

COMING SOON TO STOCKTON RECREATION CENTER

Summer 2025 Program List

GENERAL YOUTH ACTIVITIES

Futsal: This is a tentative activity. Registrations will be accepted if it becomes official.

The City of San Diego Park and Recreation Department is committed to providing a safe, fun and skill-developing Youth Sports Programs for children. The Youth Sports Programs encourage good sportsmanship, develop playing skills, and promote friendly relationships among the players, coaches, officials, staff and parents. The programs are designed to foster the development of leadership, sportsmanship, and teamwork, while offering and enhancing the learning opportunities and experience for all participants through training and games participation. The City of San Diego Park and Recreation Department believes in "Everybody Plays" philosophy and highly encourages fair play through draft processes.

The youth soccer program is designed to develop and enhance players fundamental skills on footwork, juggling, passing, trapping and shooting in a friendly and team-oriented environment. The program is for children ages 8 to 16 years old, and teams are divided into age divisions. Qualified teams will get a chance to participate in the City Wide tournament hosted by the S.P.O.R.T.S. Committee at the end of the season.

ActiveNet Code Age 10U: 123997

ActiveNet Code Age 14U: 124000

ActiveNet Code Age 17U: 124012

E-Sports- E-Sports (Electronic Sports) transforms video gaming into player development and healthy competition in a friendly and controlled environment. Benefits of participating in Esports may include- character development, community building, and teamwork and leadership.

ActiveNet Code: 123613; Open May 21, 2025-August 8, 2025, MW 4:00PM-6:00 PM

Stockton Seeds Gardening Program:

A fun, hands-on after-school adventure where kids get to dig, plant, and grow their very own garden plots! Our Gardening for kid's program teaches the basics of planting, caring for plants, and provides for opportunities for children to learn to be a part of a team, take responsibility, and a love for nature. In this program, kids will plant, nurture, and harvest their own garden plots, gaining hands-on experience with growing fruits, vegetables, and flowers. The program culminates in a garden harvest celebration, where kids can share their bounty with family and friends, promoting a deeper appreciation for nature.

ActiveNet Code: 123614; Open May 20, 2025-August 5, 2025, Tue 4:00PM-6:00PM

Stockton Teen Activity Center (TAC):

Teenagers are invited to play air hockey, ping pong, video games or just hang out with other teens in a safe and structured atmosphere. This program includes the opportunity to participate in sports or attend field trips. A monthly calendar of activities is available at the Center.

ActiveNet Code: 123620; Open May 19, 2025-August 8, 2025, MTWTHF 3:30 PM-5:30 PM

Stockton Summer Camp:

Come and enjoy the Summer at Stockton Recreation Center's Summer Camp! Our camp will be filled with fun activities that include outdoor sports, performing arts, fun indoor activities, and field trips to, Belmont Plunge, a San Diego Padres game, USS Midway, SeaWorld, a trip to the movies, and much more! Register now as space is limited to 20 participants.

Camp will be closed during all legal holidays, and on Wednesday June 19, 2025, in observance of Juneteenth.

ActiveNet Code: 123185; Starts June 16, 2025, and Ends August 8, 2025, MTWTHF 9:00AM-3:30 PM

CREATIVE AND ENRICHMENT PROGRAMS FOR YOUTH (Ages 5-17): Afternoon (Beginning July 1, 2025)

Household Science (Children in grades 5-12)

Household Science allows children to explore a wide array of topics and fields in science through hands-on experiments. A safe and enjoyable experience using household items and ingredients will be used to learn about areas such as food science, science 'magic tricks,' density experiments, and aerodynamics demonstrations.

Introduction to Traditional Art-Drawing (Ages 5-17): Introduction to Traditional Arts-Drawing is designed for children to learn about various artistic cultures and time periods and recreate different

traditional drawing styles. Through the program, children will understand the basics of drawing, enhance artistic abilities, and expose children to different drawing styles.

Scratch Coding (Ages 8-16): Scratch offers a deep dive for children into computer programming. Through engaging projects and creative challenges, students will learn to design their interactive games, stories, and animations. This class not only imparts technical knowledge but also introduces them to the art and philosophy of coding.

Skyhawks Sports Series: (Ages 5-16): SUMMER 2025 (Times and days to be determined)

The City of San Diego is collaborating with Skyhawks to provide our youth with training in a variety of sports in a safe and engaging environment.

Skyhawks San Diego will provide 2 coaches for equipment set up/tear down, supervision, and instruction during the 2 hours of the clinic for children from ages 5-16 years old for this sports clinic series for 4 soccer clinics, 4 basketball clinics, and 4 volleyball clinics for Stockton Recreation Center.

Skyhawks Soccer: Kickstart a soccer journey with Skyhawks Soccer! This program boosts young athletes by teaching key skills like dribbling, passing, shooting, and ball control. Each session focuses on enhancing core skills while instilling teamwork and sportsmanship. Participants will improve their soccer abilities and embrace the game's spirit. Grow and score with Skyhawks Soccer!

Skyhawks Basketball: Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court!

Skyhawks Volleyball: Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members.

Racquet and Net Series by Challenge Island: (Ages 5-16): (SUMMER 2025)

Pickle Ball

Badminton

Cricket

AGING WELL SERVICES (ADULTS 55-UP):

MORNINGS (DAYS AND TIMES TBD)

Zumba:

This class is for Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity while introducing easy-to-follow choreography that focuses on balance, range of motion and coordination.

Esta clase es para adultos mayores y activos que buscan una clase de Zumba modificada que recrea los movimientos originales que amas con una intensidad más baja mientras presenta una

coreografía fácil de seguir que se centra en el equilibrio, el rango de movimiento y la coordinación.

ActiveNet Code: 123734; Open May 29, 2025-August 7, 2025, Thursdays; 8:30 AM-10:00 AM

Box-Fit:

Get toned, burn calories, and improve your overall health with this HIIT (high intensity interval training) class designed for the aging adult. This class combines cardiovascular training, boxing techniques, and toning exercises for a total body workout.

Entona su cuerpo, quema calorías y mejore su salud. Esta clase de HIIT (entrenamiento de intervalos de alta intensidad) diseñado para el adulto mayor. Esta clase combina entrenamiento cardiovascular, técnica de boxeo, con ejercicios tonificantes para un completo entrenamiento corporal.

ActiveNet Code: 123709; Open June 2, 2025-July 7, 2025, Monday; 8:30 AM-9:30 AM

Latin Dance Workout

Cardio is more than just running on a treadmill! This Latin rhythm dance workout proves you can get your heart rate up while shaking your hips and shimmying your shoulders to Salsa, Merengue, Cumbia, Bachata, and many more dances. Gonzalo Flores, a certified fitness trainer, knows how to keep you moving and to keep it fun. New to dance? No worries, we offer modifications. Sign-up today and get ready to cha-cha yourself to great health.

Cardio es más que correr en una cinta de correr! Este entrenamiento de baile de ritmo latino demuestra que puedes aumentar tu ritmo cardíaco mientras sacudidas tus caderas y mueves tus hombros a salsa, merengue, cumbia, bachata y muchos más bailes Latinos. Gonzalo Flores, un entrenador de fitness certificado, sabe cómo mantenerte en movimiento y mantenerlo divertido. ¿Nuevo en bailar? No se preocupe, ofrecemos modificaciones. Regístrese hoy y prepárese para cha-cha usted mismo a una gran salud.

ActiveNet Code: 123710; Open June 4, 2025-July 9, 2025, Wednesday; 8:30 AM-9:30 AM

Yoga

Hiking/Walking Group

Stockton Beans and Tea Leaves Café

COMMUNITY PROGRAMS FOR ALL ADULTS (SUMMER 2025)

(DAYS AND TIMES TBD)

English as a Second Language

Drop-In Digital Bridge

**FOR ANY QUESTIONS REGARDING ANY OF OUR UPCOMING PROGRAMS, PLEASE CALL
THE RECREATION CENTER AT (619) 235-1163**