



“We Enrich Lives through Quality Parks and Programs”
www.sandiego.gov/park-and-recreation/



Fall Program 2015

Programa de Otoño 2015

CITY HEIGHTS RECREATION CENTER

4380 Landis Street • San Diego, CA 92105
 (619) 641-6125 Fax (619) 641-6108

City Heights Recreation Center Staff

Area Manager II: Raul Contreras
 Center Director III: Cathy Berardi
 GMW II:
 Recreation Leader II: Diago Fuller
 Recreation Leader I: Jaquelyn Zuniga
 Recreation Leader I: Fred Aryee
 Recreation Leader I: Michelle Williams
 Recreation Leader I: Ariyon Schreiber
 Recreation Leader I: Leticia Caballero
 Recreation Aide: Juandra McCullough
 Recreation Aide: Jesus Osorio



MID-CITY GYMNASIUM

4302 Landis Street, San Diego, CA 92105
 (619) 516-3082 Fax (619) 516-3081

Mid City Gym Staff

Area Manager II: Raul Contreras
 Center Director III: Cathy Berardi
 GMS: Mike Poston
 GMW II: Richard Grindel
 GMW II: Stacey Cobbins
 Recreation Leader I: Marlin Maxwell
 Leader I: Ricky Monroe
 Recreation Leader I: Octavia Redford

 Recreation Leader I: Jordan Raby

HOURS OF OPERATION/HORARIO

Monday/lunes	2:00 pm - 8:00 pm
Tuesday/martes	2:00 pm - 8:00 pm
Wednesday/miércoles	12:00 pm - 8:00 pm
Thursday/jueves	2:00 pm - 8:00 pm
Friday/viernes	2:00 pm - 8:00 pm
Saturday/sábado	9:00 am - 5:00 pm
Sunday/domingo	11:00 am - 4:00 pm

Center Holiday Closures:

Veterans Day: November 11, 2015
 Thanksgiving Day: November 26, 2015

HOURS OF OPERATION/HORARIO

Monday/lunes	1:00 pm- 8:00 pm
Tuesday/martes	12:00 pm-8:00 pm
Wednesday/miércoles	12:00 pm-8:00 pm
Thursday/jueves	12:00 pm-8:00 pm
Friday/viernes	1:00 pm-6:00 pm
Saturday/sábado	10:00 am-3:00 pm
Sunday/domingo	12:00 pm-4:00 pm

Dias Festivos que el centro Cierra:

Dia del Veterano: Noviembre 11, 2015
 Dia de Accion de Gracia: Noviembre 26, 2015



PROGRAMS & FEE ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.
 LOS PROGRAMAS Y LAS CUOTAS ESTAN SUJETOS A CAMBIOS SIN NINGUN AVISO



All City of San Diego Parks and Beaches Are Smoke Free





CITY HEIGHTS ACTIVITIES

*Online Registration Code-WWW.sdreconnect.com

CRAFTS/ DRAWING CLASS Monday *17949

Ages: 9 – 15 years
Time: 4:00 – 5:00 pm
Fee: Free



CLASE DE ARTESEÑIA/ DIBUJO: lunes *17949

Edades: 9 – 15 años
Horario: 4:00 – 5:00 pm
Costo: Gratis



DANCE PROGRAM

TUESDAY: \$48.00 for 10 weeks

Teacher: Ritchie Valenzuela Tel: (619) 235-5255

Ages	Class	Time:	
4 & 6	Pre-Ballet	3:15 pm	* <u>16911</u>
6 & 17	Beg Tap	4:00 pm	* <u>16909</u>
6 & 17	Adv Beg Jazz	4:45 pm	* <u>17352</u>
7 & 17	Beg Ballet	5:30 pm	* <u>17353</u>
7 & 17	Beg Ballet	6:15 pm	* <u>17354</u>

PROGRAMA DE DANZA

MARTES: \$48.00 por 10 semanas

Maestro: Ritchie Valenzuela Tel: (619) 235-5255

Edades:	Clases:	Horario:	
4 & 6	Pre-Ballet	3:15 pm	* <u>16911</u>
6 & 17	Beg Tap	4:00 pm	* <u>16909</u>
6 & 17	Adv Beg Jazz	4:45 pm	* <u>17352</u>
7 & 17	Beg Ballet	5:30 pm	* <u>17353</u>
7 & 17	Beg Ballet	6:15 pm	* <u>17354</u>

CERAMICS CLASS FOR KIDS * 17946

Days: Monday/ FREE
Fee: Free
Times: 6:30pm - 8:00pm
Ages: Adults



CLASES DE CERAMICA PARA NINOS * 17946

Dias: lunes/ GRATIS
Costo: Free
Horarios: 6:30pm - 8:00pm
Edades: Adultos

CERAMICS CLASS FOR KIDS * 17947

Days: Monday/ FREE
Times: 5:00pm - 6:30pm
Ages: 9 years to 17

CLASES DE CERAMICA PARA NINOS * 17947

Dias: lunes/ GRATIS
Horarios: 5:00pm - 6:30pm
Edades: 9 anos para 17

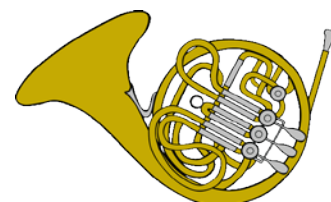
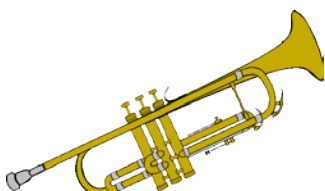
CITY HEIGHT MUSIC SCHOLL

Fee: \$30/session: 10-week session
Registration: In-person-August 25
Time: 10am- 1pm
Online- anytime at
www.cityheightsmusicschool.com
Questions: Victoria Eicher at
(858) 442-0237, v.eicher@att.net
DAYS: SATURDAY



CITY HEIGHTS ESCUELA DE MUSICA

Costo: \$30/la session: session de 10 semanas
Rejistración: En-persona-August 25
Horario: 10am-1pm
Enlinea-en cualquier momento al
www.cityheightsmusicschool.com
Preguntas: Victoria Eicher al
(858) 442-0237, v.eicher@att.net
DIAS: SABADOS



CITY HEIGHTS ACTIVITIES



*Online Registration Code-WWW.sdreconnect.com

YOUTH SPORTS Ages:

10 & under: coach Ari* 17939 & coach Jordan* 19767
12 & under: coach Diago* 17941 & coach Jesus *19768

Fee: FREE

Practice day & times: T.B.A.

Flagfootball – September 1, 2015 – December 2, 2015



DEPORTES PARA JOVENES Edades

10 & under: coach Ari * 17939 & coach Jordan*19767
12 & under: coach Diago *17941& coach Jesus *19768

Costo: GRATIS

Horario de prácticas: T.B.A.

Flagfootball– Septiembre 1, 2015 – Diciembre 2, 2015

TEEN CENTER ACTIVITIES

Days: Monday, Tuesday, Thursday & Friday

Time: 2:00 - 6:00 pm/ Wednesday: 12-6:00pm

Ages: 13 -17years



CENTRO JUVENIL

Dias: lunes, martes, jueves y viernes

Horario: 2:00-6:00 pm/ miercoles: 12-6:00pm

Edades: 13 -17 años

*RECREATION TENNIS PROGRAM

Days: Wednesday/Friday * 17793

Times: 1:00 -2:30pm/ 3:00-4:30pm

Ages: 5 - 7 years

Fee: \$34.00/Trimester

Days: Tuesday/Thursday *17806

Time: 3:00 -4:30pm

Ages: 8 - 10 years

Fee: \$34.00/ Trimester

Days: Tuesday & Friday/Thursday *17809

Times: 5:00 - 6:30pm/ 5:00-6:00pm

Ages: 11 - 16 years

Fee: \$34.00/ Try mistral

COED TENNIS TOURNAMENT: **9/6/15**

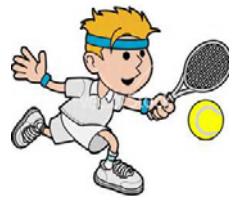
Fee:\$14.00

Ages: 14 to 16 at 8:00-10:00 * 17816

Ages: 11 to 13 at 10:00-12:00 * 17815

Ages: 8 to 10 at 12:00-2:00 * 17814

Ages: 5 to 7 at 12:00-4:00 * 17813



*PROGRAMA DE TENIS RECREATIVO

Dias: miercoles/viernes * 17793

Horarios: 1:00 - 2:30pm/3:00 - 4:30pm

Edades: 5 -7 años

Costo: \$34.00/ trimestral

Dias: martes/jueves * 17806

Horario: 3:00 - 4:30 pm

Edades: 8 - 10 años

Costo: \$34.00/trimestral

Dias: martes y viernes/jueves *17809

Horarios: 5:00 - 6:30pm/5:00-6:00pm

Edades: 11 - 16 años

Costo: \$34.00/ trimestral

TORNEO MIXTO DE TENNIS: **9/6/15**

Costo:\$14.00

Edades: 14 to 16 at 8:00-10:00 * 17846

Edades : 11 to 13 at 10:00-12:00 * 17815

Edades: 8 to 10 at 12:00-2:00 * 17814

Edades: 5 to 7 at 12:00-4:00 * 17813

YOUTH TENNIS SAN DIEGO PROGRAM

Days: Monday and Wednesday/Friday

Times: 3:00 - 5:00 pm/ 2:05 - 4:05pm

Ages: 5-17 years

For more information, please call (619) 221-9000.



PROGRAMA DE YOUTH TENNIS SAN DIEGO

Dias: lunes y miercoles/viernes

Horarios: 3:00 - 5:00pm/2:05 - 4:05pm

Edades: 5-17 años

Para mas información, llame al (619) 221-9000.

CERAMICS CLASS FOR KIDS * 17947

Days: Monday/ FREE

Times: 5:00pm - 6:30pm

Ages: 10 years to 17



CLASES DE CERAMICA PARA NINOS * 17947

Dias: lunes/ GRATIS

Horarios: 5:00pm - 6:30pm

Edades: 10 anos para 17



MID-CITY GYM ACTIVITIES

*Online Registration Code-WWW.sdreconnect.com

SPORTS FOR EXCEPTIONAL ATHLETES

Day: Monday

Time: 5:30-9:00pm

Ages: Children & adults with disabilities



DEPORTES PARA DEPORTISTAS EXCEPCIONALES

Día: lunes

Horario: 5:30-9:00pm

Edades: Niños y adultos discapacitados

AFTER SCHOOL * 18116

CIRCUS CLASS

Day: Tuesday

Time: 4:00-6:00pm

Ages: 6-17

Fee: Free



CLASE DE CIRCO * 18116

DESPUES DE ESCUELA

Día: martes

Horario: 4:00-6:00pm

Edades: 6-17

Costo: Gratis

OPEN PLAY BASKETBALL

Please see staff for current schedule.



CANCHA LIBRE DE BALONCESTO.

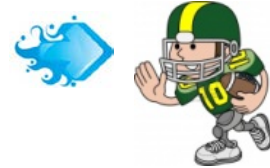
Hable con el personal para horario disponible

PEE WEE SPORTS 2015 * 17945

AN INTRODUCTORY COURSE FOR ALL SPORTS



Sports is Flag football



Ages: 4 to 7 yrs. - Boys & Girls

When: September-December

Game Days: Saturdays

Time: 12:00pm to 1:00pm

Cost: FREE



Edades: 4 a 7 anos - Ninos & Ninas

Cuando: Septiembre- Diciembre

Dias Que Juegan: sabados

Horario: 12:00pm a 1:00pm

Costo: Gratis

MID-CITY GYM ACTIVITIES



*Online Registration Code-WWW.sdreconnect.com

NO CHILDREN UNDER THE AGE OF 18 WILL BE ALLOWED IN THE GYM DURING ANY OF THE AEROBICS CLASSES.

KICKBOXING AEROBICS

Day: Monday* [18117](#) Time: 4:30-5:30pm
Instructor: Amelia Lucas



PATADAS DE BOXEO AEROBICOS

Dia: lunes * [18117](#) Horario: 4:30-5:30pm
Instructora: Amelia Lucas

PILATES/ AB STRENGTH TRAINING

Day: Tuesday* [18118](#) Time: 12:00-1:00pm
Instructor: Amelia Lucas



ENTRENAMIENTO PILATES/ ABDOMINALES

Dia: martes * [18118](#) Horario: 12:00-1:00pm
Instructora: Amelia Lucas

CARDIO FIT

Day: Wednesday * [18119](#) Time: 4:30-5:30pm
Instructor: Bonnie Bolden



CARDIO

Dia: miercoles * [18119](#) Horario: 4:30-5:30pm
Instructora: Bonnie Bolden

STEP, CIRCUIT

Day: Thursday * [18120](#) Time: 12:00-1:00pm
Instructor: Amelia Lucas



ENTRENAMIENTO DE PASOS & VUELTAS

Dia: jueves * [18120](#) Horario: 12:00-1:00pm
Instructora: Amelia Lucas

AEROBICS STEP

Day: Friday * [18352](#) Time: 5:00-6:00pm
Instructor: Bonnie Bolden



PASOS AEROBICOS

Dia: viernes * [18352](#) Horario: 5:00-6:00pm
Instructora: Bonnie Bolden

AEROBICS

Day: Saturday * [18353](#) Time: 10:00-11:00am
Instructor: Amelia Lucas

AEROBICOS

Dia: sabado * [18353](#) Horario: 10:00-11:00am
Instructora: Amelia Lucas

AMERICAN YOUTH OUTREACH SELF- DEFENSE KARATE

Day: Thursday
Time: 5:00-8:00pm
Ages: 5-17 years old
Fee: \$7.00/ class



KARATE DE DEFENSA PROPIA DEL AMERICAN YOUTH OUTREACH

Dia: jueves
Horario: 5:00-8:00pm
Edades: 5-17 años
Costo: \$7.00/ clases



Please call (619) 282-3066 for more information.

Llame al (619) 282-3066 para mas detalles.

Instructor: Mario Abrescia, Jr.

Instructor: Mario Abrescia, Jr.



TOYS 4 TOTS

GENERAL INFORMATION/INFORMACION GENERAL

Sign-ups start Sept. 28, 2015

Last day to Sign-Ups Nov. 6, 2015



Monday, Tuesday, Thursday & Friday: 4:00pm to 8:00pm.

Wednesday: 12:00pm to 4:00pm



Requirements:

ID Card

Proof of income

Proof of residence

Social Security Card Number of children

Inscripciones empiezan Sept. 28, 2015

Ultimo dias de Incripciones Nov. 6, 2015

lunes, martes, jueves y viernes: 4:00pm a 8:00pm

miércoles: 12:00pm a 4:00pm

Requerimientos:

Tarjeta de Identificación

Comprobante de ingreso

Comprobante de residencia

Tarjeta del Seguro Social de la Criatura



CHILDREN DO NOT NEED TO BE PRESENT AT REGISTRATION TIME

LOS NIÑOS NO TIENEN QUE ESTAR PRESENTE AL MOMENTO DE REJISTRARCE

City Heights Recreation Center

Halloween Carnival



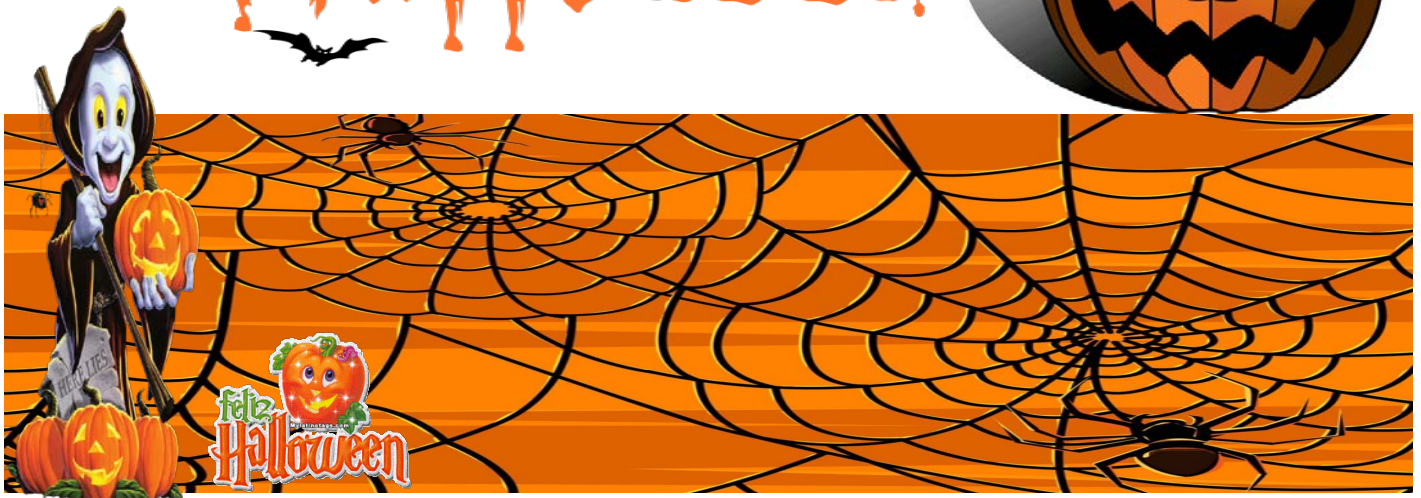
Date October: 23RD 2015

Time: 5:00pm to 8:00pm

Costume Contest / Games / Prizes & More



Happy
Halloween



City Heights Recreation Center
4380 Landis Street • San Diego, CA 92105 •
Tel: (619)641-6104 Fax: (619) 641-6108

Teen Center

Free Teen Nights Programs

Free: Sports Activities

Basketball

Baseball

Soccer

Flag Football

CITY HEIGHTS RECREATION COUNCIL

The recreation council meets the third Tuesday of each month except July and December at 6:30 pm. All are welcome! Give us your input. For more information please call the recreation office at (619) 641-6125.

CONCILIO DE RECREACIÓN DE CITY HEIGHTS

Se junta cada tercer martes de cada mes a las 6:30 p.m. Excepto en Julio y Diciembre ¡Todos son bienvenidos! Dinos su opinión. Para más información, llame al (619) 641-6125.

EQUIPMENT CHECK OUT

You can check out a variety of recreational equipment including: footballs, basketballs, soccer balls, ping-pong, board games and etc... For kids, all you need is a recreation card. For adults, a picture ID.

EQUIPO PRESTADO

Pueden sacar prestado hay una variedad de equipo recreativo incluyendo pelotas de fútbol americano, fútbol, baloncesto, ping-pong, juegos de mesa y más. Niños nomás necesitan una tarjeta recreativa. Adultos necesitan su tarjeta de identificación.

PARK USE & SPECIAL USE PERMITS

Call the nearest recreation center. Permits are required for jumps and special use.

PERMISO DE PARQUE O USO ESPECIAL

Llame al centro recreativo más cercano. Se requiere permiso en el parque para brincolines y para el uso especial.

REGISTRATION

All fees based on programs register on a seasonal basis. Fees are due before the start of the first class. There is a \$25.00 service charge for all returned checks. Classes not meeting the minimum number of participants may be cancelled. Some activities have limited space available.

INSCRIPCIONES

Las inscripciones para clases serán cada mes. Las cuotas deben pagarse antes de que empiece la clase. Habrá un recargo de servicios de \$50.00 para los cheques que se devuelva. La clase podrá ser cancelada si no tenemos el mínimo requisito de estudiantes. Unas clases tienen espacio limitado.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director, CPII Division, (619) 525-8235.

DONACIONES

Con su donación al sistema de parques, usted puede ayudar al Departamento de Parque y Recreación enriquecer las vidas de otros por medio de parques y programas de calidad. Su donación ayuda que podamos cumplir con las necesidades de la comunidad de todas las edades, habilidades y niveles de ingresos por medio de recreación, parques de espacios naturales, y programas acuáticos. Para más información sobre cómo puede donar a su parque, alberca o programa recreativo favorito, comuníquese con David Monroe, Director Diputado, CPII División, (619) 525-8235.

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 visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.

¡NECESITAMOS VOLUNTARIOS!

Tenemos oportunidades disponibles en nuestros centros de recreación, albercas, y parques regionales en toda la ciudad, también con programas de recreación para mayores de edad y terapéuticos, y mucho más. Si usted está interesado, infórmese con el personal o visite nuestra página de Internet a www.sandiego.gov/park-and-recreation/generalinfo/volunteer.shtml o comuníquese con la Oficina de voluntarios al (619) 533-4017 para más información.



You can now register for any City Heights Recreation Center class from home.

*****Important! *Important! *Important! *Important!**

Follow these simple instructions

YOU CANNOT PARTICIPATE IN PROGRAMS UNTIL YOU CREATE A PROFILE ONLINE!

Register online for Programs offered by the Recreation Council using the Online Activity Registration System. Log on at SDRecConnect.com.

Set up your account and browse classes now.

- **First Time Online Customers**

Click the Create Account*** button. Fill out the New Account Request form completely for the primary responsible person, usually a parent or head of household, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add your other family members). In a short time, **check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link!** Note that it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

- **Returning Customers** (who have previously registered for classes online)

Click the My Account button. Enter your login (email address) and password. If you've **forgotten your password**, click My Account, then click the small "Forgotten?" link. Enter the email address you used when you created the account, and the system will send you a temporary password via email. Log in with the temporary password and the system will prompt you for your "Current password" - which means the temporary password in this case - and a new password of your choice. Be sure to click Save!

*****Important!:** If you are registering a child for an activity, please use **your own** information, not your child's, when first completing the New Account Request form. Once you have filled it out for yourself, click "Submit," or "Submit & Add Family Member" to add others such as your spouse and children. You can also easily add children later after you've created and confirmed the account. **Be sure to check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link!**

If you need help please click the FAQs (Frequently Asked Questions) button in the online registration page for information.