

City of San Diego Park and Recreation Department  
www.sandiego.gov

# San Carlos Recreation Center

6445 Lake Badin Avenue

San Diego, CA 92119 (619) 527-3443; Fax: (619) 462-0796

## Fall Program 2009

### Hours of Operation

Monday 1 - 8:00 p.m.  
T-Wed-Th 2 - 9:00 p.m.  
Friday 1 - 7:00 p.m.  
Saturday 9 a.m. - 3:00 p.m.  
Sunday Closed

### Center Closed

Sept. 7 Labor Day  
Nov. 11 Veterans' Day  
Nov. 26 Thanksgiving Day

*Hours of operation are subject to change*

### Registration

Register for Fall activities during hours of operation. Fees payable by check, money order, or *exact* cash. Make checks payable to SCRC. Low income fee waivers available. Contact the office at (619) 527-3443 for more information. Non-City of San Diego residents may be required to pay additional fees.

*"We Enrich Lives  
Through Quality Parks And  
Programs"*



### Halloween Carnival

San Carlos Recreation Center's annual Halloween Carnival will be on Friday, October 30 from 6-8:30 pm. Tickets are 10 cents each. There will be games, prizes and a costume contest. Pizza is \$1.00 a slice and a soda is 50 cents.

### Winter Day Camp

There will be two sessions during winter vacation. The first session is Dec. 21-24 and the second session is Dec. 28-31. \$80 per session or \$22 per day.

### Winter Youth Basketball

Sign-ups begin September 14th and ends Nov. 19th. See the back page for more information.

### San Carlos Recreation Center Staff

Rosemary Billburg	CDII
Farzad Fana	RLI
Mary Beth Ekhaml	RLI
Joseph Esquero	RLI
Jose Corona	GMWII

Debra Jones  
Area Manager II  
Allied Gardens/San Carlos Area  
Community Parks II Division  
Voice: 235-1136; Fax: 235-1142

Class	Day	Time	Age	Cost	Start	Duration	Instructor
<b>Preschool</b>							
Pre-Ballet	Monday	3:30-4:15 p.m.	3-5 yrs	\$26.50 \$32.50 \$38.50 \$26.50	9/14-9/28 10/5-10/26 11/2-11/30 12/7-12/21	3 weeks 4 weeks 5 weeks 3 weeks	M. Hesketh
Intro to Dance	Monday	3:00-3:30 p.m.	2 ½ -3	\$25.00 \$25.00	9/14-10/19 10/26-11/30	6 weeks 6 weeks	M. Hesketh
Crafts	Wednesday	4:00-5:00 p.m.	3-5 yrs	\$0.50	9/23-12/16	13 weeks	M. Ekhaml
Pee-Wee Sports*	Tuesday	4:00-5:00 p.m.	4-5 yrs	\$30.00	9/22-11/17	9 weeks	J. Esquero
Beg. Tap Dance**	Wednesday	3:00-3:45 p.m.	4-5 yrs	\$48		10 weeks	Katie
Tumbling	Friday	3:15-4:00 p.m.	3-5 yrs	\$26.50 \$32.50 \$26.50 \$26.50	9/11-9/25 10/2-10/23 11/6-11/20 12/4-12/18	3 weeks 4 weeks 3 weeks 3 weeks	J. Grimaldi L. Mueller
<b>Youth</b>							
Art Enrichment	Friday	4:00-5:00 p.m.	7-12 yrs	\$27.25 \$36.00 \$27.25 \$27.25	9/11-9/25 10/12-10/23 11/6-11/20 12/4-12/18	3 weeks 4 weeks 3 weeks 3 weeks	P. Quirk
Ballet	Monday	5:00-6:00 p.m.	6-12 yrs	\$26.50 \$32.50 \$38.50 \$26.50	9/14-9/28 10/5-10/26 11/2-11/30 12/7-12/21	3 weeks 4 weeks 5 weeks 3 weeks	M. Hesketh
Baton	Thursday	5:00-5:45 p.m.	6 ½ -17	\$30.00 \$50.00 \$30.00 \$30.00	9/10-9/24 10/1-10/29 11/5-11/19 12/3-12/17	3 weeks 5 weeks 3 weeks 3 weeks	D. Castaneda
Baton New Students	Thursday	5:45-6:30 p.m.	6 ½ -17	\$30.00 \$50.00 \$30.00 \$30.00	9/10-9/24 10/1-10/29 11/5-11/19 12/3-12/17	3 weeks 5 weeks 3 weeks 3 weeks	D. Castaneda
Crafts	Wednesday	4:00-5:00 p.m.	6-12 yrs	\$0.50	9/23-12/16	13 weeks	M. Ekhaml
Parents' Night Out	Friday	5:30-8:45 p.m.	6-12 yrs	\$5	9/11 10/9 11/13 12/11	Monthly	F. Fana J. Esquero
Beg. Gymnastics	Friday	4:00-5:00 p.m.	6-12 yrs	\$26.50 \$32.50 \$26.50 \$26.50	9/11-9/25 10/2-10/23 11/6-11/20 12/4-12/18	3 weeks 4 weeks 3 weeks 3 weeks	J. Grimaldi L. Mueller
Beg. Tap Dance**	Wednesday	3:45-4:30 p.m.	6-17 yrs	\$48	9/23-12/16	10 weeks	Katie
Beg. Jazz**	Wednesday	4:30-5:15 p.m.	6-17 yrs	\$48	9/23-12/16	10 weeks	Tiffany
Beg. Ballet**	Wednesday	5:15-6:00 p.m.	6-17 yrs	\$48	9/23-12/16	10 weeks	Tiffany
As a recipient of federal funds, the city of San Diego does not discriminate against anyone on the basis of race, color, gender, religion, national origin, age, mental or physical disability. 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 (619-685-1310) 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.							

\* Pee-Wee Sports sign-ups on September 21<sup>st</sup> at 1:00 p.m. No sign-ups before that date.

\*\*Sign up with the instructor on September 23<sup>rd</sup> between the hours of 3:00 p.m. to 5:30 p.m. Classes will start on September 30<sup>th</sup>.

A park use permit is required for jumps or pony rides. For more information contact the center at (619) 527-3443.

Class	Day	Time	Age	Cost	Start	Duration	Instructor
<b>Teen</b>							
Baton	Thursday	5:00-5:45 p.m.	13-17 yrs	\$30.00 \$50.00 \$30.00 \$30.00	9/10-9/24 10/1-10/29 11/5-11/19 12/3-12/17	3 weeks 5 weeks 3 weeks 3 weeks	D. Castaneda
Beg. Tap Dance*	Wednesday	3:45-4:30 p.m.	6-17 yrs	\$48	9/23-12/16	10 weeks	Katie
Beg. Jazz*	Wednesday	4:30-5:15 p.m.	6-17 yrs	\$48	9/23-12/16	10 weeks	Tiffany
Beg. Ballet*	Wednesday	5:15-6:00 p.m.	6-17 yrs	\$48	9/23-12/16	10 weeks	Tiffany
<b>Adults 18+</b>							
Body Fitness	MW	7:30-9:00 a.m.	55&up	Free	9/9	Weekly	K. Thesing
Body Fitness	Th	7:30-9:00 a.m.	55&up	Free	9/10	Weekly	Robertson
Body Fitness	MTWTh	9:00-10:30 a.m.	55&up	Free	9/8	Weekly	Robertson
TOPS	Monday	5:30-7:30 p.m.	Adults		Ongoing	Weekly	
ZUMBA Fitness®	Monday	6:30-7:30 p.m.	18&up	\$26.50 \$32.50 \$38.50 \$26.50	9/14-9/28 10/5-10/26 11/2-11/30 12/7-12/21	3 weeks 4 weeks 5 weeks 3 weeks	E. Cragin

\* Sign up with the instructor on September 23<sup>rd</sup> between the hours of 3:00 p.m. to 5:30 p.m. Classes will start on September 30<sup>th</sup>.

### ZUMBA Fitness®

ZUMBA fuses Latin rhythms and easy to follow moves to create a fun and dynamic fitness program. The routines feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning calories.

### Redirecting Children's Behavior

Cathy Northcutt, a certified instructor in the philosophy of Redirecting Children's Behavior, is offering four workshops this fall. Each workshop is \$30.

- 1. Create the Family of Your Dreams**  
Saturday, 9/19/09 from 9-10:30 am.
- 2. 10 Keys to Successful Parenting**  
Saturday, 10/17/09 from 9-10:30 am.
- 3. No More Back Talk!**  
Saturday, 11/21/09 from 9-10:30 am.
- 4. What Your Child Really Wants from You**  
Saturday, 12/19/09 from 9-10:30 am.

### America's Youth Outreach Program Karate Classes

White Belts and New Students	5:15 - 6:00 p.m.	Cost: \$7.00 per class
Yellow Belts	6:05 - 6:50 p.m.	For more information
Orange Belts	6:55 - 7:40 p.m.	Phone: (619) 282-3066
Purple Belt & Up	7:45 - 8:30 p.m.	

Classes begin September 17<sup>th</sup>, 2009. Sign up with instructor at beginning of class.

### LAKE MURRAY TENNIS CLUB

Hours of operation: Monday-Thursday 8:00 am to 9:00 pm, Friday 8:00 am to 8:00 pm. Saturday & Sunday 7:00 am to 8:00 pm. Family, couples, singles & junior memberships are available. There is a nominal daily fee for non-club members. Courts may be reserved in advance. For more information please telephone club managers Dan or Kathy Emmerson at (619) 469-3232.

Lake Murray is open seven days a week for walking, jogging, and picnicking. There is a Wednesday, Saturday, and Sunday schedule for boating and fishing open from sunrise to sunset. Concession services are available which include boat rentals, sell of licenses, permits, food, beverages, bait and tackle. No alcohol is permitted at this lake. Dogs are allowed at all City lakes but they must be kept on a leash and 50 feet away from the water. Dogs are not allowed on any boats. A detailed recorded message on current activities is available at (619) 465-3474.

## Winter Youth Basketball

Registration begins September 14th and ends November 19th. Draft Day is Saturday, November 21. League play begins the first week in January. Play age as of March 16, 2010. Cost \$50.00.

Age:	Draft Time	League Play Begins:
6-8 Year Olds	No Draft	Saturday....January 9
8-10 Year Olds	10:00 a.m.	Saturday....January 9
11-12 Year Olds	12:00 p.m.	Tuesday....January 5
13-14 Year Olds	2:00 p.m.	Wednesday..January 6

Birth Certificates are required. Coaches are needed. Inquire in office for more information. League Director is Farzad Fana (619) 527-3443.

**Sign Up A.S.A.P.  
For  
Flag Football  
Ages 8-14  
Fee: \$20 for season**

**COACHES NEEDED**



**Community Information**

Allied Gardens Swimming Pool	235-1143
Allied Gardens Recreation Center	235-1129
Lake Murray Boat Rental/Fishing	668-2050
Lake Murray Tennis Club	469-3232
Mission Trails Regional Park	668-3275
Police Storefront	287-7787
San Carlos Area Council	462-1408
San Carlos Library	527-3430

## Halloween Carnival

Friday, October 30, 2009  
6:00 - 8:30 p.m.

### Costume Contest Times:

Ages: 1-2	6:30 p.m.
3-4	6:45 p.m.
5-6	7:00 p.m.
7-8	7:15 p.m.



**COACHES** are needed for FLAG FOOTBALL and BASKETBALL.  
All coaches must complete finger print process and be cleared prior to coaching.