



CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
 "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

La Jolla Recreation Center

615 Prospect Street ✦ La Jolla, CA 92037
 Phone: 858 - 552-1658 ✦ www.sandiego.gov

Winter 2015/2016



Program

ONLINE CLASS REGISTRATION BEGINS: Saturday, November 21, 2015
REGISTRATION DETAILS ARE ON THE LAST PAGE.

La Jolla Recreation Center Staff

AREA MANAGER II

Tyler Canales

RECREATION CENTER DIRECTOR II

Nicole Ann Otjens

RECREATION LEADERS I

Alexis Balmer, Lisa Daleo-Perryman, Wesley Giubilato,
 Glenn Godwin, Erik Romero and LaShay Walker

GROUND MAINTENANCE WORKER II

Dario Ocampo

Hours of Operation

Monday	11:00 a.m. - 7:00 p.m.
Tuesday	12:00 p.m. - 8:00 p.m.
Wednesday	11:00 a.m. - 8:00 p.m.
Thursday	12:00 p.m. - 8:00 p.m.
Friday	10:00 a.m. - 6:00 p.m.
Saturday	9:00 a.m. - 1:00 p.m.
Sunday	***Closed***

(Hours are subject to change without notice)

YOUTH CLASSES



SUPERSTARS GYMNASTICS



Session I: January 11, 2016 - February 29, 2016
(No class: November January 18 & February 15)

Diaper Dare Devils

Mondays 3:00-3:45 p.m. 13-36 Months \$100/6 weeks

Session I (#20491)

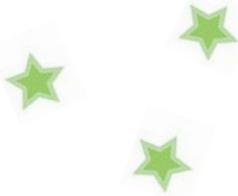
This class is an opportunity for participants with their (mom, dad or caretaker) to practice on gymnastics equipment. These fun group activities include parachutes, Lummi sticks and songs.

Gymnastics/Hip-Hop

Mondays 4:00-5:00 p.m. 4-7 Years \$100/6 weeks

Session I (#20506)

In this combo class, superstars will be dancing non-stop to the latest dances and popular songs as well as progressing in their tumbling skills. This class will incorporate tumbling skills within the dance routines.



Pee Wee Sports

Children will learn how to play sports such as: Kickball, T-Ball, Soccer, Basketball and other sports in a safe, structured and fun environment.

When: Wednesdays 1:00 - 1:45 p.m.

Ages: 4 to 6 years

Cost: \$10.00 per month

Session I: December 2 - December 16, 2015 (#20508)

Session II: January 6 - January 27, 2016 (#20509)

Session III: February 3 - February 24, 2016 (#20510)

CONTACT INFORMATION

Coach Lisa 858 - 552-1658



Babysitter Training Class

Participants will learn how to be safe babysitters. Participants learn and practice care skills, how to handle bedtime, discipline, choking, infant and child CPR, and an introduction to first aid.

When: Saturdays 9:00 a.m. - 12:45 p.m.

Ages: 11 to 16 years

Cost: \$55.00

Session I: Saturday, January 16, 2016 (#20512)

For more information please call
Sue Lockhart 858 - 334-0475



YOUTH CLASSES

Japanese Karate

Youth & Adult Class - 5 years and older

Karate is an art which has been passed down by the Karate founding fathers to achieve a better life style. Learning Karate improves the emotional and physical state and builds self-confidence. This way of living can and will be beneficial to children, teens, and adults providing an art to better living and centering one's self through life.



Class Information

Saturdays

10:00 - 11:00 a.m. - Ages: 8 - 14 years

11:00 a.m. - 12:15 p.m. - Ages: 15 years to Adults

Cost: \$55.00

Four week sessions:

January 9 - January 30, 2016 Youth Class (#20521)

January 9 - January 30, 2016 Adult Class (#20524)

February 6 - February 27, 2016 Youth Class (#20522)

February 6 - February 27, 2016 Adult Class (#20525)

CONTACT INFORMATION

Instructor: Alireza Talebzadeh 858-405-1465

Parents Night Out

In this program filled with fun and exciting activities children will be able to interact with their peers and learn to participate as a group in outdoor games, arts and crafts, and more, while providing parents with a needed time out.

Ages: 5 - 11 years

Time: 5:00 - 8:45 p.m.

Cost: \$10.00

Second Friday of every month:

January 8, 2016 (#20514)

February 12, 2016 (#20515)



CONTACT INFORMATION:

Instructors: Alexis and LaShay at 858-552-1658



Homework Club



Homework Club is an after school club that provides a quiet environment for children to do their homework. The goal is to instill organizational skills and a good work ethic while working in a safe environment.

When: Drop - In

Tuesdays and Thursdays

December 1 - 17, 2015 (#20517)

January 5 - 28, 2016 (#20518)

February 2 - 25, 2016 (#20519)

Time: 4:00 - 5:00 p.m.

Ages: 5 to 11 years

Cost: Free

CONTACT INFORMATION

Ms. LaShay 858-552-1658



YOUTH Sports & CLASSES



Youth Basketball



When: Tuesdays and Thursdays

Ages: 8 to 10 years (#20527)

5:00 - 6:00 p.m.

11 to 12 years (#20528)

6:00 - 7:00 p.m.

Cost: \$50.00

Includes league fees, trophies and the banquet.

Participants will learn the basic fundamentals and play America's most popular Winter sport. Open for girls and boys who want to compete on the field in a recreational league.

Practice begins on Tuesday December 8, 2015. Games will be held on Saturdays starting January 9, 2016 at Pacific Beach Recreation Center Park. The City-wide championship games will be held on Saturday, March 12, 2016 at Municipal Gymnasium at Balboa Park.

CONTACT INFORMATION

Coach Erik 858-552-1658



Artists Studio



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. Participants will bring home a portfolio at the end of each session.

Wednesdays:

2:00 - 3:00 p.m. - Ages: 4 to 6 years

3:15 - 4:15 p.m. - Ages: 7 to 12 years

Cost: \$110.00 for Residents

Six week sessions:

January 13 - February 17, 2016 Ages: 4 to 6 years (#20529)

January 13 - February 17, 2016 Ages: 7 to 12 years (#20531)

CONTACT INFORMATION:

Instructor: Anu Gujral at 858-386-8923 - gujralanu@gmail.com



ADULT CLASSES

Astanga Yoga

Astanga Vinyasa Yoga, first and second series, focuses on building strength, flexibility, balance and endurance. This class is designed for active adults in good health. All levels are welcome.

Thursdays: 6:00 - 7:30 p.m. (#20533)

Saturdays: 9:30 - 11:00 a.m. (#20534)

Cost: Free

Instructor: Scott Hamashige

More information about this class is available by contacting Scott Laughlin at 858-945-2453.



Tai Chi



Famous for its graceful and gently flowing movements, Tai Chi emphasizes calming the mind and releasing mental and physical tension. A few minutes a day spent performing Tai Chi will help participants prevent stress-induced illnesses like high blood pressure, digestive problems and heart disease. With regular practice, Tai Chi can improve balance, flexibility, coordination, leg strength and self-defense ability. Participants must be 18 years and older. All levels are welcome.

Fridays: Beginners Class - 10:00 - 10:45 a.m. (#20536)

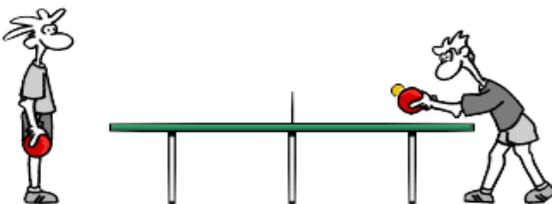
Fridays: Advanced Class - 10:45 - 11:30 a.m. (#20537)

Cost: Free

instructors: Paul Wang and Kay Duran

Adult Table Tennis

Drop-in table tennis is available to patrons 18 years and older with a valid photo I.D. card for use of equipment which is provided by the recreation center. Children can play with adult supervision. The open play schedule is available from the office at 858-552-1658.



Kundalini Yoga

Accessible to everyone and challenging for all, Kundalini Yoga has been observed to help with a multitude of ailments including stress, anxiety, poor memory, depression, insomnia, high blood pressure, asthma, back problems, and much more. Kundalini Yoga combines conscious breathing, guided movements, simple postures, stretching, rhythm, sound and meditation.

Mondays: 11:15 a.m. - 12:15 p.m. (20535)

Cost: Free

Instructor: Sasha Briskin

Website: www.kundaliniwellness.org

Website: www.kundaliniwellness.org



Weight Room

The Weight Room is equipped with a stationary bike, elliptical machine, treadmill, stair stepper, circuit training machines and free weights. Patrons must be **18 years or older**. Paid membership and completion of a liability waiver is required.

Weight Room Hours:

Mondays: 11:00 a.m. - 6:45 p.m.

Wednesday: 11:00 a.m. - 7:75 p.m.

Tuesdays and Thursdays:

12:00 p.m. - 7:45 p.m.

Fridays: 10:00 a.m. - 5:45 p.m.

Saturdays: 9:00 a.m. - 12:45 p.m.

Sundays: Closed

Cost: \$5.00 per day, \$10.00 per month, \$25.00 for three months, \$45.00 for six months or \$90.00 for one year.



SPECIAL EVENTS



Senior Winter Wonderland



Dinner, beverages, coffee and dessert will be served. Live entertainment will be provided by the A-Team Band for dancing and great company for all who attend this event. Participants can meet their friends and make new ones.

Date: Friday, December 11, 2015

Time: 5:30 - 8:45 p.m.

Ages: Seniors 55 years +

Cost: \$15.00 per person

Reservations are made by mailing payment to:

La Jolla Recreation Center
615 Prospect Street. La Jolla, CA 92037

Please make checks payable to:

La Jolla Parks and Recreation, Inc.



LUNCH WITH SANTA

Date: Saturday, December 19, 2015

Time: 11:00 a.m. - 1:00 p.m.

Ages: 2 1/2 -10 years ▫ Donations accepted at the door.



Participants will join Santa and his helpers in lunch, face painting, cookie decoration and arts and crafts. Cameras are recommended for photos with Santa and his helpers.

Reservations begin Monday, November 30, 2015

Parents may *only* reserve places for their own children for this event.

Early reservations are recommended because there is limited availability



UP COMING SPECIAL EVENTS

Spring Activity Week

This fun activity week for the children to have fun with their friends by making fun arts and crafts we all be having the Reptile show and Ice Cream Social.

Dates: *Monday, 21, Arts and Crafts*

Tuesday, March 22, Arts and Crafts

Wednesday March 23, 2016 Reptile show and Ice Cream Social.

Times: *12:30 - 2:30 p.m.*

Cost: *\$5.00 per Child*

Ages: *3 - 10 years*

Spring EGG HUNT
Saturday, March 26, 2016

Egg Hunt Schedule

10:00 a.m. - 2 and under

10:30 a.m. - 3 and 4 years

11:00 a.m. - 5 and 6 years

11:30 a.m. - 7 to 9 years

12:00 p.m. - 10 to 12 years



Fun activities for the kids. There will be face painting, arts and crafts and photo with Peter Rabbit. Please bring your own camera and basket for the event.

Times: 10:00 a.m. to 1:00 p.m.

Cost :5.00 per child for actives and the Spring Egg Hunt is Free.



Cinco De Mayo Senior Dance



Dinner, beverage, coffee and dessert will be served. Live entertainment will be provided by the A-Team Band for dancing and great company for all who attend this event. Participants can meet their friends and make new ones.

Date: *Friday, May 6, 2016*

Time: *5:30 - 8:30 p.m.*

Cost: *\$15.00 per person*

Ages: *Senior 55 years +*

Reservations are made by mailing payment to:

La Jolla Recreation Center

615 Prospect Street. La Jolla, CA 92037

Please make checks payable to:

La Jolla Parks and Recreation, Inc.



GENERAL INFORMATION

Registration Begins

Class Registration begins Saturday, November 21, 2015

Registration is accepted:

Mondays- Fridays 11:00 a.m. - 6:00 p.m.



Class Information

- Registration will begin Saturday, November 21, 2015 and will be taken two weeks prior to the class start date and no later than the second class meeting.
- Registrations taken online are first serve and walk in basis. Telephone and mail-in registrations are not accepted.
- If classes do not meet minimum enrollment, they will be canceled and a full refund will be issued by appointment only.
- Programs and fees are subject to change without prior notice.

Payment Policy

- Payment is required at time of registration.
- No registration will be accepted after the second scheduled class meeting.
- CREDIT CARD, exact CASH or CHECKS payable to **L.J.R.C., Inc.** are the only methods of payment accepted. Valid identification must be presented if paying by check.
- Visa, MasterCard, American Express and Discover are accepted credit cards.
- A \$25 service fee will be charged for returned checks.
- Class fees are NOT pro-rated or discounted after the beginning of the scheduled session.
- ActiveNet receipts should be requested at the time of registration with a copy of the registration form.



ONLINE REGISTRATION INFORMATION

Online registration for all contractual programs offered by the Recreation Council using the Online Activity Registration System is available at www.SDRecConnect.com

For Online Registration, \$2.00 transaction fees and 3% processing fees will be charged for every transaction. For In-house registration, \$2.00 transaction fees will be charged for every transaction. Rates are established by the service provider and are nonrefundable.

Returning Customers (previously registered for classes online)

Registrants should click the "My Account" button. Enter the login (email) and password, and should log in with this password to activate the account.

New Accounts — Registrants should Click on the "Create Account" button, fill out the New Account request form completely, including all required information (Birth date, gender, email, address, etc.) and click submit. Requests should be submitted only once and registrant will receive a confirmation email to the address provided. *Please Note For first time users only, parents and guardians must create their own account first using their own information. Once the online registration account is established, the opportunity to add a child as a family member will become available.

Refund Policy

- Refund request forms must be submitted prior to the second scheduled class meeting and youth leagues.
- To obtain a refund, a LJRC Refund Request Form (obtained at the office) must be completed and submitted with the ActiveNet receipt.
- No refunds or make-up classes are available for missed classes.

La Jolla Parks & Recreation, Inc.

It has been recognized that in order to serve the community, a citizens advisory board made up of interested public members and groups that use the facility be formed and named La Jolla Parks & Recreation, Inc. The group sponsors many of the recreational activities. The meetings are held on the fourth Wednesday of the month at 5:00 p.m. excluding August and December. The meetings are open to everyone and new members are welcome.

Water Conservation

La Jolla Recreation Center would like to encourage everyone to "Think Blue" and help conserve water.



Recycling

The recycling bin is located in the parking lot on Cuvier Street and Prospect Streets. If bins are full, please come back another day. Recyclables are collected on Tuesdays and Thursdays. "It's Likeable To Be Recyclable."

Volunteer Workers

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.stml or contact the Volunteer Office at (619) 533 - 4017.

Volunteers and donations keep our programs going.

Requirements of Independent Contractors

- All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
- Contractors must submit a business license and proof of liability insurance.
- City staff handles all registration for the program.
- Contractors must provide worker's compensation coverage for all employees.

Permits & Rentals

- Permits will be issued by appointment only by the Recreation Center Director. La Jolla Recreation Center, Bird Rock Field, Cliffridge Park, Laureate Park, Mt. Soledad, Starkey Park, Union Circle Place and Via Del Norte.

Permit Hours

Tuesdays and Thursdays 3:00 - 7:00 p.m.

Permit Holder Requirements

- Must provide proof of insurance.
- Registration is completed by the permit holder.
- Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.

All City of San Diego Parks and Beaches are smoke and alcohol free.



Holiday Closures

Friday, December 25, 2015 Christmas Day

Friday, January 1, 2016 New Years Day

Monday, January 18, 2016 Martin Luther King Day

Monday, February 15, 2016 Presidents Day

