

Carmel Valley Recreation Center

3777 Townsgate Dr. San Diego, CA 92130

Phone: (858) 552-1616



Spring 2024 Program

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. - 3:00p.m.
Sunday	Closed



RECREATION CENTER INFORMATION



OUR MISSION

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

HOLIDAY CLOSURES

Monday, April 1, 2024 Cesar Chavez Day
Monday, May 27, 2024 Memorial 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 barbecues
- Outdoor basketball courts
- Multipurpose fields
- Outdoor Fitness Stations
- Two Playgrounds
- Tennis courts
- Amphitheater



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

CARMEL VALLEY

COMMUNITY RECREATION GROUP

Carmel Valley and Ocean Air Community Parks and Recreation Centers are public facilities that the City of San Diego and the Carmel Valley Community Recreation Group oversee. The Community Recreation Group meets the first Tuesday of January, April, July and October at 7:00pm at the Carmel Valley Recreation Center. Meeting notice and information is posted on the Carmel Valley and Ocean Air Recreation Centers 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 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 City of San Diego 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.
- City staff handles all registration for the program
- Contractors must submit a business license and proof of insurance
- 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



REGISTRATION INFORMATION

Registration Begins: Saturday, February 10, 2024 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*

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

96.5% refund - 10 or more calendar days prior to the first scheduled game

50% refund - less than 10 calendar days prior to the first scheduled game

No refund or transfer for requests after the first scheduled game

ONLINE REGISTRATION INFORMATION

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

Log onto: www.SDRecConnect.com

Returning Customers (previously registered for classes online)

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

New Customers - 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.**

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, and 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 and Recreation Department by contacting the District Manager at (619) 235-1133 or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, DC 20240. This information is available in alternative formats upon request.



CARMEL VALLEY CRIBBAGE CLUB - SENIORS



CRIBBAGE CLUB - HAPPY PEGGER

Minimum: 4 Maximum: 10

Are you looking to try out a classic card game that's tons of fun? Cribbage is the perfect choice when you want a quick game to play with a friend. It's simple: just race your pegs around the board by playing cards and earning points and cross the finish line before your opponent to win. Cribbage scores a little differently than other card games, but our staff is here to guide you through the rules. Cribbage enhances short term memory and improves physical health.

Thursdays: May 2, 9, 16, 23

Cost: **\$10.00**/4 week session

50 years and up: **[112321]**

Location: CVRC Multipurpose Room 1

Thursdays: 3:30 - 4:45 p.m.



For more information, contact Sheldon at 858-552-1616



CHALLENGE ISLAND



Challenge Island Disaster Island © - Stream + SEL

Minimum: 6 Maximum: 12

Inspired by the bestselling "I survived" book series, Disaster Island © will take your STEAM Team on a thrilling adventure through some of the most famous disasters in history! From the eruption of Mount Vesuvius to the Great San Francisco earthquake, you and STEAM teammates will work together to overcome epic challenges using only the materials in your treasure chest and the power of your imagination.

Tuesdays: March 12 - April 23

***NO CLASS APRIL 2**

Cost: **\$211.00**/6 week session

7 - 10 years: **[112322]**

Location: CVRC Multipurpose Room 2

Tuesdays: 3:30 - 4:45 p.m.

Challenge Island Pet Palooza Camp™

Minimum: 6 Maximum: 16

Wag on over to the most PAWSOME camp in town! You and your STEAM Team will engineer a world created just for pets: From Pets Palooza Hotel Day to Having a Ball Day to Give a Dog a Bone Day to Salty Sea Dog Day to every special Rescue Pets Day. You'll even get to adopt adorable pretend pets of your own and create habitats to match their needs and personalities! This STEAMtastic camp get two paws up and is a must for every pet-loving kid!

April 2 - April 5

6 - 9 years: **[112323]**

Tuesdays: 9:00 - 12:00 p.m.

For more information, contact **Ritika** at **(858) 922-7489**

Email: sandiegocoastal@challenge-island.com



CINEMATOGRAPHY



"Picture Perfect, Point, Click and Shoot"

Minimum: 5 Maximum: 10

Advanced Cinematography

Materials Needed: an 8GB or higher USB flash drive

Only students that have taken Cinematography 101 will be allowed in the advanced class.

Students will learn the advanced possibilities of cinematography and audio production in advance cinematography. Students will brainstorm and create nonfiction video episodes. Participants can interview, direct, shoot and edit local news topics or ideas. The class will showcase their video segments on the company's YouTube production channel, "CFA Studios." Additionally, students will develop creative talent and technological knowledge. This course will prove to the students they can transfer many of these skills to the real-world adult situations.

Mondays: March 18 - May 13

Cost: **\$176.00**/8 week session

9 - 14 years: **[112324]**

*** NO CLASS APRIL 1**

Location: CVRC Multipurpose Room 2

Mondays: 5:00 - 6:00 p.m.

Thursdays: March 21- May 16

Cost: **\$176.00**/8 week session

9 - 14 years: **[112325]**

*** NO CLASS APRIL 4**

Location: CVRC Multipurpose Room 1

Thursdays: 5:00 - 6:00 p.m.

For more information contact Valente Aranda at 858-345-6872 or email: info@thechildrensfilmacademy.com



ART CLASS - ARTIST STUDIO



ARTISTS STUDIO

Minimum: 6 Maximum: 16

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

SESSION I

Thursdays: March 7 - April 11

Cost: **\$170.00**/5 week session

5 - 12 years: **[112319]**

*** NO CLASS APRIL 4**

Location: CVRC Multipurpose Room 2

Thursdays: 4:00 - 5:00 p.m.

SESSION II

Thursdays: April 25 - May 23

Cost: **\$170.00**/5 week session

5 - 12 years: **[112375]**

Location: CVRC Multipurpose Room 2

Thursdays: 4:00 - 5:00 p.m.



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



TINY TOTS - HOPSCOTCH



Hopscotch San Diego

Ages: 2.5 - 5 years

Minimum: 6 Maximum: 20

Hop into learning and fun at the Hopscotch International Tiny Tots preschool classes! Miss Kim (BA, MA, TEFL) has worked with children from around the world for many years and incorporates art projects, informal music lessons, dancing/movement and super fun educational activities - utilizing both indoor and outdoor facilities. Watch your child grow and learn in an international preschool community that gives them the opportunity to creatively be themselves.

Child must be potty trained to participate in classes.

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

Location: Room 2

March 1 - March 29

M/W/F - \$502.00 / 13 classes

"Gardening"
[112365]

Tu/Th - \$309.00 / 8 classes [112366]

April 2 - April 30

M/W/F - \$464.00 / 12 classes

"Down on the Farm"
[112367]

Tu/Th - \$348.00 / 9 classes [112368]

May 1 - May 31

M/W/F - \$502.00 / 13 classes

"Fairy Tales"
[112369]

Tu/Th - \$348.00 / 9 classes [112370]

***NO CLASS MAY 27**

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

Internet: <http://hopscotchsandiego.com>

Email: kimbruch@yahoo.com



BABYSITTER TRAINING CLASS



CHILD AND BABYSITTER SAFETY CLASS - LOCKHART TRAINING

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 **digital** booklet 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.

Session I: April 2 [112320]

Tuesday : 1:00 p.m. - 500 p.m.

Cost: \$57.00

Location: CVRC Room 1

Instructor: Sue Lockhart

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

Internet: www.lockhart-training.com

Email: sue@lockhart-training.com

Lockhart Training





SKATEBOARDING CLASS - SD SKATELIFE



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 - 10:00 a.m.

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.

Intermediate/Advanced Class:

Saturday 10:00 - 11:00 a.m.

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. Must have at least one year of skateboarding experience.

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

Cost: \$120.00 /session I	Class Times	6 weeks April 6 - May 11
Beginner	9:00 - 10:00 a.m.	112358
Intermediate/Advanced	10:00 - 11:00 a.m.	112361

Cost: \$120.00 /session II	Class Times	6 weeks May 25 - June 29
Beginner	9:00 - 10:00 a.m.	112359
Intermediate/Advanced	10:00 - 11:00 a.m.	112360



SKATEBOARDING CAMP & CONTEST - SD



Spring Break Skateboard Camp

[112334]

Cost: \$207.00

Date: April 1 - April 5

Camp is from 9:00 a.m. - 12:30 p.m. - Join in on the fun 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.

Spring Skateboard Contest

Cost: \$26.00

Date: Saturday, May 18

Participants will be judged on "Best Trick" and a game of SKATE.

Beginners 10:00 a.m. [112363] Intermediate 10:30 a.m. [112364] Advance 11:00 a.m. [112362]
18 and up 11:30 a.m. [112378]



CARMEL VALLEY SKATE PARK INFORMATION



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 CLASSES - DANCE TO EVOLVE



**ALL STUDENTS ARE ENCOURAGED TO JOIN THE ANNUAL SHOWCASE ON JUNE 9
IT'S YOUR TIME TO SHINE!!**

Tiny Movers Tap & Ballet 3- 4.5 years

(3:45 - 4:40pm)

Minimum: 6 Maximum: 15

A combination class of tap and ballet and dance games for kids. 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. Classes start with tap and then transition into ballet each week. This is the first independent class for kids as families watch from outside of the room. This class is great for both boys and girls. Class is designed to be progressive, continuing throughout the year until the annual spring showcase.

Star Shiners Tap & Ballet 4 - 6.11 years

(4:45 - 5:40pm)

Minimum: 6 Maximum: 16

Keep your Star Shiner moving in this tap and ballet combination class. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Classes start with tap and then transition into ballet each week. Dancers develop dance, listening and coordination skills, including an emphasis on ballet terminology and technique. Class is designed to be progressive, continuing throughout the year until the annual spring showcase.

Beat Breakers Hip Hop 4 - 7.11 years

(5:45 - 6:40 p.m.)

Minimum: 6 Maximum: 16

This fun, high-energy dance class enables boys and girls to let loose while developing creativity, coordination, musicality and listening skills. Activities include hip hop and dance games in a non-stop action-packed class that will have you movin' to the beats! Class is designed to be progressive, continuing throughout the year until the annual spring showcase.

Pre-Teen Hip Hop 8 - 12 years

(6:45 - 7:40 p.m.)

Minimum: 6 Maximum: 16

This exciting and fast paced kids dance class will leave your dancer feeling fresh! Don't be intimidated... great for dancers 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. No experience necessary. Class is designed to be progressive, continuing throughout the year until the annual spring showcase.

WEDNESDAYS ROOM 1

Session I \$174.00/9 weeks	
Tiny Movers Tap/Ballet	[112332]
Star Shiners Tap/Ballet	[112330]
Beat Breakers Hip Hop	[112326]
Pre-Teen Hip Hop	[112328]

Session I dates: April 17 - June 12

For more information, contact **Dance To EvOLvE** at (858) 876-5327

info@dancetoevolve.com



ROCK N' TUMBLE GYMNASTICS



EARLY CHILDHOOD GYMNASTICS

Rock 'n Tumble toddler and pre school classes cater to children ages walking through 4 years old. 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!

Into to Gym Rollers

Age: walking - 36 months

(Parent/Guardian participation required)

Led by our knowledgeable staff, parents accompany their young gymnast as they develop fine/gross motor & reading readiness skills, gymnastics, rhythm & movement. Our young gymnasts especially love the parent-child partner skills, gymnastics circuits, bubble play, music sticks and parachute time.

Wednesday	10:15 - 11:00 a.m.	[112356]	Thursday	9:30 - 10:15 a.m.	[112355]
	11:15 - 12:00 p.m.	[112357]		10:30 - 11:15 a.m.	[112354]

Gym Rollers

Age: 3 - 4 years

Our teacher led gymnastics classes for the young gymnast are full of action and imaginative play. Classes are designed to develop gymnastics using progressions on 'kid sized' equipment: vaults, bars, balance beam, floor, tumble-track, airtrack and trampoline while promoting learning, cooperative play, safety and FUN!

Wednesday	11:15 - 12:00 p.m.	[112350]	*age: 3-5	Thursday	11:30 - 12:15 p.m.	[112346]	*age: 3-5
	3:00 - 3:45 p.m.	[112351]			3:15 - 4:00 p.m.	[112347]	
	4:00 - 4:45 p.m.	[112352]			4:15 - 5:00 p.m.	[112348]	
	5:00 - 5:45 p.m.	[112353]			5:15 - 6:00 p.m.	[112349]	

ACADEMY GYMNASTICS

Rock 'n Tumble Academy classes cater to boys and girls ages 5 - 11. Students are divided into small groups within this age range by both age and skill level. Our non competitive program teaches technically correct gymnastics skills using safe progressions. Classes include warm up and condition plus instruction on vault, bars, balance beam, floor, tumble-track, airtrack and trampoline. Our experienced instructors will develop your child's strength, flexibility, agility, and confidence. At Rock 'n Tumble, learning gymnastics is FUN as students earn special awards as they master new skills..

Academy Gymnastics

Age: 5 - 7 years / 8 - 11 years

Wednesday	2:00 - 2:45 p.m.	[112341]	Thursday	3:15 - 4:00 p.m.	[112338]
	3:00 - 3:45 p.m.	[112342]		4:15 - 5:00 p.m.	[112339]
	4:00 - 4:45 p.m.	[112343]		5:15 - 6:00 p.m.	[112340]
	5:00 - 5:45 p.m.	[112344]			
	6:00 - 6:45 p.m.	[112345]			

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

Academy Gold

Age: 5 - 12 years

Wednesday	2:00 - 3:00 p.m.	[112336]	Thursday	5:00p.m. - 6:00p.m.	[112335]
	6:00 - 7:00 p.m.	[112337]			

This hour long class is the next level up from our Academy class. It is designed for academy students that have mastered the following skill prerequisites: strong handstand, cartwheel/round off, bridge kickover and pull-over on bars. Be sure to check with your teacher to verify this class is a good fit for you. Teacher invite is required when registering for class.

***Please email classes @rockntumble.com for more info**

SESSION DATES AND PRICING:

Wednesday or Thursdays

April 10/11 - June 12/13

\$223.00 (10 lessons)

*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





YOGA GAL WITH JANICE SHERMAN



YOGA GAL (MONDAY)

Minimum: 4 Maximum: 10

Build strength and length in this full body slow flow. Class is ideal for beginners and those who want to spend a little time in each pose. Class will include core work, standing balance, mild backbends, twists, side body, core strength and stretching.

March 11 - May 20

Cost: **\$160.00**/10 week session
18 and up: **[112372]**

*No class April 1

Location: CVRC Multipurpose Room 1
Mondays: 9:30 - 10:30 a.m.

YOGA SCULPT (MONDAY)

Minimum: 4 Maximum: 10

This class is ideal for an intermediate level student who wants to bring their practice to the next level. Class will include arm and standing balances, upper body strength, inversions, core work and backbends.

March 11 - May 20

Cost: **\$160.00**/10 week session
18 and up: **[112373]**

*No class April 1

Location: CVRC Multipurpose Room 1
Mondays: 6:30 - 7:30 p.m.

YOGA GAL (THURSDAY)

Minimum: 4 Maximum: 10

Build strength and length in this full body slow flow. Class includes core work, standing balance, backbends, twists, side body, modified arm balances and inversions. Class is ideal for beginner and intermediate level students.

March 14 - May 30

Cost: **176.00**/11 week session
18 and up: **[112371]**

*No class April 4

Location: CVRC Multipurpose Room 1
Thursdays: 6:30 - 7:30 p.m.

SENIOR YOGA CLASS

SENIOR CHAIR YOGA (THURSDAYS)

Class combines low impact cardio, weights and stretching. Participants can stand or use a chair.

Participate at your own level!
Dress In comfortable clothes and bring water.

March 14 - May 30

Cost: **\$68.00**/11 week session
Room 1
60 and up: **[112374]**

*No class April 4

Location: CVRC Multipurpose

Thursdays: 12:15 - 1:00 p.m.

For more information, contact Janice Sherman

Phone: (858) 735-6166

Email: yoga_mom@me.com



UPCOMING SPECIAL EVENT - SPRING EGG HUNT



Carmel Creek Neighborhood Park

4260 Carmel Center Road San Diego, CA 92130

(858) 552-1616

Hoppy & Hunting Spring Eggscapade

March 30, 2024

9:00 a.m. - 12:30 p.m.

Check your eggs for a **GOLDEN TICKET** to win a prize basket!

Bring your own camera for pictures with the Bunny

Egg Hunt Schedule

10:00 a.m. - 2 and under

10:20 a.m. - 3 to 4 years

10:40 a.m. - 5 to 6 years

11:00 a.m. - 7 to 8 years

11:20 a.m. - 9 to 10 years

11:40 a.m. - 11 to 12 years

12:00 p.m. - MAGIC SHOW

FACE PAINTERS

DJ
ARTS & CRAFTS

MAGIC
SHOW

OBSTACLE
COURSE

JUMPER



CARMEL VALLEY YOUTH SPORTS ORGANIZATIONS



Borussia Del Mar Soccer Club

www.borussiadelmar.com

Carmel Valley Falcons Lacrosse

www.adrln.com/club/carmel-valley-falcons

Del Mar American Little League

www.delmaramerican.org

Del Mar National Little League

www.delmarnational.org

San Diego Youth Rugby Club

<https://www.girlsrugbyinc.com/sandiego/>

Sharks Soccer

www.dmcsharks.com

North Shore Girls Softball

www.northshoregirlssoftball.com

Torrey Pines Pop Warner & Cheer

www.torreypinespw.com

Friday Night Lights Youth Flag Football

www.cvfnl.com

San Diego Youth Rugby Club

www.sandiegoyouthrugby.org