



THE CITY OF SAN DIEGO



City of San Diego Park & Recreation Department
"We enrich lives through quality parks and programs."

STANDLEY PARK RECREATION CENTER

3585 GOVERNOR DRIVE
SAN DIEGO, CA 92122

PHONE: (858) 552-1652

FAX: (858) 552-1639

www.sandiego.gov/park-and-recreation/centers/recctr/standley.shtml



2016 Winter Program



ONLINE REGISTRATION BEGINS: SATURDAY, November 21, 2015

MOST SESSIONS BEGIN: WEEK OF December 1, 2015

SEE INSIDE COVER FOR REGISTRATION DETAILS.

ALL PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION.

EFFECTIVE DECEMBER 1, 2015

REGISTRATION INFORMATION

REGISTRATION INFORMATION

ONLINE CLASS REGISTRATION BEGINS: Saturday, November 21, 2015 at 10:00 a.m.

- * Registration is taken on a first come, first serve, walk in basis. Telephone or mail registration is not accepted.
- * When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.

PAYMENT POLICY

- * Payment is required at the time of registration.
- * Payment methods for registration taken at the Center are credit cards, exact cash or a check.
- * Credit cards accepted are VISA, MasterCard, American Express and Discover. Debit cards are not accepted.
- * Registration deadline is the second class meeting. No registrations will be accepted after the second scheduled class meeting.
- * A \$25.00 service fee will be charged for ALL returned checks.
- * Class fees are not pro-rated or discounted after the beginning of the scheduled session.

REFUND POLICY

- * This policy applies to programs offered by the Standley Park Recreation Council. There are no refunds available for programs with less than four class meetings. There are no partial refunds or make ups for missed classes (i.e. illness, vacation etc.)
- * All approved refund requests will be paid by check including transactions taken in with cash. A SPRC Refund Request Form (available at the Recreation Center) and the registration receipt must be submitted at least 48 business hours prior to the second scheduled class meeting.
- * A \$20.00 service fee will be charged per registrant for each refund request which takes ten business days to process.
- * If a class is cancelled due to class minimums not being met; registrants will be notified and a refund check will be issued and mailed to the address on the registration form.
- * If registrants are unhappy or does not participate after the refund deadline, a refund cannot be processed. Cooperation and understanding is appreciated.
- * If the registrant has a medical emergency (non-regular/routine illness) after registration day and cannot continue participating in class SPRC staff must be contacted as soon as possible with the necessary medical documentation. A refund request form must be submitted. Refunds or credits will be determined on a case by case basis by the Center Director.

STANDLEY RECREATION CENTER

ONLINE REGISTRATION INFORMATION

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 their own account first using their 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.

Effective September 8, 2015 all customers will be charged a \$2.00 transaction fee for all online and In-house registration and reservation transactions.

Additionally, a 3% credit card fee will be applied when a credit card is used to process payment. Rates are established by the service provider and are nonrefundable.

HOURS OF OPERATION

Monday	9:00 a.m. - 9:00 p.m.
Tuesday	1:00 p.m. - 9:00 p.m.
Wednesday	11:00 a.m. - 9:00 p.m.
Thursday	1:00 p.m. - 9:00 p.m.
Friday	9:00 a.m. - 6:00 p.m.
Saturday	9:00 a.m. - 4:00 p.m.
Sunday	8:00 a.m. - 2:00 p.m.

REGISTRATION HOURS

Monday	10:00 a.m. - 6:00 p.m.
Wednesday	12:30 p.m. - 6:00 p.m.

****PERMITS ARE ISSUED BY APPOINTMENT WITH CENTER DIRECTOR**

HOLIDAY CLOSURES

Christmas Day—Friday, December 25, 2015

New Year's Day—Friday, January 1, 2016

Martin Luther King Jr. Day—Monday, January 18, 2016

Presidents' Day—Monday, February 15, 2016

PARK & FACILITY INFORMATION

AMENITIES

Standley Park 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 and volleyball courts*
- Game room with table tennis and foosball table
- Two racquetball courts
- Three meeting rooms*
- Large playground
- Passive picnic areas
- Picnic shelter*
- Barbeques
- Outdoor basketball court*
- Multi purpose fields*
- Horse shoe pit



*Open for paid rental reservations, pending availability.

NEIGHBORHOOD PARKS

University Gardens	6431 Gullstrand Street
University Village	7150 Florey Street
Marcy	5504 Stresemann Street

PARK USE INFORMATION

Park use and reservations for the above listed facilities including, but not limited to, sports field use, picnic areas, party jumps and special events can be reserved by contacting Standley Park Recreation Center (858) 552-1652. Events with 50 or more people require a permit approved by the Center Director.



GENERAL PARK RULES

- No Alcohol
- No Smoking
- No Littering
- No Golfing
- No Glass Containers
- No Skateboards, Bikes, Scooters, or Roller Skates
- Dogs must be on leash
- No overnight camping
- No open camp fires



IMPORTANT COMMUNITY TELEPHONE NUMBERS

Swanson Pool	(858) 552-1653
South UC Library	(858) 552-1655
North UC Library	(858) 581-9637
Doyle Recreation Center	(858) 552-1612
Nobel Recreation Center	(858) 552-1626
UC Racquet Club	(858) 452-5683
UC Little League	(858) 212-7583
UC Del Sol Girls Softball	(858) 568-2455
Mesa Soccer	(858) 558-MESA

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. All individuals must be wearing shoes and a shirt at all times.

Drinks, food and black soled shoes are prohibited in the gymnasium, no exceptions!

OPEN BASKETBALL

Free play basketball is open daily inside and outside on a first come, first serve basis. Open play is meant to run full court games. The monthly gym schedule is available at the center. All ages are welcome. Private instruction or any organized activity requires a facility permit from the Center Director regardless of the class size, and is based on availability.

OPEN VOLLEYBALL

Free play volleyball is Thursdays from 6:00 to 8:45 p.m. Participants are required to set-up and break down the nets and poles.

OPEN FLOOR HOCKEY

Indoor floor hockey is enjoyed on Saturday mornings from 9:00 to 11:00 a.m., unless otherwise noted in the monthly gym schedule. Players provide their own equipment and must be 18 years of age or older. More information is available by contacting Steve at (858) 344-2629.

GAME ROOM

Game room consists of table tennis and a foosball table. All equipment check-out requires a photo ID or a recreation card (\$0.25) for children up to the 5th grade. More information, hours and availability is available by contacting the office. Individuals under 18 years must be supervised by an adult.

RACQUETBALL

Racquetball courts are secured and will be opened by staff according to the RESERVATION schedule. Reservations are taken same day only. Two courts are available during normal hours of operation. Courts close 20 minutes prior to the recreation center closing.

TENNIS

Tennis courts are operated by the Golden Triangle Tennis Club. More information regarding hours, membership and lessons is available by contacting (858) 452-LOVE (5683) or www.ucrctennis.com

RECYCLE

Standley Park has RECYCLING BINS located at the East end of the swimming pool parking lot. Containers take aluminum cans, newspapers, glass containers, cardboard and plastic bottles. Keep the park clean by RECYCLING! Please do not overflow the containers.

ILLEGAL DUMPING IS PROHIBITED.



YOUTH PROGRAMS

ONLINE REGISTRATION BEGINS AUGUST 22, 2015

Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]

JUNIOR GOURMET

AIKIDO

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body and a strong spirit.

7-10 Years Old

Day: Tuesday

Time: 5:00 - 6:00 p.m.

Fee: \$120.00/12 weeks

Session 1 begins: December 1-February 16, 2016 [19977]

11-14 Years Old

Day: Thursday

Time: 5:00 - 6:00 p.m.

Fee: \$120.00/ 12 weeks

Session 1 begins: December 3,- February 18, 2016 [19978]

Instructor: Martin Katz, 5th Degree Black Belt
More Information available at ryushinkandojo.org



COOKING CLASS

Children will learn basic fundamentals of cooking and how to use kitchen equipment in a safe manner while making healthy delicious cuisine.



6 - 11 Years old

Day: Wednesdays

Time: 1:00 - 3:00 p.m.

Fee: \$20.00 per session

Session 1: Dec 2-December 30, 2015 [19987]

Session 2: January 6- January 27, 2016 [19989]

Session 3: February 3-February 24, 2016 [19988]

Instructor: Yvette Jackson Standley Staff

YOUTH MIXED MEDIA ART CLASS

Parents have fun with their children in exploring different forms of art and crafts. This creative learning experience will have participants walking away with lasting memories and art work.

3-5 Years old- Parent participation required.

Day: Tuesdays

Time: 1:00 - 1:45 p.m.

Fee: \$20.00 per session/ per participant

Session 1: December 1-December 22, 2015 [19991]

Session 2: January 5 - January 26, 2016 [19992]

Session 3: February 2- February 23, 2016 [19993]

6-10 Years old- Parent participation optional.

Day: Tuesdays

Time: 2:15 - 3:00 p.m.

Fee: \$20.00 per session/ per participant

Session 1: December 1-December 22, 2015 [20056]

Session 2: January 5-January 26, 2016 [20057]

Session 3: February 2- February 23, 2016 [20058]

Instructor: Yvette Jackson Standley Park Staff

Limited class size of 15 on a first come first serve

CITY DANCE ADULT TAP & JAZZ

The City of San Diego Dance Department offers dance classes at affordable prices to enable students full participation in the study of various styles of dance. Each class meets once a week for 45 minutes.

Mondays:

*4:15p.m. Adv Beg. Jazz 2B S [20173] (6-17 Yrs)

*5:00p.m. Adv Beg Tap 2B S [20161] (6-17 Yrs)

*5:45p.m. Adult Musical Theatre 2A S [20159] (13 yrs +)

Tuesday

3:00p.m Creative movement S [19997] (3-5yrs)

3:45p.m Pre Tap S [19998] (4-5yrs)

4:30p.m Beg. Tap 1A S [19999] (6-17yrs)

5:15p.m Beg Jazz1A S [20000] (6-17yrs)

Fee: \$41.00/semester

Course dates: Jan 4- May 17

Class registration for spring is Dec 19

Classes run from Jan 4, 2016 - May 17, 2016

Instructors: Debbie Hardesty on Mondays and Katie McMahon on Tuesdays

For more information contact the Dance Department at (619) 235-5255 or visit them on the web at www.civildancearts.org
No Class on city holidays, Feb 1,2, March 28,29, April 4, 5 (dates subject to change).

YOUTH PROGRAMS

Parents Night Out

We will entertain your children while you have a date night out! We will serve them dinner and have activities such as kickball, dodge ball, arts in crafts and show them a “G” rated movie.

Price: \$20

Ages: 6 to 12 years old

Date: Friday December 18, 2015 [20641]



Master Sports*

JUNIOR SPORTS-BASKETBALL, VOLLEYBALL AND SOCCER

Master Sports offer a variety of youth sports and classes from ages 3 to 13 years. Participants will play soccer, basketball, tee-ball, flag football, and track n’ field. The coaching philosophy is to give each participant a foundation by incorporating rules of the sport into modified games that are appropriate for each age group and most importantly a lot of fun. We will capture their imagination while improving coordination and strength.

For more information contact Master Sports at (858) 518-1315 or visit www.MASTERYourSPORTS.com
ONLINE REGISTRATION ONLY



VOLUNTEER COACHES ARE NEEDED

Volunteers are needed to make a difference in the park or at a recreation facility and there is a place for anyone interested at Standley Park Recreation Center. Applications are available at Standley Park Recreation Center. The minimum age to volunteer is 13. Everyone is welcome to become a Park and Recreation Department Volunteer!



YMCA Gymnastics*

This YMCA Gymnastics class challenges youth to persevere to new levels of achievement. Young gymnasts gain self-confidence, build self-esteem, and learn basic gymnastics skills. For more information, visit lajolla.ymca.org or contact Suzy O’Neal at (858) 453-3483, Ext. 12837 or soneal@ymca.org



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, MEDICAL 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 & RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 235-1132 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.

ADULT & SENIOR PROGRAMS

AIKIDO

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body, and strong spirit.

Day: Tuesdays (*Beginners*)

Ages: 15 years - Adult

Session I begins: December 1–February 16, 2016
[19980]

Time: 6:30 - 8:30 p.m.



Day: Thursdays (*Advanced*)

Ages: 15 years - Adult

Session I begins: December 3– February 18, 2016
[19979]

Time: 6:30 - 8:30 p.m.

Day: Saturdays (*Mixed Levels*)

Time: 10:30 a.m.-12:00p.m.

Ages: 15 years - Adult

Session begins: December 5-February 20, 2016
[19981]

Fee: \$120.00/ 12 week

Per participant per session.

Instructor: Martin Katz, 5th Degree Black Belt

More
available



information
at

SPRC FITNESS

This class will help participants get ready for the Holidays!

Participants will have fun with weights, cardiovascular training and stretching. Class instructed by SPRC staff.

Days: Wednesday

Time: 4:45 - 5:45 p.m.

Ages: 14 years - Adult

Fee: \$30.00/ per month



Session I begins: December 2– December 30, 2015
[19994] NO class on December 23,2015

Session II begins: January 6—January 27, 2016
[19995]

Session III begins: February 3—February 24, 2016
[19996]

Instructor: Yvonne Bennett-Niang, AFAA Certified
More information is available at: yben-
nettning@yahoo.com

HAPPY, HEALTHY, HATHA YOGA BEGINNING

Enjoy two hours of serenity! Reduce stress and tension. Increase strength, flexibility, balance, and inner harmony. Learn the foundation poses of yoga that will assist you in developing your own routine. Appropriate for all levels. Please bring towel or blanket and please DO NOT EAT before class.



Day: Monday

Time: 6:00 - 8:00 p.m.

Fee: \$175.00/10 weeks

Session : December 7—March 7, 2016 [19983]

INTERMEDIATE

Intermediate Hatha Yoga is a continuation of beginning yoga, deepening your experience of flexibility, strength, awareness and joy. Additional breathing techniques and advanced poses are added according to student ability. Students must have previous yoga experience. Please DO NOT EAT before class.

Day: Wednesdays

Time: 6:00 - 8:00 p.m.

Fee: \$210.00/12 weeks

Session : December . 2– March 2, 2016 [19984]

Mixed Level

Day: Satur days

Time: 10:30 a.m. - 12:00 p.m.

Fee: \$80.00/5 weeks

Session 1: December 5—January 16, 2016[19985]

Session 2: January 23-February 27 2016 [19986]

Instructor: Shelley Aanerud, Certified Ananda
Yoga Instructor, RYT 500 (858) 587-0171

Yoga Instructor: Shelley Aanerud, Certified
Ananda Yoga Instructor, E-RYT500



SENIOR CLUB & PINOCHLE

Senior Club meets every Friday from 9:00 a.m. to 12:00 p.m. Bridge, pinochle and card games are played. New players are welcome. Participants can bring a sack of lunch. Coffee and tea is provided. More information is available by calling Ben at (858) 453-2340.

ADULT & SENIOR PROGRAMS

SAN DIEGO CONTINUING EDUCATION PROGRAMS**

The San Diego Community College District offers FREE Continuing Education courses for adults and seniors at Standley Park Recreation Center.

Physical Fitness:

Tuesdays & Thursdays 9:00 - 10:30 a.m.

Ikebana (Japanese Flower Arrangement) :

Mondays 9.00 a.m. - 2:30 p.m.

Students will learn practical application, using diverse media and techniques. Explore principles of art and its place in various cultures.

Magic of Pastels (Art):

Thursdays 9:00 a.m.- 2:00 p.m.

Using watercolor and mixed media students develop a mixed painting using watercolor with gouache, ink, pastels, colored pencils and/ or collage elements.

More information is available by contacting the West City campus at 619-388-1950.

CITY DANCE ADULT TAP & JAZZ

The City of San Diego Dance Department offers dance classes at affordable prices to enable adults full participation in the study of various styles of dance. Each class meets once a week for 45 minutes. Classes visible Nov 20

Mondays

6:30p.m. Adult Beg Tap 1A S [20157] (18yrs+)

7:15-p.m. Adult Beg Jazz 1A S [20155] (18+yrs)

*8:00p.m Adult Adv Beg Tap 2A S [20153](18+yrs)

*Pre requisite skills for this class are required to register contact instructor or dance office for more information.

Course dates: Jan 4—May 17

Fee: \$41

Class registration for spring is Dec 19

Instructors: Debbie Hardesty



For more information contact the Dance Department at (619) 235-5255 or visit them on the web at www.civildancearts.org
No Class on city holidays, Feb 1,2, March 28,29, April 4, 5 (dates subject to change).

ADULT SPORTS LEAGUES

COED VOLLEYBALL LEAGUE

Adult Coed 4's Volleyball League offers two divisions, A and B. League plays

Day: Monday nights 6:00 - 9:00 p.m.

Ages: 21 years and older

Dates: December 28,- April 11, 2016 [19982]

Fee : \$280.00 per team.



More information is available by contacting League Director, Farid at (619) 871-0047 or via e-mail at farid@volleyballetc.com.

MEN'S BASKETBALL LEAGUE

Day: Tuesday

Ages: 25 years and older

Dates: December 1– Feb 23, 2016

Fee: \$295.00 per team [19990]



Interested teams may contact League Director John LaChica via email at lachicaj@hotmail.com.

VAVi CoEd Social Softball League*

VAVi Sport and Social Club has year round Thursdays Coed Social Softball leagues at Standley Recreation center. VAVi's leagues are a great way to meet new friends and play social sports. More information and registration is available by contacting Sports Director, Dave Draizen, at (858) 273-3485 ext.10 or



ADULT SOFTBALL LEAGUE*

Co-ed Adult Softball Leagues begin in August and March each year and run 17 weeks. Games are held on Mondays or Tuesdays 6:00 - 10:00p.m. Team or individual entries are accepted. More information is available by calling League Director Pete McNamara at (858) 453-6208.



EVENTS & OPPORTUNITIES



Dinner with Santa Tree Lighting Ceremony



Friday, December 11, 2015
Time: 5PM-7:30PM

Spaghetti Dinner

Cost: Adults \$5.00 each
6 to 12 years \$3.00 each
5 years and under FREE

Tickets on sale Monday, November 30, 2015

INDEPENDENT CONTRACTOR REQUIREMENTS

All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process. Contractors must maintain a business license and proof of insurance. City staff handles all registration for these programs. Contractor must provide Worker's Compensation coverage for all their employees.

PERMIT HOLDER REQUIREMENTS

Permit holders must provide proof of insurance. Registration is handled by the permit holder. The permit holder is not required to submit proof of fingerprinting for their coaches, volunteers or instructors. No commercial animal activities are permitted on park property. **All Permit Holders are identified in this brochure with an *asterisk.**

INDIVIDUALS WITH DISABILITIES

All classes or programs sponsored by the Recreation Council, the City of San Diego Park and Recreation Department can accommodate individuals with disabilities. Upon availability, Therapeutic Services will provide inclusion aides with additional assistance along with Standley Park Recreation Center contractual staff. Request 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

TENNIS BEGINNER TO INTERMEDIATE LEVEL TENNIS (ADULT)

The main goal of this tennis clinic is to hit lots of tennis balls to practice the strokes and get a great workout! Join us to improve your tennis skills and have fun.

Day: Tuesday
Class/Time: 6:00-7:00 p.m.
Ages: Adults
Fee: \$20.00/per class



Instructor: UC Racquet Club Staff

Youth Programs

BEGINNER I

Ages: 4 - 8 years
Time: 4 - 4:45 p.m.
Days: Tuesdays & Thursdays
Cost: \$12.00 per class/child

BEGINNER II

Ages: 8-14 years
Time: 4:45 - 5:45 p.m.
Days: Tuesdays & Thursdays
Cost: \$17.00 per class/child

More information is available by calling UC Racquet Club at (858) 452-5683. Registration is made with UC Racquet Club staff.

VOLUNTEER OPPORTUNITIES

- DINNER WITH SANTA
- SPRING EGG HUNT
- UC CELEBRATION
- SUMMER CONCERTS
- BANANA SPLIT



**More information is available by calling
(858) 552-1652**

STANDLEY PARK RECREATION COUNCIL

This group of concerned residents 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 University City 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 welcome. The Standley Park Recreation Council meets on the 4th Thursday of each month at 7:00 p.m. at Standley Recreation Center. Any adult who is interested in making an impact or has concerns about these neighborhood parks and recreation center, should attend the meetings.