



# City Heights

## Recreation Center

4380 Landis Street, San Diego, CA 92105

Tel: (619) 641-6125 Fax: (619) 641-6108

City of San Diego Parks and Recreation

"To provide a healthy, sustainable, and enriching environment for all."

*Home of the Coyotes*

### **HOURS OF OPERATION/HORARIOS:**

Monday/ lunes	12:00-9:00pm
Tuesday/ martes	12:00-9:00pm
Wednesday/ miercoles	12:00-9:00pm
Thursday/ jueves	12:00-9:00pm
Friday/ viernes	12:00-8:00pm
Saturday/ sábado	9:00-5:00pm
Sunday/ domingo	9:00-5:00pm

### **CENTER HOLIDAY CLOSURES:**

Cesar Chavez:	March 31, 2020
Memorial Day:	May 25, 2020

### **RECREATION CENTER STAFF:**

Raul Contreras: Area Manager II  
Casper Zamudio: Center Director III  
Taevee Davis: Assistant Center Director  
Leticia Caballero: Recreation Leader I  
Melvin Spencer: Recreation Leader I  
Dang Le: Recreation Leader I  
Elvis Martinez: Grounds Maintenance Supervisor

Savannah Cadet Haynes: Recreation Leader II  
Rhonda Harris: Recreation Leader I  
Renita Seals: Recreation Leader I  
Nayelli Juarez: Recreation Leader 1  
Juandra McCullough: Recreation Aide

# Youth Programs

**Canvas Art: \*68744**

**Day:** Mondays

**Time:** 5-6:00pm

**Ages:** 6-12 years

**Cost:** Free



**Arte de Lona: \*68744**

**Día:** lunes

**Horario:** 5-6:00pm

**Edades:** 6-12 años

**Costo:** Gratis

**Art & Crafts \*70113**

**Day:** Wednesdays

**Time:** 12:30-1:30pm

**Ages:** 6-12 years

**Cost:** Free

**Artesenias \*70113**

**Día:** miercoles

**Horario:** 12:30-1:30 pm

**Edades:** 6-12 años

**Costo:** Gratis

**Let's Mooove ! \*70115**

**Day:** Wednesdays

**Time:** 2-3:00pm

**Ages:** 6-12 years

**Cost:** Free

**All sorts of body moving adventures!**

**Let's Mooove ! \*70115**

**Día:** miercoles

**Horario:** 2-3:00 pm

**Edades:** 6-12 años

**Costo:** Gratis



**Recreation Tennis Class: \*68754**

**Day:** Fridays

**Time:** 5-6:00pm

**Ages:** 8- 15 years

**Cost:** Free



**Tenis de Recreation: \*68754**

**Día:** viernes

**Horario:** 5-6:00pm

**Edades:** 8-15 años

**Costo:** Gratis

**Youth Tennis San Diego Program**

**Days:** Mondays/Wednesdays/Fridays:

**Time:** 3-5:00pm

**Ages:** 5-17 years Cost: \$5 per lesson

**For more information,**

**(619) 221-9000**

**Programa Juvenil de Tennis en San Diego**

**Días:** lunes/miércoles/viernes:

**Horario:** 3-5:00pm

**Edades:** 5-17 años

**Costo:** \$5 per Lección

**Para mas informacion (619) 221-9000**

# Youth Programs

## Dance Program:

Spring 2020 classes priority is given to Fall 2019 participants.

Class runs January 7 – May 12, 2020.

Please call Civic Dance Arts for more information (619) 235-5255

**Circus Class: Please contact Fern Street for registrations.**

**Day:** Fridays

**Time:** 4:00-6:00pm

**Ages:** 6 – 17yrs

**Cost:** Free



**Zumba:** \*68758

**Day:** Saturdays

**Time:** 11:30-12:00pm (12-17)

**Cost:** Free

## Programa de Danza:

La inscripción para la clase y vestuario de primavera de 2020 comienza el 7 de enero de 2020 a las 10:00 a.m.

Prioridad para los participantes del otoño de 2019.

Por favor llame a Civic Dance para mas informacion

Tel: (619) 235-5255

## Clases de Circo:

**Day:** Viernes

**Time:** 4:00-6:00pm

**Ages:** 6 – 17yrs

**Cost:** Gratis

**Zumba:** \*68758

**Dia:** Sabados

**Horario:** 11:30-12:00pm

Edades: 12-17 anos

**Costo:** Free





# Teen Center

The Teen Center is open to Teens ages 12-17 with daily activities including crafts, pool table tournaments, games on the PS4, cooking classes, field trips, and so much more !

Hours of Operation : Monday, Tuesday, Thursday, Friday 2-6pm  
Wednesday 12-6pm

Come into the office for a monthly calendar!

## Youth Activities



### Spring Break Day Camp 2020

Limited to 30 children per session. First come, first served.

Ages: 8 to 12 (Proof of age is required)

Camp Hours: 10:00am to 4:00pm, M-F

\$30.00 per child, per week (due at registration) (Low Income Fee Waiver available)

Each week includes: Lunch and afternoon snacks, daily activities and field trips.

Session #1 March 30-April 3, 2020 #68763

Closed March 31st for Holiday.

Session #2 April 6th-10th, 2020 #68764

Session #3 April 13th-17th, 2020 #70125

Session #4 April 20th-24th, 2020 # 70126

### Parent's Night Out

Drop the kids off for a night out to yourself. Games, snack, dinner and movie provided.

Ages 6 to 12 years old

Open to the first 10 kids. Registration is open 1 week before event date.

March 20th #68750

April 17th #68751

May 15th #68751

Time: 4:30-7:30pm

Cost: \$5.00 per child, per night.



# Youth Sports

## *City Heights Coyote Soccer Season*

March 2020 – May 2020

Teams: Pee Wee ages 6-7

10&under #68746

12&under #68747

14&under #68748



**Proof of age is required**

**Sign up now!**

**Se requiere una prueba de edad**

**Regístrese ahora!**

Looking for City Heights Soccer Teams and  
Children

ages 6 to 14 who want to play in a soccer tournament

Call (619) 641-6125 for more information.

Saturday, May 30, 2020 and Sunday, May 31, 2020

# Adult Programs



Learn the latest line dances for your next special occasion! Low impact exercise while having fun  
**City Heights Steppers**

**Day:** Thursdays

**Time:** 6:30-8:00 pm

**Ages:** Adult **Cost:** \$10.00 month

Enjoy your me time!

**March:** #68760 **April:** #68762

**May:** #68761

## Ceramics

**Day:** Thursdays

**Time:** 5-6:15 pm

**Ages:** Adult **Cost:** \$10.00 month

**April #** 70114

**May #** 70124

## Aerobics



**Aerobics \*68743**

**Day:** Monday, Wednesday, Friday

**Time:** 5-6:00pm

**Instructor:** Bonnie Bolden

**Cost:** Free

**Pasos Aeróbicos: \*68743**

**Día:** lunes

**Horario:** 5-6:00pm

**Instructor:** Bonnie Bolden

**Costo:** Gratis

## #68758 Zumba

**Day:** Saturdays

**Time:** 10:30- 11:30 am

**Instructor:** Dang **Cost:** Free

**Mini Park: \*68749**



**Day:** Please visit

City Heights Recreation Center to see Mini Park Monthly Calendar for dates/time

**Mini Park: \*68749**

**Día:** Por favor visite City Heights Recreation Center para ver mini Parque Calendario Mensual para fechas/hora

# Twilight Spring Egg Hunt

Wednesday April 9th  
5:30-7:30pm

Bunny  
Photo!

Ages  
2-12

Bounce  
house!

Bring a  
empty  
basket!

Free!

Raffle

# Twilight Spring Egg Hunt

Miércoles 9 de abril

5:30-7:30pm

Bring a  
empty  
basket!

Gratis!

Conejito

¡Foto!

Edades

2-12

Brincoline

Rifa

# Mid-City Gym Programs

4302 Landis Street San Diego, CA 92105 619-516-3082

## *Pee Wee Sports*

Bring your little ones to learn various sport skills, make friends, and have fun!

**FUN!**

Wednesdays 6-7:00pm  
Saturdays 1:30-2:30pm  
FREE!  
Ages: 4-7

## *Fern Street Circus*

Tuesdays 4:30-6:30pm  
Saturdays 9:30-11:30am  
Free  
Ages: 6-17



## *Outreach Self-Defense Karate*

Thursdays 5:45-8:45pm  
\$8.00 per class  
(register in person during class times)  
Ages: Youth to Adult

**CITY HEIGHTS RECREATION GROUP**

The recreation group meets the third Tuesday of each month except March, August and December at 6:30 pm. All are welcome! Give us your input. For more information please call the recreation office at (619) 641-6125.

**GRUPO RECREACIÓN DE CITY HEIGHTS**

Se junta cada tercer martes de cada mes a las 6:30 p.m. Excepto en Marzo, Agosto y Diciembre ¡Todos son bienvenidos! Dinos su opinión. Para más información, llame al (619) 641-6125.

**PARK USE & SPECIAL USE PERMITS**

Call the nearest recreation center. Permits are required for jumps and special use.

**PERMISO DE PARQUE O USO ESPECIAL**

Llame al centro recreativo más cercano. Si requiere permiso en el parque para brincolin para el uso especial.

**REGISTRATION**

All fees based on programs register on a seasonal basis. Fees are due before the start of the first class. There is a \$25.00 service charge for all returned checks. Classes not meeting the minimum number of participants may be cancelled. Some classes have limited space available..

**INSCRIPCIONES**

Todas las tarifas basadas en programas se registran sobre una base estacional. Las tarifas deben pagarse antes del inicio de la primera clase. Todos los cheques devueltos conllevan un cargo de servicio de \$25.00. Las clases que no cumplan con el número mínimo de participantes pueden ser canceladas. Algunas clases tienen espacio limitado disponible.

**REGISTRATIONS IN OFFICE ON  
TUESDAY AND THURSDAY  
FROM 4:00PM TO 7:00PM**

**PERMITS ARE PROCESSED ON WEDNESDAY-  
---12:00PM TO 4:00PM OR BY APPOINTMENT.  
PERMITS ARE ISSUED NO LATER THAN 7 DAYS TO THE  
EVENT DAY.  
FOR PERMITS/REGISTRATIONS PAYMENTS, DEBIT/  
CREDIT CARD OR ELECTRONIC CHECK PROCESSING  
(ECP) ONLY.**

**DONATIONS**

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director, CPII Division, (619) 525-8235.

**DONACIONES**

Con su donación al sistema de parques, usted puede ayudar al Departamento de Parque y Recreación enriquecer las vidas de otros por medio de parques y programas de calidad. Su donación ayuda que podamos cumplir con las necesidades de la comunidad de todas las edades, habilidades y niveles de ingresos por medio de recreación, parques de espacios naturales, y programas acuáticos. Para más información sobre cómo puede donar a su parque, alberca o programa recreativo favorito, comuníquese con David Monroe, Director Diputado, CPII División, (619) 525-8235.

**VOLUNTEERS NEEDED!**

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 533-4017.

**¡NECESITAMOS VOLUNTARIOS!**

Tenemos oportunidades disponibles en nuestros centros de recreación, albercas, y parques regionales en toda la ciudad, también con programas de recreación para mayores de edad y terapéuticos, y mucho más. Si usted está interesado, infórmese con el personal o visite nuestra página de Internet a [www.sandiego.gov/park-and-recreation/generalinfo/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/generalinfo/volunteer.shtml) o comuníquese con la Oficina de voluntarios al (619) 533-4017 para más información.

**You can now register from home? Follow these simple instructions  
YOU CANNOT PARTICIPATE IN PROGRAMS UNTIL YOU CREATE A PROFILE ONLINE!**

**Register online for Programs** offered by the Recreation Council using the Online Activity Registration System. Log on at [SDRecConnect.com](http://SDRecConnect.com). Set up your account and browse classes now.

**First Time Online Customers**

Click the **Create Account** button. Fill out the New Account Request form completely for the primary responsible person, usually a parent or head of household, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add your other family members). In a short time, **check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link!** Note that it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

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

Click the My Account button. Enter your login (email address) and password. If you've **forgotten your password**, click My Account, then click the small "Forgotten?" link. Enter the email address you used when you created the account, and the system will send you a temporary password via email. Log in with the temporary password and the system will prompt you for your "Current password" - which means the temporary password in this case - and a new password of your choice. Be sure to click Save!

**\*\*Important!** If you are registering a child for an activity, **please use your own information, not your child's, when first completing the New Account Request form.** Once you have filled it out for yourself, click "Submit," or "**Submit & Add Family Member**" to add others such as your spouse and children. You can also easily add children later after you've created and confirmed the account. **Be sure to check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link!** If you need help, please click the FAQs (Frequently Asked Questions) button in the online registration page for information

**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%) 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.

- 97% 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.

- 97% 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

*\*For more information, refer to the complete Recreational Programs Refund and Transfer Policy attached to all receipts.*

## **ATTENTION ALL PATRONS**

Beginning Friday, October 4, 2019, the City of San Diego Parks and Recreation Department will no longer accept cash or personal checks as payment for obtaining park permits, participation in recreation leagues, class registration, weight room fees/memberships, multi-day pool passes and merchandise sales. All fees will include the standard 3% processing fee.

To pay for permits and programming, the City will accept the following forms of payment:

### **Credit cards, debit cards, or gift cards**

- City accepts Visa, MasterCard, American Express and Discover

### **Electronic Check Processing (ECP) from customer's checking account**

- Customers may enter their bank routing and account number for online transactions.
- On-site transactions require copy of a check (to verify the account number) and a valid form of identification.

### **Cash will continue to be accepted for daily pool admissions, snack sales and event admission.**

We appreciate your patience and cooperation as we make this transition. If you have any questions about this new policy, please contact Recreation Center staff.

## **ATENCIÓN A TODOS LOS CLIENTES**

Comenzando el viernes, 4 de octubre de 2019, el Departamento de Parques y Recreación del Municipio de San Diego dejará de aceptar pagos en efectivo o cheques personales para obtener permisos de parques, registro de clases y ligas recreacionales, cuotas/membresías de salones de pesas, pases de múltiples días para entrada a las piscinas, y venta de mercancía. Todas las cuotas incluirán el cargo estándar de 3% para procesamiento.

Para pagar las cuotas de permisos y actividades recreativas, el Municipio de San Diego aceptará lo siguiente:

### **Tarjetas de crédito, débito o regalo**

- Se acepta tarjetas de Visa, MasterCard, American Express y Discover

### **Procesamiento Electrónico de Cheques (ECP) de la cuenta de cheques del cliente**

- El cliente puede introducir sus números de ruta y cuenta bancaria para transacciones electrónicas.
- Las transacciones en persona requieren una copia del cheque (para verificar el número de cuenta) y una forma válida de identificación.

### **Los pagos en efectivo seguirán siendo aceptados para admisión de un día a las piscinas, eventos, y compras de botanas (snack bar).**

Agradecemos su paciencia y cooperación durante esta transición. Si tiene preguntas acerca de esta nueva póliza, por favor contacte un empleado del Centro de Recreación.