2018 WINTER PROGRAM

GENERAL INFORMATION

Hours Of Operations

Monday/Wednesday/Friday 9:00am - 8:00pm
Tuesday/Thursday 9:00am - 9:00pm
Saturday 9:00am - 4:00pm
Sunday CLOSED

Holiday Closures

December 25th - Christmas Day ; January 1st - New Year’s Day ; January 15th - Martin Luther King Jr. Day ; February 19th - President’s Day

Registration and Permits

**Staff will be available to take registration 30 minutes before the first class of each session.

Park Use Permits and Recreation Center Use Permits are taken by APPOINTMENTS ONLY. Please contact the Assistant Center Director at (858)552-1616 to make an appointment.

IMPORTANT CONTACT INFORMATION

Carmel Valley Pool: (858) 552 – 1623
Carmel Valley Tennis: (858) 504 – 4181
Recreation Council Information: www.cvsd.com/CVRecCenter

CLASS REGISTRATION BEGINS NOVEMBER 18TH, 2017 AT 10:00AM
Go to the next page for registration details.
REGISTRATION INFORMATION

Online Registration will be available this season. See page 6 in this brochure for details. Children under 18 must be registered by their parent/legal guardian. NO EXCEPTIONS!

REGISTRATION BEGINS:
SATURDAY, November 18, 2017 @ 10:00am
Registration at the Recreation Center will be done on a first come, first serve basis. (Except for Master Sports Programs & Carmel Valley Tennis)

Historically; only a few classes fill to capacity on the first day of registration; register early for best availability. Waiting lists are formed when classes fill to capacity. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. Programs may be cancelled if the minimum enrollment requirement is not met 48 hours prior to the start of the first class. Please register early. All participants must meet age requirements.

PAYMENT POLICY:
- Payment is required at the time of registration.
- Payment methods for registrations taken at the Center are a credit card, EXACT cash or a check payable to CVRC.
- Online Class registration requires a credit card payment.
- Credit cards accepted are VISA, MasterCard, American Express and Discover. We are unable to accept debit cards.
- A $35 fee will be charged for all returned checks.
- Financial assistance is available. Please submit the application to Recreation Center office one week prior to the start of registration.
- Class fees are not prorated/discounted after the beginning of the scheduled session.
- Effective September 8, 2015, processing fees will apply as follows for all transactions. For Online Registrations, $2 transaction fee and 3% processing fee will be charged for every transaction. For In-house registration, $2 transaction fee will be charged for every transaction. Rates are established by the service provider and are non refundable.

REFUND POLICY:
This policy applies to programs offered by the Carmel Valley Recreation Council. Sorry, no refunds available for programs with less than 4 class meetings. No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Refunds are available before the start of the second class meeting (except camps). Sorry, no exceptions!

If a class is cancelled for any reason, you will receive a full refund. Refund checks will be issued and mailed to the address on the family account.

A $10 service fee will be charged per registrant for each refund request. Refunds are processed within 10 business days of request. All approved refund requests will be paid via check. This includes credit card transactions. A CVRC Refund Request Form (available at the Recreation Center) and your registration receipt must be submitted at least 48 business hours prior to the second scheduled class meeting.

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (non-regular/routine illness) after registration day and cannot participate in class, please contact CVRC staff as soon as possible. A CVRC Refund Request Form (available at the Recreation Center) must be submitted as soon as possible. Refund or credit will be determined on a case by case basis by the Center Director.

CARMEL VALLEY PARKS

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Ashley Falls Park</td>
<td>13030 Ashley Falls Drive</td>
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<tr>
<td>Carmel Creek Park</td>
<td>4260 Carmel Center Road</td>
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<tr>
<td>Carmel Del Mar Park</td>
<td>12345 Carmel Drive</td>
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<tr>
<td>Carmel Valley Community Park</td>
<td>3777 Townsgate Drive</td>
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<tr>
<td>Solana Highlands Park</td>
<td>3520 Long Run Drive</td>
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<tr>
<td>Solana Ranch Park</td>
<td>13605 Pacific Highlands Ranch Pkwy</td>
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<td>Carmel Grove Park</td>
<td>Corner of Carmel Grove &amp; Carmel Creek Rd.</td>
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<tr>
<td>Carmel Knolls Park</td>
<td>4850 Carmel Knolls Dr.</td>
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<tr>
<td>Carmel Mission Park</td>
<td>Corner of Carmel Country &amp; Carmel Mission Rd</td>
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<td>Carmel View Park</td>
<td>Corner of Valley Centre Dr. &amp; Carmel View Rd</td>
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<tr>
<td>Torrey Highlands Park</td>
<td>Corner of Del Mar Heights Rd. &amp; Ladsle</td>
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<tr>
<td>Windwood Park</td>
<td>Corner of Carmel Creek Rd. &amp; Paseo Montana</td>
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PARK USE INFORMATION
City of San Diego staff issues Park Use Reservations 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 at (858) 552-1616.

CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

<table>
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<th>Facilities Available</th>
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<tr>
<td>Indoor multipurpose courts</td>
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<tr>
<td>Game room with Table Tennis</td>
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<tr>
<td>Passive picnic areas with barbeques</td>
</tr>
<tr>
<td>Outdoor basketball courts</td>
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<tr>
<td>Outdoor Fitness Stations</td>
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<tr>
<td>Tennis courts</td>
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<tr>
<td>Amphitheater</td>
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<tr>
<td>Two Playgrounds</td>
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<tr>
<td>Multipurpose fields</td>
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<tr>
<td>Horseshoe pits</td>
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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 7:00 pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

INDIVIDUALS WITH DISABILITIES:
All classes or programs can accommodate individuals with disabilities. For programs that are sponsored by the Recreation Council, the City of San Diego Park and Recreation, Therapeutic Recreation Services will provide inclusion aides as additional assistance along with the 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 more information on Therapeutic Services, please call (619) 525-8247. Rental programs are required to provide reasonable accommodations for individuals with disabilities. Contact program provider to discuss accommodations.

CONTRACTUAL PROGRAM 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. Please see below for specified requirements:

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.

TINY TOTS INTERNATIONAL PRESCHOOL CLASSES

by Hopscotch

Hop into learning and fun at the Carmel Valley Recreation Center during Hopscotch Tiny Tots International Preschool Classes!

Miss Kim has worked with children from around the world for many years incorporating art projects, informal music lessons, dancing/movement, and super fun educational activities — utilizing both outdoor and indoor facilities. Watch your children grow and learn in an international preschool community that gives them the opportunity to creatively be themselves!

Prices:

Ages: 2 1/2 - 5 years (Must be fully toilet trained)
Days: Monday – Friday (2 and 3 day options available)
Times: 9:00 am – 12:00 pm
Location: CVRC Room 2

Minimum enrollment: 7 Maximum enrollment: 20

December 1st - 22nd: Transportation
Monday, Wednesday, Friday: $300 (10 classes) [45751]
Tuesday, Thursday: $180 (6 classes) [45752]
January 8th – 31st: Under the Sea (No class on January 15th)
Monday, Wednesday, Friday: $300 (10 classes) [45754]
Tuesday, Thursday: $210 (7 classes) [45755]
February 1st – 28th: Insects (No class on February 19th)
Monday, Wednesday, Friday: $30 (11 classes) [45757]
Tuesday, Thursday: $240 (8 classes) [45758]
March 19th – 22nd: Transportation
Monday, Wednesday, Friday: $300 (10 classes) [45759]
Tuesday, Thursday: $210 (7 classes) [45756]
April 22nd – 25th: Transportation
Monday, Wednesday, Friday: $300 (10 classes) [45759]
Tuesday, Thursday: $210 (7 classes) [45756]
May 20th – 23rd: Under the Sea
Monday, Wednesday, Friday: $300 (10 classes) [45759]
Tuesday, Thursday: $210 (7 classes) [45756]

Call Miss Kim at 858-336-0053 or email kimbruch@yahoo.com with questions about the classes.
Curriculum details are found at http://hopscotchesandiego.com.

Kids Act! Stories in Performance!

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.

Day/Dates: Saturdays: January 6th – February 24th
Age/Time:
4 – 6 years: 9:30 - 10:30am [45737]
7 – 11 years: 10:30 - 11:30 am [45738]

Cost: $124 / 8 weeks
Location: CVRC Room 2
Instructor: Mary Sanz
Minimum Enrollment: 4 Maximum Enrollment: 12

For more information, contact Aleta Barthell at (760) 846-6072
Email: aletabarthell@gmail.com Internet: www.kidsactsd.com

“Picture Perfect, Point, Click and Shoot”

Learn composition, lighting, and exposure. Importance of focus and depth of field. Capturing in the moment of non narrative work. The objective of the student is to tell a story with emotion & tone through pictures (documentary style).

Cinematography_ I (Ages 7 –14)
Fridays: 4:00pm-5:30pm
Dates: 1/12 – 3/2 (8 weeks)

Cinematography_ II (Ages 7 –14)
Fridays: 5:30pm-7:00pm
Dates: 1/12 – 3/2 (8 weeks)

Minimum Enrollment: 3 Maximum Enrollment: 10
For more information contact Valente Aranda at 619-937-8201.

CHILDS NIGHT OUT – Parents Night Off!

Each month CVRC staff members host “Kids Night Out” it’s a party for the kids and a night off for parents! The kids enjoy 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.

Day/Date: Friday, 5:00 pm – 9:30 pm
Age: 5 – 12 years old
Location: CVRC Room 1 & 2
Cost: $15.00 per person
Minimum: 8 Maximum: 15

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

TINY CHEFS – COOKING WITH CHENE

This is a fun-filled parent participation class aimed at exposing your child to the wonders of food creation. You can expect to have a hands-on experience where your child will be inspired to taste, smell, and create individual dishes with occupational therapist, Chene. Cooking is a perfect way to incorporate fine motor skills, language development, bilateral integration, and sequencing, (to name a few) in a fun way. All utensils, ingredients, and aprons will be supplied and children will take home their creation each week in their personally decorated “to-go box". Come have fun in the "kitchen" with your little chef!

Day/Date: Wednesday 10:00 – 11:00 am
Session 1: January: 10, 17, 24, 31
Session 2: February: 7, 14, 21, 28

Materials Fee Included.

Please contact instructor prior to enrolling if your child has food allergies or dietary preferences.

Cost: $108 (4 Weeks)

For more information, Contact Chene at 858-926-6509
Email: Coordt@sbcglobal.net

Ping-Pong / Table Tennis

Carmel Valley Recreation Center has a ping-pong table for public use. Available times vary. Call the recreation center about upcoming availability 858-552-1616. Reservations are for a maximum of one hour and can only be made the day of, in person, at the front desk.
**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 just 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!

**Pre–Rollers: walkers - 36 months**

(_PARENT/GUARDIAN PARTICIPATION REQUIRED)

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 am [45719]

11:00 – 11:45 am [45720]

4:30 – 5:15 pm [45721]

Cost: $162 / 1 hour

**Mini Hot Shots 4 / 5 years**

($162 / 1 hour)

Approval prior to enrolling.

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

**Monday**

10:00 – 10:45 am [45722]

11:00 – 11:45 am [45723]

4:30 – 5:15 pm [45724]

**Gym Rollers: 3 – 4 years**

Students advance to our teacher led program while parents cheer the gymnast on from the sidelines. Classes are designed to develop gymnastics skills and 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.

**Monday**

11:00 – 11:45 am [45761]

12:00 – 12:45 pm [45964]

2:00 – 2:45 pm [45700]

3:30 – 4:15 pm [45991]

4:30 – 5:15 pm [45966]

Cost: $149.00 / 6 weeks

Minimum enrollment: 5

Maximum enrollments: 12

For more information, Contact Anu Gujral at gujralanu@gmail.com

**Pre–Jumpers: 4 – 5 years**

Monday

11:00 – 12:00pm [45710]

12:00 – 1:00pm [45711]

2:00 – 3:00pm [45712]

Cost: $162 / 1 hour

**GYM–KIDS SCHOOL AGE PROGRAM**

**GYM–KIDS**

Gym–Kids school age classes cater to boys and girls ages 5–12. Our non–competitive program teaches technically correct gymnastics skills using progressions in a safe but fun 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. USA Gymnastics skills will be introduced and parents can track progress on our new interactive skill chart.

**NEW! GYM–Kids To register for school age classes meeting 3:30 – 6:30pm on Monday and Tuesday, please enroll your child into the GYM–Kids class on your preferred day/time.**

**GYM–Kids: 5 – 12 years**

**Monday**

3:30 – 4:30pm [45970]

4:30 – 5:30pm [45980]

5:30 – 6:30pm [45981]

6:30 – 7:30pm [45982]

**Tuesday**

3:30 – 4:30pm [45963]

4:30 – 5:30pm [45971]

5:30 – 6:30pm [45968]

6:30 – 7:30pm [45978]

**Boys Only: 6 – 10 years**

Gymnastics instruction for school age boys that want to gain the strength, flexibility, and agility that will carry over into all sports.

**Monday**

3:30 – 4:30pm [45976]

6:30 – 7:30pm [45977]

**Mini Hot Shots, Jr. Hot Shots, & Hot Shots & Xcel Training Team**

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

**Mini Hot Shots 4 / 5 years**

($162 / 1 hour)

**Monday**

5:30 – 6:30pm [45707]

Tuesday

4:30 – 5:30pm [45708]

**Jr. Hot Shots 5 – 8 years**

($162 / 1 hour)

**Monday**

5:30 – 6:30pm [45707]

Tuesday

12:00 – 1:00pm [45706]

**Hot Shots 7 – 12 years**

($200 / 1.5 hours)

**Monday**

5:15 – 6:45pm [45704]

Tuesday

5:30 – 6:45pm [45705]

**Xcel Training Team:**

($300 / 3 hours)

Monday & Tuesday 5:15 – 6:45pm [45725]

**SESSION DATES**

**Monday**

January 8 – March 19 (No class Jan 15 & Feb 19)

January 8 – March 20 (No class Jan 16 & Feb 20)

Cost: $162.00/9 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

Internet: www.rockntumble.com

**ARTISTS STUDIO**

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.

**Dates:** January 18, 25 February 1, 8, 15, 22

**Day/Time:** Thursdays 3:30 pm – 4:30 pm

**Age:** 5 – 12 years old

**Location:** CVRC Room 2

**Instructor:** Anu Gujral

**Cost:** $149.00 / 6 weeks

**Minimum enrollment: 5

**Maximum enrollments: 12

For more information, Contact Anu Gujral at 858–386–8923

Email: gujralanu@gmail.com

**SD SKATELIFE SKATEBOARD CLASSES**

**Adult Skateboard Class**

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 instructor for rental options.

**Session 1:** December 16 – January 20 [45940]

**Session 2:** January 27 – March 3 [45941]

**Day/Time:** Saturdays 8:00 am – 9:00am

**Beginner Skateboard Class**

Come learn to skate at the Carmel Valley Skate Park! 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. Skate park will be closed to the public to ensure a safe and controlled environment for participants to practice.

**Session 1:** December 16 – January 20 [45744]

**Session 2:** January 27 – March 3 [45745]

**Day/Time:** Saturdays 9:00 am – 10:00am

**Intermediate/Advanced Class**

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.

**Session 1:** December 16 – January 20 [45746]

**Session 2:** January 27 – March 3 [45747]

**Day/Time:** Saturdays 10:00 am – 11:00am

**Location:** Carmel Valley Skate Park (12600 El Camino Real, San Diego, CA 92130)

**Cost:** $90 / 6 weeks

**Ages:** 5 – 13 years

**Minimum Enrollment:** 4  **Maximum Enrollment:** 20

* Helmets, elbow pads, and knee pads are required from all students.

Skateboard rentals are available upon request. Contact Andrew to reserve a rental prior to the first class.

**Winter Break Skateboarding Camp**

**Dates:** January 1 – January 5 [45991]

**Time:** 8:00am – 12:00 pm

**Cost:** $200.00

**Winter Skate Contest**

**Date:** Saturday, December 9th

**Cost:** $25.00

**Beginner Division:** 10:00am – 11:00am [45935]

**Girls Only Division:** 11:00am – 12:00pm [45936]

**Intermediate Division:** 12:00pm – 1:00pm [45937]

**Advanced Division:** 1:00pm – 2:00pm [45934]

18 and Up Division: 2:00pm – 3:00pm [45933]

For more information, contact Andrew Barbosa at 619–354–7998 or via email: andrew@sdskatelife.com
Magical Munchkins Tap/Ballet (2 - Young 3 Years)
Wednesday 3:30 - 4:15 pm
This gentle introductory combination dance class of tap, ballet 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.
Minimum: 5  Maximum: 12
Wednesdays: 8 Week Session: January 10 – February 28  $148  [45742]

Beat Breakers Hip Hop (4 - 7 Years)
Wednesday 4:20 - 5:15 pm
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, basic break dancing, and dance games that will have your kids movin’ to the beats! All music and moves are age appropriate.
Minimum: 5  Maximum: 15
Wednesdays: 8 Week Session: January 10 – February 28  $148  [45666]

Hip Hop (8 - 12 Years)
Wednesday 5:20 - 6:15 pm
This exciting and fast paced class will leave your kid feeling fresh! Don’t be intimidated...great for those 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 class for boys and girls.
Minimum: 5  Maximum: 16
Wednesdays: 8 Week Session: January 10 – February 28  $148  [45668]

Tiny Movers Tap/Ballet (3 - 4 Years)
Wednesday 3:30 - 4:25 pm
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.
Minimum: 5  Maximum: 15
Wednesdays: 8 Week Session: January 10 – February 28  $148  [45672]

Star Shiners Tap/Ballet (4.5 - 6 Years)
Wednesday 4:30 - 5:25 pm
Keep your Star Shiner moving in this tap and ballet combination class. This gentle but structured class introduces curriculum goals through fun movement allowing your child to express themselves while learning and developing dance, listening, and coordination.
Minimum: 5  Maximum: 16
Wednesdays: 8 Week Session: January 10 – February 28  $148  [45670]

Ballet/Jazz Combo (6 - 9 Years)
Wednesday 5:30 - 6:25 pm
A beginner ballet and jazz kids dance class focusing on ballet technique through barre and center work. They will also get the chance to learn some Jazz technique through across the floor and center. This class begins a young dancer’s ballet training by developing grace, strength, and balance while always having fun.
Minimum: 5  Maximum: 16
Wednesdays: 8 Week Session: January 10 – February 28  $148  [45664]

Senior Lunch
Come enjoy a delightful lunch and stay for cards and board games. Space is limited so please register early.

December 27  [44688]
January  31  [45661]
February 28  [45662]

Day:  Wednesday
Time:  12:30 – 2:00pm
Ages:  50 year olds and up
Location:  CVRC Room #2
Minimum enrollment: 10  Maximum enrollment: 50

For more information, Contact Carmel Valley Staff 858-552-1616
ALL AGES ACTIVITIES

ADAPTIVE YOGA with Janice Sherman

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

Tuesday 5:00 – 6:00 pm [45659]
Session 1: January 9th — February 2nd (No Class 1/15 & 2/19)

YOGA FOR ALL with Janice Sherman

YOGA FOR ALL is designed for NEW and INTERMEDIATE LEVEL students, ages 10 and up. It is a class for those who want to practice YOGA in a non-judgmental, welcoming environment. Students are given modifications so that everyone can work at their own level.

MONDAY 9:00 – 10:00 am (Gentle Yoga) $72.00
Session 1: January 8th — February 26th (No Class 1/15 & 2/19) [45761]

THURSDAY 6:30 – 7:30 pm (Level 1-2 Yoga) $96.00
Session 1: January 4th — February 22th [45762]

YOGA SPORT with Janice Sherman

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. All classes are held at the Carmel Valley Recreation Center.

MONDAY 6:30 – 7:30 pm (Level 1-2 Yoga) $72.00
Session 1: January 4th — February 28th (No Class 1/15 & 2/19) [45764]

FRIDAY 9:30–10:30 am $96.00
Session 1: January 4th — February 28th [45763]

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. Students will come from 6:00 – 7:30 and will include physical practice, as well as, class discussions on meditations, health, and other yoga topics.

Monday and Thursday 6:00 – 7:30 pm $95.00
Session 1: January 4th — February 28th (No Class 1/15 & 2/19) [45726]

For more information, contact Janice Sherman at 858-735-6166
Or email her at yoga_mom@me.com

For more information, Call Janice at 858-735-6166
or email her at yoga_mom@me.com

ALL AGES ACTIVITIES

KAJUKENBO KARATE/ WUSHU KUNG FU

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jiu Jitsu, Kenpo, and Chinese Boxing (Kung Fu). Our goal is to increase self confidence, discipline and awareness of surroundings. Students will focus on multiple aspects of the martial arts which includes physical conditioning, forms (movements involving kicks, punches and blocks), and of course, self defense. Join our family environment and get the Martial Arts Advantage!

Day/Time: Thursday, 6:00 – 7:30 PM
Session 1: 12/7 – 1/18 (No class 12/21 & 21/28) [45735]
Session 2: 1/25 – 2/22 [45736]

Ages: 5 and up, all skill levels welcome
Cost: $75.00 / 5 weeks
Location: CVRC Room 2
Instructor: Mike Shaw, 3rd Degree Black Belt
Minimum enrollment: 3 Maximum enrollment: 25
For more information, please call Mike Shaw at 858-531-2508.
Internet: www.kick411.com Email: 3shawboys@gmail.com

JAPANESE KARATE

Learning Japanese Karate is not only about self defense but 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 can and will be beneficial to everyone.

Session 1: December – 4, 11, 18
Session 2: January – 8, 22, 29
Session 3: February – 5,12, 26
Age/Time:

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<th>Session 1</th>
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Cost – Session 1: $75.00 / 5 weeks
Cost – Session 2: $54.00 / 3 weeks
Cost – Session 3: $54.00 / 3 weeks
Instructor: Alireza Talehzadeh
Location: CVRC Room 2
Minimum: 2 Maximum: 20
For more information, contact Alireza at (858) 405-1465

ARE YOU GOING TO REGISTER ONLINE?
CVRC Online Registration Activity codes appear in brackets; e.g. [45727] next to each class. Search for these codes on SDRecConnect.com

ONLINE REGISTRATION INFORMATION

You may register online for all contractual programs offered by the Recreation Council using the Online Activity 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. Log in with this password to activate your account.
First-time Online User? – New Accounts – click on 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 that you provided. Please follow all directions provided to activate account.
*Please Note: (For first time users only) Parents/Guardian must create their account first using their own information. Once you have an online

www.kick411.com
LITTLE RASCALZ SOCCER
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 other classes in Carmel Valley Call (619) 309-9626 or visit www.littlerascalzsoccer.com

Little Rascalz Soccer rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of Little Rascalz. Please contact them directly for all program inquires.

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

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

Carmel Valley Sport and Social Club

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:

Coed Adult Kickball -
Mondays, 6pm-10pm, CVRC Upper Fields

Coed Adult Softball -
Wednesdays, 6pm-10pm, CVRC Upper Fields

Coed and Women’s Indoor Volleyball -
Thursdays, 6pm-9pm, CVRC Gym

For more information contact:
info@govavi.com 858-273-3485

VAVi rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of Girls on the Run. Please contact them directly for all program inquires.

For more information, contact: Cara Dawson at (858) 945-4889
Email: service@MASTERSPORTS.com

Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business. Please contact them directly for all program inquires.
When: Saturday December 9th, 2017         Time: 9:00am - 11:30am

Where: Carmel Valley Recreation Center - 3777 Townsgate Drive, SD, CA, 92130

Cost: $10.00 for Kids (Includes breakfast and a picture with Santa)
Cost: $5.00 for Adults

Space is limited so please register early!!

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

Civic Dance Arts Program

**PreTap**

Civic Dance Arts Pre Tap is a fun and engaging class designed to introduce your young dancer to the basics of tap dance. Students will learn how to warm up, execute steps traveling across the floor, and learn basic tap combinations to music. Tap shoes and proper dance attire required.

Ages: 4-5 years          Cost: $41.00/10 Weeks

**Beginner**

Fun and engaging class designed to introduce your child to the basics of tap dance. Students will learn how to warm up, execute steps traveling across the floor, and learn basic tap combinations to music. Tap shoes and proper dance attire are required.

Ages: 6–17 years          Cost: $41.00/10 Weeks

**Beginning Ballet**

Have you always wanted to dance but never tried, or used to dance and now want to get back into it? If so, come join our ballet class. are spent focusing on center and across the floor work. Ballet shoes and proper dance attire required.

Ages: 4-5 years          Cost: $41.00/10 Weeks

**Beginner Jazz**

Have you always wanted to dance but never tried, or used to dance and now want to get back into it? If so, come join our jazz class. You will learn basic jazz technique through warming up, stretching and dancing across the floor and finishing of with a combination set to music. Jazz shoes and proper dance attire required.

Ages: 4-5 years          Cost: $41.00/10 Weeks