

The City of

**SAN DIEGO**

Parks and Recreation Department

**Carmel Mountain Ranch /  
Sabre Springs Recreation Center**

10152 Rancho Carmel Drive San Diego, CA 92128

(858) 538-8100

**Spring 2025**

**HOURS OF OPERATION**

Monday: 9:00 a.m. - 8:00 p.m.

Tuesday: 9:00 a.m. - 8:00 p.m.

Wednesday: 9:00 a.m. - 8:00 p.m.

Thursday: 9:00 a.m. - 8:00 p.m.

Friday: 9:00 a.m. - 7:00 p.m.

Saturday: 9:00 a.m. - 3:00 p.m.

Sunday: CENTER IS CLOSED

**CENTER WILL BE CLOSED:**

**MARCH 31ST FOR CESAR CHAVEZ DAY**

**MAY 26TH FOR MEMORIAL DAY**

**TO VIEW AND REGISTER FOR AVAILABLE  
PROGRAMS VISIT:**

**[SDRECCONNECT.COM](http://SDRECCONNECT.COM)**

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at 619-235-1133, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.

# Information

## PERMITS BY APPOINTMENT ONLY

### REGISTRATION

All registration is done online. Please contact 858-538-8100 if you need any assistance.

## Permit Requests

For park use and reservations for the facilities listed but not limited to, sports field use, picnic area, party jumps, outside vendors, special events and groups over 50 please contact the recreation center at 858-538-8100.

## PARK RULES

- No golfing
- No glass containers
- No littering
- No smoking
- Dogs must be on a leash
- No overnight camping or parking
- No open campfires
- Balloons of all types at all outdoor areas are prohibited.

## PARKS AND FIELDS PERMITTED BY CMR/SS

### Carmel Mountain Ranch/Sabre Springs Recreation Center & Park - 10152 Rancho Carmel Drive

**Area description:** Meeting/activity room, gymnasium, kitchen, two softball fields (one lit), multipurpose field, tot lot, indoor and outdoor restrooms, picnic areas, two outdoor basketball courts and passive areas.

### Highland Ranch Community Park - 12140 Eastbourne Road

**Area description:** Tot lot, grassy area, softball field, and outdoor restrooms.

### Sabre Springs Community Park - 12953 Sabre Springs Parkway

**Area description:** Lighted softball fields, tot lot, picnic areas, walking areas and outdoor restrooms

### South Creek Neighborhood Park - 12249 Wickerbay Cove

**Area description:** Tot lot, grass area, outdoor restrooms, picnic area and softball field.

## Community Recreation Group

This group of concerned citizens volunteer their time to advise Parks and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, publicize and help provide recreation opportunities for citizens in the Carmel Mountain Ranch and Sabre Springs communities. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public. The Carmel Mountain Ranch/Sabre Springs Community Recreation Group has disbanded. New membership is encouraged and welcomed. For more information please call the recreation center at 858-538-8100.

## VOLUNTEERS NEEDED

Ongoing opportunities are available at the recreation centers, pools, and regional parks throughout the City, as well as senior and therapeutic recreational programs. If you would like to volunteer, please see staff for more information or visit:

<http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

## OPEN PLAY BASKETBALL, VOLLEYBALL & PICKLEBALL



Please check the updated Open Play Schedule online at:

<http://www.sandiego.gov/park-and-recreation/centers/recctr/carmelsabre.shtml>

or check out the posted open play schedule at the Carmel Mountain Ranch/Sabre Springs Recreation Center.



## IMPORTANT COMMUNITY NUMBERS/ADDRESSES

Carmel Mtn Community Pool - 858-581-9954

Carmel Mtn Ranch Library - 858-538-8181

Carmel Mtn Ranch Little League - cmrll.org

Master Sports - mastersports.com or 858-945-4889

PQ Off-Leash Dog Park - Salmon River Rd & Fairgrove Ln

PQ Skate Park - 10111 Carmel Mountain Road

Rancho Bernardo Recreation Center - 858-538-8129

San Diego Soccer Club - sandiegosoccerclub.org

Scripps Ranch Recreation Center - 858-538-8085

Traditional Okinawa Karate - 858-451-8223

# Information

## Registration

Registration for classes and events can be done online or at the Carmel Mountain Ranch/Sabre Springs Recreation Center.

**Online:** Visit [www.sdreconnect.com](http://www.sdreconnect.com) to create an account.

**Online returning customers (previously registered for classes online):** Click the 'my account' button. Enter your login (email) and password. Login with this password to activate your account.

**New accounts online:** Click on the 'create account' button. Fill out the new account request form completely, including all required fields (birth date, gender, email, and etc.) and click submit. Please submit your request only once. You will receive a confirmation email at the address you provided. Please follow directions provided to activate your account.

*\*\*Please note: For first time users only 'Parent/Guardian' must create their own account first using their own information. Once you have an online registration account you will have the opportunity to add a child as a family member.*

**In-House:** Hours for in person registration vary. Please call ahead to ensure two trained staff members are able to process your payment at 858-538-8100.

### More info:

- Classes not meeting the minimum number of students may be cancelled.
- Early registration is recommended. This helps not only you getting into the class of your choice but helps us from having to cancel a class early due to low enrollment.

*\*\*Children under 18 must be registered by a parent/legal guardian.*



## Registration Begins:

**Saturday, February 15, 2025 at 10:00 am**

Only a parent or legal guardian can register participants under the age of 18 years.

Cash or paper check is not accepted for registration.

Acceptable payment methods (on-line and in-person) include:

Electronic check - proper ID with proof of checking account (blank or voided check) required

Credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only).

A **\$25.00 fee will be charged for declined electronic checks.** All customers must verify that bank routing and account numbers are entered correctly.

All fees must be paid in full prior to attending the first class.

Classes not meeting the minimum number of students may be cancelled.

### PROCESSING FEES ARE INCLUDED

All registration and reservation fees include a non-refundable 3.56% processing fee.

## Recreational Programs Refund and Transfer Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form (COM-6), in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

### Refund Policy Exclusions:

Three percent (3.56%) processing fee will be deducted from all refunds

No refund or transfer for non-attendance at any class

No credits to account

No refunds for costumes or equipment

Activity fees less than \$10.00 will not be refunded

**Classes:** Refund is based on the date that the written application is submitted.

96.5% refund – 3 or more calendar days prior to the first day of the class

75% refund - less than 3 calendar days prior to the first day of class

No refund for requests submitted more than 24 hours after the first day of class

**Camps:** Refund is based on the date that the written application is submitted.

96.5% refund - 10 or more calendar days prior to the first day of camp

50% refund – less than 10 calendar days prior to the first day of camp

No refund or transfer for requests less than 48 hours prior to the first day of camp

*\*For more information, refer to the complete Recreational Programs Refund and Transfer Policy attached to all receipts.*

We are equipped with an Automated External Defibrillator (or AED) at Carmel Mountain Ranch/Sabre Springs Recreation Center. In the event of a medical emergency, staff is fully trained to operate and assist if necessary.

All City of San Diego parks and beaches are **smoke free!**



# Staff Run Programs

## Art Class - Little Creators

Min/Max 4/10

Lil Creators encourages kids to put their own spin on their creations! Lil' Creators crafts are aimed at ages 2-4 years and may include materials such as: paper, glue, string, crayons and markers, nontoxic paint, pipe cleaners, felt, and popsicle sticks. Each week your toddler will make something new to bring home. Child must be accompanied by an adult.



**Ages:** 2 to 4 years

**Time:** Thursdays, 10:30 to 11:15 am

**Cost:** \$10.00

**Session 1:** March 6, 13, & 20

**Session 2:** April 3, 10, & 17

**Session 3:** May 1, 8, & 15

**Activity#** 120305

**Activity#** 120306

**Activity#** 120307

Min/Max 4/15

## Tiny Tots - Open Play

Min/Max 1/15

If you're looking for a safe place to take the kids for a few hours of indoor fun this season, check out the CMRSS Recreation Center's Tiny Tots Open Play. Every Friday the Multipurpose Room is stocked with fun activities, such as a large gym mat, blocks, large Legos, a mini basketball hoop, and a coloring area!

Aimed at ages 2 to 4, parents must remain with their child at all times.

**Ages:** 2 to 4 years

**Time:** Friday, 10:00 to 12:00 pm

**Cost:** \$2.00

**Session 1:** March 7, 14, & 21

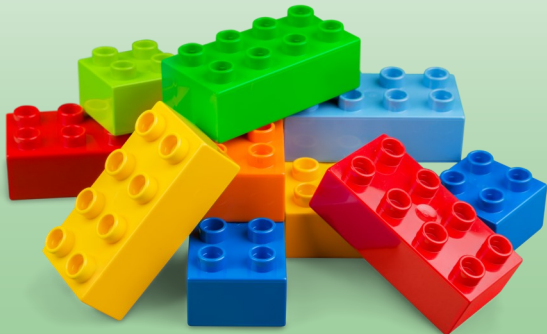
**Session 2:** April 4, 11, & 18

**Session 3:** May 2, 9, & 16

**Activity#** 120316

**Activity#** 120317

**Activity#** 120318

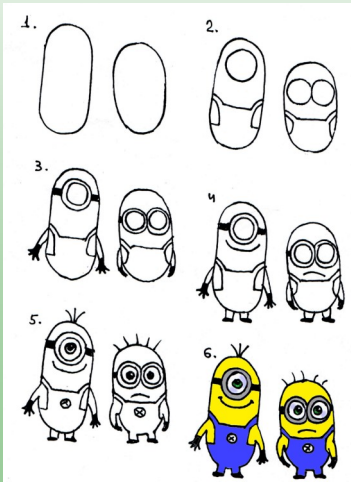


Min/Max 4/15

# Staff Run Programs

## Art Class - Cartooning 101 Min/Max 4/10

The Drawing Cartoons program offers an engaging opportunity for children aged 9–12 to explore the art of drawing their beloved cartoon characters. Led by an instructor, participants will be introduced to simple yet fun drawing prompts, enabling them to begin their creative journey. Through the program, students will learn the essential building blocks of shape, form, and detail in their artwork.



**Ages:** 9 to 12 years

**Date:** Thursdays 5:00 to 5:55 pm

**Cost:** \$10.00

**Session 1:** March 7, 14, & 21

**Session 2:** April 4, 11, & 18

**Session 3:** May 2, 9, & 16

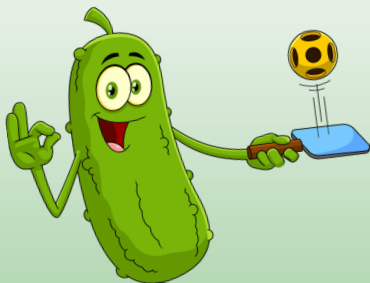
**Activity#** 120302

**Activity#** 120303

**Activity#** 120304

## Sports - Pickleball for Beginners Min/Max 2/4

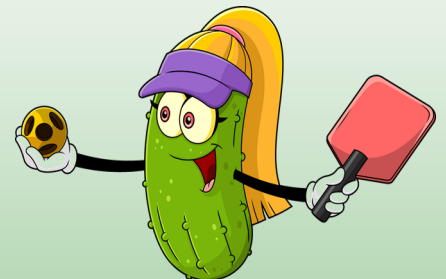
Get into the fastest growing sport in the nation! Players will develop a strong foundation in pickleball through simple drills and games. They will focus on key skills such as footwork, wall drills, serving, dinking, baseline techniques, volleys, and drop shots. Mastering these fundamentals will help boost their confidence, allowing them to play independently!



**Ages:** 18 years and up

**Date:** Fridays 11:00 to 11:50 am  
or 12:00 to 12:50 pm

**Cost:** \$20.00



**Session 1:** March 7, 14, 21, & 28

**Session 2:** April 4, 11, 18, & 25

**Session 1:** May 2, 9, 16, & 23

11:00 to 11:50 am  
12:00 to 12:50 pm

11:00 to 11:50 am  
12:00 to 12:50 pm

11:00 to 11:50 am  
12:00 to 12:50 pm

**Activity#** 121578

**Activity#** 121577

**Activity#** 121575

**Activity#** 121573

**Activity#** 121576

**Activity#** 121574

# Staff Run Programs

## Sports - Sunny Strikers Min/Max 4/10 Pee Wee Soccer

Are you in search of a soccer program for your young one? Our program is committed to teaching soccer fundamentals with an emphasis on getting the wiggles out. Your child will engage in age-appropriate activities designed to enhance motor skills and foster social interaction. With a diverse range of soccer-themed activities, the focus is always on having a blast!

Parents must remain on site and participation is encouraged.

**Ages:** 4 to 5 years

**Time:** Saturdays, 11:00 to 11:45 am

**Session 1:** March 1, 8, & 15

**Cost:** \$30.00

**Activity#** 121579

**Session 2:** April 5, 19, & 26

**Cost:** \$30.00

**Activity#** 121580

**Session 1:** May 3, 10, & 17

**Cost:** \$30.00

**Activity#** 121581

**Ages:** 6 to 7 years

**Time:** Saturdays, 12:00 to 12:45 pm

**Session 1:** March 1, 8, & 15

**Cost:** \$30.00

**Activity#** 121582

**Session 2:** April 5, 19, & 26

**Cost:** \$30.00

**Activity#** 121583

**Session 1:** May 3, 10, & 17

**Cost:** \$30.00

**Activity#** 121584



# Civic Dance and Contractual Programs

**\*\*City staff\*\***

## Civic Dance

**Classes:** Mondays, January 6 - May 12 (no classes on City Holidays) **Cost:** \$42.46

### Civic Dance Spring Class Schedule:

Time	Class	Age	Activity#	Class Description
3:00 pm	Pre Ballet	4 - 6 years	<b>119490</b>	Civic Dance Arts Pre Ballet (4-6 yrs.) is a fun and engaging class designed to introduce your young child to the basics of ballet dance.
3:45 pm	Pre Tap	4 - 6 years	<b>119491</b>	Civic Dance Arts Pre Tap is a fun and engaging class designed to introduce your young dancer to the basics of tap dance.
4:30 pm	Beg Ballet 1A	6 - 17 years	<b>119492</b>	Civic Dance Arts Pre Ballet is a fun and engaging class designed to introduce your young child to the basics of ballet dance.

Dance office: 619-235-5255

[www.civildancearts.org](http://www.civildancearts.org)

**\*\*Independent Contractor\*\***

## Yoga Gal

### Yoga - Ages 18 years and older

Yoga Gal is a program designed for New and Intermediate Level Students who want a personal yoga experience. Janice, the teacher, specializes in inclusion and creating versions of a pose that work for everyone. Students will gain strength, improve balance, increase flexibility and learn meditation and breath techniques for relaxation.



**Session:** Wednesdays; March 5 to May 7, 2025  
(No Class April 2, 2025)

**Time:** 9:30 am - 10:30 am **Activity#** 121586 **Cost:** \$144.00

# Contractual Programs

**\*\*Independent Contractor\*\***

## Children's Film Academy Cinematography 101



### Cinematography 101 - Ages 7 to 13 years

This course is an introduction to digital photography and video scene setups. Learn the aesthetics of visual art by telling a story through still-image and short scenes.

Participants create a digital, non-narrative work portfolio by learning key cinematography concepts, including composition, lighting, color, and tone. Discover the importance of camera angles, shot sizes, and camera movements, as well as the basics of Go-Pros, Gimbals, and drones. We will provide digital cameras and equipment for class use.

**Session:** Wednesdays; April 9 to May 28, 2025

**Time:** 5:00 pm - 6:00 pm     **Activity#** 121585     **Cost:** \$195.00

Min/Max 4/8

**\*\*Independent Contractor\*\***

## Lockhart Training Child and Babysitter Safety



### Child and Babysitter Safety - Ages 11 to 17 years

Child and Babysitting Safety class is a community education program for youth ages 11-17, that covers child safety and basic care for infants and children. Topics include: sitter safety, infant and child feeding, diapering procedures, recognizing emergencies and how to handle them, child and infant CPR, how to handle choking, and some first aid.

Participants receive a digital download of the booklet and a Babysitter certificate from the American Safety & Health Institute as well as an Infant/Child CPR certificate of participation. Instructor Sue Lockhart has been training babysitters in San Diego county for over 25 years. Please bring a snack or sack lunch and bottle of water to class.

**Session:** Saturday, April 5, 2025

**Time:** 9:30 am - 1:30 pm     **Activity#** 121617     **Cost:** \$57.00

Min/Max 4/20



# Contractual Programs

**\*\*Independent Contractor\*\***

## Dance 2 EvOLvE

### **Magical Munchkins Tap & Ballet - Ages 2 to 3.4**

Min/Max 4/12

Step into our enchanting introductory dance class where rhythm, grace, and boundless fun await! Our dynamic sessions seamlessly blend tap + ballet, and engaging dance games, creating an energetic and expressive atmosphere where every child can shine. Classes are continuous and progressive each session, guiding your dancer toward a dazzling on-stage performance in the spring. Parents (or caregivers), your presence is required as you support your child's journey, joining in as needed to make this experience truly special. Come join our warm and inviting dance family, where every class is a step toward something truly magical.

12 Week Session: Tuesdays; April 1 to June 17, 2025

Time: 4:00 pm - 4:40 pm

Activity# 120312

Cost: \$242.00

### **Petite Stars Tap & Ballet - Ages 3.5 to 5.5**

Min/Max 4/15

Step into the world of dance with us and watch your Petite Star shine brighter than ever! Our tap and ballet combination class is designed to keep young dancers moving, learning, and having a blast! From tapping toes to graceful ballet moves, every class is an adventure filled with fun and excitement. With a focus on progression and skill-building, our classes gently guide your child towards mastering dance techniques while fostering creativity and self-expression. Plus, they'll have the chance to showcase their skills in our annual spring performance, where they'll dazzle the stage! Join our dance family today and let the magic of movement unfold for your little one!

12 Week Session: Tuesdays; April 1 to June 17, 2025

Time: 4:45 pm - 5:40 pm

Activity# 120314

Cost: \$242.00



# Contractual Programs

**\*\*Independent Contractor\*\***

Min/Max 6/16

## Dance 2 EvOLvE

### **Beat Busters Hip Hop - Ages 4 to 7.11**

Welcome to Beat Busters, where the rhythm never stops and the energy is always high! Designed for boys and girls ready to unleash their inner dance superstar, our dynamic class is all about having fun while honing creativity, coordination, musicality, and listening skills. From hip hop grooves to exhilarating dance games, every moment is packed with non-stop action that will have you movin' to the beats! Rest assured, all music and moves are age-appropriate, ensuring a safe and enjoyable experience for all. As dancers groove and grow, they're encouraged to join us on an exciting journey towards our annual Spring showcase, where they'll have the chance to shine on stage and showcase their newfound skills to the world.

12 Week Session: Tuesdays; April 1 to June 17, 2025

Time: 5:45 pm - 6:40 pm

Activity# 120308

Cost: \$242.00

### **Hip Hop Hype Squad - Ages 8 to 12.11**

Get ready to elevate your dance game with this invigorating and high-octane hip hop class! Designed to leave your dancer feeling refreshed and energized. Whether your child is a seasoned dancer or new to the dance floor, our class caters to all skill levels, providing a supportive environment where creativity flourishes and confidence soars. Rest assured, all music and moves are age-appropriate, ensuring a safe and enjoyable experience for every boy and girl as we groove our way towards the annual spring showcase.

12 Week Session: Tuesdays; April 1 to June 17, 2025

Time: 6:45 pm - 7:40 pm

Activity# 120310

Cost: \$242.00



# Special Events

*Don't forget your baskets!*



## Carmel Mtn Ranch invites you to our Spring Egg Scramble!

Carmel Mtn Ranch / Sabre Springs Recreation Center  
10152 Rancho Carmel Drive. San Diego, CA 92128  
Located on the field

Saturday April 12, 2025  
From 10:00 am to 1:00 pm

Activities begin at  
10:00 am

### Egg Hunt Times

10:15 am 0-2 yrs. w/ Parent

11:00 am 3-5 yrs.

11:45 am 6-9 yrs.

. Music

. Arts & Crafts

. Jumpers

This a FREE event!