



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>

# FALL 2015 CLASSES



**\*\*\*\*\*IMPORTANT CHANGES TO COME\*\*\*\*\***

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 Registrations, \$2 transaction fee will be charged for every transaction. Rates are established by the service provider and are non-refundable.

## IMPORTANT CONTACT INFORMATION

Carmel Valley Pool:  
 (858) 552 - 1623

Carmel Valley Tennis:  
 (858) 504 - 4181

Recreation Council Information:  
[www.cvsd.com/CVRecCenter](http://www.cvsd.com/CVRecCenter)

## GENERAL INFORMATION

### *CURRENT HOURS OF OPERATION*

Monday - Friday 12:00 PM to 8:00 PM  
 Saturday 9:00 AM to 2:00 PM  
 Sunday CLOSED

### *NEW HOURS OF OPERATIONS (Effective 9/1/15)*

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

**REGISTRATION HOURS:** Every Tuesday 12:00 PM to 7:00 PM and Friday 12:00 PM to 6:00 PM

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

**CLASS REGISTRATION BEGINS AUGUST 22, 2015 AT 10:00AM**

**See page 2 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, August 22, 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 taken in-house are a EXACT cash, credit card 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.**
- ◆ **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 Registrations, \$2 transaction fee will be charged for every transaction. Rates are established by the service provider and are non-refundable.**
- ◆ 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.

### 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). No refunds for transaction and processing fees. **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

<b>Ashley Falls Park</b>	13030 Ashley Falls Drive
<b>Carmel Creek Park</b>	4260 Carmel Center Road
<b>Carmel Del Mar Park</b>	12345 Carmel Park Drive
<b>Carmel Valley Community Park</b>	3777 Townsgate Drive
<b>Solana Highlands Park</b>	3520 Long Run Drive
<b>Solana Ranch Park</b>	Pacific Highlands Ranch Parkway
<b>Carmel Grove Park</b>	Corner of Carmel Grove & Carmel Creek Rd.
<b>Carmel Knolls Park</b>	4850 Carmel Knolls Dr.
<b>Carmel Mission Park</b>	Corner of Carmel Country & Carmel Mission Rd
<b>Carmel View Park</b>	Corner of Valley Centre Dr. & Carmel View Rd
<b>Torrey Highlands Park</b>	Corner of Del Mar Heights Rd. & Lansdale
<b>Winwood Park</b>	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. Permits are taken by appointment only. Please contact the Center Director at (858)552-1616 to schedule.**

### 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. Meetings are open to the public.

### 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

# YOUTH CONTRACTUAL PROGRAMS

## TOTS N POTS

Tots n Pots 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 while 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, some interesting facts about the food they are preparing and useful tips & fun recipes are available for Moms via email on request! Cost of class includes a \$20 material fee except November session includes a \$15.00 material fee.

**Please contact instructor directly PRIOR to enrolling if your child has food allergies or dietary requirements.**

Day/Time: Wednesday 10:00 am - 11:00 am  
 Session 1: **September 2, 9, 16, 23** [17331]  
 Session 2: **October 7, 14, 21, 28** [17334]  
 Session 3: **November 4, 18, 25\*** [17336]



Ages: Boys & Girls 2 - 5 years old  
 Cost: \$105.00 / per session (Processing Fees will apply)  
 \*November Session only - \$79.00 / 3 days  
 Location: CVRC Room 1

**Minimum enrollment: 5 Maximum enrollment: 9**

To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)  
 For more information, contact Chene at 858-926-6509  
 Email: [Chene@totsnpots.com](mailto: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. They will learn how to stand in line, participate in circle time, and much more! 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: 10 Maximum enrollment: 20**

**September 2, 4, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30** (No Class 9/7) [17340]

Theme: "All About Me: My five Senses"  
 Cost: \$360.00 / 12 classes (Processing Fees will apply)

**October 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30** [17343]

Theme: "Nature: Trees, Flowers, Rocks, Shells, and More"  
 Cost: \$390.00 / 13 classes (Processing Fees will apply)

**November 2, 4, 6, 9, 13, 16, 18, 20, 23, 25, 27, 30** (No Class 11/11) [17346]

Theme: "Ocean Animals, Farm Animals, Zoo Animals, and Penguins Galore!"  
 Cost: \$360.00 / 12 classes (Processing Fees will apply)

To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)  
 For more information, contact Kim Bruch at (858) 336-0053.  
 Email: [kimbruch@yahoo.com](mailto:kimbruch@yahoo.com)



## CHILD AND BABYSITTER SAFETY

Child and Babysitter Safety class is a community education program for youth ages 11 to 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, September 5** [17627]  
**Saturday, December 12** [17628]  
 Time: 9:30 am - 1:30 pm  
 Ages: 11 - 17 years  
 Cost: \$60 per person per class (Processing Fees will apply)  
 Location: CVRC Room 2  
 Instructor: Sue Lockhart  
**Minimum enrollment: 3 Maximum enrollment: 20**



To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)  
 For more information, contact Sue at 858-344-0475  
 Internet: [www.lockhart-training.com](http://www.lockhart-training.com),  
 Email: [sue@lockhart-training.com](mailto: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 September 19 - November 7**  
 Age/Time: 4 - 6 years 9:30 - 10:30am [17388]  
 7 - 11 years 10:30 - 11:30 am [17389]  
 Cost: \$124 / 8 weeks (Processing Fees will apply)  
 Location: CVRC Room 2  
 Instructor: Aleta Barthell, Professional Theater Artist and Founder



**Minimum Enrollment: 4 Maximum Enrollment: 12**

To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)  
 For more information, contact Aleta Barthell at (760) 846-6072  
 Email: [aletabarthell@gmail.com](mailto:aletabarthell@gmail.com)  
 Internet: [www.kidsactsd.com](http://www.kidsactsd.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: **September 10 - October 8** [17355]  
 Session 2: **October 15 - November 12** [17356]  
 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**



To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)  
 For more information, contact Mike Shaw at 858-531-2508.  
 Internet: [www.kick411.com](http://www.kick411.com)  
 Email: [3shawboys@gmail.com](mailto:3shawboys@gmail.com)

### ARE YOU GOING TO REGISTER ONLINE?

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



# 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.

#### Pre-Rollers: walkers - 36 months (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	[17407]	Tuesday	10:00 - 10:45 am	[17413]
	10:30 - 11:15am	[17410]		11:00 - 11:45 am	[17414]
	4:30 - 5:15pm	[17411]			

#### 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	[17418]	Tuesday	12:00 - 12:45pm	[17429]
	11:30 - 12:15pm	[17422]		3:30 - 4:15pm	[17432]
	3:30 - 4:15pm	[17426]		4:30 - 5:15pm	[17434]
				5:30 - 6:15pm	[17436]



### SCHOOL AGE PROGRAM

Our school age classes cater to children 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: Girls 4 - 5 years

Monday	4:30 - 5:30pm	[17439]	Tuesday	1:00 - 2:00pm	[17441]
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#### Gym Jumpers: Girls 5 - 6 years

Monday	3:30 - 4:30pm	[17442]	Tuesday	3:30 - 4:30pm	[17444]
	4:30 - 5:30pm	[17443]		4:30 - 5:30pm	[17445]
				5:30 - 6:30pm	[17446]

#### Gym Jammers: Girls 7 - 11 years

Monday	5:30 - 6:30pm	[17447]	Tuesday	4:30 - 5:30pm	[17448]
				5:30 - 6:30pm	[17449]

#### 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	\$195.00	[17450]
Hot Shots 7 - 11 years	Monday 5:30 - 7:00pm	\$240.00	[17451]

#### SESSION DATES

Monday	September 14 - December 14	(No class 10/19 & 11/23)
Tuesday	September 15 - December 15	(No class 10/20 & 11/24)
Cost:	\$195.00 / 12 weeks (Processing Fees will apply)	

*No partial refunds for missed classes (i.e. routine illness, vacation or other schedule conflict).*

To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)

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

Email: [mary@rockntumble.com](mailto:mary@rockntumble.com)

Internet: [www.rockntumble.com](http://www.rockntumble.com)

### 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. Cost of class includes a \$12.00 material fee.

Day:	Monday
Time:	3:00 pm - 4:00 pm
Session 1:	September 10, 17, 14 & October 1, 8, 15 [17962]
Session 2:	Oct. 29, Nov. 5, 12, 19, & Dec 3, 10 [17963]
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



To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)

For more information, contact Anu Gujral at 858-386-8923

Email: [email-gujralanu@gmail.com](mailto:email-gujralanu@gmail.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! **Please let staff know if your child has food allergies.**

Age:	6 - 12 years
Day/Time:	Friday, 5:00 - 9:00 pm
Session:	September 11 [17391]
	October 23 [17393]
	November 20 [17394]
Cost:	\$15.00 per person (Processing Fees will apply)
Instructor:	Carmel Valley Recreation Staff
Location:	CVRC Room 2
Minimum:	8
Maximum:	18



To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)

For more information, contact Carmel Valley Staff at (858) 552-1616.

### 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

Session 1:	September 14 - October 12	[17359]	<b>8-14 year</b>	<b>15 &amp; UP</b>
Session 2:	October 19 - November 16	[17360]		[17363]
Session 3:	November 23 - December 21	[17362]		[17364]
Cost:	\$70.00 / 5 weeks (Processing Fees will apply)			[17365]

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

To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)

For more information, contact Alireza at (858) 405-1465



### ARE YOU GOING TO REGISTER ONLINE?

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



# 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 prior to the session starting. Great for Boys and girls!

**Minimum: 5                      Maximum: 12**

**Full Session:**     **September 9 - December 16 [17483]**  
 \$218.00 / 13 weeks (Processing Fees will apply)

**Session 1:**        **September 9 - October 21 [17465]**  
 \$130.00 / 7 weeks (Processing Fees will apply)

**Session 2:**        **October 28 - December 16 [17475]**  
 \$112.00 / 6 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**

**Full Session:**     **September 9 - December 16 [17484]**  
 \$218.00 / 13 weeks (Processing Fees will apply)

**Session 1:**        **September 9 - October 21 [17466]**  
 \$130.00 / 7 weeks (Processing Fees will apply)

**Session 2:**        **October 28 - December 16 [17476]**  
 \$112.00 / 6 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**

**Full Session:**     **September 9 - December 16 [17485]**  
 \$218.00 / 13 weeks (Processing Fees will apply)

**Session 1:**        **September 9 - October 21 [17468]**  
 \$130.00 / 7 weeks (Processing Fees will apply)

**Session 2:**        **October 28 - December 16 [17477]**  
 \$112.00 / 6 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**

**Full Session:**     **September 9 - December 16 [17486]**  
 \$218.00 / 13 weeks (Processing Fees will apply)

**Session 1:**        **September 9 - October 21 [17469]**  
 \$130.00 / 7 weeks (Processing Fees will apply)

**Session 2:**        **October 28 - December 16 [17478]**  
 \$112.00 / 6 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**

**Full Session:**     **September 9 - December 16 [17487]**  
 \$218.00 / 13 weeks (Processing Fees will apply)

**Session 1:**        **September 9 - October 21 [17471]**  
 \$130.00 / 7 weeks (Processing Fees will apply)

**Session 2:**        **October 28 - December 16 [17480]**  
 \$112.00 / 6 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**

**Full Session:**     **September 9 - December 16 [17488]**  
 \$218.00 / 13 weeks (Processing Fees will apply)

**Session 1:**        **September 9 - October 21 [17473]**  
 \$130.00 / 7 weeks (Processing Fees will apply)

**Session 2:**        **October 28 - December 16 [17482]**  
 \$112.00 / 6 weeks (Processing Fees will apply)

No classes on 11/11 & 11 25

For more information or to schedule a trial class, contact Dance to EvOLvE at 858-876-5327 or visit [www.dancetoevolve.com](http://www.dancetoevolve.com)

## SD SKATELIFE SKATEBOARDING CLASS

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 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 will be required for all students. Skateboard rentals are available upon request. Contact Andrew@skskatelife.com to reserve a rental prior to the first class.

Day/Date:                      Saturday 9:00 - 10:00 am

Session 1:                      **September 5 - October 10 [17403]**                      Ages: 5 - 13 years old

Session 2:                      **October 17 - November 21 [17405]**                      Cost: \$80.00 / 6 weeks (Processing Fees will apply)

**Minimum Enrollment: 4                      Maximum Enrollment: 20**

To register go to: [www.sdreconnect.com](http://www.sdreconnect.com)  
 For more information, contact Andrew Barbosa at 619-354-7998  
 via email: [andrew@skskatelife.com](mailto:andrew@skskatelife.com)



### ARE YOU GOING TO REGISTER ONLINE?

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



# 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 gift and class T-shirt included.

<b>Monday</b>	2 - 3 years	9:20 - 9:55am	<b>(Parent Participation Required)</b>
<b>Monday</b>	3 - 4 years	10:00 - 10:50am	
<b>Monday</b>	4 - 5 years	11:00 - 11:50am	
<b>Tuesday</b>	3 - 4 years	9:30 - 10:20am	
<b>Tuesday</b>	4 - 5 years	10:30 - 11:20am	

Cost: \$120.00 / 8 weeks  
Instructor: Master Sports Staff  
Session: **Monday 9/21/15 - 11/9/15**  
**Tuesday 9/22/15 - 11/10/15**  
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 of play including beginners and experienced players. Class T-shirt and soccer ball included.

<b>Friday</b>	4 - 5 years	3:00 - 3:45pm
<b>Friday</b>	Grades K - 2	3:45 - 4:45pm
<b>Friday</b>	Grades 3 - 6	4:45 - 5:45pm

Cost: \$120.00 / 8 weeks  
Instructor: Master Sports Staff  
Session: **9/25/15 - 11/13/15**  
Location: **CVRC Lower 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.

<b>Wednesday</b>	4 - 5 Years	1:45 - 2:30pm
<b>Wednesday</b>	Grades K - 2	2:45 - 3:45pm
<b>Wednesday</b>	Grades 3 - 6	3:45 - 4:45pm

Cost: \$120.00 / 8 weeks  
Instructor: Master Sports Staff  
Session: **9/23/15 - 11/18/15 (No Class 11/11/15)**



#### 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.

<b>Wednesday</b>	6 - 8 Years	3:00 - 4:00pm
<b>Wednesday</b>	8 - 10 Years	4:00 - 5:00pm

Cost: \$120.00 / 8 weeks  
Instructor: Master Sports Staff  
Session: **9/23/15 - 11/7/15**



#### 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.

<b>Monday</b>	9 - 13 years	4:00 - 5:00pm	Beginner
<b>Monday</b>	9 - 13 years	5:00 - 6:00pm	Intermediate

Cost: \$120.00 / 8 weeks  
Instructor: Master Sports Staff  
Session: **9/21/15 - 11/9/15**  
Location: **CVRC Gymnasium**



#### XTREME DODGEBALL

Get ready for one of the most fun games your child will ever play. We use soft foam style dodge balls for safety. Games are held in the gym with inflatable obstacles for ducking, dodging, and hiding.

<b>Friday</b>	1st - 4th grade	4:00 - 5:00pm
<b>Friday</b>	4th - 6th grade	5:00 - 6:00pm

Cost: \$120.00 / 8 weeks  
Instructor: Master Sports Staff  
Session: **9/25/15 - 11/13/15**  
Location: **CVRC Gymnasium**



#### FALL 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.

<b>Saturday</b>	4 & 5 years	1:00 - 4:00pm
Cost:	\$135.00 / 8 weeks	
Session:	<b>9/26/15 - 11/14/15</b>	
Location:	<b>CVRC Lower Field</b>	

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



#### CARMEL VALLEY INDOOR SOCCER LEAGUE

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 professional coaching staff work the kids through drills and warm up stations and then play a 40 minute game each week. Reversible soccer Jersey included.

<b>SATURDAY</b>	
Birth Year 2010-2011	1 hour games are played 8:00am - 12:00pm
Birth Year 2008 - 2009	1 hour games are played 8:00am - 12:00pm
Birth Year 2006 - 2007	1 hour games are played 8:00am - 12:00pm
<b>All age groups are Boys and Girls combined</b>	
Cost:	\$160.00 / 8 weeks
Instructor:	Master Sports Staff
Session:	<b>9/26/15 - 11/14/15</b>
Location:	<b>CVRC Lower Field</b>



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.

Don't Wait...Register Online Today at  
[www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)

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

# YOUTH RENTAL PROGRAMS

## MASTER SPORTS\*\*\*

### REGISTER DIRECTLY WITH MASTER SPORTS

#### YOUTH BASKETBALL FALL 2015 RECREATION LEAGUE FOR INDIVIDUAL PLAYERS



Divisions:  
Grade 1 - 2 (Co-ed)      **League runs: Late September – November 2015**  
Grade 3 - 4 (Boys)      **Registration fee: \$135.00 per player**  
Grade 5 - 6 (Boys)      **Games are Saturdays in the CVRC Gymnasium**  
Grade 7 - 8 (Boys)

FOR MORE INFORMATION, GO TO  
[www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)

REGISTER NOW

Please Note: Our Winter 2016 League (December - March)  
Youth Basketball League Registration begins September 1, 2015 online.

#### CARMEL VALLEY OPEN FALL 2015 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 Monday 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. This league is semi-competitive.

Season runs late September through early December 2015  
Cost: \$850.00 per team includes uniforms (1 check per team)  
Email [ryan@mastersports.com](mailto:ryan@mastersports.com) to reserve a spot.

REGISTRATION DEADLINE: September 10, 2015  
DOWNLOAD TEAM REGISTRATION FORM AT [www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)

#### 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.

	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
3:30	Regular class	9:20 am Mommy n me	3:30 pm Regular class
4:20	Regular class	10:20 am Regular class	3:30 pm Vets class
5:10	Vets class		4:20 pm Regular class
			4:20 pm Vets class
			5:10 pm Regular class
			5:10 pm Vets class

Ages: Mommy n me      18 months - 2 ½ years old (Parent participation class)  
Regular class      2 1/2 - 5 1/2 years old  
Vets class      4 - 6 years old

Session 1 : September 7 – October 31  
Location: CVRC Lower Field  
Cost: \$146.00 / 8 weeks  
Discounts: 30% Sibling, 20% Military.



For more details and lists of other classes in Carmel Valley,  
Call (619) 309-9626 or visit [www.littlerascalzsoccer.com](http://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 inquiries.

#### 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 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. T-shirt included.

#### THANKSGIVING BREAK CAMP

Dates: November 23 - 25  
Days: Monday - Wednesday  
Times: 9:00 - 12:00 pm  
Ages: 6 - 12 years  
Cost: \$120.00 / 3 days

FOR MORE INFORMATION, GO TO  
[www.MASTERSPORTS.com](http://www.MASTERSPORTS.com)



#### CARMEL VALLEY TENNIS\*\*\*

##### REGISTER DIRECTLY WITH C.V. TENNIS

<u>Tier I/II</u>	<u>Mondays &amp; Wednesdays</u>	<u>3:30 - 5:00 pm</u>
August 31 - September 30	9 clinics \$180 member / \$205 non-member	
October 5 - 28	8 clinics \$160 member / \$185 non-member	
November 2 - December 16	11 clinics \$220 member / \$245 non-member	

<u>Tier I/II</u>	<u>Mondays &amp; Wednesdays</u>	<u>5:00 - 6:30 pm</u>
August 31 - September 30	9 clinics \$180 member / \$205 non-member	
October 5 - 28	8 clinics \$160 member / \$185 non-member	
November 2 - December 16	11 clinics \$220 member / \$245 non-member	

<u>Tier III</u>	<u>Tuesdays &amp; Thursdays</u>	<u>3:30 - 5:00 pm</u>
September 1 - 24	9 clinics \$180 member / \$205 non-member	
October 1 - 29	9 clinics \$180 member / \$205 non-member	
November 3 - December 18	12 clinics \$240 member / \$265 non-member	

<u>Tier IV &amp; High Performance I</u>	<u>Tuesdays &amp; Thursdays</u>	<u>5:00 - 7:00 pm</u>
September 1 - 24	9 clinics \$180 member / \$205 non-member	
October 1 - 29	9 clinics \$180 member / \$205 non-member	
November 3 - December 18	12 clinics \$240 member / \$265 non-member	

**High Performance II - Satellite Tournament/Elite - Open Tournament Players**  
Fridays 4:00 - 6:30 pm (limited spots available)  
September 4 - December 18      14 clinics \$490 member / \$630 non-member

#### NO CLASSES ON:

<b>MONDAY, SEPTEMBER 7, 2015</b>	<b>LABOR DAY</b>
<b>WEDNESDAY, NOVEMBER 11, 2015</b>	<b>VETERAN'S DAY</b>
<b>NOVEMBER 23 - 27, 2015</b>	<b>THANKSGIVING BREAK</b>
<b>FRIDAY, DECEMBER 11, 2015</b>	<b>ADULT TOURNAMENT</b>

#### 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, contact Carmel Valley Tennis at 858-504-4181  
[www.carmelvalleytennis.net](http://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

Session 1: September 14 - October 20 \$70.00 / 7 weeks [17632]  
 Session 2: November 2 - December 14 \$60.00 / 6 weeks [17633]  
 (Processing Fees will apply)

#### MONDAY 6:30 – 7:30 pm

Session 1: September 14 - October 20 \$70.00 / 7 weeks [17634]  
 Session 2: November 2 - December 14 \$60.00 / 6 weeks [17635]  
 (Processing Fees will apply)

#### THURSDAY 6:30 – 7:30 pm

Session 1: September 3 - October 29 \$90.00 / 9 weeks [17636]  
 Session 2: November 5 - December 17 \$60.00 / 6 weeks [17637]  
 (Processing Fees will apply)

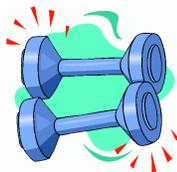
#### FRIDAY 9:00 – 10:00 am

Session 1: September 4 - October 30 \$90.00 / 9 weeks [17638]  
 Session 2: November 6 - December 18 \$60.00 / 6 weeks [17639]  
 (Processing Fees will apply)

For more information, contact Janice at 858-735-6166 or email her at [yoga\\_mom@me.com](mailto:yoga_mom@me.com)

### REC Fit (18+) With Janice Sherman

REC Fit is a multi-level fitness class designed for strength training, cardio endurance, and stretching. The 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 7:00 – 8:00 pm

Session 1: September 2 - October 28 \$90.00 / 9 weeks [17641]  
 Session 2: November 4 - December 16 \$50.00 / 5 weeks [17642]  
 (Processing Fees will apply)

#### FRIDAY 10:00 – 11:00 am

Session 1: September 4 - October 30 \$90.00 / 9 weeks [17643]  
 Session 2: November 6 - December 18 \$60.00 / 6 weeks [17644]  
 (Processing Fees will apply)

For more information, contact Janice at 858-735-6166 or email her at [yoga\\_mom@me.com](mailto:yoga_mom@me.com)

### ADULT FITNESS CLASSES

#### With Lesley Siegel

Active Older Adults Fitness 9:00 – 10:00 am  
 Strength and Stretch Fitness 10:00 – 11:00 am



#### Session 1: August 24 - October 9 (No class 9/7)

Monday, Wednesday & Friday (Monday class meets outside)

#### Session 2: October 21 - December 11 (No class 11/25 & 11/27)

Wednesday & Fridays

Location: CVRC Gymnasium

For more information, call the San Dieguito Adult School at 760-753-7073

To Register go to: [www.sdadulthood.com](http://www.sdadulthood.com)



ALL CITY OF SAN DIEGO PARKS AND BEACHES ARE SMOKE FREE

## 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](http://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.**

#### IMPORTANT CHANGES TO COME:

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 Registrations**, \$2 transaction fee will be charged for every transaction. Rates are established by the service provider and are non-refundable.

## ADULT LEAGUES

### SOFTBALL LEAGUES : MEN'S SLOW PITCH

#### Tuesday Night League - \$620.00 per team

Next Season: March 8 to June 28

#### Thursday Night League - \$620.00 per team

Next Season: March 10 to June 30

Register online at: [www.SDRecConnect.com](http://www.SDRecConnect.com) (Processing Fees will apply)

Registration begins in February 2015.

\$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](http://www.govavi.com) to register or for more information contact (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](http://www.govavi.com) to register or for more information contact (858) 273-3485

### BASKETBALL LEAGUES: MEN'S

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

For more information, contact Lance at (619) 991-8902 or visit: [www.sandiegoabl.com](http://www.sandiegoabl.com)