

Carmel Valley Recreation Center
3777 Townsgate Dr. San Diego, CA 92130
Phone: (858) 552-1616



Spring 2025 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



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

HOLIDAY CLOSURES

Monday, March 31, 2025
Monday, May 26, 2025

Cesar Chavez Day
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 barbeques
- Two Playgrounds
- Tennis courts
- Amphitheater
- Outdoor basketball courts
- Multipurpose fields
- Outdoor Fitness Stations

PARK RULES

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



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 Grove Park

Corner of Carmel Grove & Carmel Creek Rd.

Carmel Knolls Park

4850 Carmel Knolls Dr.
tanias

Solana Highlands Park

3520 Long Run Drive

Carmel View Park

Corner of Valley Centre Dr. & Carmel View Rd

Carmel Mission Park

Corner of Carmel Country & Carmel Mission

Torrey Highlands Park

Corner of Del Mar Heights Rd. & Lansdale

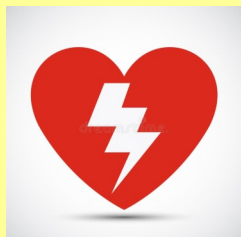
Windwood Park

Corner of Carmel Creek Rd. & Paseo Mon-

PARK USE INFORMATION

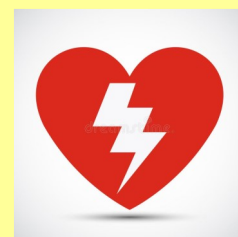
City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

**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.





RECREATION CENTER INFORMATION



COMMUNITY RECREATION ADVISORY 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 inside Multipurpose Room I at 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.

CARMEL VALLEY SKATE PARK

- * 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.



RECREATION CENTER INFORMATION



REGISTRATION INFORMATION

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*

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

Swimming Lessons: No refunds unless swimming lessons are cancelled by City staff. Transfer to another class may be permitted by the Pool Manager, at their sole discretion. No refund for emergency closure due to pool contamination.

One-day Activity/Field Trips: Refund is based on the date that the written application is submitted.

96.5% refund - 20 or more calendar days prior to the Activity or Field Trip

No refund for requests submitted less than 20 calendar prior to the Activity or Field Trip.

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.**



RECREATION CENTER INFORMATION



Permit Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form (COM-6), in person at the facility where the permit is issued. Refund will be processed in accordance with the cancellation/refund procedures as stated in the Parks & Recreation Fee Schedule. A 3.56% processing fee will be deducted from all refunds.

- 1) League Reservations for Fields and Indoor/Outdoor Courts: Refund is based on the date that the written cancellation/refund application is submitted.
 - 96.5% refund - 14 or more calendar days prior to the first scheduled use
 - No refund for requests received less than 14 calendar days prior to the first scheduled use
 - Field and Court Reservation Fees are non-refundable
- 2) Grounds Use Fees: Refund is based on the date that the written cancellation/refund application is submitted.
 - 96.5% refund (less \$50) - 60 calendar or more days prior to the event
 - No refund for requests submitted less than 60 calendar days prior to the event
- 3) Outdoor Court (except leagues) and Kumeyaay Campground: Refund is based on the date that the written cancellation/refund application is submitted.
 - 96.5% refund - 14 calendar days or more prior to use
 - No refund for requests submitted less than 14 calendar days prior to use
- 4) Building, Field, Picnic Shelter, Recreation Center Fund Fees and All Other Permit Rentals (not identified above): Refund is based on the date that the written cancellation/refund application is submitted.
 - 96.5% refund - 30 calendar days or more prior to use
 - 75% refund - less than 30 calendar days prior to use
 - 50% refund - less than 10 calendar days prior to use
 - No refund for requests less than 48 hours prior to use
- 5) Pool Rentals: Refund is based on the date that the written cancellation/refund application is submitted.
 - 96.5% refund - 14 or more calendar days prior to use
 - 75% refund - 48 hours or more prior the first day of a monthly rental
 - Late cancellations will be charged 25% of the fee paid

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) 235-1132 or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, DC 20240. This information is available in alternative formats upon request.



ART CLASS - MINI MAKERS



MINI MAKERS - CLAY CREATIONS

Minimum: 4

Maximum: 12

Location: CVRC Room 2

Participants will have an introduction to clay sculpting and guidance on how to manipulate it. Your child will have the opportunity to interact with other children in the same age range while focusing on their creative skills.

Wednesdays: March 5 - March 26 Cost: \$20.00/4 week session
5 - 8 years: [120351] 4:00 - 5:00 p.m.

Wednesdays: April 9 - April 30 Cost: \$20.00/4 week session
5 - 8 years: [120352] 4:00 - 5:00 p.m.

For more information, contact **Anthony** at (858) 552-1616



Flag Football - Carmel Valley Cougars



CARMEL VALLEY COUGARS - FLAG FOOTBALL

Minimum: 7

Maximum: 14

Location: CVRC Upper Field

Join us for an exciting new opportunity to learn and play with the Carmel Valley Cougars Flag Football Team! Our flag football program is designed to teach the fundamentals of the game in a safe, supportive and energetic environment. Whether you're taking your first steps onto the football field or looking to elevate your skills, our dedicated coaches are here to guide you every step of the way.

In this dynamic 7 vs 7 format, players will engage in a variety of drills and workouts that focus on skill development, teamwork and sportsmanship. From passing and receiving to defensive strategies, each class is carefully crafted to enhance your abilities on the field.

We believe in fostering a sense of camaraderie and building lasting friendships among teammates. Through fun and engaging activities, you'll learn the importance of collaboration, respect and leadership—qualities that extend beyond the game of football.

Wednesdays: March 12 - April 23
5 - 7 years: [120354]

Cost: \$60.00/6 week session
3:30 - 4:30 p.m.

Wednesdays: March 12 - April 23
8 - 10 years: [120410]

Cost: \$60.00/6 week session
4:30 - 5:30 p.m.

NO CLASS APRIL 2 (SPRING BREAK)



For more information, contact **Coach Joseph**
(858) 552-1616





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, as well as an Infant/Child CPR certificate upon completion. Instructor, Sue Lockhart, has been training babysitters in San Diego for 30 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: May 14 & May 16

[120353]

Wednesday & Friday:

4:00 p.m. - 6:00 p.m.

Cost: \$57.00

Ages: 11-16 Years

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



CHALLENGE ISLAND - ROAD TRIP USA CAMP



Challenge Island Road Trip USA CAMP © - Stream + SEL Minimum: 8 Maximum: 16
Rev up you Recreation Vehicle (R.V) for a cross country STEAM adventure! You and your tribe will engineer your way from sea to shining sea. From the Statue of Liberty to the Golden Gate Bridge, from the Hawaiian Volcanoes to the Floridian Theme Parks, to an open road of exciting pit-stops between. This imagination-fueled excursion across the USA promises to have campers smiling from coast to coast.

Tuesday, April 1 - Friday , April 4
***NO CLASS Monday, March 31**



Cost: \$224.00/4 Day Camp
7 - 12 years: [120409]

Location: CVRC Multipurpose Room 1
Tuesdays: 9:00am - 12:00 pm



For more information, contact **Ritika** at **(858) 922-7489**
Email: sandiegocoastal@challenge-island.com





CINEMATOGRAPHY



Minimum: 5 Maximum: 10

Advanced Cinematography

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: April 7 - June 2

Cost: **\$197.00**/8 week session

9 - 14 years: **[120355]**

Location: CVRC Multipurpose Room 2

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

Thursdays: April 10 - May 29

Cost: **\$197.00**/8 week session

9 - 14 years: **[120356]**

Location: CVRC Multipurpose Room 2

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.

SESSION I

Thursdays: March 6 - April 10

Cost: **\$193.00**/5 week session

5 - 10 years: **[120350]**

Location: CVRC Multipurpose Room 2

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



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



TINY TOTS - HOPSCOTCH SAN DIEGO



Hopscotch San Diego

Ages: 3 - 5 years

Minimum: 6 Maximum: 20

Child must be potty trained to participate in classes.



Tiny Tots is a play-based program open to fully potty-trained participants ages 3 to 5 years of age. This program celebrates each child's independence, self-confidence, and individual learning style, by providing daily purposefully planned opportunities to explore and grow in the areas of writing, crafts, music, movement, science, math, reading, and other age-appropriate activities. Participants engage in both indoor and outdoor play structured to stimulate cognitive, physical, and emotional development. Participants are encouraged and given time to explore, learn, and wonder. This program is not a child or day care program but is an unlicensed "public recreation program" meeting Department of Social Services Community Care Licensing exemption criteria. Carmel Valley Tiny Tots program follows and adheres to all guidelines and laws set forth by the Department of Social Services.

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

Location: Room 2

March 3 - March 28

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

"Gardening"
[120403]

Tu/Th - \$309.00 / 8 classes **[120404]**

April 7 - April 30

M/W/F - \$425.00 / 11 classes

"Down on the Farm"
[120401]

Tu/Th - \$271.00 / 7 classes **[120402]**

May 1 - May 30

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

"Fairy Tales"
[120399]

Tu/Th - \$348.00 / 9 classes **[120400]**

***NO CLASS MAY 26**

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

Internet: <http://hopscotchsandiego.com>

Email: kimbruch@yahoo.com



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@sdskatelife.com

Cost: \$120.00 /session I	Class Times	6 weeks April 5 - May 10
Beginner	9:00 - 10:00 a.m.	120391
Intermediate/Advanced	10:00 - 11:00 a.m.	120393

Cost: \$120.00 /session II	Class Times	6 weeks May 24 - June 28
Beginner	9:00 - 10:00 a.m.	120392
Intermediate/Advanced	10:00 - 11:00 a.m.	120394



SKATEBOARDING CAMP & CONTEST - SD



Spring Break Skateboard Camp

[120367]

Cost: \$225.00

Date: March 31 - April 4

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 17

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

Beginners	10:00 a.m.	[120397]	Intermediate	10:30 a.m.	[120398]	Advance	11:00 a.m.	[120396]
			18 and up	11:30 a.m.	[120395]			



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 APRIL 26
IT'S YOUR TIME TO SHINE!!**

Magical Munchkins Tap & Ballet

2 – 3.3 years

(3:00 - 3:40pm)

Minimum: 5 Maximum: 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.

Tiny Movers Tap & Ballet

3 – 4.4 years

(3:45 - 4:40pm)

Minimum: 5 Maximum: 15

Welcome to our energetic and expressive tap, ballet, and dance games class designed especially for your Tiny Mover! Watch as they embark on a journey of learning basic dance and motor skills, musicality, and rhythm, all while having a blast in a supportive environment. Starting with tap and seamlessly transitioning into ballet each week, our classes are carefully crafted to keep your little one engaged and excited. This is their first independent class, with families watching from outside the room, fostering confidence and independence. As the year progresses, our progressive curriculum leads them towards mastering new skills, culminating in a dazzling performance at our annual spring showcase. Join us for a year of growth, laughter, and unforgettable memories as we dance our way to the spotlight!

Star Shiners Tap & Ballet

4.5 - 6.11 years

(4:45 - 5:40pm)

Minimum: 5 Maximum: 15

Join us in nurturing your child's passion for dance with our dynamic tap and ballet combination class! Our welcoming environment fosters continuous growth and progression, guiding dancers through a journey of skill development and self-expression. Each session is carefully designed to seamlessly integrate curriculum goals with joyous movement, ensuring your dancer is both challenged and fulfilled. Starting with tap and seamlessly transitioning into ballet each week, dancers not only refine their dance, stening, and coordination skills but also dive into the intricacies of ballet terminology and technique. As we work towards our annual spring showcase, every step taken in class leads towards an unforgettable on-stage performance, where our dancers shine bright. Plus, once a month, we spice things up with a jazz dance day, adding variety and excitement to our repertoire. Come join our dance family and watch the talent blossom!

Beat Busters Hip Hop

4 - 7.11 years

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

Minimum: 5 Maximum: 15

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.

Hip Hop Hype Squad

8 - 12 years

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

Minimum: 5 Maximum: 15

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.

WEDNESDAYS ROOM 2	Session I
Magical Munchkins Tap/Ballet	[120361] ** \$182.00/9 weeks
Tiny Movers Tap/Ballet	[120365] ** \$182.00/9 weeks
Star Shiners Tap/Ballet	[120363] \$242.00/12 weeks
Beat Busters Hip Hop	[120357] \$242.00/12 weeks
Hip Hop Hype Squad	[120359] \$242.00/12 weeks

**** Session I dates: April 2 - May 28**

Session I dates: April 2 - June 18

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

[**info@dancetoevolve.com**](mailto:info@dancetoevolve.com)



ROCK N' TUMBLE GYMNASTICS



Into to Gym Rollers: *walking - 36 months*

(Parent/Guardian participation required)

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

Wednesday 10:15 - 11:00 a.m. [120368]
11:15 - 12:00 p.m. [120390]

Thursday 9:30 - 10:15 a.m. [120389]
10:30 - 11:15 a.m. [120388]

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, air-track and trampoline while promoting learning, cooperative play, safety & FUN!

Wednesday 11:15 - 12:00 p.m. [120384]	*age: 3-5	Thursday 11:30 - 12:15 p.m. [120380]	*age: 3-5
3:00 - 3:45 p.m. [120385]		3:15 - 4:00 p.m. [120381]	
4:00 - 4:45 p.m. [120386]		4:15 - 5:00 p.m. [120382]	
5:00 - 5:45 p.m. [120387]		5:15 - 6:00 p.m. [120383]	

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

Ages: 5 - 12 years

Wednesday 2:00 - 2:45 p.m. [120375]	Thursday 3:15 - 4:00 p.m. [120372]
3:00 - 3:45 p.m. [120376]	4:15 - 5:00 p.m. [120373]
4:00 - 4:45 p.m. [120377]	5:15 - 6:00 p.m. [120374]
5:00 - 5:45 p.m. [120378]	
6:00 - 6:45 p.m. [120379]	*ages: 5-9

Academy T + T

Ages: 8 - 12 years

NEW CLASS! This newly developed class focuses on tumbling and training for the student that wants to learn gymnastics plus gain strength, flexibility and agility that carries over to all sports.

Wednesday 6:00 - 6:50 p.m. [120420]

Academy Gold

Ages: 5 - 12 years

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**

Wednesday 2:00 - 3:00 p.m.
6:00 - 7:00 p.m.

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

SESSION DATES AND PRICING:

Wednesday or Thursdays

March 26/27 - June 4/5

*No Class April 2/3

\$243.00 (10 lessons)

No partial refunds or make ups for missed classes
(i.e. routine illness, vacation or other schedule conflict)

**For more information, contact Rock 'n Tumble at
(858) 487-7799 Email: classes@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. **(Adults Only)**

March 3 - May 19

Cost: **\$176.00**/11 week session
18 and up: **[120407]**

*No class March 31

Location: CVRC Multipurpose Room 1
Mondays: 9:30 - 10:30 a.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. **(Any participants under the age of 12 must be accompanied by an adult)**

March 6 - May 22

Cost: **176.00**/11 week session
18 and up: **[120408]**

*No class April 3

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

SENIOR FITNESS/YOGA CLASS

Participate at your own level!

Dress In comfortable clothes and bring water.

SENIOR FITNESS/YOGA (TUESDAYS)

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

March 4 - May 20

Cost: **\$68.00**/11 week session
60 and up: **[120405]**

***No class April 1**

Location: CVRC Multipurpose Room 1
Tuesdays : 12:15 - 1:00 p.m.

SENIOR YOGA (THURSDAYS)

Senior Yoga is a modified version of regular yoga, but it moves at a slower pace. Students have the time to find the shape and hold it. This class is designed as a healthy way to combat aging and includes strength, balance, core work, stretching, and relaxation.

March 6 - May 22

Cost: **\$68.00**/11 week session
60 and up: **[120406]**

***No class April 3**

Location: CVRC Multipurpose Room 1
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 Valley Community Park

3777 Townsgate Drive, CA 92130

(858) 552-1616

Bunny Bash Spring Egg Hunt

April 19, 2025

10:30 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

10:45 a.m. - 3 and under

11:00 a.m. - 4 to 5 years

11:15 a.m. - 6 to 7 years

11:30 a.m. - 8 to 9 years

11:45 a.m. - 10 and up

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 Little League

<https://www.delmarll.org/>

San Diego Youth Rugby Club

<https://sandiegoyouthrugby.org/>

Legends FC San Diego

<https://www.legendsfc.net/sandiego>

North Shore Girls Softball

www.northshoregirlssoftball.com

Torrey Pines Pop Warner & Cheer

www.torreypinespw.com

Friday Night Lights Youth Flag Football

www.cvfnl.com

Football 'N' America

<https://playfna.com/League/CarmelValley/>

DUDE Ultimate Frisbee

<https://sandiegoulimate.org/youth-program-overview>