

# STOCKTON RECREATION CENTER

## Winter Program List

### GENERAL YOUTH ACTIVITIES

#### **Youth Basketball**

Basketball is back at Stockton Recreation Center. Join us for the winter season and have some fun playing and learning new skills in basketball. All skill levels are welcome and encouraged to join. Bring a basketball and put on some sneakers and let's get hooping!

10 and Under: ActiveNet Code #129074

12 and Under: ActiveNet Code # 129075

Staff contact: Carlos Arriero, Recreation Leader 1

**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; Registration opens December 1, 2025.

Staff contact: Carlos Arriero, Recreation Leader 1

#### **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; Registration opens December 1, 2025.

Staff contact: Lesley Sanchez, Recreation Leader 1

**Stockton Teen Activity Center (TAC):**

Teenagers are invited to play air hockey, pool, foosball, 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 recreation center.

ActiveNet Code: 123620; Registration opens December 1, 2025.

Staff contact: Christian Soto-Dominguez, Recreation Leader 1

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**CREATIVE AND ENRICHMENT PROGRAMS FOR YOUTH**  
**(Ages 5-17)**

**PROGRAMS ARE TENTATIVE**

**Household Science (Ages 8-14)**

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.

ActiveNet Code: 127100; Registration opens December 1, 2025.

Staff contact: Lesley Sanchez, Recreation Leader 1

**Introduction to Traditional Art-Drawing (Ages 7-17):** 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.

ActiveNet Code: 127101; Registration opens December 1, 2025.

Staff contact: Lesley Sanchez, Recreation Leader 1

**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.

ActiveNet Code: 127102; Registration opens December 1, 2025.

Staff contact: Christian Soto-Dominguez, Recreation Leader 1

## **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; Registration opens December 1, 2025.

Staff contact: Gonzalo Flores, Recreation Leader 1

#### **ESL: Spoken English Program:**

We are excited to present ESL Spoken English for Youth and Adults who may face barriers in fully participating at school, work, and in daily life due to limited English proficiency. This program is designed to close the gap by offering an approachable, supportive, and interactive path to learning spoken English. With a focus on confidence and communication over grammar drills, learners gain practical skills they can use immediately in real-world settings.

ActiveNet Code: 129224; Registration opens December 1, 2025

Staff contact: Gonzalo Flores, Recreation Leader 1

#### **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; Registration opens TBD

Staff contact: Gonzalo Flores, Recreation Leader 1

### **Hiking/Walking Group**

Stockton Hiking is a gentle hiking club for those who love nature, good company, and taking things at a relaxed pace. We explore San Diego's scenic trails together—no rush, just fresh air, friendly faces, and peaceful paths. This activity is for ages 16 and older. No direct supervision provided.

El senderismo de Stockton es un club de senderismo suave para aquellos que aman la naturaleza, la buena compañía y tomando las cosas a un ritmo relajado. Exploramos los senderos pintorescos de San Diego juntos, sin prisa, solo aire fresco, caras amigables y caminos pacíficos. Esta actividad es para mayores de 16 años. No se proporciona supervisión directa.

ActiveNet Code: 127105; Registration opens December 1, 2025

### **Yoga for Seniors**

Join us for a relaxing beginner yoga class that will leave you feeling calm and stress free. Basic yoga poses, postures, and sequences will help to relieve tension and muscle soreness. Please bring your own towel or yoga mat with you to class.

Únase a nosotros para una relajante clase de yoga para principiantes que lo dejará sintiéndose tranquilo y sin estrés. Las posturas, posturas y secuencias básicas de yoga ayudarán a aliviar la tensión y el dolor muscular. Por favor, traiga su propia toalla o estera de yoga con usted a la clase.

ActiveNet Code: 127104; Registration opens December 12, 2025

## **TENTATIVE PROGRAMS:**

### **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; Registration opens TBD

Staff contact: Gonzalo Flores, Recreation Leader 1

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## **COMMUNITY PROGRAMS FOR ALL ADULTS**

### **TENTATIVE PROGRAMS:**

Drop-In Digital Bridge (TBD)

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