

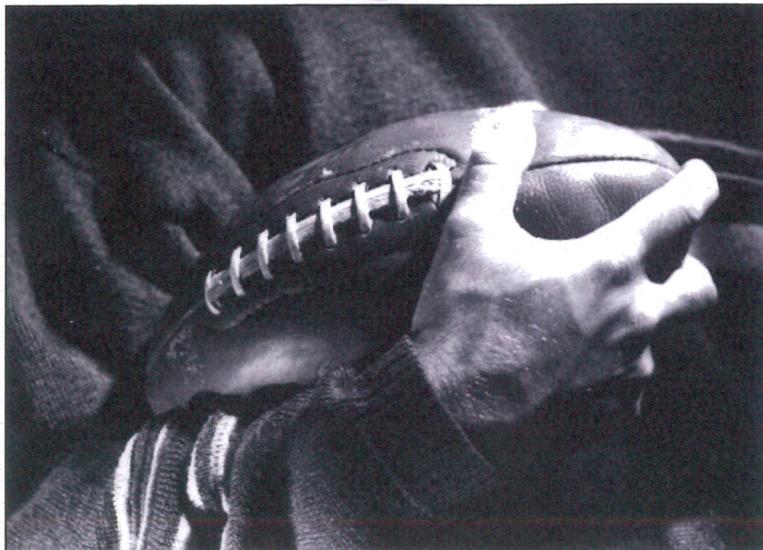


THE CITY OF SAN DIEGO

"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

# SOUTHCREST

# Flag Football



Sign up for SOUTHCREST  
Recreation Center's  
Youth Flag Football League.

**Price: \$15.00**

*Proof of age, verification form & a picture  
need to be completed and turned in at the time  
of registration.*

Registration Begins August 10<sup>th</sup>, 2015

- Pewee #9474 (5 - 7 yrs)
- 10 - Under #9100 (8 - 10 yrs)
- 12 - Under #9110 (11 - 12 yrs)
- 16 - Under #9114 (16-13yrs)

\*Price of registration includes regular season  
games, mouth piece and banquet for all  
players.

**Sign up Soon, Space is Limited**

For more information, please call the  
\*Recreation Center office at 619-527-3413

## Registration Information

<b>LOCATION</b>	Southcrest Recreation Center 4149 Newton Ave., San Diego 92113
<b>DATE</b>	First Practice September 22, 2015
<b>PRACTICE</b>	Tuesdays & Thursdays
<b>REGISTER</b>	Southcrest Recreation Center
<b>PRICE</b>	\$15.00



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 AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER @ 619-221-8918) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUESTS. PRINTED ON RECYCLED PAPER.

# WWW.SANDIEGO.GOV

## "ENRIQUE THE COOKING GUY"

Come hang out and learn how to cook with Enrique. Classes will create some wonderful and health food. Each classes instructs the student in preparing food and drinks, kitchen safety, food handling instructions, and how to have a great time in the kitchen.

**Day:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of every month

**Time:** 3:00 – 4:00 p.m.

**Ages:** 7 and up

**FREE!**



## YOUTH KICKBOXING

This program provides a total body workout that targets core strength and balance. Participants work with a partner practicing kicks, punches, and self-defense strategies designed to increase cardiovascular endurance, muscular strength, range of motion, and agility. The total effect of the class is development of body and mind while having FUN!  
Meets in the meeting room

**Instructor:** Rigo Rodriguez

**Days:** Tuesdays & Thursdays

**Ages:** 6 – 13 years old (6:30 – 7:30 pm)

**Cost:** Free



**FREE!**