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

Winter 2023 Program

HOURS OF OPERATION
Monday    9:00 a.m. - 8:00 p.m.
Tuesday   9:00 a.m. - 6:00 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. - 3:00 p.m.
Sunday    Closed
RECREATION CENTER INFORMATION

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

HOLIDAY CLOSURES
Monday, December 25 2023 Christmas Day
Monday, January 1 2023 New Year’s Day
Monday, January 15 2023 Martin Luther King Jr. Day
Monday, February 19 2023 Presidents’ 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
- Two Playgrounds
- Tennis courts
- Passive picnic areas with barbeques
- Amphitheater
- Outdoor basketball courts
- Multipurpose fields
- Outdoor Fitness Stations

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

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

COMMUNITY RECREATION GROUP
Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Community Recreation Group. The Advisory Group meets the first Tuesday of January, April, July and October 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 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.
To provide healthy, sustainable, and enriching environments for all.

HOLIDAY CLOSURES
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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

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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.
The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City’s policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification).

If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at 619-235-1133, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.

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.

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PRESCHOOL PAINT - CREATIVE KINGDOM

Minimum: 2    Maximum: 8    Location: CVRC Room 1

This class is intended for children ages 2.5 - 5 years old. Studies show that practicing art helps kids in almost all areas of development. For example, in coordination & dexterity, processing of emotions, confidence/self-esteem and much more. This class will work with paint, paper and basic art supplies.

*PARENT PARTICPATION IS REQUIRED*

Thursday: December 7, 14, 21
Cost: $20.00/3 week session [110801] 9:30 - 10:20 a.m.

Thursday: January 4, 11, 18
Cost: $20.00/3 week session [110802] 9:30 - 10:20 a.m.

Thursday: February 1, 8, 15
Cost: $20.00/3 week session [110803] 9:30 - 10:20 a.m.

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

CHESS CLUB

CHESS CLUB - BISHOP BRIGADE

Minimum: 2    Maximum: 14    CVRC Room 2

Chess club for ages 5 –14 years old will go over concepts and techniques, but most importantly: hold exciting games. Chess can help people of any age to develop their life skills - e.g. planning, focus, empathy, and respect. Games will be organized in accordance with skill level. Anyone can become an exceptional chess player! Come and find out first-hand why chess is truly an exhilarating game. It’s your move.

Thursday: December 7, 14, 21
Cost: $10.00/3 weeks [110805] 3:40 - 4:25 p.m.

Thursday: January 4, 11, 18
Cost: $10.00/3 weeks [110806] 3:40 - 4:25 p.m.

Thursday: February 1, 8, 15
Cost: $10.00/3 weeks [110807] 3:40 - 4:25 p.m.

For more information, contact Lluvia at (858) 552-1616
Children’s Film Academy Studios Presents

Advanced Cinematography  Cost: $176.00/ session  (Ages 9 –13)

Mondays:  January 8 - March 11  (8 weeks)
5:30 - 6:30  p.m.  [110808]
*No Class January 15th & February 19th

Thursdays:  January 14 - March 7  (8 weeks)
5:30 - 6:30  p.m.  [110809]
*No Class February 22nd

Welcome to the exciting world of Advance Cinematography for young filmmakers! This is an immersive and hands-on journey through advanced aspects of video production. Students will gain a comprehensive understanding of the technical aspects of video production and explore creative elements that make a video stand out. Participants will learn advanced camera techniques, enhance visual storytelling, dive into sound design, explore editing techniques, develop collaboration and teamwork skills, gain insight from industry professionals, and showcase their work on the company's YouTube Channel “CFA Studios.” Get ready to make your mark in the world of video production. (Prerequisite Required - Cinematography 101)

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

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

ARTISTS STUDIO (YOUTH)

Minimum: 6   Maximum:16   Location: Room 1

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.

Thursdays:  Jan 18, 25. Feb 1, 8, 15   Ages: 5 - 12 years
Cost: $170.00/5 weeks  4:00 - 5:00 p.m.  [110800]

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

December 1 - 22 “Transportation”
M/W/F - $386.00 / 10 classes [110851] Tu/Th - 232.00 / 6 classes [110852]

January 8 - 31 “Under the Sea”
M/W/F - $386.00 / 10 classes [110853] Tu/Th - $271.00 / 7 classes [110854]

No Class January 15

February 1 - 30 “Insects”
M/W/F - $425.00 / 11 classes [110855] Tu/Th - $309.00 / 8 classes [110856]

No Class February 19

For more information, contact Kim at (858) 336-0053
Internet: http://hopscotchsandiego.com Email: kimbruch@yahoo.com

Karate Class

JAPANESE KARATE
Minimum: 2 Maximum: 7
Learning Japanese Karate is not only about self defense, it is rather a way of life. In addition to 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: December 4 – January 29 (No class Dec. 25, Jan. 1, 15) ($262.00 / 7 weeks)
Session 2: February 6 - 26 (No class Feb. 19) ($131.00 / 3 weeks)

Age/Time:
8 years and up Mondays 5:00 pm - 6:30 pm [110842] [110843]

For more information, contact Alireza Talebzadeh at (858) 405-1465
SD SKATE LIFE

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.

<table>
<thead>
<tr>
<th>Cost: $120.00/session I</th>
<th>Class Times</th>
<th>6 weeks</th>
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</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>9:00 - 10:00 a.m.</td>
<td>January 6th – February 10th</td>
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<tr>
<td>Intermediate/Advanced</td>
<td>10:00 - 11:00 a.m.</td>
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<table>
<thead>
<tr>
<th>Cost: $120.00/session II</th>
<th>Class Times</th>
<th>6 weeks</th>
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</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>9:00 - 10:00 a.m.</td>
<td>February 24th - March 30th</td>
</tr>
<tr>
<td>Intermediate/Advanced</td>
<td>10:00 - 11:00 a.m.</td>
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For more information, contact **Andrew Barbosa** at (401) 527-9627
Email: andrew@sdskatelife.com

**SKATEBOARDING CAMP & CONTEST**

Winter Break Skateboard Camp
Date: Dec. 26th - Dec. 29th [110818] Cost: $207.00

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.

Winter Skateboard Contest   Cost: $26.00   Date: Saturday, February 17th

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

Beginner 10:00 a.m. [110849] Intermediate 10:30 a.m. [110850]
Advance 11:00 a.m. [110848]
TRY HIGH-QUALITY, FUN DANCE TO EVOLVE CLASSES WITHOUT OBLIGATION ON SEPTEMBER 9.

Liability waiver required. Classes are designed to be progressive. All participants are invited to be part of the annual recital in June 2023. Affordable participation fee required; includes a costume participants keep.

**Tiny Movers: Tap/Ballet**  3 - 4.5 years  (3:45 - 4:40 p.m.)  Minimum: 6  Maximum: 15
A combination dance class of tap and ballet with tumbling 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 ‘big kids’ class as parents watch from outside of the room. Dancers are welcome to join throughout the year. Class is designed to be progressive, continuing throughout the year until the annual spring recital.

**Star Shiners Tap & Ballet**  4.5 - 6 years  (4:45 - 5:40 p.m.)  Minimum: 6  Maximum: 15
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 as they work towards the annual spring recital. Once a month, class will get switched up with a jazz dance day!

**Beat Breakers Hip Hop**  4 - 7 years  (5:45 - 6:40 p.m.)  Minimum: 6  Maximum: 16
This fun, high-energy kid’s 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! All music and moves are age appropriate. Dancers encouraged to participate in the annual spring recital.

**Pre-Teen Hip Hop**  8 - 12 years  (6:45 - 7:40 p.m.)  Minimum: 6  Maximum: 17
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. Dancers encouraged to participate in the annual spring recital.

**Session I: January 10 to February 21**

<table>
<thead>
<tr>
<th>WEDNESDAY Room 2</th>
<th>Session I $136.00/7 weeks</th>
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</thead>
<tbody>
<tr>
<td>Tiny Movers</td>
<td>[110816]</td>
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<tr>
<td>Star Shiners</td>
<td>[110814]</td>
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<tr>
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<td>[110810]</td>
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<td>[110812]</td>
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**Session II: February 28 to April 10**

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For more information, contact **Dance To EvOLvE** at (858) 876-5327
### Into to Gym Rollers: walking to 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.  
  [110840]
- 11:15 - 12:00 p.m.  
  [110841]

**Thursday**
- 9:30 - 10:15 a.m.  
  [110839]
- 10:30 - 11:15 a.m.  
  [110838]

### Gym Rollers: 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.  
  [110834]
- 3:00 - 3:45 p.m.  
  [110835]
- 4:00 - 4:45 p.m.  
  [110836]
- 5:00 - 5:45 p.m.  
  [110837]

**Thursday**
- 11:30 - 12:15 p.m.  
  [110830]
- 3:15 - 4:00 p.m.  
  [110832]
- 4:15 - 5:00 p.m.  
  [110831]
- 5:15 - 6:00 p.m.  
  [110833]

### Academy Gymnastics: Age: 5–7 years / 8–11 years

Rock 'n Tumble Academy classes are designed for boys and girls ages 5 through 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 using safe progressions. Classes include warm up and conditioning plus instruction on vault, bars, balance beam, floor, air track, 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.

**Wednesday**
- 2:00 - 2:45 p.m.  
  [110825]
- 3:00 - 3:45 p.m.  
  [110826]
- 4:00 - 4:45 p.m.  
  [110827]
- 5:00 - 5:45 p.m.  
  [110828]
- 6:00 - 6:45 p.m.  
  [110829]

**Thursday**
- 3:15 - 4:00 p.m.  
  [110822]
- 4:15 - 5:00 p.m.  
  [110823]
- 5:15 - 6:00 p.m.  
  [110824]

### Academy GOLD: Age: 5–11 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 the class.

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

**Wednesday**
- 2:00 - 3:00 p.m.  
  [110820]
- 6:00 - 7:00 p.m.  
  [110821]

**Thursday**
- 5:00 - 6:00 p.m.  
  [110819]

### SESSION DATES AND PRICING:

**Wednesday or Thursdays**

**January 10th - March 14**

$233.00 (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 LEVEL 1-2
Build strength and length in this full body slow flow. Class includes core work, standing balance, backbends, twists, side body, core & stretching.
Mondays: December 4 - February 26
*December 18, 25, January 1, 15, February 19
Location: CVRC Multipurpose Room 1
18 and up: [110857] 9:30 - 10:30 a.m.
Cost: $128.00/8 week session

YOGA LEVEL 2-3
Ideal for an intermediate level student who wants to bring their practice to the next level. Class includes arm & standing balances, upper body strength, inversions, core work and backbends.
Any participant under the age of 12 must be accompanied by an adult.
Mondays: December 4 - February 26
*December 18, 25, January 1, 15, February 19
Location: CVRC Multipurpose Room 1
18 and up: [110857] 6:30 - 7:30 p.m.
Cost: $128.00/8 week session

TUESDAY SENIOR CHAIR YOGA
Class includes standing poses, standing balance, core, & stretching.
Tuesdays: December 5 - February 27
*December 19, 26, January 2
Location: CVRC Multipurpose Room 1
18 and up: [110858] 12:15 - 1:00 p.m.
Cost: $6200/10 week session

THURSDAY SENIOR CHAIR FITNESS
Class combines low impact cardio, weights, & stretching. Students can stand or use a chair.
Thursdays: December 7 - February 29
*December 21, 28, January 4
Location: CVRC Multipurpose Room 1
18 and up: [110858] 6:30 - 7:30 p.m.
Cost: $62.00/10 week session

YOGA ALL LEVEL
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.
Thursdays: December 7 - February 29
*December 21, 28, January 4
Location: CVRC Multipurpose Room 1
18 and up: [110859] 6:30 - 7:30 p.m.
Cost: $160.00/10 week session

For more information, contact Janice Sherman
Phone: (858) 735-6166
Email: yoga_mom@me.com

CHILD AND BABYSITTER SAFETY CLASS

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 download of the booklet and a Babysitter certificate from the American Health & Safety Institute and an Infant/Child CPR certificate of participation 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 should contact Sue directly at (858) 344-0475. Please bring a water bottle and a light snack.
Saturday: 9:30 a.m. - 1:30 p.m.
Location: CVRC Room 1
Instructor: Sue Lockhart
Session I: February 24th [11804]
Cost: $57.00
For more information, contact Sue at (858) 344-0475
UPCOMING SPECIAL EVENT - SPRING EGG HUNT

CARMEL VALLEY COMMUNITY PARK

9-12pm
APRIL 8, 2023

Bunny
DJ
Arts & Crafts
Jumper

CARMEL VALLEY COMMUNITY PARK

UPCOMING SPECIAL EVENT - SPRING EGG HUNT

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.delmamaramerican.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.torreypinespopwarner.com
Friday Night Lights Youth Flag Football
www.cnfl.com
San Diego Youth Rugby Club
www.sandiegoyouthrugby.org