

The City of

SAN DIEGO 

OCEAN AIR RECREATION CENTER

4770 Fairport Way - San Diego, Ca 92130

Office: (858) 552-1687 Fax: (858) 847-9907

www.sandiego.gov/park-and-recreation

WINTER

2017

ACTIVITY PROGRAM

REGISTRATION BEGINS: SATURDAY, NOVEMBER 19, 2016

MOST CLASSES BEGIN WEEK OF DECEMBER 1, 2017

SEE PAGE 3 FOR REGISTRATION DETAILS.

PROGRAMS, FEES & HOURS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION

PARK & FACILITY INFORMATION

On behalf of the Ocean Air Recreation Council, **WELCOME** to your local recreation center! We are excited to continue to provide wonderful recreation services and programming to our community.

OCEAN AIR RECREATION COUNCIL

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, and equipment. They plan, promote, publicize, and help provide recreation opportunities for citizens in the Ocean Air boundaries. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meeting.

Meetings are open to the public. We encourage and welcome your participation. The Ocean Air Recreation Council meets every 4th Tuesday of each month at 7:00pm at the Ocean Air Recreation Center. If you are interested or have concerns about your neighborhood parks and recreation center, please attend the meetings or join the council. Looking forward to seeing you at Ocean Air.

FACILITIES AVAILABLE

Ocean Air Park and Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball/volleyball/badminton courts
- Two meeting rooms*
- Age appropriate playground
- Passive picnic areas
- 2 Picnic shelters*
- Barbeques
- Lighted Outdoor basketball court*
- Lighted Multi purpose fields*
- Fitness Area
- Trailhead to Carmel Mountain Preserve

*Open to paid reservation, pending availability.

NEIGHBORHOOD PARKS

Torrey Hills	4262 Calle Mejillones
Sage Canyon	5252 Harvest Run Drive
Carmel Valley Pool	3777 Townsgate Drive
Carmel Valley Skate Park	12600 El Camino Real

For other neighborhood parks in your area stop by the Recreation office and inquire with staff. Reservations for the above listed areas including, but not limited to, sports field use, gazebos, party jumps, and special events, please contact Ocean Air Recreation Center (858)552-1687. Events with 50 or more people **MUST** have an approved permit.

HOURS OF OPERATION

Monday	11:00am - 8:00pm
Tuesday	11:00am - 8:00pm
Wednesday	9:00am - 9:00pm
Thursday	11:00am - 8:00pm
Friday	10:00am - 9:00pm
Saturday	8:00am - 6:00pm
Sunday	Closed



HOLIDAY CLOSURES

- November 24 - Thanksgiving
- December 26 - City Recognized Holiday
- January 2 - New Years Day
- January 16 - Martin Luther King Jr. Day
- February 20 - Presidents Day

WALK-IN REGISTRATION

Only available when a supervisor and staff are present, please call office for assistance.

Park Use, Recreation Center Use Permits and are taken by appointment only.

Please contact the Center Director at (858) 552-1687 to make an appointment. All hours are subject to change without prior notification.



GENERAL PARK RULES

- No field use during school hours
- No smoking
- No littering
- No golfing
- No glass
- No soliciting
- No motorized devices
- No remote controlled devices
- Keep dogs at a safe distance from playground
- No overnight camping
- No open camp fires
- No skateboards, bikes, scooters, or roller skates
- Dogs must be on a leash at all times



REGISTRATION INFORMATION

CLASS REGISTRATION BEGINS:
Saturday - November 19, 2016 at 10:00am

REGISTRATION

- * Registration is taken on a first come, first serve, basis, online or in person. Phone or mail registration is not accepted.
- * When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.
- * If classes do not meet minimum enrollment, they will be cancelled and a full refund will be issued.

PAYMENT METHOD

- Payment is required at the time of registration.
- Payment methods taken at the Center are credit card, **EXACT** cash or check payable to **OARC**.
- Online class registration from home requires credit card payment.
- Credit cards accepted are VISA, MasterCard, American Express and Discover. No debit cards.
- A \$12 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.
-



REFUND POLICY

- * Refund request forms **MUST** be submitted **PRIOR** to the 2nd scheduled class meeting.
- * Refunds for camps and leagues must be submitted **PRIOR** to the first day/game.
- * To obtain a refund, a OARC Refund Request Form (obtain at office) must be completed and submitted with your receipt.
- * All requests take 10 business days to process.
- * No partial refunds or make-ups for missed classes.

REGISTER ONLINE!

Online registration activity numbers are assigned for each class and are appear in brackets; e.g. (6262)

ONLINE REGISTRATION

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 directions provided to active account.

***Please Note: (For first time users only) Parents/Guardian must create there own account first using there own information. Once you have an online registration account, you will have the opportunity to add a child as a family member.**

If you need help, please click the FAQs (Frequently Asked Questions) button for information .

THERAPUETIC RECREATION SERVICES

All classes or programs can accommodate individuals with disabilities. For programs that are sponsored by the Recreation Council, the City of San Diego Therapeutic Recreation Services may provide inclusion aides as additional assistance along with the contractual program staff. Aides will only be provided 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 call 619-525-8247. Rental programs are required to provide reasonable accommodation for individuals with disabilities. Contact program provider to discuss.

SPRING REGISTRATION DATE

Spring Brochure available online

January 21, 2017

Registration for SPRING begins

Saturday, February 18, 2017 at 10am

Most classes begin week of

March 1, 2017

RECREATION CENTER & PARK INFORMATION

GYMNASIUM USAGE

A monthly gym schedule is available at the recreation center for all free play activities. Times are subject to change without prior notification. **Drinks, food, and black soled shoes are prohibited from the gymnasium, no exceptions! Open play schedule is available at the recreation center at the beginning of each month.**

OPEN BASKETBALL

Free play basketball is available both inside and outside on a first come, first serve basis until full court games are ready to play. See gym schedule for indoor free play hours. All ages are welcome.

OPEN VOLLEYBALL

Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

OPEN BADMINTON & PICKLEBALL

Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play badminton and pickleball hours. All ages are welcome.

No organized play, practice or instruction is allowed in the gymnasium without an approved permit.

FIELD USAGE

The Ocean Air and Sage Canyon Joint-Use Fields are a partnership between the City of San Diego and the Del Mar Union School District. The playing fields are closed to public for use 1/2 hour before the start of the school day bell and up until a 1/2 hour after the end of the school day bell. For availability & permitting call the Ocean Air Center Director at (858) 552-1687.

RECYCLE

There are marked recyclable containers throughout the park. Keep the park clean by RECYCLING! Please do not overflow the containers. Let the office know if cans are full.



AED

For patrons in cardiac arrest, an Automated External Defibrillator (AED) is located inside the Ocean Air Recreation Center lobby.



CONTRACTUAL PROGRAM VS. RENTAL PROGRAM

Ocean Air 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 Ocean Air 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 finger-printed 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.

Permit Holders/Rental programs are identified with a * triple asterisk in this program.**

*Master Sports, Little Rascalz, Little Rookies T-Ball, San Diego Rhythmic Gymnastics, SD Basketball, Drama Kids rent facility space from the City of San Diego at the Ocean Air Recreation Center to operate their programs. Distributing registration and program information is the responsibility of these individual businesses. **Please contact them directly for all program inquiries.**

CARMEL VALLEY*** SPORTS ORGANIZATIONS

Carmel Valley Lacrosse - blacklax@att.net

DMCV Sharks - dmcvsharks.com

North Shores Girl Softball - northshoregirlsoftball.com

San Diego Youth Rugby - sandiegoyouthrugby.org

Del Mar Little League - dmll.org

T. Pines Football & Cheer - torreypinespw.com

Bourrisa Del Mar Soccer - borussiadelmar.com

Adult Basketball - sandiegobasketball.com

Adult - Bio-Tech Co-ed Softball League - 858-453-6208



YOUTH CONTRACTUAL CLASSES

Dance to EvOLvE

Magical Munchkins (2 – young 3 yrs)

A gentle introductory combination class of tap, ballet, tumbling and dance games. Parent (or caregivers) presence required for participation as needed.

Tiny Movers (3 - 4 yrs)

A combination class of tap, ballet, tumbling and dance games.

Star Shiners (4.5 - 6 yrs)

A combination class of tap and ballet.



WEDNESDAY

9:30 - 10:15 - Magical Munchkins

8 Week (32956)

10:20 - 11:15 - Tiny Movers

8 Week (32960)

SATURDAY

9:45 - 10:40 - Tiny Movers

8 Week (32965)



10:45 - 11:40 - Star Shiners

8 Week (32954)

SESSION DATES / FEES

8 Week: January 4 - February 25 Fee: \$140.00



For more information call
(858) 876-5327 or
www.danceto evolve.com
"Schedule A Trial Class"

OCEAN AIR DRIVING DIRECTIONS

From Interstate 5 south take the Carmel Mountain Road exit (Exit 32). Turn left onto Carmel Mountain Road. At the third traffic signal turn right onto Carmel Mountain Road. At the second traffic signal turn left onto East Ocean Air Drive. The park entrance is at the end of East Ocean Air Drive.

From Interstate 5 north and 805 north take the LOCAL BY-PASS exit, then take the Carmel Mountain Road exit (Exit 32). Turn right onto Carmel Mountain Road. At the third traffic signal turn right onto Carmel Mountain Road. At the second traffic signal turn left onto East Ocean Air Drive. The park entrance is at the end of East Ocean Air Drive.

ROCK 'n TUMBLE

Day: Wednesday
Fee: \$165 / 10 weeks
Session: Jan. 11 - Mar. 22
*No class on February 22



PRE ROLLERS (with parent) (32972)

Age: Walking - 3 years

Time: 10:00 – 10:45am

(12:1 Student/Teacher Ratio)

A class designed for parent and child "together time." An open format allows children to select activities from our kid's sized gymnastics apparatus.



GYM ROLLERS (32971)

Age: 3 - 4 years

Time: 11:00 – 11:45am

(6:1 Student/Teacher Ratio)

Come join the gymnastics fun as our instructors lead warm up exercises and gymnastics progressions on all of the kid-sized apparatus. Our highly trained instructors use circuits for maximum skill development with minimal down time as students learn by doing.

GYM JUMPERS (32969)

Age: 5 - 6 years

Time: 1:00 – 2:00 pm

GYM JAMMERS (32968)

Age: 7 - 9 years

Time: 1:00 – 2:00 pm

GYM JUMPERS (32970)

Age: 5 - 6 years

Time: 2:00 – 3:00 pm

GYM JAMMERS (32967)

Age: 7 - 9 years

Time: 2:00 – 3:00 pm



(8:1 Student/Teacher Ratio)

Gymnastics for boys and girls offering instruction on vault, bars, balance beam and floor exercise. Strength and flexibility are increased as gymnasts learn proper progressions for mastering new skills.

For more information contact
Rock and Tumble at (858) 487-7799
www.rockntumble.com

YOUTH & FAMILY CLASSES



COASTAL CANYON TANG SOO DO KOREAN KARATE

Fitness, practical self-defense, and traditional martial arts training for the whole family



<p>TINY TIGER (4-5 yrs*) Positive, energetic, fun. Focus on safety skills Day: Monday Time: 5:00-6:00pm Session: December 5 - March 6 Fee: \$100 / 8 classes ON-LINE REGISTRATION CODE (32952)</p>	<p>LITTLE DRAGON (6-7 yrs*) Increase coordination and discipline. Skills for bullies, strangers, and emergencies. Day: Friday Time: 5:00-6:00pm Session: January 6 - March 10 Fee: \$100 / 8 classes ON-LINE REGISTRATION CODE (32949)</p>
<p>NOVICE JUNIOR GUP (8-9 yrs*) Specialized beginner program (white to green belt) for this age group. Day: Monday & Friday Time: 5:00-6:00pm Session: December 5 - March 10 Fee: \$170 / 17 classes ON-LINE REGISTRATION CODE (32950)</p>	<p>YOUTH GUP (9-12*) Enhance self-control, fitness, strength, and flexibility. Day: Monday & Wednesday Time: Beginner 6-7 pm; Intermediate 6-7:30 pm Session: Dec. 5 - March 8 Fee: \$170/ 18 classes ON-LINE REGISTRATION CODE (32953)</p>
<p>TEEN & ADULT (13 and up*) Improve health; enhance performance at work & school. Day: Monday/Wednesday/Friday Time: Beginner 6-7 pm; Intermediate 6-7:30 pm; Session: December 5 - March 10 Fee: \$270 / 27 classes ON-LINE REGISTRATION CODE (32951)</p>	<p>ADVANCED CLASS Advanced training for red belts and up. Day: Monday/Wednesday/Friday/Saturday Time: 6-8 PM MWF, 10:30-11:30 AM Saturday Session: Dec. 5 - March 10 Fee: \$270/ 32 classes ON-LINE REGISTRATION CODE (32948)</p>

*Age may vary according to rank

No class: 12/16 - 1/4, 1/7, 1/16, 1/30; 2/4, 2/17-25, 3/4

Fitness, Safety, Fun - Skills for Life

Internationally accredited instructors and ranking

Contact Master Goodwin:

coastal.canyon.tsd@gmail.com 858 356-9535 www.coastal.canyontsd.org



Get It
Done



As part of his effort to make our city government more efficient and accessible for all San Diego residents, Mayor Kevin L. Faulconer introduced an innovative pilot project and mobile app called *Get It Done San Diego* that allows San Diegans to easily report problems and request improvements for their neighborhoods.

To report a problem, people can now take and upload photos related to over 20 nonemergency problems with roads, street lights, traffic signals and more. The *Get It Done* app uses GPS information embedded within photos to automatically update the address and location of problems. After uploading the photo, the app user simply has to identify a few details about the problem and click submit.

www.sandiego.gov/get-it-done

YOUTH CONTRACTUAL/CITY CLASSES

ARTISTS STUDIO



Children are by nature creative and my job is simply to encourage the natural interest and curiosities that kids display. In these fun and creative themed art classes, 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.

Session I - January 9 - February 27 (32946)

***No Class on 1/16 and 2/21**

Day: Monday
Time: 3:00pm - 4:00pm
Ages: 5 - 12 years old
Cost: \$139 (6 weeks)
Location: Meeting Room
Instructor: Anu Gujral



Minimum enrollment: 6 Maximum enrollment: 12

****Art Materials included in cost****
For more information contact
Anu Gujral 858-386-8923
Email: gujralanu@gmail.com

VOLUNTEER OPPORTUNITIES

Volunteers assist the City's workforce in enhancing services to the public by performing tasks beyond the capacity and scope of current City employees, including fundraising efforts. Volunteers are found supporting special populations; help with the success of various environmental, library, neighborhood youth and adult programs; and assist with parks and beach beautification projects. The City's volunteers represent the City's diversity; including seniors, minorities, students, professionals, families, active and non-active military, faith-based or community groups, to name a few. For more information contact the **Citywide Volunteer Office at volunteersd@sandiego.gov**

CIVIC DANCE ARTS

High quality, affordable dance training for 74 years. Priority given to continuing students from Fall semester for enrollment in these ongoing classes. (New Spring students, please call the dance department for assistance with enrollment.) Register for both the class & the costume(link in the class description online will take you to the correct costume to order). See instructor for information about recitals & costumes.

CLASS DAY: WEDNESDAY

3:30-4:15pm Pre Ballet (4-6 yrs)
 4:15-5:00pm Beg Tap 1A (6-17 yrs)
 5:00-5:45pm Beg Jazz 1A (6-17 yrs)



Registration: December 17, 2016 at 10:00 a.m.

For all Civic Dance Arts classes

All classes/codes will be visible on sdreconnect
 November 28

Session Date - January 11 - May 17
 (No class Feb 1, April 12 & 19)

Fee: \$41.00 / 10 week session -
 (Payable to City Treasurer)



For more information contact the
Dance Department at (619) 235-5255 or
www.cividdancearts.org

ADULT SPORTS LEAGUES

TORREY HILLS BIO -TECH
CO-ED SOFTBALL - PETE MCNAMARA
858-752-9757

ADULT BASKETBALL - TUESDAY NIGHT
ROB POWELL
WWW.SANDIEGOBASKETBALL.COM

BOOK NOOK

Parks and Recreation and the Library Department partner to provide lending libraries at recreation centers throughout the City. Our Book Nook is located inside our facility - check it out! We need your help obtaining donated books. We are hoping to fill the shelves with reading material for every age. Book donations can be dropped off at any neighborhood recreation center.



"Today a Reader — Tomorrow a Leader"

NEW PROGRAMS

KIDS WORLD

AFTERSHOOL HOMEWORK PROGRAM

Ocean Air Recreation Center is now offering homework club where your child can work on their assignments in a quiet, focused and supervised environment.

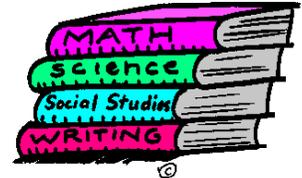
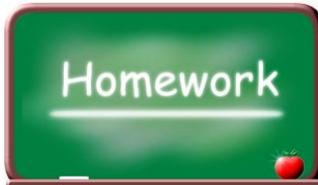
Day: Wednesday - **Time:** 1:00 - 2:00pm (Meeting Room)

Ages: 6 - 12 years

Cost: Free

Session: On Going

(A signed parent permission slip is needed).



Instructor: City Recreation Staff

KIDS WORLD

AFTERSHOOL RECREATION PROGRAM

Come check out our free minimum day afterschool program. Kids participate in a variety of recreation activities including, crafts, sports, seasonal and cultural programs.

Day: Wednesday

Time: 2:00 - 3:00pm (Meeting Room)

Ages: 6 - 12 years

Cost: Free

Session: On Going

(A signed parent permission slip is needed).



Instructor: City Recreation Staff

OCEAN AIR KIDS COOKING CLASS

This class is designed to teach children the basic fundamentals, preparation, nutrition, culture and safety of cooking.



When: Tuesday - **Time:** 3pm - 4pm

Ages: 8 - 12yrs - **Cost:** Free

Session I - January 10 - February 28

On-Line Code (32973)



(A signed parent permission slip is needed)

*No Class on February 21 - Minimum - 5 / Maximum 10 Participants

Instructor: City Recreation Staff

NEW PROGRAM



ACTIVE SENIOR ADULT PHYSICAL FITNESS CLASS



In partnership with Mira Costa College, Ocean Air will be offering a Senior Adult Physical Fitness class. This program was originally taught at the Carmel Valley Recreation Center for the past 9 years. Instructor Leslie Siegel continues here great instruction and get fit attitude.

Classes will be held

Monday - Wednesday - Friday

8:45 - 10:00am

Ocean Air Gymnasium

*Tentative start dates

***Session 1**

January 9 - February 17

***Session 2**

February 27 - April 6

***Session 3**

April 17 - May 26

* No classes on

January 18 - February 20, 22, 24 - April 10, 12, 14



Health
&
Wellness



To Register please go to Mira Costa College Website

<http://miracosta.augusoft.net/>



ENTER CLASS NUMBER
OR EMAIL LESLIE AT - lesiegl@gmail.com

*Master Sports, Little Rascalz, Little Rookies T-Ball, SD Basketball, Drama Kids and Mira Costa College rent facility space from the City of San Diego at the Ocean Air Recreation Center to operate their programs. Distributing registration and program information is the responsibility of these individual businesses.

Please contact them directly for all program inquiries.

***MASTER SPORT CLASSES

**Register Directly with Master Sports
WWW.MASTERSPORTS.COM**

Skills Classes – Introduce - Develop - Master
Our Classes build self confidence, strength, coordination, skill, knowledge and a love of sport towards a goal of healthy, fun, athletic lifestyle.



Basketball - Mondays - Gymnasium

Ages: K - 6th Grade

Session: 1/9 - 3/13

Xtreme Dodgeball - Wednesdays Gymnasium

Ages - 1st - 4th Grade

Session: 1/11 - 3/1

Jr. Sports - Wednesday, Thursday and Saturdays

Passive Grass Area - Ages: 3 - 6

Session: 1/11 - 3/4

Soccer - Thursdays – Passive Grass Area

Ages: K - 6th Grade

Session: 1/12 - 3/2

Volleyball - Thursday - Gymnasium

Ages: 9-13 - Beginner/Intermediate

Session: 1/12 - 3/2



**For more information and registration
contact Master Sports at 858-945-4889**



Drama Kids offer unique development drama classes where acting is used as a tool to teach articulation, innovative thinking and self-expressions.

Day: Thursday– December 1 - January 26

Ages : 5 -11yrs **Time:** 3:00pm - 4:00pm

Fee: \$112 - 7 week session

**FOR REGISTRATION
GO TO:**

www.dramakids.com/ca1

Or call 619-846-2407



***LITTLE RASCALZ CLASSES

**Register Directly with Little Rascalz
WWW.LITTLERASCALZSOCCER.COM**

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 participation 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.

Ages: 18 month - 7 years

Location - Passive area

Day:

Monday: Mommy n me & Regular class

Tuesday: Regular class & Vet's class

Friday: Regular class, Vets class & Advanced class

Session: January 9 - March 4

**For more details and lists of
classes in Carmel Valley
Call 619-309-9626 or visit
www.littlerascalzsoccer.com**



Kurtis Swanberg's

LITTLE ROOKIES

T-BALL - PITCHING MACHINE
AND SOFTBALL SCHOOL

The classes are designed to enhance the players skills and proper technique while learning all the fundamentals of the game. He will personally instruct the students in base-running, throwing, fielding, hitting, pitching and receiving the ball.

Wednesday - Passive Grass Area

Ages: 3 - 7 years

Sunday - South Softball Field

Ages: 3 - 7 years

For more info call the office at 858-

344-7678 or website www.littlerookiestballschool.com



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WINTER CAMPS

ROCK 'n TUMBLE

GYMNASTICS HOLIDAY CAMP



Have Fun learning gymnastics, making friends and celebrating fun winter themes at our Rockin **HOLIDAY CAMP!** Gymnastics skills and progressions will be introduced to the novice through intermediate gymnast (USGA levels 1-3) on vault bars, balance beam, floor exercise and trampoline.

Rock and Tumble teaches technically correct gymnastics while kids have lots of fun. Gymnasts will be divided into small groups (**7:1 student: teacher ratio**) by age and ability to learn gymnastics. Daily snack and water will be provided along with fun down time activities including group games and fun theme days. Students bring lunch, Monday through Thursday, **PIZZA** lunch provided on Friday. **Dress in exercise/gymnastics attire, long hair tied back please.**

Date: December 19, 20, 21, 22, 23

Time: 9:00am - 1:00pm

Ages: 3 - 9 years old

Fee: \$185

Registration Code (33078)



**** Registration and payment taken online at SDRecConnect.com or at the front desk of the recreation center. Please call 858-552-1687 for registration times**

*** San Diego Rhythmic Gymnastics Academy Winter Camp

If your child enjoys playing with a ball or dancing with a ribbon she or he probably will like Rhythmic Gymnastics Camp. The camp offers different activities like gymnastics, dance, ballet, track and field, and others. Your child will learn how to work with a ribbon, ball, hoop, rope, and rhythmic gymnastics clubs. Your child needs to wear a gymnastics outfit and bring 2 snacks and two bottles of water per day.

CAMP

Dates: December 19-23 **Days:** Monday - Friday

Ages: 6 and up **Time:** 9:00am - 3:00pm

Fee: \$400 for competitive level 5 and up gymnasts
\$300 for competitive level 3 and 4 gymnasts
\$200 recreational level gymnasts

For more information & registration contact SDRGA directly at (619) 852-7439 or email at SDGUM2008@YAHOO.COM
www.sandiegorhythmicgymnastics.com

XTREME DODGE BALL CAMP



By combining some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek, and Paintball, Master Sports has created an incredibly fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Physical fitness benefits include building speed, agility, coordination and throwing accuracy. The game is played on a court with inflatable obstacles used for ducking, dodging and hiding. Our dodge balls are child friendly soft foam core models to create a safe and Xtremely fun time.

Dates: December 26 - December 30

Days: Monday - Friday **Ages:** 6 - 13 years old
(Ages broken into groups)

Time: 9:00am - 12:00pm **Fee:** \$160 / week

For more information and registration contact Master Sports at 858-945-8339 or visit www.MASTERSPORTS.com

SPECIAL EVENT

OCEAN AIR RECREATION COUNCIL
PRESENTS



SNOW DAY AT THE PARK

Toy/Food Drive & Pancake Breakfast



Saturday, December 3, 2016

8:30am - 11:30am

Ocean Air Recreation Center

4770 Fairport Way - San Diego, Ca 92130

www.sandiego.gov



Support San Diego Toys for Tots & San Diego Food Bank
by helping fill Santa's Sleigh for those in need!



Bring 2 unwrapped toys or 2 bags of non-perishable food between
November 14 and December 3 to receive 4 tickets for the
Pancake Breakfast! (otherwise, breakfast is \$5.00/person day of event)



For more information please call the office at
858-552-1687



30' Snow Sled Run Bunny Slope

Delicious Breakfast Visit from Santa
Holiday Giving * Outside Games & Activities

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). 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) 235-1133 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.