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

Carmel Valley Community Park & Recreation Center

3777 Townsgate Drive, San Diego, CA 92130, (858) 552-1616

http://www.sandiego.gov/park-and-recreation/centers/recctr/carmelvalley.shtml

Carmel Valley Pool:
(858) 552-1623
Carmel Valley Tennis:
(858) 504-4181
Recreation Council Information:
www.cvsd.com/CVRecCenter

WINTER 2016

HOURS OF OPERATION

Monday/ Wednesday/ Friday	9:00 AM - 8:00 PM
Tuesday/Thursday	11:00 AM - 9:00 PM
Saturday	9:00 AM - 3:00 PM
Sunday	CLOSED

REGISTRATION HOURS

Tuesdays	12:00 PM - 7:00 PM
Fridays	12:00 PM - 6:00 PM

* Park Use Permits are Recreation Center Use Permits are processed by appointment only.
Please contact the Center Director at (858) 552-1616

CLASS REGISTRATION BEGINS NOVEMBER 21, 2015 AT 10:00AM

See page 8 of this brochure for more details.

REGISTRATION INFORMATION

Online Registration will be available this season.
See page 8 in this brochure for details. Children under 18 must be registered by their parent/legal guardian. NO EXCEPTIONS!

REGISTRATION BEGINS:
SATURDAY, November 21, 2015 at 10:00AM
Registration at the Recreation Center will be done on a first come, first serve basis. (Except for Adult Sports Leagues, Master Sports Programs, Senior Fitness & Carmel Valley Tennis)

Historically, only a few classes fill to capacity on the first day of registration; register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. *Programs may be cancelled if the minimum enrollment requirement is not met 48 hours prior to the start of the first class. Please register early.* **All participants must meet age requirements.**

PAYMENT POLICY:

- Payment is required at the time of registration.
- Payment methods for registrations taken at the Center are a credit card, EXACT cash or a check payable to CVRC.
- **Online Class registration requires a credit card payment.**
- **Credit cards accepted are VISA, MasterCard, American Express and Discover. We are unable to accept debit cards.**
- A **$35 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.

*Effective September 8, 2015, processing fees will apply as follows for all transactions. For Online Registrations, $2 transaction fee and 3% processing fee will be charged for every transaction. For In-house registration, $2 transaction fee will be charged for every transaction. Rates are established by the service provider and are non refundable.

REFUND POLICY:

This policy applies to programs offered by the Carmel Valley Recreation Council. Sorry, no refunds available for programs with less than 4 class meetings. No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict**). Sorry, no exceptions!**

If a class is canceled for any reason, you will be notified by email and will receive a full refund. Refund checks will be issued and mailed to the address on the family account.

A **$10 service fee** will be charged per registrant for each refund request. Refunds are processed within 10 business days of request. All approved refund requests will be paid via check. This includes credit card transactions. A CVRC Refund Request Form (available at the Recreation Center) and your registration receipt must be submitted **at least 48 business hours prior to the second scheduled class meeting.**

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (non-regular/routine illness) after registration day and cannot participate in class, please contact CVRC staff as soon as possible. A CVRC Refund Request Form (available at the Recreation Center) must be submitted as soon as possible. **Refund or credit will be determined on a case by case basis by the Center Director**.

CARMEL VALLEY PARKS

Ashley Falls Park	13030 Ashley Falls Drive
Carmel Creek Park	4260 Carmel Center Road
Carmel Del Mar Park	12345 Carmel Park Drive
Carmel Valley Community Park	3777 Townsgate Drive
Solana Highlands Park	3520 Long Run Drive
Solana Ranch Park	13605 Pacific Highlands Ranch Pkwy

Carmel Grove Park	Corner of Carmel Grove & Carmel Creek Rd.
Carmel Knolls Park	4850 Carmel Knolls Dr.
Carmel Mission Park	Corner of Carmel Country & Carmel Mission Rd
Carmel View Park	Corner of Valley Centre Dr. & Carmel View Rd
Torrey Highlands Park	Corner of Del Mar Heights Rd. & Lansdale
Winwood Park	Corner of Carmel Creek Rd. & Paseo Montanas

PARK USE INFORMATION
City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

Call for availability and more information at (858) 552-1616.

CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center is a City of San Diego Park and Recreation facility and is free and open to the public, during designated hours. Facilities and programs available:

- Indoor multipurpose courts
- Game room with Table Tennis
- Passive picnic areas with barbeques
- Outdoor basketball courts
- Outdoor Fitness Stations
- Tennis courts
- Amphitheater
- Two Playgrounds
- Multipurpose fields
- Horseshoe pits

RECREATION COUNCIL:

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7:00pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

INDIVIDUALS WITH DISABILITIES:

All classes or programs can accommodate individuals with disabilities. For programs that are sponsored by the Recreation Council, the City of San Diego Park and Recreation, Therapeutic Recreation Services will provide inclusion aides as additional assistances along with the contractual program staff. Inclusion aides will be provided only 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, please call (619)525-8247. *Rental programs are required to provide reasonable accommodations for individuals with disabilities. Contact program provider to discuss accommodations*.

CONTRACTUAL PROGRAM vs RENTAL PROGRAM:

The Carmel Valley 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 Carmel Valley 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

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, OR MEDICAL CONDITION (INCLUDING HIV, AIDS AND 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 AT 619-235-1133) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF INTERIOR, WASHINGTON D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

YOUTH CONTRACTUAL PROGRAMS

TINY TOT CHEFS

Tiny Tot Chefs is a fun-filled, hands-on cooking & baking workshop experience, creating a platform to educate children as to healthy foods and eating habits. The workshops allow your child to be creative whilst having fun… and the best part… you can leave the mess to us!
During the workshops, kiddies learn a whole variety of skills such as fine motor development, speech development, perceptual skills, bilateral integration and sequencing skills through: *mixing, weighing, mashing, pouring, and stirring.* We introduce fun and creative recipes each week in our workshops, interesting facts about the food, useful tips, and fun recipes are available for moms via email on request!
Please contact instructor directly PRIOR to enrolling if your child has food allergies or dietary requirements.

Day/Time: Wednesday 10:00 - 11:00 am
Session 1: **January 6 - 27** (4 weeks) **[21477] $105**
Session 2: **February 3- 24** (3weeks) **[21478] $79**
Materials Fee Included. (Processing Fees will apply)
Ages: Boys & Girls 2 - 5 years old (Parent Participation Required)
Location: CVRC Room 1

Minimum enrollment: 5 Maximum enrollment: 9

For more information, Contact Chene at 858-926-6509
Email: Chene@totsnpots.com

TINY TOTS by Hopscotch San Diego

Our Tiny Tots program is designed to help preschoolers (ages 2 1/2 to 5) get ready for "real" school. Miss Kim and the Hopscotch staff offer a well-rounded curriculum that includes art, music, movement, science, language arts, pre-math, and pre-reading.

The Tiny Tots class provides a *fun* atmosphere for children to socialize with others both indoors and outdoors, learn how to stand in line, participate in circle time, and the list continues! Each three-hour session includes instruction, materials for learning activities, art projects, musical instruments, and healthy snacks.
For details go to: http://hopscotchsandiego.com/tinytots/

Ages: 2 1/2 - 5 years
Days: Monday, Wednesday, and Friday
Times: 9:00 am - 12:00 pm
Location: CVRC Room 2
Minimum enrollment: 7 Maximum enrollment: 20

Session One: "Transportation" [21479]
December 2, 4, 7, 9, 11, 14, 16, 18
Cost: $240 / 8 classes (Processing Fees will apply)

Session Two: "Under The Sea" [21513]
January 6, 8, 11, 13, 15, 20, 22, 25, 27, 29
Cost: $300 / 10 classes (Processing Fees will apply)

Session Three: "Bugs and Butterflies" [21514]
February 1, 3, 5, 8, 10, 12, 17, 19, 22, 24, 26, 29
Cost: $360 / 12 classes (Processing Fees will apply)

For more information, please call Kim Bruch at (858) 336-0053.
Email: kimbruch@yahoo.com

KIDS NIGHT OUT

Each month CVRC staff members host "Kids Night Out" it's a party for the kids and a chance for parents to take the night off!!! The kids enjoy 4 hours of active games, crafts, snack, pizza dinner, and a movie (rated G or PG). Have a night off and pick your kids up fed and happy. Bring your friends to make it even more fun.

Day/Time: Friday, 5:00 pm - 9:00 pm
Session 1: **December 11 [21515]**
Session 2: **January 8 [21516]**
Session 3: **February 12 [21517]**
Age: 6 - 12 years old
Location: CVRC Room 1
Cost: $15.00 per person

CHILD AND BABYSITTER SAFETY

Child and Babysitter Safety class is a community education program for youth ages 11-17, that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children.

Participants receive a booklet and starter first aid kit, and a Babysitter certificate from the American Health & Safety Institute upon completion. Instructor, Sue Lockhart, has been training babysitters in San Diego for 20 years.

Group classes can also be scheduled for Girl Scout groups with a special discounted rate. Contact Sue directly at (858) 344-0475.

Day/Date: **Saturday, February 6 [21518]**
Time: 9:30 am – 1:30 pm
Ages: 11—17 years
Cost: $60 per person (Processing Fees will apply)
Location: CVRC Room 2
Instructor: Sue Lockhart
Minimum enrollment: 3 Maximum enrollment: 20
For more information, Contact Sue at 858-344-0475
Internet: www.lockhart-training.com,
Email: sue@lockhart-training.com

STORIES IN PERFORMANCE with KIDS ACT!

Kids Act encourages students to manifest their talents and abilities through the joy of creative expression. Students will learn improvisational skills through theater games, adapt a story for performance, paint their own scenery, and perform for family and friends on the last day of class.

Day/Dates: Saturday **January 9 - February 27**
Age/Time: 4 - 6 years 9:30 - 10:30am **[21519]**
7 - 11 years 10:30 - 11:30 am **[21520]**
Cost: $124 / 6 weeks (Processing Fees will apply)
Location: CVRC Room 2
Instructor: Aleta Barthell, Professional Theater Artist and Founder
Minimum Enrollment: 4 Maximum Enrollment: 12

For more information, contact Aleta Barthell at (760) 846-6072
Email: aletaberthell@gmail.com

KAJUKENBO KARATE/ WUSHU KUNG FU

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jiu Jitsu, Kenpo, and Chinese Boxing (Kung Fu). Our goal is to increase self confidence, discipline and awareness of surroundings. Students will focus on multiple aspects of the martial arts which includes physical conditioning, forms (movements involving kicks, punches and blocks), and of course, self defense. Join our family environment and get the Martial Arts Advantage!

Day/ Time: Thursday, 6:00 - 7:30 PM
Session 1: **December 3- January 14 [21521]**
(No class 12/24 & 12/31)
Session 2: **January 21 - February 18 [21522]**

Ages: 5 and up, all skill levels welcome
Cost: $75.00 / 5 weeks (Processing Fees will apply)
Location: CVRC Room 2
Instructor: Mike Shaw, 3rd Degree Black Belt
Minimum enrollment: 3 Maximum enrollment: 25

For more information, please call Mike Shaw at 858-531-2508.
Internet: www.kick411.com

ARE YOU GOING TO REGISTER ONLINE?
CVRC **Online Registration Activity Numbers** are assigned for each class and appear in brackets; e.g. [15727]

YOUTH CONTRACTUAL PROGRAMS

ROCK 'n TUMBLE
GYM KIDS GYMNASTICS

TODDLERS AND PRESCHOOLERS

Our toddler and pre school classes cater to children ages walking through 5 years. The program is designed to teach age appropriate gymnastics using fun progressions on our state of the art equipment. Our qualified and experienced instructors lead action packed classes where your child will learn to swing on the bars, jump on the trampoline, roll on the tumbling mats and climb our ever popular inflatable mountain!

Pre-Rollers: walkers - 3 years ***(PARENT PARTICIPATION REQUIRED)***
Led by our knowledgeable staff, parents accompany the young gymnast as they develop fine & gross motor skills, gymnastics skills as well as rhythm & movement. Our young gymnasts especially love our bubble play and parachute time!

Monday	9:30 - 10:15am	**[21523]**	Tuesday	10:00 - 10:45 am	**[21526]**
	10:30 - 11:15am	**[21524]**		11:00 - 11:45 am	**[21527]**
	4:30 - 5:15pm	**[21525]**			

Gym Rollers: 3 - 4 years
Our pre-rollers 'graduate' into our teacher led program while parents cheer the gymnasts on from the sidelines. Classes are designed to develop beginning gymnastics skills on all of the apparatus while promoting safety and FUN!

Monday	9:30 - 10:15am	**[21528]**	Tuesday	12:00 - 12:45pm	**[21531]**
	11:30 - 12:15pm	**[21529]**		3:30 - 4:15pm	**[21532]**
	3:30 - 4:15pm	**[21530]**		4:30 - 5:15pm	**[21533]**
				5:30 - 6:15pm	**[21634]**

SCHOOL AGE PROGRAM

Our school age classes cater to boys and girls ages 5-12. Special attention has been given to our non competitive program, to ensure technically correct gymnastics skills are taught in a challenging but fun environment. Using all Olympic event equipment: vault, bars, beam, floor, and trampoline; our talented and experienced instructors will certainly develop your child's strength, flexibility, agility and confidence as a gymnast. Our focus is on Level 1 & 2 skills and routines.

Pre-Jumpers: 4 - 5 years

Monday	4:30 - 5:30	**[21534]**	Tuesday	1:00 - 2:00pm	**[21535]**

Gym Jumpers: 5 - 6 years

Monday	3:30 - 4:30pm	**[21536]**	Tuesday	3:30 - 4:30pm	**[21538]**
	4:30 - 5:30pm	**[21537]**		4:30 - 5:30pm	**[21539]**

Gym Jammers: 7 - 11 years

Monday	5:30 - 6:30pm	**[21541]**	Tuesday	4:30 - 5:30pm	**[21542]**
				5:30 - 6:30pm	**[21543]**

Mini Hot Shots & Hot Shots! Girls 4 - 11 years *By invitation only!*
Focus on USA Gymnastics Level 3 & 4 skills and routines.

Mini Hot Shots 4 - 6 years	Monday 5:30 - 6:30pm	$132.00	**[21544]**
Hot Shots 7 - 11 years	Monday 5:30 - 7:00pm	$160.00	**[21546]**

SESSION DATES

Monday	**January 4 - March 7**	*No class 1/15 & 2/18*
Tuesday	**January 5 - March 8**	*No class 1/16 & 2/19*

Cost: $132.00/8 weeks (Processing Fees will apply)

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

To Register go to www.SDRecConnect.com and search using the 5 digit [CODE]
For more information, contact Gym Kids at (858) 487-7799
Email: mary@rockntumble.com
Internet: www.rockntumble.com

ROCK N' TUMBLE HOLIDAY GYMNASTICS CAMP

Learn gymnastics, make friends and celebrate fun winter themes at our rocking' Holiday Camp! Gymnastics skills and progressions will be introduced to the novice through intermediate gymnast (USAG levels 1-3) on vault, bars, balance beam, floor exercise, and trampoline. Rock 'n Tumble teaches technically correct gymnastics, while kids have loads of fun! Gymnasts will be divided into small groups (7:1 student-teacher ratio) to learn gymnastics. Daily snack, water and water bottle will be provided along with fun down time activities including theme related group games and crafts. Students bring a lunch on Monday and Tuesday. PIZZA lunch provided on Wednesday!
***Dress in exercise/gymnastics attire, long hair tied back please**

Dates: **December 28- 30 [21547]**
Day/Time: Monday - Wednesday 9:00am - 2:00pm
Cost: $150.00 / 3 Days (Processing Fees will apply)

Dates: **December 31 [21548]**
Day/Time: Thursday 9:00am - 2:00pm
Cost: $50.00 / 1 Day (Processing Fees will apply)

Age: 4 - 11 years old
Location: CVRC Gymnasium
Minimum enrollment: 7 **Maximum enrollments: 21**

For more information, contact Gym Kids at (858) 487-7799

ARTIST STUDIO

Children are by nature creative and my job is simply to encourage the natural interest and curiosity that kids display. In this fun and creative themed art class, 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 will bring home a portfolio at the end of each session.

Day/Time: Thursdays 3:00 pm - 4:00 pm
Thursdays: January 14, 21, 28 Feb. 4, 18, 25 [21549]
Age: 5 - 12 years old
Location: CVRC Room 2
Instructor: Anu Gujral
Cost: $123.00 / 6 weeks (Processing Fees will apply)
Minimum enrollment: 6 **Maximum enrollments: 12**

SD Skatelife Skateboard Class and Camp

Come learn to skate at the Carmel Valley Skate Park! This class is designed to help beginner skateboarders build balance, coordination, and confidence on a skateboard. Participants will be introduced to the a fundamentals of skateboarding, skateboarding safety, and skate park etiquette. Intermediate students will work on trick progressions including grinds, airs, and flips. Skate park will be closed to the public to ensure a safe and controlled environment for participants to practice. Open to ages 5 - 13. Helmets, elbow pads, and knee pads are required from all students. Skateboard rentals are available upon request. Contact Andrew@sdskatelife.com to reserve a rental prior to the first class.

Session 1: 12/5 - 1/16 (6 weeks/no class 12/26) [21550]
Session 2: 1/23 - 2/27 (6 weeks) [21552]
Day/Time: Saturday 9:00 - 10:00am
Cost: $80 (Processing Fees will apply)

Winter Break: 12/28 - 12/31 (Mon.-Thur.) [21554]
Time: 8:00 - 10:00am
Cost: $100 (Processing Fees will apply)

Ages: 5 - 13 years
Minimum Enrollment: 4 **Maximum Enrollment: 20**

For more information, contact Andrew Barbosa at 619-354-7998 or via email: andrew@sdskatelife.com

ARE YOU GOING TO REGISTER ONLINE?
Online Registration Activity Numbers are assigned for each class and appear in brackets; **go to www.SDRecConnect.com and search using the 5 digit [CODE]**

YOUTH CONTRACTUAL PROGRAMS

DANCE TO EvOLvE

Baby Boppers Hip Hop (2 - 3 Years)
Wednesday 3:30 - 4:15 pm

A dance class not to be missed for your baby bopper. This class is a fusion of creative movement and basic hip hop to get all the wiggles out. Focuses on muscle development, coordination, and musicality through fun and creative ways! Parent (or caregivers) presence required since parents participate as needed. Dancers must be at least 2 years old prior to the session starting. Great for Boys and girls!

Minimum: 5 **Maximum: 12**

Wednesdays **January 6 - February 24** **[21558]**
$146.00 / 8 weeks (Processing Fees will apply)

Beat Breakers Hip Hop (4 - 7 years)
Wednesday 4:20 - 5:15 pm

Calling all boys and girls for this fun high-energy hip hop dance class that enables boys to be boys and girls to let loose. Dancers develop creativity, coordination, musicality and listening skills. This non-stop action-packed class includes hip hop, basic break dancing, and dance games that will have your kids movin' to the beats! All music and moves are age appropriate.

Minimum: 5 **Maximum: 15**

Wednesdays **January 6 - February 24** **[21559]**
$146.00 / 8 weeks (Processing Fees will apply)

Hip Hop (8 - 12 years)
Wednesday 5:20 - 6:15 pm

This exciting and fast paced class will leave your kid feeling fresh! Don't be intimidated...great for those who want to be challenged, learn various styles of hip hop, push creativity, and boost confidence. All music and moves are age appropriate in this fun and open hip hop class for boys and girls.

Minimum: 5 **Maximum: 16**

Wednesdays **January 6 - February 24** **[21560]**
$146.00 / 8 weeks (Processing Fees will apply)

Tiny Movers Tap/Ballet (3 - 4 years)
Wednesday 3:30 - 4:25 pm

A combination class of tap and ballet with tumbling and dance games. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality, and rhythm to reach class goals in fun creative ways. This is the first big girls and boys class as parents watch from outside of the room.

Minimum: 5 **Maximum: 15**

Wednesdays **January 6 - February 24** **[21561]**
$146.00 / 8 weeks (Processing Fees will apply)

Star Shiners Tap/Ballet (4.5 - 6 years)
Wednesday 4:30 - 5:25 pm

Keep your Star Shiner moving in this tap and ballet combination class. This gentle but structured class introduces curriculum goals through fun movement allowing your child to express themselves while learning and developing dance, listening, and coordination. **Minimum: 5** **Maximum: 16**

Wednesdays **January 6 - February 24** **[21562]**
$146.00 / 8 weeks (Processing Fees will apply)

Ballet/Jazz Combo (6 - 9 years)
Wednesday 5:30 - 6:25 pm

A beginner ballet and jazz kids dance class focusing on ballet technique through barre and center work. They will also get the chance to learn some Jazz technique through across the floor and center. This class begins a young dancer's ballet training by developing grace, strength, and balance while always having fun.

Minimum: 5 **Maximum: 16**

Wednesdays **January 6 - February 24** **[21563]**
$146.00 / 8 weeks (Processing Fees will apply)

For more information or to schedule a trial class, contact Dance to EvOLvE at 858-876-5327 or visit www.dancetoevolve.com

Carmel Valley Skate Park

12600 El Camino Real, San Diego, CA 92130
Open Daily: 10AM - Dusk
**Subject to closure in rainy weather*

* Parent or legal guardian must accompany children under 12 years
* The only devices allowed in a skate park facility are skateboards, roller-skates, roller-blades, and in-line skates. Any other devices, including but not limited to bicycles, scooters, and motorized vehicles, are unlawful to use in a skate park facility
* Skaters must be in full safety equipment to enter: Helmets, Elbow and Knee Pads designed for skate-boarding
* Visitors/Spectators not skating are required to remain outside fenced area
* No smoking, alcohol, food or drink, or glass containers allowed inside the skate park
Littering and graffiti are not permitted
* Unauthorized ramps, jumps or obstacles cannot be used inside or outside the skate park area

JAPANESE KARATE

Learning Japanese Karate is not only about self defense but it is rather a way of life. In lieu of learning proper Japanese Karate where you will work on physical abilities such as power, speed, agility, skills, flexibility and balance, you will also learn how to improve your emotional and mental well being by learning about respect, discipline, confidence, social manners and how use it all to help others. A new outlook of life is achieved as you develop your physical abilities. This way of living can and will be beneficial to kids, teens and adults.

Age/Time:

8 - 14 years	Monday 5:00 - 6:00 pm
15 & up	Monday 6:00 - 7:30 pm

	8-14 year	15 & UP	COST
January 4 - 25 No Class 1/18	**[21565]**	**[21569]**	**$42**
February 1 -29 No Class 2/15	**[21566]**	**[21570]**	**$56**

(Processing Fees will apply)

Instructor: Alireza Talebzadeh
Location: CVRC Room 2
Minimum: 2 **Maximum: 20**

To register go to: www.sdrecconnect.com

ALL CITY OF SAN DIEGO PARKS AND BEACHES ARE SMOKE FREE.

ARE YOU GOING TO REGISTER ONLINE?
Online Registration Activity Numbers are assigned for each class and appear in brackets; **go to www.SDRecConnect.com and search using the 5 digit [CODE]**

YOUTH RENTAL PROGRAMS

MASTER SPORTS***

REGISTER DIRECTLY WITH MASTER SPORTS

JR. SPORTS

Each session participants will play soccer, basketball, tee-ball, flag football and track and field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are appropriate for each age group and most importantly a lot of fun. Sports ball and class shirt included.

Day:	Age/Time:
Monday	2 - 3 years* 9:20 - 9:55am *Parent participation required for 2-3 years. Parent and participant receive matching class shirts.
	3 - 4 years 10:00 - 10:50am
	4 - 5 years 11:00 - 11:50am
Tuesday	
	3 - 4 years 9:30 - 10:20am
	4 - 5 years 10:30 - 11:20am

Cost: $120/8 weeks
Instructor: Master Sports Staff
Session: Mondays 1/11-2/29/16 Tuesdays 1/12-3/1/16
Location: CVRC Lower Field

SOCCER

Students will improve their ball handling, goal scoring, passing and more in this class. Emphasis is given to improving motor skills, strength and conditioning, and overall awareness of what is occurring on the soccer field. A great opportunity for players to maintain and improve their skills all year round. The class is formatted with games and drills that are perfect for all levels, including beginners and experienced players. All participants receive a soccer ball and t-shirt.

Day:	Friday	
Time/Age:	3:00 - 3:45pm	4 - 5 years
	3:45 - 4:45pm	Grades K - 2
	4:45 - 5:45pm	Grades 3 - 6

Cost: $120/8 weeks
Instructor: Master Sports Staff
Session: 1/15-3/4/16
Location: CVRC Upper Field

BASKETBALL

Our staff will help students improve in all aspects of the game. Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games. All participants receive a basketball and a t-shirt.

Day:	Wednesday	
Time/Age:	2:45 - 3:45pm	Grades K - 2
	3:45 - 4:45pm	Grades 3 - 6

Cost: $120/8 weeks
Instructor: Master Sports Staff
Session: 1/15-3/4/16
Location: CVRC Gymnasium

VOLLEYBALL

This volleyball program will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship, and rules will all be covered in this fun class.

Day/Age:	Monday, 9 - 13 years	
Time:	4:00 - 5:00pm	Beginner
	5:00 - 6:00pm	Intermediate

Cost: $120/8 weeks
Instructor: Master Sports Staff
Session: 1/11-3/15/16 (No class 1/18 or 2/15)
Location: CVRC Gymnasium

SPRING BEGINNER T-BALL LEAGUE

This league is designed for children who miss the cutoff date for little league. It is a non-competitive environment where the score is not kept. There are no outside practices and parents are encouraged to participate in meetings. The goal of the league is to have fun, develop new skills, enjoy wearing a hat and uniform, and being part of a team for the very first time. Baseball jersey, hat, trophy, and team picture provided.

Day/Time: Saturday
Age: 3.5-5 years
Cost: $135
Session: 3/19-5/7/16
Location: CVRC Lower Field
NOTE: When registering online be sure to go to LEAGUES and not classes for this program.

HOLIDAY XTREME DODGEBALL CAMPS

By combining some of the most popular games of all time like dodge ball, Capture the Flag, Hide and Seek, and Paintball, Master Sports ahs 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. T-shirt included.

Ages/Times: **6-12 years (9:00am-12:00pm)**

Winter	**12/21-12/23/15**	**Monday-Wednesday**	**$120**
Winter	**2/17-2/20/16**	**Tuesday-Friday**	**$135**
Spring	**4/4-4/8/16**	**Monday-Friday**	**$155**

NOTE: When registering online be sure to go to LEAGUES and not classes for this program.

CARMEL VALLEY OPEN – Spring 2016 TEAM ENTRY YOUTH BASKETBALL LEAGUE

Make your own team, pick a name, and play some basketball in two of the most beautiful facilities in San Diego. Games are on Mondays and Wednesday evenings and held in the gyms at Ocean Air and Carmel Valley Recreation Centers.
Teams are guaranteed eight games. All communities are welcome to participate.
Cost: $850 per team includes full uniforms.
Email ryan@mastersports.com to reserve a spot.
Season runs late March to early June.
REGISTRATION DEADLINE MARCH 15, 2016.
DOWNLOAD TEAM REGISTRATION FORM AT
www.MASTERSPORTS.com

YOUTH BASKETBALL – Spring 2016 RECREATION LEAGUE FOR INDIVIDUAL PLAYERS

Divisions:	Grade 1 -2 (Co-ed)
	Grade 3 - 4 (Boys)
	Grade 5 - 6 (Boys)
	Grade 7 -8 (Boys)
League Play:	Late March – Early June
Registration Fee:	$125 per player

Games are Saturdays in the Carmel Valley Recreation Center Gym.
PLEASE VISIT www.MASTERSPORTS.com FOR MORE INFORMATION.
Please Note: Our Summer 2016 (June-August)
Youth Basketball League Registration begins March 15 online.

For more information, contact: Cara Dawson at (858) 945-4889
Email: service@MASTERSPORTS.com

Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business. ***Please contact them directly for all program inquires.***

YOUTH RENTAL PROGRAMS

MASTER SPORTS***

REGISTER DIRECTLY WITH MASTER SPORTS

BASEBALL

A great foundation for aspiring baseball players to work on their hitting and fielding skills in a low pressure, confidence building environment. T-Shirt Included.

Day: Wednesdays
Time/Age: 6-8 years 3:00-4:00pm
8-10 years 4:00-5:00pm

Cost: $120/8 weeks
Instructor: Master Sports Staff
Session: 1/15-3/4/16
Location: CVRC Lower Field

INDOOR SOCCER LEAGUES

Join this exciting new league! Play in our custom built Soccer Arena Field. The ball never goes out of bounds! Games are played 3v3, 4v4 or 5v5. Small teams and lots of touches on the ball mean more shooting, dribbling, passing and ball control. The emphasis is always on fun and learning and everybody plays equal time regardless of skill level. Our coaching staff work the kids through drills and warm up stations and then play a 40 minute game each week. Includes a reversible soccer jersey.

Day: Saturdays

Time/Age: All age groups are Boys and Girls combined
(Birth Year 2011-2012) 1 hour games are played 8:00-12:00pm
(Birth Year 2009-2010) 1 hour games are played 8:00-12:00pm
(Birth Year 2007-2008) 1 hour games are played 8:00 12:00pm

Cost: $160
Instructor: Master Sports Staff
Session: 1/16-3/5/16
Location: CVRC Lower Field

Don't Wait – Register Online Today at www.MASTERSPORTS.com

GIRLS ON THE RUN***

REGISTER DIRECTLY WITH GIRLS ON THE RUN

Girls on the Run is a life-changing program that encourages girls to develop self-respect and healthy lifestyles through running! We combine training for a 3.1 mile running event with self-esteem enhancing, uplifting group discussions, active games, and workouts. Our goal is to encourage positive emotional, social, mental, and physical development – and it's FUN!
Days: Tuesdays and Thursdays at Carmel Valley Community Park

For registration information, visit gotrsd.org.

Contact Kathryn@gotrsd.org with questions.

Girls on the Run rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of Girls on the Run. Please contact them directly for all program inquires.

LITTLE RASCALZ SOCCER***

REGISTER DIRECTLY WITH LITTLE RASCALZ

LITTLE RASCALZ SOCCER

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 particular 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 months – 6 years old
Location: CVRC Lower Field
For more details and lists of other classes in Carmel Valley
Call (619) 309-9626 or visit www.littlerascalzsoccer.com

Little Rascalz Soccer rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate its programs. Distributing registration and program information is the responsibility of Little Rascalz. Please contact them directly for all program inquires.

CARMEL VALLEY TENNIS***

REGISTER DIRECTLY WITH C.V. TENNIS

Tier I/II	**Mondays & Wednesdays**	**3:30 - 5:00 pm**
January 5 - 28	7 clinics $140 member / $165 non-member	
February 2 - 25	7 clinics $140 member / $165 non-member	
March 2 - 30	9 clinics $180 member / $205 non-member	

Tier I/II	**Mondays & Wednesdays**	**5:00 - 6:30 pm**
January 5 - 28	7 clinics $140 member / $165 non-member	
February 2 - 25	7 clinics $140 member / $165 non-member	
March 2 - 30	9 clinics $180 member / $205 non-member	

Tier III	**Tuesdays & Thursdays**	**3:30 - 5:00 pm**
January 6 - 29	8 clinics $160 member / $185 non-member	
February 3 - 26	8 clinics $160 member / $185 non-member	
March 3 - 31	9 clinics $225 member / $250 non-member	

Tier IV & High Performance I	**Tuesdays & Thursdays**	**5:00 - 7:00 pm**
January 6 - 29	8 clinics $200 member / $225 non-member	
February 3 - 26	8 clinics $200 member / $225 non-member	
March 3 - 31	9 clinics $225 member / $250 non-member	

High Performance II - Satellite Tournament/Elite - Open Tournament Players
Fridays 4:00 - 6:30 pm (limited spots available)
January 9 - March 27 12 clinics $420 member / $540 non-member

NO CLASS ON 1/15 MARTIN LUTHER KING JR & 2/18 PRESIDENTS DAY

IMPORTANT INFORMATION:

- Yearly Junior membership cost : $25
- You must have an instructor approval for all clinics except Tier I & II
- Drop-in prices apply if space is available
- *$25 processing fee for all refunds. No refunds once the session has begun. Make-up dates for rain only*

To register, call Carmel Valley Tennis at 858-504-4181
www.carmelvalleytennis.net

ADULT ACTIVITIES

YOGA FOR ALL

YOGA FOR ALL is designed for NEW and INTERMEDIATE LEVEL students, ages 10 and up. It is a class for those who want to practice YOGA in a non– judgmental, welcoming environment. We specialize in students with physical limitations including: back pain, shoulder injuries, and other injuries. Classes combine strength, stretching, and relaxation. All classes are held at the Carmel Valley Recreation Center.

MONDAY 9:00 – 10:00 am **[21571]**
January 4 - February 22 *No class 1/18 & 2/15*
$60.00 / 6 weeks (Processing Fees will apply)

MONDAY 6:45 – 7:45 pm **[21572]**
January 4 - February 22 *No class 1/18 & 2/15*
$60.00 / 6 weeks (Processing Fees will apply)

THURSDAY 6:45 – 7:45 pm **[21574]**
January 7 - February 25
$80.00 / 8 weeks (Processing Fees will apply)

Yoga Sport (18+) with Janice Sherman

Yoga Sport is a multi-level fitness class designed for strength training, cardio endurance, and stretching, This class is designed specifically for those new to weight training with modifications offered throughout the class. Students will need to bring their own weights. All classes are held at the Carmel Valley Recreation Center.

Wednesday 6:45 – 7:45 pm **[21576]**
January 6 - February 24
$80.00 / 8 weeks (Processing Fees will apply)

FRIDAY 9:00 – 10:00 am **[21578]**
January 8 - February 26
$80.00 / 8 weeks (Processing Fees will apply)

ADULT FITNESS CLASSES

With Leslie Siegel

Active Older Adults Fitness
Wednesday & Friday 9:00 - 10:00 am

Strength and Stretch Fitness
Wednesday & Friday 10:00 - 11:00am

Session 1: January 6 - March 4
Session 2: March 9 - May 6 (Spring Break April 4th - 8th)
Location: CVRC Gymnasium
For more information, call the San Dieguito Adult School at 760-753-7073

Having a Party in the Park?

If you would like to host a birthday or other special event in one of the parks in the Carmel Valley area, please contact staff at the Recreation Center for availability and information.

Carmel Valley Recreation Center
(858) 552-1616

See page 2 for list of parks.

ALL CITY OF SAN DIEGO PARKS AND BEACHES ARE SMOKE FREE.

ADULT LEAGUES

SOFTBALL LEAGUES : MEN'S SLOW PITCH

Tuesday Night League - $620.00 per team
Starts March 8 - June 28

Thursday Night League - $620.00 per team
Starts March 10 - June 30

Register online at: www.SDRecConnect.com (Processing Fees will apply)
Registration begins in February 2016.
$15 charge per game for umpire
For more information, contact League Director Pete McNamara at 858-453-6208

KICKBALL LEAGUES: CO-ED

- Individuals and teams are welcome to sign up.
- Social league: Games played on Monday nights

For more information visit: www.govavi.com to register or for more information call (858) 273-3485

INDOOR VOLLEYBALL LEAGUES: CO-ED & WOMEN'S

- Individuals and teams are welcome to sign up.
- 6v6 Intermediate Thursday nights

For more information visit: www.govavi.com to register or for more information call (858) 273-3485

BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights after 6:00 pm
- B and C divisions available.

For more information call Lance at (619) 991-8902 or visit: www.sandiegoabl.com

ONLINE REGISTRATION INFORMATION

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 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.