



# Adams Recreation Center

**3491 Adams Avenue  
San Diego, CA 92116  
(619) 235-1149**

<http://www.sandiego.gov/park-and-recreation/centers/adams.shtml>

“We Enrich Lives Through Quality Parks and Programs”

## Fall 2015

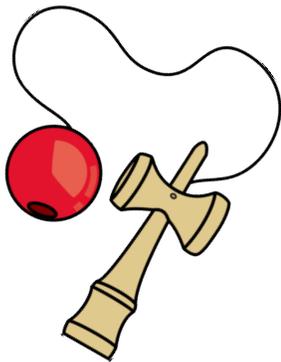
### HOURS OF OPERATION

Monday	12:00pm-8:00pm
Tuesday	12:00pm-8:00pm
Wednesday	12:00pm-8:00pm
Thursday	12:00pm-8:00pm
Friday	12:00pm-6:00pm
Saturday	9:00am-4:00pm
Sunday	Closed



### STAFF

Michele Chicarelli	Area Manager II
Josh Lainfiesta	Center Director I
Jose Mendoza	GMW II
Marquise Stowers	Rec. Leader I
Rita Zay	Rec. Leader I
Tia Sherman	Rec. Leader I



### NEIGHBORHOOD PARKS OF ADAMS

#### **Ward Canyon Neighborhood Park**

39<sup>th</sup> Street and Adams Avenue San Diego, CA 92116

#### **Mountain View Mini Park**

North Mountain View Drive San Diego, CA 92116

PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. 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 OR RECREATION DEPARTMENT CONTACT THE 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.

# Youth Flag Football

**September 1 – December 5**

**Age Divisions: 5 -7, 8 – 10 and 11 – 12 years**

**Price: \$15 per player for the season**

**Come join our Adams Recreation Youth Flag Football Team!** We are committed to teach the game of football in a fun, competitive and instructional atmosphere. We are focused on improving the ability of every player and to teach the values of team work. All practices will be held at Adams Multi-Use Field. Game schedules and locations will vary.

Pee-Wee (Ages 5 -7 years): Monday Practices 5:00 pm – 6:00 pm

10 & Under Division: Monday/Wednesday Practices 4:00 pm-6:00 pm

12 & Under Division: Tuesday/Thursday Practices 4:00 pm-6:00 pm



**REGISTER NOW! Online at [SDRecConnect.com](http://SDRecConnect.com) registering**

Pee-Wee Regi-Code **19310**. 10 & Under Regi-code **13369**. 12 & Under Regi-code **13370**.

You can also register at the Recreation Center on Tuesday's and Wednesday's 12:30 pm - 4:30 pm.

## Kendama Club

Come out to the Recreation Center and learn new tricks with your Kendama! Youth will work together to learn new Kendama tricks in this fun and great social setting.

Day: Mondays

Time: 4:00 pm – 5:00 pm

Ages: 5 -17 years

Cost: **Free**



## Arts and Crafts

Children will create and make fun art projects in a relaxed atmosphere. Staff will use art materials which involve watercolors, tempera paint, construction paper, craft kits and plaster molds.

Day: Tuesdays

Time: 4:00 pm – 5:00 pm

Ages: 5 – 17 years

Cost: **Free**



## Tournament Days

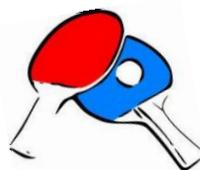
Youth will participate in staff-ran tournaments in Table Tennis, Air Hockey, Pool, Foosball and a variety of video games on our new PS4 system!

Day: Wednesdays

Time: 1:00 pm – 4:00 pm

Ages: 5 – 17 years

Cost: **Free**



## Cooking and Baking Class

Youth will learn how to prepare easy healthy snacks with hands on activities, food preparation and cooking. The baking portion of the class will take place on the last Thursday of each month!

Day: Thursdays

Time: 4:00 pm – 5:00 pm

Ages: 5 – 17 years

Cost: Free



## Field Day

Youth will participate in a variety of different games, activities and sports! The primary mission: Have Fun!

Day: Fridays

Time: 4:00 pm – 6:00 pm

Ages:

Cost: Free



## Yoga Class

This class is an introduction to intermediate yoga practices and principles. Instruction includes yoga postures, guided relaxations, and breathing practices. The benefits of yoga include increased flexibility, strength, balance, and body awareness as well as stress reduction.

Day: Saturdays

Time: 9:30 am – 11:00 am

Ages: 18 years & Over

Cost: Free



## Game Room

Come and play our variety of games! From pool, table tennis, foosball, air hockey & various board games. You can also challenge your friends on our Playstation 4 Game Console. **Players must have a photo ID to check equipment out.**

### Game Room Hours

Monday – Thursday

12:00 pm - 7:30 pm

Friday

12:00 pm - 5:30pm

Saturday

11:00 am - 3:30pm



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 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 (transexual 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.

# GENERAL INFORMATION

## ADAMS RECREATION ONLINE REGISTRATION

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. **-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! **-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. **\*\*\*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 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.

## PARK PERMIT REGISTRATION

- Permits for Adams Recreation Center and its neighboring parks are accepted in person at Adams Recreation Center's main office on Tuesday's and Wednesday's from **12:30 pm – 4:30 pm** or you can call **(619) 235-1149** to schedule an appointment.
- We accept EXACT cash, credit card or check payment payable to "City Treasurer". The office does not carry any change.
- Walk in permit registration is accepted on a first come first serve basis.

**Special Equipment (kid's air jumpers) permits - Upon completion of your permit, you must have the name of the business providing the jumper along with the company's proof of insurance and letter of endorsement.**

## ADAMS RECREATION COUNCIL

The Adams Recreation Center is a public facility operated by the City of San Diego. The Adams Recreation Council meets on the fourth Tuesday of every month at 7pm. This is a great opportunity to get involved in planning recreation opportunities in the community.

## EQUIPMENT CHECK OUT

You can check out a variety of recreational equipment including: footballs, basketballs, soccer balls, table tennis, board games etc... **Picture ID required.**

## 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](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 533-4017.