



“We Enrich Lives through Quality Parks and Programs”

www.sandiego.gov/park-and-recreation/

*Online Registration Code-www.sdreconnet.com



Spring Program 2016

Programa de Primavera 2016

<p>CITY HEIGHTS RECREATION CENTER 4380 Landis Street, San Diego, CA. 92105 Tel: (619) 641-6125 Fax: (619) 641-6108</p>	<p>MID-CITY GYMNASIUM 4302 Landis Street, San Diego, CA. 92105 Tel: (619) 516-3082 Fax: (619) 516-3081</p>
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<p>CITY HEIGHTS RECREATION CENTER STAFF Area Manager II: Raul Contreras Center Director III: Cathy Berardi Assistant Center Director: Jacquelyn Zuniga GMW: Stacey Cobbins Recreation Leader II: Diago Fuller Recreation Leader I: Michelle Williams Recreation Leader I: Fred Aryee Recreation Leader I: Octavia Redford Recreation Leader I: Marlin Maxwell Recreation Aide: Juandra McCullough</p>	<p>MID-CITY GYMNASIUM STAFF Area Manager II: Raul Contreras Center Director III: Cathy Berardi Assistant Center Director: Jacquelyn Zuniga GMW: Stacey Cobbins Recreation Leader I: Ricky Monroe Recreation Leader I: Leticia Caballero Recreation Leader I: Cassandra Smith</p>
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<p>HOURS OF OPERATION/HORARIOS</p> <table> <tr><td>Monday/Lunes</td><td>12:00-9:00pm</td></tr> <tr><td>Tuesday/ Martes</td><td>12:00-9:00pm</td></tr> <tr><td>Wednesday/ Miercoles</td><td>12:00-9:00pm</td></tr> <tr><td>Thursday/ Jueves</td><td>12:00-9:00pm</td></tr> <tr><td>Friday/ Viernes</td><td>12:00-8:00pm</td></tr> <tr><td>Saturday/ Sábado</td><td>9:00-5:00pm</td></tr> <tr><td>Sunday/ Domingo</td><td>9:00-5:00pm</td></tr> </table>	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	<p>HOURS OF OPERATION/HORARIOS</p> <table> <tr><td>Monday/ Lunes</td><td>1:00-8:00pm</td></tr> <tr><td>Tuesday/ Martes</td><td>12:00-8:00pm</td></tr> <tr><td>Wednesday/ Miercoles</td><td>12:00-8:00pm</td></tr> <tr><td>Thursday/ Jueves</td><td>12:00-8:00pm</td></tr> <tr><td>Friday/ Viernes</td><td>1:00-6:00pm</td></tr> <tr><td>Saturday/ Sábado</td><td>10:00-3:00pm</td></tr> <tr><td>Sunday/ Domingo</td><td>12:00-4:00pm</td></tr> </table>	Monday/ Lunes	1:00-8:00pm	Tuesday/ Martes	12:00-8:00pm	Wednesday/ Miercoles	12:00-8:00pm	Thursday/ Jueves	12:00-8:00pm	Friday/ Viernes	1:00-6:00pm	Saturday/ Sábado	10:00-3:00pm	Sunday/ Domingo	12:00-4:00pm
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<p>CENTER HOLIDAY CLOSURES Cesar Chavez. Day: March 31, 2016 Memorial Day: May 30, 2016</p>	<p>DIAS FESTIVOS QUE EL CENTRO CIERRA Dia de Cesar Chavez: Marzo 31, 2016 Dia de memorial: Mayo 30, 2016</p>
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PROGRAMS & FEE ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.
LOS PROGRAMAS Y LAS CUOTAS ESTAN SUJETOS A CAMBIOS SIN NINGUN AVISO



CITY HEIGHTS ACTIVITIES



*Online Registration Code-www.sdreconnect.com

Crafts/ Drawing Class: *23155

Ages: 7-15 years
Time: 4:00-5:00pm
Cost: Free



Dance Program:

Tuesday: \$43.00 for 10 weeks

Tel: (619) 235-5255



Ages	Class	Time	
4-6yrs	Pre Ballet	3:15pm	*TBA
6-17yrs	Beg Tap 1a	4:00pm	*TBA
6-17yrs	Beg Jazz 1a	4:45pm	*TBA
7-17yrs	Beg Ballet1a	5:30pm	*TBA
7-17yrs	Beg Ballet1b	6:15pm	*TBA

Youth Sports: SOCCER

Ages: 10 & Under *23382/23383
Ages: 12 & Under *23384/23385
Ages: 14 & Under *23386
Cost: Free



Teen Center Activities:

Days: Mondays, Tuesday, Thursday, Friday: 2-6:00pm
Day: Wednesday: 12:00-6:00pm
Ages: 13- 17yrs



Ceramic Class:

Days: Monday * 23154
Time: 5:30-7:30pm
Ages: 9 – 17 years
Cost: Free



Clase de Artesanía/ Dibujo: *23155

Edades: 7-15 anos
Horario: 4:00-5:00pm
Costo: Gratis



Programa de Danza:

Martes: \$43.00 por 10 semanas

Tel: (619) 235-5255



Edades	Clases	Horarios	
4-6yrs	Pre Ballet	3:15pm	*TBA
6-17yrs	Beg Tap 1a	4:00pm	*TBA
6-17yrs	Beg Jazz 1a	4:45pm	*TBA
7-17yrs	Beg Ballet1a	5:30pm	*TBA
7-17yrs	Beg Ballet1b	6:15pm	*TBA

Deportes para Jóvenes: SOCCER

Edad: 10 & Under * 23382/23383
Edad: 12 & Under * 23384/23385
Edad: 14 & Under * 23386
Costo: Gratis



Actividades del Centro Juvenil:

Días: lunes, martes, jueves, viernes: 2-6:00pm
Día: miércoles: 12:00-6:00pm
Edades: 13- 17anos



Clases de Ceramica:

Días: lunes * 23154
Horario: 5:30-7:30pm
Edades: 9- 17anos
Costo: Gratis





CITY HEIGHTS ACTIVITIES

Spring Camp:

* CODES



Limited to 30 persons per session
1st come first served. Each week includes lunch, afternoon snack, Swimming, daily activities and a field trip. Registration: Begins March 8th thru April 1st

Session I – All Nature Week

April 4 – April 8, 2016

Session II – Build With Hands Week

April 11 – April 15, 2016



Campamento de Primavera: *

CODES

Limite a 30 personas por seccion primero que se inscriba es el que sera servido primero. Cada semana incluye lonche, merienda en la tarde, Natacion, Actividades diarias y un viaje.

Registracion: Comienza Marzo 8 a Abril 1

Sescion I – Samana Todo al Natural

April 4 – April 8, 2016

Sescion II – Semana Aslo con Tus Manos

April 11 – April 15, 2016



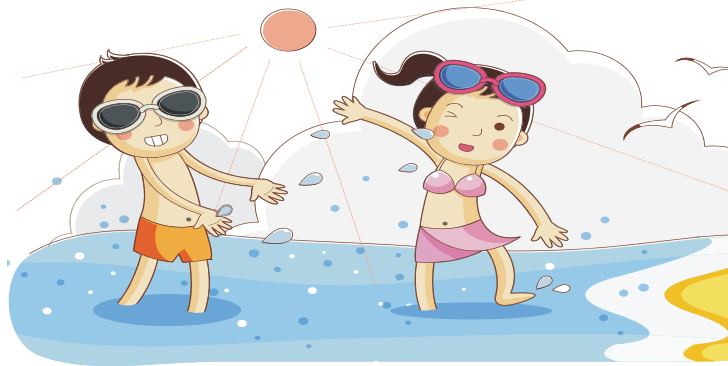
Lunch

Arts & Crafts



Games

Field Trips





MID-CITY GYM ACTIVITIES

Sports for Exceptional Athletes:

Day: Monday

Ages: Children to Adults

Time: 5:00-9:00pm



Deportes para Deportistas Excepcionales:

Día: lunes

Edades: Niños y Adultos

Horario: 5:00-9:00pm



Open Play Basketball:

Please see staff for current schedule



Cancha Libre de Baloncesto:

Hable con el personal para horario disponible



Youth Outreach Self-Defense Karate:

Days: Thursday

Time: 5:00-8:00pm

Ages: 5 – 17yrs

Cost: \$7.00/Class

Instructor: Mario Abrencia Jr.

Tel: (619) 282-3066



Karate de Defensa Propia de Adolescentes:

Día: jueves

Horario: 5:00-8:00pm

Edades: 5 – 17anos

Cost0: \$7.00/clases

Instructor: Mario Abrencia Jr.

Tel: (619) 282-3066



Circus Class:

Days: Tuesday

Time: 4:00-6:00pm

Ages: 3 – 5yrs

Cost: Free



Clases de Circo:

Days: Martes

Time: 4:00-6:00pm

Ages: 3 – 5yrs

Cost: Gratis



PEE WEE SPORTS 2016 *23152

AN INTRODUCTORY COURSE FOR ALL SPORTS

March/MAY Sports is Soccer



Practice Days: Wednesday

Time: 6:00-7:00pm

Games Days: Saturday

Time: 11:00-12:00pm

Ages: 4 – 7yrs

Cost: Free



Días de Practicas: miércoles

Horario: 6:00-7:00pm

Días de Juegos: sábado

Horario: 11:00-12:00pm

Edades: 4- 7anos

Costo: Gratis



As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. 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 Park and Recreation Department (contact District Manager (619) 525-8242) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request. La Ciudad de San Diego, como recipiente de fondos federales, no puede discriminar en contra de ninguna persona en la base de raza, color, credo, sexo, edad, origen nacional o ascendencia, religión, embarazo, incapacidad física o mental, la estado de veterano, estado civil, condición médica, género (transsexual y transgénero), orientación sexual, así como cualquier otra categoría protegidas por medio de leyes federal, del estado o local. Si alguien cree que se le discrimina, el o ella puede someter una queja alegando la discriminación con el Departamento de Parques y Recreación de la Ciudad de San Diego (llame a la Supervisora del Distrito (619) 525-8242) o con la Oficina De Oportunidades Imparciales del Departamento del Interior de los EE.UU. Washington, D.C. 20240. A petición esta información esta disponible en formatos alternativos. *PRINTED ON RECYCLED PAPER/IMPRESADO EN PÁPEL RECICLADO*



MID-CITY GYM ACTIVITIES

NO CHILDREN UNDER THE AGE OF 18 WILL BE ALLOWED IN THE GYM DURING ANY OF THE AEROBICS CLASSES.

Kickboxing Aerobics: * 23157

Days: Mondays

Time: 4:00-5:00pm

Instructor: Amelia Lucas



Patadas de Boxeos Aeróbicos: * 23157

Días: lunes

Horario: 4:00-5:00pm

Instructor: Amelia Lucas



Pilates/AB Strength Training: * 23158

Days: Tuesday

Time: 12:00-1:00pm

Instructor: Amelia Lucas



Entrenamiento Pilates/Abdominal: * 23158

Días: martes

Horario: 12:00-1:00pm

Instructor: Amelia Lucas



Cardio Fit: * 23159

Days: Wednesday

Time: 5:00-6:00pm

Instructor: Bonnie Bolden



Cardio: * 23159

Días: miércoles

Horario: 5:00-6:00pm

Instructor: Bonnie Bolden



Aerobics Step: * 23161

Days: Friday

Time: 4:00-5:00pm

Instructor: Amelia Lucas



Pasos Aeróbicos: * 23161

Días: viernes

Horario: 4:00-5:00pm

Instructor: Amelia Lucas



Aerobics: * 23162

Days: Saturday

Time: 8:00-9:00am

Instructor: Amelia Lucas



Aeróbicos: * 23162

Días: sábado

Horario: 8:00-9:00am

Instructor: Amelia Lucas



CITY HEIGHTS RECREATION COUNCIL

The recreation council meets the third Tuesday of each month except July 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.

CONCILIO DE RECREACIÓN DE CITY HEIGHTS

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

EQUIPMENT CHECK OUT

You can check out a variety of recreational equipment including: footballs, basketballs, soccer balls, ping-pong, board games and etc... For kids, all you need is a recreation card. For adults, a picture ID.

EQUIPO PRESTADO

Pueden sacar prestado hay una variedad de equipo recreativo incluyendo pelotas de fútbol americano, fútbol, baloncesto, ping-pong, juegos de mesa y más. Niños nomás necesitan una tarjeta recreativa. Adultos necesitan su tarjeta de identificación.

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. Se requiere permiso en el parque para brincolines y 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 activities have limited space available.

INSCRIPCIONES

Las inscripciones para clases serán cada mes. Las cuotas deben pagarse antes de que empiece la clase. Habrá un recargo de servicios de \$50.00 para los cheques que se devuelva. La clase podrá ser cancelada si no tenemos el mínimo requisito de estudiantes. Unas clases tienen espacio limitado.

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 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 o comuníquese con la Oficina de voluntarios al (619) 533-4017 para más información.



City Heights Recreation Center
4380 Landis Street • San Diego, CA 92105 •
Tel: (619)641-6104 Fax: (619) 641-6108

TEEN CENTER

FREE TEEN NITE PROGRAMS-JULY & AUGUST

For Daily activities check posted Teen Center Monthly Calendar

Free: Sports Activities

Basketball

Baseball

Soccer

Flag Football

CITY HEIGHTS ACTIVITIES

Spring Egg Hunt

Busqueda de Huevitos de Primavera



WHEN: MARCH 19, 2016

TIME: 9:00AM-11:30AM

WHERE: ROSA PARK FIELDS

COST: FREE



We will have face painting, air jump and the Bunny.

Tendremos pinturas de caras, brincolin y el conejo.

Bring your basket and have some fun! / ¡Traiga su canasta y diviértase!



12yr to 14yr old 9:30am to 10:00am

8yr to 11yr old 10:00am to 10:30am

4yr to 7yr old 10:30am to 11:00am

1yr to 3yr old 11:00am to 11:30am



You can now register for any City Heights Recreation Center class from home.

*****Important! *Important! *Important! *Important!**

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.

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.

Parks Fit San Diego 2016



Challenge: Walk, Run, Roll or Swim

30 miles between June 18 and August 13

Reward: Get fit, stay healthy & receive a Parks Fit SD t-shirt!

Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

Kickoff Event - 1 mile Fun Run & Market in the Park

Saturday, June 18, 2016 at 8:00am

Morley Field, 2221 Morley Field Dr., San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 13, 2016 at 7:30am

NTC Park, 2455 Cushing Rd, San Diego 92106

For more information: www.sandiego.gov/park-and-recreation

Proudly Presented by:



Official financial partner of the City of San Diego