

# FALL 2018 PROGRAM

## CARMEL VALLEY RECREATION CENTER

3777 Townsgate Dr. San Diego, CA 92130  
Phone: (858) 552-1616 / [www.sandiego.gov](http://www.sandiego.gov)

### HOURS OF OPERATION

Monday	9:00 a.m. - 8:00 p.m.
Tuesday	9:00 a.m. - 9:00 p.m.
Wednesday	9:00 a.m. - 8:00 p.m.
Thursday	9:00 a.m. - 9:00 p.m.
Friday	9:00 a.m. - 8:00 p.m.
Saturday	9:00 a.m. - 4:00 p.m.
Sunday	Closed

### IMPORTANT COMMUNITY NUMBERS

Carmel Valley Pool	(858) 552-1623
Carmel Valley Tennis	(858) 504-4181

**EFFECTIVE SEPTEMBER 1, 2018 THROUGH NOVEMBER 30, 2018**  
**REGISTRATION BEGINS SATURDAY, AUGUST 18, 2018 AT 10:00 A.M.**



# RECREATION CENTER INFORMATION

## OUR MISSION

"To provide healthy, sustainable, and enriching environments for all.

## HOLIDAY CLOSURES

Monday, September 3, 2018 Labor Day  
Monday, November 12, 2018 Veteran's Day  
Thursday, November 22, 2018 Thanksgiving Day

## FACILITIES

The Carmel Valley Community Park and Recreation Center is a City of San Diego Parks and Recreation facility and is free and open to the public during designated hours. Facilities and programs available:

- Indoor multipurpose courts
- Game room with Table Tennis
- Passive picnic areas with barbeques
- Outdoor basketball courts
- Multipurpose fields
- Outdoor Fitness Stations
- Two Playgrounds
- Tennis courts
- Amphitheater
- Horseshoe pits

## PARK RULES

- No Golfing
- No Littering
- Dogs must be on a leash at all times
- No overnight camping or parking
- No open campfires
- No Glass Containers
- No Smoking



## CARMEL VALLEY PARKS

- Ashley Falls Park**  
13030 Ashley Falls Drive
- Carmel Creek Park**  
4260 Carmel Center Road
- Carmel Del Mar Park**  
12345 Carmel Park Drive
- Carmel Valley Park**  
3777 Townsgate Drive
- Solana Highlands Park**  
3520 Long Run Drive
- Solana Ranch Park**  
Pacific Highlands Ranch Parkway
- Carmel Grove Park**  
Corner of Carmel Grove & Carmel Creek Rd.
- Carmel Knolls Park**  
4850 Carmel Knolls Dr.
- Carmel Mission Park**  
Corner of Carmel Country & Carmel Mission Rd
- Carmel View Park**  
Corner of Valley Centre Dr. & Carmel View Rd
- Torrey Highlands Park**  
Corner of Del Mar Heights Rd. & Lansdale
- Windwood Park**  
Corner of Carmel Creek Rd. & Paseo Montanas



## PARK USE INFORMATION

City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

**Call for availability and more information. Permits are taken by appointment only. Please contact the Center Director at (858) 552-1616 to schedule.**

## AED (AUTOMATIC EXTERNAL DEFIBRILLATOR)

An AED is located inside the recreation center lobby



**San Diego Project Heart Beat**  
Public Access Defibrillation

## RECREATION COUNCIL

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7:00pm at the Recreation Center. Meeting notice and information is posted on the Recreation Center bulletin board.

## BOOK NOOK

### Reading is Recreation!

BOOK NOOK is a "take a book, leave a book" gathering place where you can share your favorite literature and stories. If you really like a book, you can keep it and then donate a different book to share. If you are looking for something new to read, the Book Nook is the perfect place for children and adults.

If you would like to donate to the Book Nook, please leave any books with at the front desk.

## INDIVIDUALS WITH SPECIAL NEEDS

All classes or programs can accommodate individuals with special needs. For programs that are contracted by the City of San Diego Parks and Recreation Department, Therapeutic Recreation Services will provide inclusion aides as additional assistance along with contractual program staff. Inclusion aides will be provided only upon availability. Requests for this service must be made at least three weeks prior to the first day of the program. For further information, please inquire at the center office or contact Therapeutic Services at (619) 525-8247.

**Rental programs are required to provide reasonable accommodations for individuals with disabilities. Contact program provider to discuss accommodations.**

## CONTRACTUAL VS RENTAL PROGRAM

The Carmel Valley Recreation Center offers a variety of programs for the youth which are provided through the means of two different sources; Contractual programs and rental programs. Contractual programs consist of independent contractors that have been approved by the Carmel Valley Recreation Council as a sponsored program. Rental programs are commercial companies that rent out the facility to offer their programs and activities for the community.

### Requirements for Independent Contractors:

- All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
- Contractors must submit a business license and proof of insurance
- City staff handles all registration for the program
- Contractors must provide Worker's compensation coverage for all their Employees

### Requirements for Permit Holders/Rental Programs:

Must provide proof of insurance  
Must provide own advertisement for program  
Handles all registration for their programs

**Rental programs are NOT required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.**

**Permit Holders/Rental programs are identified with a \*\*\* triple asterisk in this program.**

# RECREATION CENTER INFORMATION

## RECREATIONAL PROGRAMS REFUND AND TRANSFER POLICY

If a recreation class or program is cancelled by the City, a full refund of activity fees will be issued except the City will retain the following:

- Any Transaction and Credit Card Fees.
- Activity fees less than \$10.00 (excludes transaction and credit card fees).
- No refund or transfer for non-attendance at any class.
- No credits to account.
- No refunds for costumes or equipment.

Written refund applications must be submitted, using the City form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

**CLASSES** - Refund requests will be granted based on the following requirements:

- Full refund of the registration fee – application submitted at least 3 calendar days prior to the first class meeting.
- 75% of the registration fee - application submitted less than 3 calendar days prior to the first class.
- No refund for requests submitted later than 24 hours after the first class meeting.

**CAMPS** - Refund requests will be granted based on the following requirements:

- Full refund of the registration fee – application submitted at least 10 calendar days prior to the first day of camp.
- 50% of the registration fee - application submitted less than 10 calendar days prior to the first day of camp.
- No refund or transfer - less than 48 hours from the start of the camp.

**LEAGUES** (individual registration only) - Refund requests will be granted based on the following requirements:

- Full refund of the activity fee – application submitted at least 10 calendar days prior to the first scheduled game.
- 50% of the class activity fee - application submitted less than 10 calendar days prior to the first scheduled game.
- No refund or transfer - after the first scheduled game has started/concluded.

## ONLINE REGISTRATION INFORMATION

You may register online for all contractual programs offered by using the Online Registration System.

**Log onto: [www.SDRecConnect.com](http://www.SDRecConnect.com)**

**Returning Customers (previously registered for classes online)**

Click the "My Account" button. Enter your Login (email) and password.

**First-Time Online User?**

**New Accounts** - click the "Create Account" button. Fill out the New Account request form completely, including all required fields (Birth date, gender, email address, etc.) and click submit. Please submit your request only once. You will receive a confirmation email at the email address you provided. Please follow directions to activate the account.

**\*Please Note: (For first time users only) Parents/Guardians must create their own account first using their own information. Once you have an online registration account, you can add a child as a family member.**

If you need help, please click the FAQs (Frequently Asked Questions) button for information.

## REGISTRATION INFORMATION

**Registration Begins: Saturday, August 18, 2017 at 10:00 a.m.**

- A parent or legal guardian can register participants under the age of 18 years only.
- In-house and online registrations are available.
- Payment methods for registration are **exact** cash, credit card or check payable to **CITY TREASURER**.
- A credit card payment is required for all online registrations. VISA, MASTERCARD, or DISCOVER ONLY. No American Express or Debit.
- All participants must present proof of payment to the instructor on the first day of class.
- A \$25.00 fee will be charged for all returned checks.
- No registration can be taken or any refund issued after the second class meeting.
- Early registration is recommended, because classes can fill up or be cancelled due to lack of enrollment.
- **All fees must be paid in full prior to attending the first class.**
- Classes not meeting the minimum number of students may be cancelled.

## TRANSACTION AND CREDIT CARD FEES

All customers will be charged a \$2.00 transaction fee for all registration and reservation transactions. Additionally, a 3% credit card fee will be applied when a credit card is used to process payment. Rates are established by the service provider and are nonrefundable.

**PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS, & AIDS-RELATED COMPLEX.) 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 PARKS & RECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER AT (619) 235-1132 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.

## YOUTH ACTIVITIES

### KIDS NIGHT OUT

*Ages: 5 to 16 years*

Minimum: 5 Maximum: 23

Each month CVRC staff members host "Kids Night Out" it's a party for the kids and a chance for parents to take the night off!!! The kids enjoy 4.5 hours of active games, crafts, snacks, dinner, and a movie (rated G or PG). Have a night off and pick your kids up fed and happy. Invite your friends to make it even more fun.

**Friday 5:00 - 9:30 p.m.**

Cost: **\$18.00**/participant

Location: CVRC Room 1

Session I: September 14 **[56099]** Session II: October 12 **[56100]**

Session II: November 9 **[56101]**

For more information, contact **Carmel Valley Staff** at **(858) 552-1616**

### FOR THE LOVE OF THE GAME - GIRLS BASKETBALL CLINIC

Minimum: 4 Maximum: 10

Our staff has a background coaching high school basketball, and will emphasize on respect, teamwork and responsibility as well as focusing on passing, shooting, dribbling, rebounding and other various skills. Your child will develop the skills they need both on and off the court to become a better athlete.

**Monday September 10 - October 29**

Cost: **\$40.00**/session

Location: CVRC Gymnasium, South Court

8 - 11 years: **[56161]**

11 - 14 years **[56162]**

For more information, contact **Carmel Valley Staff** at **(858) 552-1616**

## SENIOR LUNCHEON

### SENIOR LUNCHEON

*Ages: 50 years and older*

Minimum: 10 Maximum: 50

Come to this free lunch for Seniors 50+. Along with lunch there will be card games and board games available to play and socialize with others.

**Friday 12:30 - 3:00 p.m.**

Cost: **Free**

Location: CVRC Room 1

Session I: September 21 **[56147]** Session II: October 19 **[56148]**

Session II: November 16 **[56149]**

For more information, contact **Carmel Valley Staff** at **(858) 552-1616**

## CIVIC DANCE PROGRAM

For all Civic Dance classes, shoes and proper dance attire are required.

If you have any questions, please contact the Dance office: 619-235-5255 or visit [www.cividdancearts.org](http://www.cividdancearts.org)

**Instructor:** Jennifer Eason

Cost: **\$41.00**/10 weeks; payable to City Treasurer

3:30pm Pre Tap **[54726]** (4-5 years)

4:15pm Beg Tap 1A **[54727]** (6-17 years)

5:00pm Beg Jazz 1A **[54728]** (6-17 years)

5:45pm Beg Ballet 1A **[54729]** (7-17 years)

**Classes:** Tuesdays, September 25 - December 4 (no classes November 20)

## CINEMATOGRAPHY

### "Picture Perfect, Point, Click and Shoot"

Minimum: 4 Maximum: 8

**Beginning Cinematography (Ages 7 -14)**

**[56250]**

**Fridays: 4:00 - 5:30 p.m.**

An introduction to digital photography and cinematography of composition elements. Students will learn to compose a still image with our digital cameras. Once they learn the rules of composition they will enhance their skills into camera angles and movement. Learn the aesthetics of visual arts by telling a story through image and scene. Each student will focus on a weekly activity as they create their own visual composition of non narrative work. The objective of the student is to tell a visual story by learning composition, lighting, color and tone.

**Advanced Cinematography II (Ages 7 -14)**

**[56249]**

**Fridays: 5:30 - 7:00 p.m.**

In cinematography II we will go into depth of cinematography and enhance camera compositions. Students will also gather ideas, research and create a news segment and a late night talk show. They will record one news segment and interview one person of interest. We will also go into the aspects of audio.

**Only students that have taken Beginning Cinematography will be allowed in the advanced class.**

**Dates: September 7 - October 26 (8 weeks)**

Cost: **\$177.00**/session Location: CVRC Room 2

For more information contact Valente Aranda at 858-345-6872 or email: [info@thechildrensfilmacademy.com](mailto:info@thechildrensfilmacademy.com)

# YOUTH CONTRACTUAL PROGRAMS

## ARTISTS STUDIO

Ages: 5 - 12 years

Minimum: 5 Maximum: 12

Children are by nature creative and my job is simply to encourage the natural interest and curiosity that kids display. In this fun and creative, themed art class, children will ignite their imagination, develop concentration, build confidence, develop skills and have fun. Using real artists materials including watercolors, tempera paints, oil pastels, children create masterpieces that are truly unique.

Kids bring home a portfolio at the end of each session.

Cost: **\$159.00/6 weeks**

Location: CVRC Room 2

Instructor: Anu Gujral

**Thursdays September 27 - November 1 3:45 - 4:45 p.m.**

**[56047]**

For more information, contact **Anu Gujral** at **(858) 386-8923** Email: [gujralanu@gmail.com](mailto:gujralanu@gmail.com)

## STORIES IN PERFORMANCE with KIDS ACT!

Minimum: 4 Maximum: 12

Kids Act encourages students to manifest their talents and abilities through the joy of creative expression. Students will learn improvisational skills through theater games, adapt a story for performance, paint their own scenery, and perform for family and friends on the last day of class.

**Saturdays September 15 - October 27**

Cost: **\$118.00/7 weeks**



Location: CVRC Room 2

Instructor: Aleta Barthell (Professional Theater Artist and Founder)

**4 - 6 years: 9:30 - 10:30 am [56112]**

**7 - 11 years: 10:30 - 11:30 am [56113]**

For more information, contact **Aleta Barthell** at **(760) 846-6072**

Internet: [www.kidsactsd.com](http://www.kidsactsd.com)

Email: [aletabarthell@gmail.com](mailto:aletabarthell@gmail.com)

## JAPANESE KARATE

Minimum: 2 Maximum: 20

Learning Japanese Karate is not only about self defense, it is rather a way of life. In lieu of learning proper Japanese Karate where you will work on physical abilities such as power, speed, agility, skills, flexibility and balance, you will also learn how to improve your emotional and mental well being by learning about respect, discipline, confidence, social manners and how use it all to help others. A new outlook of life is achieved as you develop your physical abilities. This way of living is beneficial to kids, teens and adults.

Session 1: **September 10 - 24 (\$76.00/3 weeks)**

Session 2: **October 1 - 29 (\$126.00/5 weeks)**

Session 3: **November 5 - 26 (\$76.00/3 weeks)**

*no class November 19*

Location: CVRC Room 2

Instructor: Alireza Talebzadeh

### Age/Time:

8 - 14 years Monday 5:00 pm - 6:15 pm

15 & up Monday 6:15 pm - 7:30 pm

### Session 1

**[56093]**

**[56096]**

### Session 2

**[56094]**

**[56097]**

### Session 3

**[56095]**

**[56098]**



For more information, contact **Alireza** at **(858) 405-1465**

# TINY TOTS International Preschool Classes

## Hopscotch San Diego

Ages: 2.5 - 5 years

Minimum: 7 Maximum: 20

Our Tiny Tots program is designed to help preschoolers get ready for "real" school. Miss Kim (BA, MA, TEFL) and the Hopscotch staff offer a well-rounded curriculum that includes art, music, movement, science, language arts, pre-math, and pre-reading. They have worked with children from around the world for many years and have created a program so that children can flourish in an international preschool community.

The Tiny Tots class provides a \*fun\* atmosphere for children to socialize with others both indoors and outdoors, learn how to stand in line, participate in circle time, and the list continues! Each three-hour session includes instruction, materials for learning activities, art projects, musical instruments, and healthy snacks.

**Monday - Friday 9:00 a.m. - 12:00 p.m.**

Location: CVRC Room 2

**August 27 - September 28 "All About Me" and "Apples"**

M/W/F - \$420.00/14 classes **[55704]**

\*No class on Sept 3

Tu/Th - \$300.00/10 classes **[55705]**

**October 1 - 31 "Nature"**

M/W/F - \$420.00/14 classes **[55706]**

Tu/Th - \$270.00/9 classes **[55707]**

**November 1 - 30 "Animals"**

M/W/F - \$360.00/12 classes **[55708]**

\*No class on November 6, 12 & 22

Tu/Th - \$210.00/7 classes **[55709]**

For more information, contact **Kim** at **(858) 336-0053**

Internet: <http://hopscotchsandiego.com>

Email: [kimbruch@yahoo.com](mailto:kimbruch@yahoo.com)



# SD Skatelife

## SD Skatelife Youth Skateboard Classes

Minimum: 4 Maximum: 20

Come learn to skate at the Carmel Valley Skate Park! **Helmets, elbow pads, and knee pads are required for all students.**

**Beginner Class:** Saturday 9:00 - 10:00am Ages: 5 - 13 years

This class is designed to help beginner skateboarders build balance, coordination, and confidence on a skateboard. Participants will be introduced to the fundamentals of skateboarding, skateboarding safety, and skate park etiquette. Skateboard rentals are available upon request. Contact Andrew to reserve a rental prior to the first class.

**Intermediate/Advanced Class:** Saturday 10:00 - 11:00am Ages: 6 - 13 years

Join us Saturday mornings for our new intermediate skateboarding class! This program is designed to help students develop independent confidence with ledges, stairs, grinds, airs, and flips. Open to participants ages 6-13. Must have at least one year of skateboarding experience.

**Adult Class:** Saturday 8:00 - 9:00am

Always wanted to learn how to skateboard? This class is designed for adult beginners who are looking to learn the fundamentals of skateboarding in a comfortable group environment at the Carmel Valley Skate Park. Class will entail skateboarding safety, balance and coordination exercises, ramp development, and basic trick progressions. No experience required. Contact Andrew to reserve a rental prior to the first class.

For more information, contact **Andrew Barbosa** at (619) 354-7998 Email: [andrew@skskatelife.com](mailto:andrew@skskatelife.com)

Cost: <b>\$93.00</b> /session	Class Times	Session I	Session II
		September 8 - October 13	October 20—December 1 (no class 11/24)
Adult Class	8:00 - 9:00 a.m.	<b>56086</b>	<b>56089</b>
Beginner Class	9:00 - 10:00 a.m.	<b>56087</b>	<b>56090</b>
Intermediate/Advance Class	10:00 - 11:00 a.m.	<b>56088</b>	<b>56091</b>

## SD SKATE THANKSGIVING CAMP

### Thanksgiving Break Skate Camp

Ages: 6 - 13 years

Minimum: 4 Maximum: 20

Join in on the fun this Thanksgiving Break at our Carmel Valley Skate Camp. Play skateboarding games, make new friends, and learn new tricks at the Carmel Valley Skate Park with expert instructor Andrew Barbosa. The program is for students ages 6-13 years old and would cover the fundamentals of skateboarding, skateboarding safety and etiquette, and trick development.

November 19 - 23 9:00 a.m. - 1:00 p.m. **[56092]**



## CARMEL VALLEY SKATE PARK

12600 El Camino Real, San Diego, CA 92130

Open Daily: 10AM - Dusk

*\*Subject to closure in rainy weather*



- \* Parent or legal guardian must accompany children under 12 years
- \* The only devices allowed in a skate park facility are skateboards, roller-skates, roller-blades, and in-line skates. Any other devices, including but not limited to bicycles, scooters, and motorized vehicles, are unlawful to use in a skate park facility.
- \* Skaters must be in full safety equipment to enter: Helmets, Elbow and Knee Pads designed for skateboarding
- \* Visitors/Spectators not skating are required to remain outside fenced area
- \* No smoking, alcohol, food or drink, or glass containers allowed inside the skate park
- \* Littering and graffiti are not permitted
- \* Unauthorized ramps, jumps or obstacles cannot be used inside or outside the skate park area.

# Dance to Evolve

## ROOM 1

**Magical Munchkins Tap / Ballet** 2 - young 3 years (3:30 - 4:15 p.m.) Minimum: 5 Maximum: 12  
 This gentle introductory combination class of tap, ballet, tumbling and games is fun, energetic, and expressive that will have your Magical Munchkin learning all the basics for their first dance class. Parent (or caregivers) presence required as parents participate as needed. Dancers must be at least 24 months prior to the session starting.

**Beat Breakers** 4 - 7 years (4:20 - 5:15 p.m.) Minimum: 6 Maximum: 17  
 Calling all boys and girls for this fun high-energy hip hop dance class that enables boys to be boys and girls to let loose. Dancers develop creativity, coordination, musicality and listening skills. This non-stop action-packed class includes hip hop, and dance games that will have your kids movin' to the beats! All music and moves are age appropriate.

**Hip Hop** 8 - 12 years (5:20 - 6:15 p.m.) Minimum: 6 Maximum: 17  
 This exciting and fast paced dance class will leave your kid feeling *fresh!* Don't be intimidated...great for boys and girls who want to be challenged, learn various styles of hip hop, push creativity, and boost confidence. All music and moves are age appropriate in this fun and open hip hop dance class for boys and girls.

	Semester \$250.00/15 weeks	Session I \$130.00/7 weeks	Session II \$148.00/8 weeks
Magical Munchkins	[56270]	[56271]	[56272]
Beat Breakers	[56260]	[56261]	[56262]
Hip Hop	[56257]	[56258]	[56259]

## ROOM 2

**YOU & Me Creative Movement** 14 months - young 2 years (4:30 - 5:15 p.m.) Minimum: 5 Maximum: 12  
 Come and spend a magical time with your toddler while they learn to dance to music and develop their motor and listening skills in a fun creative environment. On our special 'music days,' boys and girls will also get to play with fun instruments. This is a parent and toddler interactive dance class.

**Tiny Movers: Tap/Ballet** 3 - 4.5 years (3:30 - 4:25 p.m.) Minimum: 6 Maximum: 15  
 A combination class of tap and ballet with tumbling and dance games. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality, and rhythm to reach class goals in fun creative ways. This is the first big girls and boys class as parents watch from outside of the room.

**Ballet 1** 4.5 - 7 years (5:20 - 6:15 p.m.) Minimum: 5 Maximum: 16  
 A beginner ballet kid's class focusing on ballet technique through barre and center work. This class begins a young dancer's ballet training by developing grace, strength, and balance while always having fun.

	Semester \$250.00/15 weeks	Session I \$130.00/7 weeks	Session II \$148.00/8 weeks
YOU & Me	[56273]	[56274]	[56275]
Tiny Movers	[56263]	[56264]	[56265]
Ballet	[56276]	[56277]	[56275]

Semester dates: September 5 to December 19 (no class November 21)

Session I dates: September 5 to October 17

Session II dates: October 24 - December 19 (no class November 21)

For more information, contact **Dance to EvOLVe** at (858) 876-5327 or visit: [www.dancetoevolve.com](http://www.dancetoevolve.com)

# CHILD AND BABYSITTER SAFETY

**CHILD AND BABYSITTER SAFETY CLASS** Ages: 11 years and up Minimum: 4 Maximum: 20

Child and Babysitter Safety class is a community education program for youth ages 11-16, that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children.

Participants receive a booklet and starter first aid kit, and a Babysitter certificate from the American Health & Safety Institute upon completion. Instructor, Sue Lockhart, has been training babysitters in San Diego for 20 years. Group classes can also be scheduled for Girl Scout groups with a special discounted rate. Contact Sue directly at (858) 344-0475.

**Saturday 9:30 a.m. - 1:30 p.m.**

Cost: \$60.00/session

Location: CVRC Room 1

Instructor: Sue Lockhart

**Lockhart Training**



Session I: October 20 [56279]

For more information, contact **Sue** at (858) 344-0475

Internet: [www.lockhart-training.com](http://www.lockhart-training.com)

Email: [sue@lockhart-training.com](mailto:sue@lockhart-training.com)

# ROCK 'n TUMBLE GYMNASTICS

## TODDLERS AND PRESCHOOLERS

Rock 'n Tumble toddler and pre school classes cater to children ages walking through 4 years. The program teaches age appropriate gymnastics using fun progressions on our 'kids sized' gymnastics equipment. Our qualified instructors lead action packed classes where your child will learn to swing on the bars, jump on the trampoline, roll on the tumbling mats, and climb our ever popular inflatable mountain!

<b>Pre-Rollers</b>		<i>Age: walkers - 36 months</i>		<i>(Parent/Guardian participation required)</i>	
Led by our knowledgeable staff, parents accompany the young gymnast as they develop fine/gross motor & reading readiness skills, gymnastics, as well plus rhythm & movement. Our young gymnasts especially love the gymnastics stations, bubble play, music sticks and parachute time.					
Monday	10:00 - 10:45 a.m.	[55536]	Tuesday	10:00 - 10:45 a.m.	[55539]
	11:00 - 11:45 a.m.	[55538]		11:00 - 11:45 a.m.	[55540]
				5:45 - 6:30 p.m.	[55542]

<b>Gym Rollers</b>		<i>Age: 3 - 4 years</i>			
Students advance to our teacher led program while parents cheer the gymnasts on from the sidelines. Classes are designed to develop gymnastics using progressions on all of the apparatus while promoting safety and FUN!					
Monday	11:00 - 11:45 a.m.	[55543]	Tuesday	11:00 - 11:45 a.m.	[55548]
	12:00 - 12:45 p.m.	[55544]		12:00 - 12:45 p.m.	[55549]
	2:00 - 2:45 p.m.	[55545]		1:00 - 1:45 p.m.	[55550]
	3:30 - 4:15 p.m.	[55546]		3:30 - 4:15 p.m.	[55551]
	4:30 - 5:15 p.m.	[55547]		4:30 - 5:15 p.m.	[55552]
				5:45 - 6:30 p.m.	[55553]

<b>Gym Jumpers</b>		<i>Age: 4 - 6 years</i>			
Monday	11:00 - 12:00 p.m.	[55554]	Tuesday	11:00 - 12:00 p.m.	[55558]
	12:00 - 1:00 p.m.	[55556]		12:00 - 1:00 p.m.	[55559]
	2:00 - 3:00 p.m.	[55557]		1:00 - 2:00 p.m.	[55560]

## GYM-KIDS SCHOOL AGE PROGRAM

GYM-KIDS Academy classes cater to boys and girls ages 5 - 12. Our non competitive program teaches technically correct gymnastics skills using progressions in a safe environment. Using 'kid sized' Olympic equipment: vault, bars, beam, floor, and trampoline; our experienced instructors will develop your child's strength, flexibility, agility, and confidence as a gymnast. Rock 'n Tumble makes learning fun as gymnasts earn ribbons as they master skills.

<b>Gym Kids Academy</b>		<i>Age: 5 - 12 years</i>			
Monday	3:30 - 4:30 p.m.	[55561]	Tuesday	3:30 - 4:30 p.m.	[55565]
	4:30 - 5:30 p.m.	[55562]		4:30 - 5:30 p.m.	[55566]
	5:30 - 6:30 p.m.	[55563]			
	6:30 - 7:30 p.m.	[55564]			

\*\* Students will be divided into small groups based on age and skill level.

<b>Boys Only</b>		<i>Age: 6 - 10 years</i>			
Gymnastics instruction for school age boys that want to gain the strength, flexibility, and agility that will carry over into all sports.					
Monday	6:30 - 7:30 p.m.	[55567]			

### SESSION DATES

**Monday** September 17 - December 10 (No class November 12 and 19)

**Tuesday** September 18 - December 11 (No class November 13 and 20)

**Cost: \$187.00/11 Lessons** (Processing Fees will apply)

*No partial refunds or make ups for missed classes*

*(i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!*

For more information, contact Rock 'n Tumble at (858) 487-7799 / Email: mary@rockntumble.com

## MINI HOT SHOTS, HOT SHOTS, and XCEL TRAINING TEAM

**Focus on Level 3 & 4 skills. Must have instructor/teacher approval prior to enrolling**

<b>Mini Hot Shots</b>		<i>Age: 4 - 6 years</i>		<b>\$187.00/session</b>	
Monday	4:30 - 5:30 p.m.	[55568]	Tuesday	4:30 - 5:30 p.m.	[55570]
<b>Hot Shots</b>		<i>Age: 7 - 12 years</i>		<b>\$220.00/session</b>	
Monday	5:15 - 6:45 p.m.	[55572]	Tuesday	5:15 - 6:45 p.m.	[55573]
<b>Xcel Training Team</b>				<b>\$375.00/session</b>	
Monday & Tuesday	5:15 - 6:45 p.m.	[55574]			



# Yoga for All with Janice Sherman

## ADAPTIVE YOGA

Come try this FREE CLASS designed for people with cognitive, physical or developmental disabilities at the Carmel Valley Recreation Center. The class will be taught by certified instructor Janice Sherman. Participants needing assistance please call Therapeutic Recreation Services at 619-525-8247.

**THURSDAY 5:00 – 5:45 p.m.**  
September 6 - December 13 (No class 11/15 & 11/22) [56048] Free

## YOGA FOR ALL

A full body workout that combines yoga, core work, and meditation for students of all ages.

**MONDAY 9:30 – 10:30 a.m.**  
September 10 - December 17 (No class 11/12 & 11/19) [55712] \$130.00/13 weeks

**THURSDAY 6:30 – 7:30 p.m.**  
September 6 - December 13 (No class 11/22) [56110] \$140.00/14 weeks

## YOGA SPORT

Yoga Sport is a multi-level fitness class designed for strength training, cardio endurance, and stretching. This class is designed specifically for those new to weight training with modifications offered throughout the class. Students will need to bring their own weights.

**MONDAY 6:30 – 7:30 p.m.**  
September 10 - December 17 (No class 11/12 & 11/19) [55710] \$130.00/13 weeks

**FRIDAY 9:30 – 10:30 a.m.**  
September 7 - December 14 (No class 9/14 & 11/23) [55711] \$130.00/13 weeks

## I.S.P.E. YOGA for Middle and High School Students

These classes will be held as part of the Monday and Thursday regular class. Class will include physical practice as well as class discussions on meditations, health, and other yoga topics.

**Monday & Thursday 6:00 – 7:30 p.m.**  
Full Session: September 7 - December 14 [56111] \$405.00/13 weeks  
(No Class 11/12, 11/19 & 11/22)

**\*No Class Thanksgiving Week\***

For more information, contact Janice Sherman at 858-735-6166 or email [yoga\\_mom@me.com](mailto:yoga_mom@me.com)

# SoCal Softball

## ADULT COED KICKBALL

Minimum : 5 Teams Maximum: 8 Teams

**Tuesday Night League - \$620.00 Per Team** [55361]  
September 25 - November 27 / 10 Weeks *Game times between 6:10 - 10:10 p.m.*

For more information please contact League Director: Pete McNamara at 858-752-9757 or [pmcna80@gmail.com](mailto:pmcna80@gmail.com)

# OPEN PLAY

## OPEN GYM PLAY

The gymnasium is open to the public for scheduled activities. See lobby for calendar of scheduled activities:

Badminton



Basketball

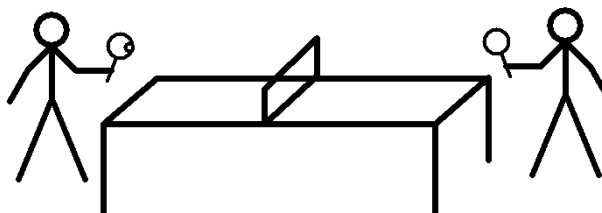


Pickleball



## TABLE TENNIS

Table Tennis is open to the public when the room is not in use. Please see staff for available times.



# RENTAL PROGRAMS

## MASTER SPORTS\*\*\* REGISTER DIRECTLY WITH MASTER SPORTS [www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)

### Skills Classes - Introduce - Develop - Master

Our classes build self confidence, strength, coordination, skill, knowledge and a love of sport towards a goal of a healthy, fun, athletic lifestyle.

<b>Basketball</b>	Ages: 4 - 12	Wednesdays, CVRC Gymnasium
<b>Volleyball</b>	Ages: 9 - 13	Mondays, CVRC Gymnasium
<b>Soccer</b>	Ages: 4 - 12	Fridays, CVRC Small Lower Field
<b>Jr. Sports</b>	Ages: 2 - 5	Monday, Tuesday, CVRC Small Lower Field

<b>Baseball</b>	Ages: 6 - 10	Wednesdays, CVRC Fields
<b>Coed Arena Soccer</b>	Ages: 4 - 9	Saturdays, CVRC Small Lower Field
<b>Camps</b>	Ages: 6 - 12	These camps offer the perfect blend of sports instruction and fun.

Thanksgiving Camp November 19 - 21

### Leagues - Introduce - Develop - Compete

<b>Basketball</b>	Grades: 1 - 8	Games: Saturdays, CVRC Gymnasium
<b>Beginner T-Ball</b>	Ages: 3.5 - 5	Saturdays, CVRC Small Lower Field
<b>Indoor Soccer</b>	Ages: All	Saturdays, CVRC Lower Field

For more information, contact: Cara Dawson at (858) 945-4889



## LITTLE RASCALZ SOCCER\*\*\* REGISTER DIRECTLY WITH LITTLE RASCALZ [www.littlerascalzsoccer.com](http://www.littlerascalzsoccer.com)



NON-COMPETITIVE SOCCER CLASSES FOR CHILDREN UNDER 7

Our classes are unique. There is no substitution to this program and our highly effective methods. Our particular style of fun/teaching is completely one of a kind and we back that up with a 100% money back guarantee. Our classes are extremely entertaining & effective. Our child coach ratio is unparalleled and our class sizes are small.

For more details and lists of classes in Carmel Valley Call (619) 309-9626 or visit [www.littlerascalzsoccer.com](http://www.littlerascalzsoccer.com)

## Vavi Sport and Social Club\*\*\* REGISTER DIRECTLY WITH VAVI [www.GoVAVI.com](http://www.GoVAVI.com)

Meet new people get some exercise and play the sport you love with VAVi Sport & Social!  
Check out the upcoming leagues at Carmel Valley Rec Center below:

<b>Coed Adult Kickball</b>	Mondays: 6pm-10pm, CVRC Upper Fields
<b>Coed Adult Softball</b>	Wednesdays: 6pm-10pm, CVRC Upper Fields
<b>Coed and Women's Indoor Volleyball</b>	Thursdays: 6pm-9pm, CVRC Gym

For more information contact Vavi at: (858) 273-3485 or email: [info@govavi.com](mailto:info@govavi.com).

# CARMEL VALLEY YOUTH SPORTS ORGANIZATIONS

**Borussia Del Mar Soccer Club**  
[www.borussiadelmar.com](http://www.borussiadelmar.com)  
**Carmel Valley Falcons Lacrosse**  
[www.adrln.com/club/carmel-valley-falcons](http://www.adrln.com/club/carmel-valley-falcons)  
**Del Mar American Little League**  
[www.delmaramerican.org](http://www.delmaramerican.org)  
**Del Mar National Little League**  
[www.delmarnational.org](http://www.delmarnational.org)

**Sharks Soccer**  
[www.dmcsharks.com](http://www.dmcsharks.com)  
**North Shore Girls Softball**  
[www.northshoregirlsoftball.com](http://www.northshoregirlsoftball.com)  
**Torrey Pines Pop Warner & Cheer**  
[www.torreypinespw.com](http://www.torreypinespw.com)  
**Friday Night Lights Youth Flag Football**  
[www.cvfnl.com](http://www.cvfnl.com)  
**San Diego Youth Rugby Club**  
[www.sandiegoyouthrugby.org](http://www.sandiegoyouthrugby.org)

Master Sports, Little Rascalz, and Vavi rent facilities from the City of San Diego at the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of these individual businesses.

**Please contact them directly for all program inquiries.**