played at 1:00pm, 2:00pm, 3:00pm  
Cost: \$130/8 weeks



**SESSION: 3/13/10 - 5/8/10**

**LOCATION:** Carmel Creek Park, 4260 Carmel Center Road

**ONLINE REGISTRATION BEGINS NOVEMBER 15, 2009**

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

## BASKETBALL

Former Collegiate and European Pro Player Steve Smith will help you improve in all aspects of the game. 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.

Day: Wednesday  
Time/Age: 3:00 - 4:00pm Grades K - 2  
4:00 - 5:00pm Grades 3 - 6  
Cost: \$110/8 weeks  
Instructor: Master Sports coaches - Steve and Dan  
**SESSION: 1/20 - 3/10/10**



## VOLLEYBALL

This volleyball program will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking digging, rotation, sportsmanship and rules will all be covered in this fun class.

Day: Mondays  
Age: 9 - 13 years  
Time: 4:00 - 5:00pm Beginner  
5:00 - 6:00pm Intermediate  
Cost: \$110/8 weeks  
Instructor: UCSD Club Captain Talesa Blyething  
**SESSION: 1/25 - 3/22/10**



To register for Master Sports programs visit [www.MASTERYourSPORTS.com](http://www.MASTERYourSPORTS.com)

For more information contact Master Sports at (858) 518-1315.  
Email: [info@MASTERYourSPORTS.com](mailto:info@MASTERYourSPORTS.com)

The businesses listed on this page rent facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of each individual business. **Please contact them directly for all program inquiries.**

## GYM KIDS GYMNASTICS

In our toddler and preschool program, children ages walking through 5 develop gymnastics skills on all of the apparatus using progressions. Kinesthetic awareness, fine & gross motor skills, hand/eye/foot coordination and crossing the midline activities are packed into a FUN filled active learning experience.

Our school age gymnastics program, designed for children ages 5 - 12, challenges children in a safe and positive way as we teach technically correct gymnastics on the Olympic events: vault, bars, balance beam, floor exercise and trampoline. Our noncompetitive program focuses on the learning process, as we promote the feeling of "I CAN DO IT!" in each child."

Cost: \$160/10 weeks or \$190 for Non-residents  
**SESSION: Mon. 1/4 - 3/22/10 NO CLASS 1/18 & 2/15**  
**Tues. 1/5 - 3/23/10 NO CLASS 1/19 & 2/16**

*No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!*

### Tumble Toddlers: walkers - 36 months

#### \*Parent Participation REQUIRED

Parent or Guardian accompanies the young gymnast as he or she explores all of the gymnastics stations along with rhythm & movement plus parachute time!

Monday	11:00 - 11:45am	Tuesday	9:30 - 10:15am (walkers - 24 months) 10:15 - 11:00am (24 - 36 months)
--------	-----------------	---------	--

### Gym Kids Pre-Rollers: walkers - 3 years

#### \*Parent Participation REQUIRED

This transition class is the perfect segue into our Rollers (ages 3-5) level class and is the most advanced of our parent participation classes.

This is also a GREAT class for parents with a young toddler as well as a preschool aged child as it is run simultaneously with our Gym Rollers (ages 3-5).

Monday 9:30 - 10:15am  
5:00 - 5:45pm

### Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am 11:30 - 12:15pm 3:00 - 3:45pm 5:00 - 5:45pm 5:45 - 6:30pm 6:30 - 7:15pm	Tuesday	11:15 - 12:00pm 12:15 - 1:00pm 3:00 - 3:45pm 4:00 - 4:45pm 5:00 - 5:45pm
--------	---	---------	--

### Pre-Jumpers: Girls 4 - 6 years

Monday 4:00 - 5:00pm Tuesday 1:00 - 2:00pm

### Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm 5:50 - 6:50pm	Tuesday	3:00 - 4:00pm 4:00 - 5:00pm 4:45 - 5:45pm
--------	--------------------------------	---------	---

### Gym Jammers: Girls 7 - 11 years

Monday	4:00 - 5:00pm 5:50 - 6:50pm	Tuesday	3:45 - 4:45pm 4:45 - 5:45pm
--------	--------------------------------	---------	--------------------------------

### Boys Only

Monday	6:50 - 7:50pm (7- 11 years)	Tuesday	3:00 - 4:00pm (5 - 7 years)
--------	--------------------------------	---------	--------------------------------

**BOYS!**

For more information contact Gym Kids at (858) 487-7799.  
 Email: [info@rockntumble.com](mailto:info@rockntumble.com)  
 Internet: [www.rockntumble.com/carmelsched.pdf](http://www.rockntumble.com/carmelsched.pdf)

## GYM KIDS ROCK 'N CHEER

A great class for aspiring cheerleaders! Learn all the cheer and arm moves, chants, jumps and stunts plus the gymnastics skills necessary for cheerleaders. Taught by our qualified instructors, kids learn technically correct gymnastics and cheer in an upbeat environment.

Day: Monday  
 Time: 2:00 - 3:00pm  
 Age: 4 - 6 years  
 Cost: \$160/10 weeks or \$190 for Non-residents  
**SESSION: 1/4 - 3/22/10 NO CLASS 1/18 & 2/15**



For more information contact Gym Kids at (858) 487-7799.  
 Email: [info@rockntumble.com](mailto:info@rockntumble.com)  
 Internet: [www.rockntumble.com/carmelsched.pdf](http://www.rockntumble.com/carmelsched.pdf)

## GYM KIDS JR. HIGH TUMBLING & TRAMPOLINE

For the middle school aged boy or girl gymnast. Focus is on tumbling and trampoline skills that carry over into cheer as well as ALL sports. Vault, Bars and Beam incorporated to promote upper body strength and balance.

Day: Monday  
 Time: 6:50 - 7:50pm  
 Age: 6th - 8th Grade  
 Cost: \$160/10 weeks or \$190 for Non-residents  
**SESSION: 1/4 - 3/22/10 NO CLASS 1/18 & 2/15**



For more information contact Gym Kids at (858) 487-7799.  
 Email: [info@rockntumble.com](mailto:info@rockntumble.com)  
 Internet: [www.rockntumble.com/carmelsched.pdf](http://www.rockntumble.com/carmelsched.pdf)

## GYM KIDS WINTER BREAK CAMP

Call (858) 487-7799 for more information.

## SPRING PROGRAM INFORMATION

Brochure Available:  
 Week of March 1, 2010

Registration Begins:  
 Saturday, March 13, 2010

Spring Session Begins:  
 Week of April 12, 2010

**Note: All dates are subject to change without prior notification.**

MARK  
 YOUR  
 CALENDAR!



# ADULT ACTIVITIES

## JACKI SORENSEN'S AEROBIC DANCING

This twice a week, 60 minute, progressive dance exercise class is designed for the non-dancer. Focus is on enhancing cardio-vascular fitness, muscle tone, strength, and flexibility. Music and choreography appeal to a variety of tastes. Students will have fun and feel as though they are performing!

Days: Wednesday and Friday  
Time: 10:30 - 11:30 am  
Cost: \$96/6 weeks or \$129 for Non-residents  
Instructor: Margaret Grundman  
SESSION 1: 1/06 - 2/12/10  
SESSION 2: 2/17 - 3/26/10  
Minimum Enrollment: 5

NEW

Note: Bring water and mat (weights after week 2)

For more information contact Margaret at 858-793-2660.  
Email: margaretgrundman@yahoo.com

## FAMILY SELF DEFENSE & SAFETY

### Kajukenbo Karate/ Wushu Kung Fu

Get the Martial Arts Advantage! Learn a combined Martial Arts style, which includes Karate, Judo, JuJitsu, Kenpo, and Kung Fu. This program promotes a higher level of self confidence, improve self esteem, discipline, concentration and coordination. Adults & children train together in a positive family environment.

Day/Time: Thursday 6:00 - 7:30pm  
Ages: 5 and up - All skill levels are welcome  
Cost: \$75/5 weeks or \$90 for Non-residents  
Instructor: Mike Shaw, 1st Degree Black Belt  
SESSION 1: 1/7 - 2/4/10  
SESSION 2: 2/11 - 3/11/10  
Minimum Enrollment: 5

For more information contact Mike at (858) 531-2508.  
Email: fistacuff2000@yahoo.com  
Internet: www.kick411.com

## LEASH YOUR FITNESS

ATTENTION: DOG LOVERS! Leash Your Fitness is now at Carmel Valley Recreation Center and Torrey Highlands Park. The only "boot camp" style class in San Diego where you can workout WITH your dog!

We incorporate cardio, yoga, balance, core, agility and dog obedience in one-non stop hour. Our classes are set up for all fitness levels and dog sizes—we WELCOME novice exercisers. Your first class is FREE because you have to try it to see how much fun it is.

Class Days:  
Tuesday mornings at CVRC  
Thursday mornings at Torrey Highlands Park  
(behind Torrey Pines High School.)

For more information contact  
Dawn Celapino at 619-822-3296.  
www.LEASHYOURFITNESS.com



Leash Your Fitness rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of this business.  
Please contact them directly for all program inquiries.

## BEGINNING HATHA YOGA (Classical Yoga)

Enjoy two hours of serenity! Reduce stress and tension. Increase strength, flexibility, balance, and inner harmony. Learn the foundation poses of yoga that will assist you in developing your own routine. Appropriate for all fitness levels.

Day: Monday  
Time: 10:00am - 12:00pm  
Cost: \$160/10 weeks or \$190 for Non-residents  
Instructor: Shelley Aanerud (Certified Ananda & E-RYT 500 hours)  
SESSION: 1/4 - 3/22/10 NO CLASS 1/18 & 2/15  
Minimum Enrollment: 7

Notes: Please arrive 5 minutes early for mat set up.  
Do not eat 2-4 hours before class.  
Bring your own blanket or towel.

For more information contact Shelley at (858) 587-0171.

## INTERMEDIATE HATHA YOGA (Classical Yoga)

Prerequisite: Beginning Hatha Yoga

A continuation of beginning yoga, deepening your experience of flexibility, strength, awareness, and joy. Additional breathing techniques and advanced poses added according to student's ability.

Day: Tuesday  
Time: 10:00am - 12:00pm  
Cost: \$160/10 weeks or \$190 for Non-residents  
Instructor: Shelley Aanerud (Certified Ananda & E-RYT 500 hours)  
SESSION: 1/5 - 3/9/10  
Minimum Enrollment: 7

Notes: Please arrive 5 minutes early for mat set up.  
Do not eat 2-4 hours before class.  
Bring your own blanket or towel.

For more information contact Shelley at (858) 587-0171.

## MINDFUL YOGA

In this Mindful Yoga class, experience the practice of conscious, yogic breathing techniques and integrate the fundamentals of mindfulness and meditative focus within the scope of each yoga (asana) practice session. Class emphasis placed on body-mind awareness, relaxation and on the development of conscious alignment in order to develop strength, increase endurance, promote relaxation and improve flexibility/range of motion gradually over time. Both beginning and ongoing students are welcome to participate as poses are modified according to the level of ability and experience of those present.

Day: Tuesday  
Time: 6:00 - 7:40pm  
Cost: \$80/5 weeks or \$95 for Non-residents  
Instructor: Donna Cheema, M.Ed, HHP,  
RYT 500-E/Certified Instructor  
SESSION 1: 1/5 - 2/2/10  
SESSION 2: 2/9 - 3/9/10  
Minimum Enrollment: 7

Notes: Refrain from eating a full meal 2-4 hours before class. Bring your own mat (and eye bag) after the first class. Straps, blankets & yoga blocks provided.

For more information contact Donna at (858) 492-8562.  
Email: donna@bodymindandspirituality.com

# OUTDOOR FITNESS PROGRAMS

The following instructors run fitness classes in Carmel Valley. Please contact them directly for their class and program information.

## ADULT PROGRAMS

### All About Fitness

Bonnie Anderson (858) 405-5328  
Tuesday/Thursday AM Sessions

### Building Champions Boot Camp

Rob Mamula (858) 472-7283  
Weekday + Saturday Classes

### Fitness Training Boot Camp

Michael Davis (619) 861-6515  
www.healthhoundfitness.com

### Forever Fit

Deanne Ryder (858) 353-0910  
www.foreverfitsandiego.com

### Gut Check Fitness Boot Camp

Joe Decker (858) 342-2993  
www.joe-decker.com

### Kettlebell Kamp

Michelle Carlborg (858) 869-5171  
www.kettlebellkamp.com

### Naked Fitness

Marko Dresevic (858) 610-8103  
www.nakedfitness.net

### San Diego Fit Camp

Kevin LaCourte (619) 384-3588  
www.SDfitcamp.com

### Wired Fitness Boot Camps

Bryan Schuler (619) 843-5157  
www.wiredfitness.com

## YOUTH PROGRAMS

### Girls on the Run

Ages 8-12 years  
Cathy Presonise (619) 813-9020  
www.gotrsd.org

## SENIOR ACTIVITIES

### CARMEL VALLEY BRIDGE CLUB

Attention Seniors! Want to meet others who enjoy bridge? Intermediate Duplicate Bridge meets on the 2nd and 4th Friday of every month at 12:30pm. Come for some coffee and join the fun!

For more information contact CVRC at (858) 552-1616.

### ACTIVE OLDER ADULTS

### STRENGTH & STRETCH

Senior exercise classes offered through the San Dieguito Adult School. Contact the San Dieguito Adult School for class schedules and registration information.

Phone: (760) 753-7073

Internet: [www.sdadulthood.com](http://www.sdadulthood.com)

**Carmel Valley Recreation Center** has multi-purpose rooms available to rent!

*Meetings - Birthday Parties - Holiday Gatherings*

Call (858) 552-1616 for availability and information.

## ADULT SPORTS LEAGUES

### PLEASE CONTACT LEAGUE DIRECTORS

### SOFTBALL LEAGUES: MEN'S & CO-ED

- Team sign ups only.
  - Co-ed: Monday or Wednesday Nights at CVRC
  - Men's Slow Pitch: Tuesday or Thursday Nights at CVRC
- For more information contact League Director, Pete McNamera, at (858) 453-6208.

### KICKBALL LEAGUES (CO-ED):

- Individuals and Teams are welcome to sign up.
  - Social league: Games played on Monday nights
- For more information visit: [www.govavi.com](http://www.govavi.com) or call (858) 273-3485

### INDOOR VOLLEYBALL LEAGUES: MEN'S, WOMEN'S & CO-ED

- Individuals and Teams are welcome to sign up.
  - Coed: 6v6 Intermediate Thursday nights
  - Men's: 4v4 Challenge Thursday nights
  - Women's: 4V4 Intermediate & Challenge Thursday nights
- For more information visit: [www.govavi.com](http://www.govavi.com) or call (858) 273-3485

### BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights.
  - B and C divisions available.
- For more information call Lance at (619) 991-8902 or visit: [www.sandiegoabl.com](http://www.sandiegoabl.com)

The businesses listed on this page rent facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of each individual business. Please contact them directly for all program inquiries.