

Hourglass Fieldhouse

Summer 2025

Program Guide

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) 235-1132 or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.

PARK & FACILITY INFORMATION

Our staff cordially invites you to visit all recreation centers in Mira Mesa:
Hourglass Field House, Lopez Ridge Recreation Center and Gil Johnson/Mira Mesa Recreation Center.

HOLIDAY CLOSURES

INDEPENDENCE DAY JULY 4, 2025

JUNETEENTH FREEDOM DAY JUNE 19, 2025

IMPORTANT PHONE NUMBERS

SDPD (Non-Emergency) (619) 531-2000
Ned Baumer Pool (858) 538-8083
San Diego Humane Society (619) 299-7012

OTHER FACILITIES

Verne Goodwin Senior Center

8460 Mira Mesa Blvd San Diego, CA 92126
(858) 578-7325

Rancho Penasquitos Skate Park

10111 Carmel Mountain Rd San Diego, CA 92129
(858) 538-8131

YOUTH SPORTS ORGANIZATIONS

Mira Mesa Little League

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

Mira Mesa Youth Football

<https://www.miramesachargers.org>

Mira Mesa AYSO

<https://www.miramesaayso.org>

Mira Mesa Girls Softball League

<https://www.mmgsoftball.com>

ADULT SPORTS ORGANIZATIONS

Co-Ed & Men's Softball

Peter McNamara www.socaladultsoftball.com

Adult Basketball League

Rob Powell www.sandiegobasketball.com

Senior Softball

Jim Smith (619) 358-3361

INDIVIDUALS WITH SPECIAL NEEDS

All activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services Department will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be determined if one-on-one aide is needed.

Therapeutic Recreation Services is a Citywide program that provides recreation opportunities for people with disabilities.

More information is available by calling them at (619)525-8247 or (619)525-8249TTD.

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 contact the Volunteer Office at:

<https://bit.ly/3ISqfsX> or (619)533-4017.

PARK USE INFORMATION

For park use permits and reservations for the listed areas including, but not limited to sports field use, picnic areas, special events, and picnic shelters.

Please contact the following Recreation Centers:

HOURLASS FIELD COMMUNITY PARK (858) 538-8153

Maddox Park*	7809 Flanders Drive
Mason Joint Use	10340 San Ramon Drive
Mesa Verde Park	8350 Gold Coast
Hourglass Park	10440 Black Mountain Rd
Walker Joint Use	9125 Hillery Drive
Wangenheim Joint Use	9230 Gold Coast Drive
Westview Park*	11278 Westview Pkwy
<u>LOPEZ RIDGE COMMUNITY PARK (858) 538-8171</u>	
Lopez Ridge	7245 Calle Cristobal
Sandburg Park	11170 Avenida Del Gato

MIRA MESA COMMUNITY PARK (CLOSED)

*** Please contact Lopez Ridge for inquiries***

Breen Park*	11119 Polaris Drive
Camino Ruiz Park*	11498 Camino Ruiz
Challenger Joint Use	10810 Parkdale Ave
Ericson Joint Use	11174 Westonhill Drive
McAuliffe Park	7540 Winterwood Lane
Mesa Viking Park	11278 Westonhill Drive
Mira Mesa Community Park* 8575 New Salem Street	

*parks with picnic shelters that are available for permit

COMMUNITY RECREATION GROUP

These groups of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, publicize and help provide recreation opportunities for citizens in the Mira Mesa community. Groups, clubs and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed. Persons interested in making a positive impact or who have concerns about local parks and recreation centers should attend these meetings.

The Mira Mesa Recreation Council meets on the second Tuesday of every month at 7:00pm at Lopez Ridge Recreation Center.

Please visit www.miramesarecreationcouncil.org for

AED info Recreation Centers are equipped with Automated External Defibrillator



All City of San Diego Parks and Beaches are smoke free.



REGISTRATION INFORMATION

Registration Begins: Saturday, May 17, 2025 at 10:00 am

Only a parent or legal guardian can register participants under the age of 18 years.

Cash or paper check is not accepted for registration.

Acceptable payment methods (on-line and in-person) include:

Electronic check - proper ID with proof of checking account required

Credit, debit, or gift cards issued by qualified card service merchants

(Visa, MasterCard, American Express, and Discover only).

A **\$25.00 fee will be charged for declined electronic checks**. All customers must verify that bank routing and account numbers are entered correctly.

All fees must be paid in full prior to attending the first class.

Classes not meeting the minimum number of students may be cancelled.

PROCESSING FEES ARE INCLUDED

All registration and reservation fees include a non-refundable 3.56% processing fee.

RECREATIONAL PROGRAMS REFUND AND TRANSFER POLICY

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form (COM -6), in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund Policy Exclusions:

Three percent (3.56%) processing fee will be deducted from all refunds

No refund or transfer for non-attendance at any class

No credits to account

No refunds for costumes or equipment

Activity fees less than \$10.00 will not be refunded

Classes: Refund is based on the date that the written application is submitted.

96.5% refund - 3 or more calendar days prior to the first day of the class

75% refund - less than 3 calendar days prior to the first day of class

No refund for requests submitted more than 24 hours after the first day of class

Camps: Refund is based on the date that the written application is submitted.

96.5% refund - 10 or more calendar days prior to the first day of camp

50% refund - less than 10 calendar days prior to the first day of camp

No refund or transfer for requests less than 48 hours prior to the first day of camp

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

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.

HOURGLASS PARK

10440 Black Mountain Rd. San Diego, CA 92126

(858) 538-8153



WELCOME

The staff at Hourglass Field Community Park would like to welcome you and your family to our facility. We offer a variety of activities for both children and adults. Our goal is to provide you with the best activities possible and be able to fulfill your recreational needs.

We welcome any suggestions you may have for new and existing activities.

Hourglass Park has three meeting rooms, kitchen, game room, gymnasium with two full courts, seven multi-purpose fields, sports equipment, a dance room with mirrors, gymnastic room and a playground. *For reservation details of the facility please contact the office.

Claudia Apodaca	Area Manager II
Jesse Dawn	Center Director III
Davonne Austin	OCA Assistant Center Director
Paul Lee	Recreation Leader I
Dane Beasley	Recreation Leader I
Elise Dunn	Recreation Aide
Ja'Mir Salaam	Recreation Aide
Lucille Braunschweig	Recreation Aide

HOURS OF OPERATION

Monday	10:00am - 9:00pm
Tuesday	1:00pm - 9:00pm
Wednesday	10:00am - 9:00pm
Thursday	1:00pm - 9:00pm
Friday	11:00am - 8:00pm
Saturday	9:00am - 4:00pm
Sunday	10:00am - 4:00pm

SUMMER SPORTS LEAGUES

Season Dates: Jun 11, 2025 – Aug 27, 2025

\$65/child (Includes jersey)



Cal 8: 5 - 8 years

(#123005)

Practice Day/Time:

TBD

Game Day/Time:

Wednesdays, 5:30PM & 6:30PM

Cal 10: 10 & under

(#123002)

Practice Day/Time:

TBD

Game Day/Time:

Fridays, 5:00PM-8:00PM

Cal 12: 12 & under

(#123003)

Practice Day/Time:

TBD

Game Day/Time:

Saturdays 9:00AM-12:00PM

Cal 15: 15 & under

(#123004) **

Practice Day/Time:

Wednesdays 6:30PM-8:00PM

** Game Day Thursdays @ North Clairemont Recreation Center

EVALUATIONS

Cal 8u: June 9, 2025 5:15pm - 6:45pm

Cal 10u: June 13, 2025 6:00pm - 7:30pm

Cal 12u: June 14, 2025 10am - 11:30am

Cal 15u: June 18 & 25 6:30pm - 8:30pm

****All children must attend their designated evaluation day****



STAFF PROGRAMS

TAI CHI INTEGRAL

Integral Tai Chi is a health improvement program, combining Yoga, Tai Chi, Qi Gong, and Meditation in one system that integrates, body, mind, and spirit. This class serves to bring the vision of restoring health, engendering hope, and facilitating a healing process. This program allows you to generate and use or energy effectively, enhance brain functionality, increase physical fitness, reduce stress, increase flexibility, lessen the effects of aging, and improve feelings of well-being. Requirements for class include: Yoga mat, t-shirt and sweatpants (no trunks or shorts), bottle water, and yoga mat.

Age: 18 years and older

Schedule: Saturdays & Sundays 10:00AM-12:00PM

Dates: June 7 - August 30 (#122933)

June 1 - August 24 (#122934)

Instructor: Binh Phan

Location: Saturday Room J223

Location: Sunday Room J205

FEE: FREE



CIVIC DANCE ARTS

In the class your child will begin the passion for dance through, Ballet and Jazz. Program schedule and information will be available at www.cividdanceart.org or by calling 619 235-5255



Spirit Kids Gymnastics

HOT SHOTS 1

This Class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 4-6 years old

Schedule: Wednesdays 4:00pm –4:50pm

Dates: June 11 - July 9, 2025

Fee: \$108 (#123031) **NO CLASS 7/2**

Ages: 4-6 years old

Schedule: Thursdays 4:00pm - 4:50pm

Dates: June 12 - July 10, 2025

Fee: \$81 (#123029) **NO CLASS 6/19 & 7/3**

HOT SHOTS 2

This Class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 4-6 years old

Schedule: Wednesdays 4:00 - 4:50pm

Dates: July 16 - August 27, 2025

Fee: \$135 (#123032) **NO CLASS 8/6 & 8/13**

Ages: 4-6 years old

Schedule: Thursdays 4:00 - 4:50pm

Dates: July 17- August 28, 2025

Fee: \$135 (#123030) **NO CLASS 8/7 & 8/14**

ALL-STARS 1

The All Stars 1 class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 7-10 years old

Schedule: Wednesdays 5:00 - 5:50pm

Dates: June 11 - July 9, 2025

Fee: \$108 (#123027) **NO CLASS 7/2**

Ages: 7-10 years old

Schedule: Thursdays 5:00 - 5:50pm

Dates: June 12 - July 10, 2025

Fee: \$81 (#123025) **NO CLASS 6/19 & 7/3**



ALL-STARS 2

The All Stars 1 class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 7 - 10 years old

Schedule: Wednesdays 5:00 - 5:50pm

Dates: July 16 - August 27, 2025

Fee: \$135 (#123028) **NO CLASS 8/6 & 8/13**

Ages: 7 - 10 years old

Schedule: Thursdays 5:00 -5:50pm

Dates: July 17 - August 28, 2025

Fee: \$135 (#123026) **NO CLASS 8/7 & 8/14**

* Independent Contractor: spiritkidssports@gmail.com (858) 848 -0488

Damoytt Tennis Program

These classes will teach age appropriate fundamentals for beginners, intermediate and advance tennis skills and fitness related exercise. Bring one can of unopened tennis balls. Tennis and a racket are required. Make up classes allowed for three absences. **All classes are \$88 unless noted***

Instructor: Coach Stan Jefferson **Phone #:** (619)770-7187 **E-mail:** dbadamoyttennis@yahoo.com

<p>BEGINNER SKILL 1 Ages 5 - 7</p> <p>Saturdays Sundays <u>8:00 - 9:00am</u> <u>8:00 - 9:00am</u></p> <p>Aug 9 -30 (122951) Aug 10 -31 (122952) July 5 - 26 (122947) Jul 6 - 27 (122948) June 7 - 28 (122949) Jun 8 - 29 (122950)</p>	<p>INTERMEDIATE SKILL 1 Ages 7- 12</p> <p>Saturdays Sundays <u>10:00 - 11:00am</u> <u>10:00 - 11:00am</u></p> <p>Aug 9 -30 (122981) Aug 10 -31 (122982) July 5 - 26 (122977) Jul 6 - 27 (122978) June 7 - 28 (122979) Jun 8 - 29 (122980)</p>
<p>BEGINNER SKILL 2 Ages 8 - 12</p> <p>Saturdays Sundays <u>9:00 - 10:00am</u> <u>9:00 - 10:00am</u></p> <p>Aug 9 -30 (122958) Aug 10 -31 (122957) July 5 - 26 (122953) Jul 6 - 27 (122954) June 7 - 28 (122955) Jun 8 - 29 (122956)</p>	<p>INTERMEDIATE SKILL 2 Ages 7- 12</p> <p>Saturdays Sundays <u>11:00 -NOON</u> <u>11:00 - NOON</u></p> <p>Aug 9 -30 (122987) Aug 10 -31 (122988) July 5 - 26 (122983) Jul 6 - 27 (122984) June 7 - 28 (122985) Jun 8 - 29 (122986)</p>
<p>BEGINNER SKILL 3 Ages 6 - 10</p> <p>Saturdays Sundays <u>3:00 - 4:00pm</u> <u>3:00 - 4:00pm</u></p> <p>Aug 9 -30 (122964) Aug 10 -31 (122963) July 5 - 26 (122960) Jul 6 - 27 (122959) June 7 - 28 (122961) Jun 8 - 29 (122962)</p>	<p>INTERMEDIATE SKILL 3 Ages 8-13</p> <p>Saturdays Sundays <u>4:00-5:00pm</u> <u>4:00 -5:00pm</u></p> <p>Aug 9 -30 (122993) Aug 10 -31 (122994) July 5 - 26 (122989) Jul 6 - 27 (122990) June 7 - 28 (122991) Jun 8 - 29 (122992)</p>
<p>ADVANCED SKILL 1 Ages 10 - 16</p> <p>Saturdays Sundays <u>12:00 - 1:00pm</u> <u>12:00 - 1:00pm</u></p> <p>Aug 9 -30 (122939) Aug 10 -31 (122940) July 5 - 26 (122935) Jul 6 - 27 (122936) June 7 - 28 (122937) Jun 8 - 29 (122938)</p>	<p>ADVANCED SKILL 2 Ages 10 - 16</p> <p>Saturdays Sundays <u>1:00 - 2:00pm</u> <u>1:00 - 2:00pm</u></p> <p>Aug 9 -30 (122945) Aug 10 -31 (122946) July 5 - 26 (122941) Jul 6 - 27 (122942) June 7 - 28 (122943) Jun 8 - 29 (122944)</p>
<p>COMPETITIVE PLAY MIXER 1 Ages 8 - 17</p> <p>Saturdays Sundays <u>2:00 - 3:00pm</u> <u>2:00 - 3:00pm</u></p> <p>Aug 9 -30 (122969) Aug 10 -31 (122970) July 5 - 26 (122965) Jul 6 - 27 (122966) June 7 - 28 (122967) Jun 8 - 29 (122968)</p>	<p>COMPETITIVE PLAY MIXER 2 Ages 8 - 17</p> <p>Saturdays Sundays <u>5:00 - 6:00pm</u> <u>5:00 - 6:00pm</u></p> <p>Aug 9 -30 (122975) Aug 10 -31 (122976) July 5 - 26 (122971) Jul 6 - 27 (122972) June 7 - 28 (122973) Jun 8 - 29 (122974)</p>

Contractual programs consist of independent contractors that have been approved as a sponsored program.

Requirements for Independent Contractors:

- ALL contractors, sub-contractors and volunteers must be fingerprinted through the Live Scan process.
- Contractors must submit a business license and proof of insurance
- City staff handles all registrations for the program
- Contractors must provide Worker's compensation coverage for all their Employees