



The City of San Diego Park and Recreation Department  
We Enrich Lives Through Quality Parks and Programs  
www.sandiego.gov



# Linda Vista Recreation Center

7064 Levant Street, San Diego CA 92111 (858) 573-1392

# Fall Program

Reviewed by: District Communications



This program, event or activity is not presented, endorsed, recommended, supervised or sponsored by San Diego Unified School District. The district assumes no liability or responsibility or any loss or injury arising out of participation and is merely permitting this material to be disseminated at this facility because of the possible interest of students and/or faculty.

9-18-15 r.c.

September 1 to November 30, 2015



**All City of San Diego Parks and Beaches are SMOKE FREE**



# GENERAL INFORMATION

## Hours of Operation

|           |                     |
|-----------|---------------------|
| Sunday    | 10:00 am to 2:00 pm |
| Monday    | 4:00 pm to 9:30 pm  |
| Tuesday   | 12:30 pm to 8:00 pm |
| Wednesday | 12:30 pm to 8:00 pm |
| Thursday  | 12:30 pm to 8:00 pm |
| Friday    | 12:30 pm to 7:30 pm |
| Saturday  | 10:00 am to 4:00 pm |

Closed all City of San Diego Holidays

September 7 - Labor Day  
November 11 - Veterans' Day  
November 26 - Thanksgiving Day

## Staff

|                       |                                |
|-----------------------|--------------------------------|
| Steve Palle           | District Manager               |
| Mark Moncey           | Area Manager II                |
| Ira L. Patron         | Recreation Center Director III |
| Earl Brynes           | Grounds Maintenance Worker II  |
| Ron Purvis, Jr.       | Grounds Maintenance Worker II  |
| David Solonius        | Grounds Maintenance Worker II  |
| Maria Villarino       | Grounds Maintenance Worker II  |
| Byron Blue            | Recreation Leader I            |
| Maria Carriedo        | Recreation Leader I            |
| Vanessa Denogean      | Recreation Leader I            |
| Kristopher J. LeCesne | Recreation Leader I            |

Pick up a Passport at your local recreation center.  
April 1, 2015 to October 1, 2015



## Welcome

The staff at Linda Vista Recreation Center would like to welcome you and your family to our facility. This is an active and community involved center that wants to give you the best recreational activities possible. If you have any comments or suggestions for new programs, feel free to call or stop by the recreation center and talk to one of the friendly staff.

## Linda Vista Recreation Council

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, and help provide recreation opportunities for citizens in the Linda Vista Community. Groups, clubs, and leagues using the park are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed. The Linda Vista Recreation Council meets on the second Tuesday of each month at 5:00 pm at the Linda Vista Recreation Center. Persons interested in making a positive impact or who have concerns about local parks and the recreation center should attend the meetings.

## Rules & Regulations

- Alcohol is prohibited at all Linda Vista Community Parks.
- Bottles and Glass containers are prohibited.
- All vehicles must park in marked stalls. Vehicles are not allowed on the turf, sidewalks, or non-designated thoroughfare.
- It is illegal to use our dumpsters for your household refuse.

## Dog Etiquette

- Always pick up after your pet.
- Keep your dog(s) on their leash and leash in hand at all times.
- Be sure that your dog is wearing a current license form the County Department of Animal Services.
- The closest Leash-Free Dog Park is located at Kearny Mesa Community Park.

# GENERAL INFORMATION

## Therapeutic Recreation Services

The City of San Diego Park & Recreation Therapeutic Recreation Services (TRS) program provides sports, recreation, leisure and outreach services to San Diegans with physical, mental and emotional disabilities. Services include therapeutic recreation programs and adaptive sports opportunities, which address the special needs of individuals with disabilities. A limited amount of Inclusion Aides are available to facilitate the inclusion of individuals with disabilities into programs at their neighborhood recreation center. Please call TRS at least three weeks before the program start date to schedule assistance. For more information, call (619) 525-8247.

## Donations

By donating to our park system, you can help the Park and Recreation Department enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities, and income levels through recreation, natural open spaces parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your park, pool, or recreation program, please call Ira Patron, Recreation Center Director III, at (858) 573-1343.



**Just a Reminder, Public Defibrillators are located at all Recreation Centers in the City of San Diego.**

## Volunteers

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with Senior Citizen Services and Therapeutic Recreation Services. If you would like to volunteer or see what kinds of volunteer opportunities are out there, please call the Volunteer Office at (619) 533-4017 or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/>.

## Recycling

- A recycling bin is located in the main parking lot.
- You can deposit metal, aluminum, plastic bottles, newspaper, magazines, and cardboard.
- It is illegal to remove recycles from our dumpsters.

## Water Restriction Notice

In accordance with the Governor's Executive Order B-29-15 and direction from Mayor Kevin Faulconer, the Park and Recreation Department is implementing the following phased approach to meeting the required 16% reduction in potable water use within the City park system. Parks being irrigated with recycled water are currently exempt from these water use reductions.



### NEW WATER RULES ARE IN EFFECT

|  |   |   |
|--|---|---|
| WATER ONLY<br><b>2</b><br>DAYS A WEEK  | WATER ONLY THESE DAYS<br><b>ODD</b><br>NUMBERED<br>ADDRESSES<br><i>Water only</i><br><b>Sunday &amp; Thursday</b> | WATER ONLY<br><b>5</b><br>MINUTES PER STATION |
|  | <b>EVEN</b><br>NUMBERED<br>ADDRESSES<br><i>Water only</i><br><b>Saturday &amp; Wednesday</b>                      |   |
| APARTMENTS,<br>CONDO'S,<br>& BUSINESSES<br><i>Water only</i><br><b>Monday &amp; Friday</b> |   |   |

### NUEVAS REGLAS DE AGUA ESTÁN EN VIGOR

|  |   |  |
|--|---|--|
| RIEGUE SOLAMENTE<br><b>2</b><br>DÍAS A LA SEMANA   | RIEGUE SOLAMENTE DURANTE ESTOS DÍAS<br><b>NONES</b><br>DIRECCIONES CON NÚMEROS<br><i>Riego solamente</i><br><b>domingo y jueves</b> | RIEGUE SOLAMENTE<br><b>5</b><br>MINUTOS POR ESTACIÓN |
|  | <b>PARES</b><br>DIRECCIONES CON NÚMEROS<br><i>Riego solamente</i><br><b>sábado y miércoles</b>                                      |  |
| APARTAMENTOS,<br>CONDOMINIOS Y<br>NEGOCIOS<br><i>Riego solamente</i><br><b>lunes y viernes</b> |   |  |

- Three Tiered Turf Irrigation Reductions:
  - Active Turf (athletic fields, historically designated areas, high-tourism areas, and special community spaces): Continue current irrigation practice of watering three (3) times per week and only renovate turf to address safety concerns.
  - Passive Turf (Well-utilized areas around picnic areas, playgrounds, and athletic fields): Reduce irrigation from three (3) times per week to two (2) times per week.
  - Ornamental Turf (turf useful for aesthetics purposes including strips of turf adjacent to public right of ways or buildings and other nonessential turf): The Department decommissioned turf by turning irrigation systems off except as needed to preserve trees.
- Dog Off-Leash Areas: The Department eliminated the use of potable water for turf irrigation in dog off-leash areas except as needed to preserve trees.
- Eco-Ponds including Chollas Lake: The Department continues to preserve these

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# GENERAL INFORMATION

## Water Restriction Notice

(Continued from page 3)

ecologically important water bodies while exploring ways to save water.

- **Facilities and Buildings:** In cooperation with Public Works Department, exploring ways to save water at recreation centers, comfort stations, pools, and showers.
- **New Parks:** Together with Planning Department and Public Works Department, the Department will ensure future parks will utilize drought tolerant landscape and will prioritize natural turf only for active areas.
- **Shrub Areas:** The Department reduced irrigation from three (3) times per week to two (2) times per week or less depending on landscape drought tolerance.
- **Special Sites (Mt. Hope Cemetery, City-operated Golf Courses, Maintenance Assessment Districts, and Gas Tax Medians):** The Department reduced potable water irrigation by 16% by reducing frequency of irrigation and ceasing irrigation in certain locations.
- **Trees:** All existing trees will be irrigated as necessary to protect their health and to keep parks safe. The Department implemented simulated rain events to provide deep watering once or twice per month depending on tree species.
- **Turf Medians:** The Department eliminated the use of potable water for turf irrigation in turf medians except as needed to preserve trees.
- **Water Usage:** The Department monitors water usage and manages it in accordance with historical evaporation and transpiration rates as identified by California Irrigation Management Information Systems.

## Shoes with Hearts

We are in need of your gently used shoes, no holes please, to help us reach our goal of 2,000 pairs. Every pair counts. Stop by the recreation center and drop off your shoes in the container located in the auditorium or give them to staff.

We need 80 bags of 25 pairs and we are at 39 bags.

All proceeds benefit the Youth Programs at Linda Vista.

**Celebrate The Family -  
Linda Vista Family Reunion**

## Independent Contractors & Renters

This recreation center provides programs through Independent Contractor Agreements and through Field and Facility Permits. Please note the difference below. We encourage you to ask questions and be informed regarding any provider of service to your child.

### Requirements for Independent Contractor

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

Independent Contractors are identified with a triple asterisk (\*\*\*) in this program.

### Requirements for Permit Holders

- Must provide proof of insurance.
- Must provide own advertisement for program.
- Registration handled by the permit holder.
- Permit Holders are NOT required to submit proof of fingerprint clearance for their coaches or instructors.

Permit holders are identified with a double asterisk (\*\*). §

§The City of San Diego neither sponsors nor endorses this information, activities, or organization. Distribution of this material is provided by the City as a community service. Any questions or comments should be directed to the sponsoring agency or instructor.

## Refund and NSF Policy

- No refunds after the second meeting.
- If an activity is cancelled for any reason, you will be notified and will receive a full refund.
- Refund checks will be issued and mailed to the address on the family account.
- A \$5.00 service fee will be charged for all refund request.
- A minimum \$25.00 service fee will be charged for all returned checks.

# SDRecCONNECT.COM

## Online Registration

Register online for activities listed in this program, using the Online Activity Registration System. Log on at [www.SDRecConnect.com](http://www.SDRecConnect.com).

Set up your account and browse classes now. Fall 2015 classes are now viewable and will become available for registration on Saturday, August 22, 2015 at 10:00 am unless otherwise noted in this program.

### First Time Customers

Click on the "Create an Account" link. Follow the direction and fill in all the required fields and then click "Submit" or "Submit & Add Family Member". If you are registering a child, you must create your account first then add other family members. Check your email for a confirmation message with a one time activation link. It is possible this email will go to your "spam" folder, so please check carefully.

### Returning Customers

Those who have previously registered for classes online, click the "Sign In" button. Enter your email address and password.

If you forgot your password, click the "Forgot your password?" link. Enter your email address and click "Submit". You should receive an email with a temporary password.

## Registration Information

- Registration is on a first come, first served basis.
- Payment is required at the time of registration.
- We accept the following forms of payment: Cash (exact amount), check, and credit card.
- A Reduced Fee Waiver is available upon request. Candidates must meet income and residency requirements.
- Classes may be cancelled due to the lack of enrollment, instructor illness, weather conditions, or changes in operating hours.

## Park & Facility Reservation

- A permit is required to reserve the picnic shelter, the athletic fields and courts, the meeting rooms, set up equipment, and large groups over 50 people.
- Permits are processed by appointment only.
- Please call the Recreation Center Director (858) 573-1343 to schedule an appointment for the following sites:

Linda Vista Community Park  
Kelly Street Neighborhood Park  
Carson Joint Use Field  
Osler Field at Linda Vista

Linda Vista Recreation Center  
Mission Heights Neighborhood Park  
Silver Terrace Mini Park  
Edward Tyler Cramer Park

## Transaction Fee and Credit Card Fee

Effective September 8, 2015, all Customers will be charged a \$2.00 transaction fee for all registration and reservation transactions. Additionally, a 3% credit card fee will be applied when a credit card is used to process payment. Rates are established by the service provider and are nonrefundable.

### Registration/Reservation Transaction and Credit Card Fees

*A Transaction Fee and a Credit Card Fee is charged to customers who use credit cards (or other electronic payment mechanism) for registrations and reservations. Rates are established by the service provider and are nonrefundable. Current rates are listed below.*

| <u>Fee Description</u> | <u>Previous Fee</u> | <u>Approved Fee</u>    |
|------------------------|---------------------|------------------------|
| Transaction Fee        | N/A                 | \$ 2.00/Transaction    |
| Credit Card Fee        | N/A                 | \$ 3% of Total Charges |

# ARTS & CULTURAL PROGRAMS

## Arts and Crafts



### Make it, Take It

Explore your creative side in this fun and interactive class. Whether painting, gluing, building, molding, or stitching, they will use their hands to create art that is unique and meaningful to them.

A minimum of 5 registered participants are needed before this activity begins. Parents will be informed if minimum enrollment has not been met.

|                 |                    |         |          |
|-----------------|--------------------|---------|----------|
|                 | September          | October | November |
| ActiveNet Code: | 18759              | 18854   | 18855    |
| Day:            | Wednesday          |         |          |
| Time:           | 2:00 pm to 3:30 pm |         |          |
| Age:            | 5 to 10 years old  |         |          |
| Cost:           | Free               |         |          |
| Instructor:     | Staff              |         |          |
| Location:       | Craft Room         |         |          |

### Art with Vanessa

Through a step-by-step method, students are taught basic drawing and painting skills which result in art work that is realistic and attractive. Students will be given the artistic “tools” they need to create art for the rest of their lives. Students then progress to adding tone and color values to create three-dimensionality.



The student explores a wide array of drawing and painting mediums such as graphite, charcoal, pen and ink, pastels, watercolors, acrylics, and more. Once students are proficient in their drawing skills, they progress into the exploration of painting mediums. Students receive extensive instruction in the use of each painting medium, including color-mixing, painting techniques, and the proper use and care of materials.

|                 |                    |
|-----------------|--------------------|
| ActiveNet Code: | 18760              |
| Day:            | Monday             |
| Time:           | 6:30 pm to 8:00 pm |
| Age:            | 12 to 17 years old |
| Cost:           | \$10.00            |
| Instructor:     | Vanessa            |
| Location:       | Craft Room         |



## Book Nook!



BookNook is a “take a book, leave a book” gathering place where you can share your favorite literature and stories. If you really like a book, you can keep it and then donate a different book to share. If you are looking for something new to read, the BookNook is the perfect place for children and adults. No Library Card required...Let’s read!

The BookNook is located inside the Arts and Crafts Room. The BookNook is open during normal hours of operation except during scheduled activities.

## Cooking Class

### Kids in the Kitchen.

Participants will help in the preparation, the cooking, and the eating of some of their favorite dishes as well as trying something new. Classes are conducted in a fun and relaxed environment where students will build confidence and courage to explore their creativity in the kitchen. They will also help with washing the dishes and cleaning the kitchen.



A minimum of 5 registered participants are needed before this activity begins. Parents will be informed if minimum enrollment has not been met.

|                 |                    |         |          |
|-----------------|--------------------|---------|----------|
|                 | September          | October | November |
| ActiveNet Code: | 18857              | 18858   | 18859    |
| Day:            | Friday             |         |          |
| Time:           | 4:30 pm to 5:30 pm |         |          |
| Age:            | 6 to 12 years old  |         |          |
| Cost:           | \$8.00 per month   |         |          |
| Instructor:     | Staff              |         |          |
| Location:       | Kitchen            |         |          |

## Homework Helper



This program is designed to provide a safe and inviting place for participants to receive help with their homework. To better meet the needs of participants, these classes are limited to five participants per age group.

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# ARTS & CULTURAL PROGRAMS

## Homework Helper

(Continued from page 6)

Parents will be informed if minimum enrollment has not been met.

ActiveNet Code: 18856  
 Days: Monday, Tuesday, Wednesday  
 Time: 4:00 pm to 5:00 pm  
 2:00 pm to 3:30 pm - Early Day  
 Age: 6 to 10 years old  
 Cost: Free  
 Instructor: Staff  
 Location: Meeting Room 1

ActiveNet Code: 19225  
 Days: Monday through Thursdays  
 Time: 4:00 pm to 5:00 pm  
 Age: 11 to 16 years old  
 Cost: Free  
 Instructor: Staff  
 Location: Meeting Room 2



## Photography

### Introduction to Photography

This class will give participants a beginning understanding of the digital camera and fundamental concepts in taking the "perfect" picture. Students will complete weekly assignments, getting hands-on experience and a chance to convey their unique vision of the world.

A digital camera is required. A limited number of cameras will be available.

A minimum of 5 registered participants are needed before this activity begins. Parents will be informed if minimum enrollment has not been met.

ActiveNet Code: 18776  
 Day: Thursday  
 Time: 4:30 pm to 6:00 pm  
 Age: 12 to 16 years old  
 Cost: \$10.00  
 Instructor: Staff  
 Location: Meeting Room 1



## Piano\*\*\*

This one on one class emphasizes keyboard techniques and the sight reading. They will also learn basic hand positions, fingering patterns, and advanced keyboard techniques.



**All students must register in person.**

Day: Saturday  
 Age: 7 years and older  
 Instructor: Chinh Tran  
 Location: Craft Room

Credit will not be given for missed classes.

| ActiveNet Codes |           |         |          |
|-----------------|-----------|---------|----------|
|                 | September | October | November |
| Monthly Fee     | \$41.00   | \$51.00 | \$41.00  |
| 11:20 am        | 18369     | 18386   | 18410    |
| 11:40 am        | 18370     | 18387   | 18411    |
| 12:00 pm        | 18372     | 18388   | 18412    |
| 12:20 pm        | 18373     | 18389   | 18413    |
| 12:40 pm        | 18374     | 18390   | 18414    |
| 1:00 pm         | 18375     | 18391   | 18415    |
| 1:20 pm         | 18376     | 18392   | 18416    |
| 1:40 pm         | 18377     | 18393   | 18417    |
| 2:00 pm         | 18378     | 18394   | 18418    |
| 2:20 pm         | 18379     | 18395   | 18419    |
| 2:40 pm         | 18380     | 18396   | 18420    |
| 3:00 pm         | 18381     | 18397   | 18421    |
| 3:20 pm         | 18382     | 18398   | 18422    |
| 3:40 pm         | 18383     | 18399   | 18423    |



# SPORTS

## Futsal

Futsal is an exciting, fast-paced small sided soccer game. Futsal encourages the players to become more agile, faster, stronger, and have better balance. Futsal will also help with enhancing the fundamental skills on passing, dribbling, turning, shooting, and ball control in a friendly and team oriented environment.

The participants will practice one day and play games the other day.

ActiveNet Code: 18744

Day: Tuesday Thursday  
 Time: 6:00 pm to 7:30 pm 6:00 pm to 8:30 pm  
 Age: 5 to 8 years old  
 Cost: \$10.00  
 Instructor: Staff  
 Location: Gymnasium



## Martial Arts Programs

### Bach Van Kung Fu

An extremely disciplined, powerful martial art where strength is built in low stances and powerful blocks. Students will learn self defense, judo, and various other techniques.

ActiveNet Code: 18424  
 Day: Saturday  
 Time: 1:00 pm to 4:00 pm  
 Age: 8 years and older  
 Cost: Free  
 Instructor: Master Hai Nguyen  
 Location: Gymnasium



### Integral Tai Chi



The Ten-Forms of Integral Tai Chi is a series of exercises, relaxation techniques, and meditation. It combines yoga, Tai Chi, Qi Gong, and meditation into one holistic system that integrates body, mind, and spirit. The forms when combined are means to integrate the body, mind, and spirit.

The class is broken down into three parts: 1) Warm up

Happy  
 THANKSGIVING

## Martial Arts Programs

movement, 2) Ten Forms of Integral Tai Chi, 3) Light yoga and meditation.

Integral Tai Chi

Age: Adults  
 Cost: Free  
 Instructor: Compassionate Service Society  
 Location: Auditorium

|                | Sunday               | Tuesday            | Saturday             |
|----------------|----------------------|--------------------|----------------------|
| ActiveNet Code | 18426                | 18427              | 18428                |
| Time           | 10:00 am to 12:00 pm | 6:00 pm to 8:00 pm | 10:00 am to 12:30 pm |

### Vovinam - Viet Vo Dao

This program is designed to help build individuals through the instruction and discipline of the Vietnamese Martial Arts. This program offers three levels of instructions: Beginner, Intermediate, and Advance.

Age: 7 years and older  
 Cost: Free  
 Instructor: Tam Nguyen  
 Location: Auditorium/Outdoors



\*Friday class ends at 7:15 pm

| ActiveNet Code | 18431                     | 18743              |
|----------------|---------------------------|--------------------|
| Days           | Monday, Wednesday, Friday | Sunday             |
| Time           | 6:00 pm to 8:00 pm*       | 2:00 pm to 4:00 pm |

## Open Play

|            | Day       | Times                |
|------------|-----------|----------------------|
| Badminton  | Saturday  | 10:00 am to 12:30 pm |
| Basketball | Sunday    | 10:00 am to 2:00 pm  |
|            | Tuesday   | 12:30 pm to 6:00 pm  |
|            | Wednesday | 12:30 pm to 8:00 pm  |
|            | Thursday  | 12:30 pm to 6:00 pm  |
|            | Friday    | 12:30 pm to 7:30 pm  |
| Volleyball | Monday    | 6:30 pm to 9:30 pm   |

Times subject to change without notice. Please call the recreation center for current open play schedule.

# SPORTS

## Spirit Squad

### Monstarz Spirit Squad

The participants will cheer on the Monstarz Football Teams at their games. Parent /Participant Orientation will be Wednesday, September 9, 2015 at 5:00 pm.

A minimum of 5 registered participants are needed before this activity begins. Parents will be notified if minimum enrollment has not been met.

ActiveNet Code: 19713  
 Day: Wednesday  
 Time: 5:00 pm to 6:00 pm  
 Age: 5 to 12 years old  
 Cost: \$10.00  
 Instructor: Staff  
 Location: Auditorium

## S.P.O.R.T.S. Committee Programs



The City of San Diego Park and Recreation Department is committed to providing a safe, fun, and skill-developing Youth Sports Program for children. The Youth Sports Programs encourage good sportsmanship, develop playing skills, and promote friendly relationships among the players, coaches, officials, staff, and parents. The programs are designed to foster the development of leadership, sportsmanship, and teamwork, while offering and enhancing the learning opportunities and experience for all participants through training and games participation. The City of San Diego Park and Recreation Department believes in "Everyone Plays" philosophy and highly encourages fair play through draft processes.

### Basketball

At this time we are pre-registering participants for our winter basketball league. Practice will begin after our Flag Football Season. Practice days and times will be set by the coach. Players and parents will be notified at least a week prior to the first practice day.

ActiveNet Code: 19230  
 Age: 8 to 16 years old  
 Cost: \$10.00  
 Coach: Staff  
 Location: Gymnasium

Back-to-Back City Wide  
 Champions Boys Division  
 10 Under & 12 Under

## S.P.O.R.T.S. Committee Programs

### Flag Football

The youth flag football program is designed to develop and enhances players' fundamental skills on passing, catching and defensive ability in a friendly and team oriented environment. The program is for children ages 8 to 16 years old, and teams are divided into age divisions. All players will be playing a minimum of 10 plays or downs per game. Qualified teams will get a chance to participate in the City Wide Tournament hosted by the S.P.O.R.T.S. Committee at the end of the season.

The coach will set practice days and times. Parents will be contacted at least a week prior to first practice. Practices will be held at Linda Vista and games played off site.

ActiveNet Code: 18746 18747 18748 18749  
 Age: 10Under 12Under 14Under 16Under  
 Cost: \$10.00  
 Coach: Staff  
 Location: Multipurpose Field

## Table Tennis

This program is for players to come and enjoy both recreational and competitive play. Participants must bring their own table tennis paddles and balls.

ActiveNet Code: 18429  
 Day: Sunday 12:00 pm to 2:00 pm  
 Thursday 6:15 pm to 8:00 pm  
 Saturday 12:30 pm to 4:00 pm  
 Age: Adults  
 Cost: Free  
 Instructor: Luong Nguyen  
 Location: Auditorium

Times subject to change due to rentals and center programming.

## Tennis \*\*\*

Alex Nguyen Tennis offers a variety of classes for all age levels. Each class will follow a special six week curriculum. The final week of each Junior aged class will be dedicated to testing. Each student is expected to bring the following: Tennis racket, form of hydration, tennis shoe/attire.

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# SPORTS

## Tennis\*\*\*

(Continued from page 9)

Session I: September 1 to October 12  
 Session II: October 13 to November 23  
 Coach: Alex Nguyen  
 Location: Tennis Courts 1 & 2  
 Website: www.alexnguyentennis.com



| Adult Beginner   | I     | II    |
|--|-------|-------|
| Monday & Wednesday<br>11:00 am to 12:30 pm<br>18 years and older<br>\$230.00 | 19226 | 19227 |
| Adult Social   | I     | II    |
| Tuesday & Thursday<br>11:00 am to 12:30 pm<br>18 years and older<br>\$230.00 | 19228 | 19229 |
| Adult Technical  | I     | II    |
| Tuesday and Thursday<br>6:30 pm to 8:00 pm<br>18 years and older<br>\$230.00 | 18710 | 18733 |
| Youth Fundamentals   | I     | II    |
| Friday<br>4:30 pm to 5:30 pm<br>5 to 7 years old<br>\$78.00                  | 18716 | 18739 |
| Beginning Jr. A  | I     | II    |
| Monday and Wednesday<br>4:30 pm to 5:30 pm<br>8 to 12 years old<br>\$155.00  | 18711 | 18734 |
| Beginning Jr. B  | I     | II    |
| Monday and Wednesday<br>3:30 pm to 4:30 pm<br>13 to 17 years old<br>\$155.00 | 18712 | 18735 |
| Intermediate Jr. A   | I     | II    |
| Tuesday and Thursday<br>5:00 pm to 6:30 pm<br>8 to 12 years old<br>\$230.00  | 18714 | 18737 |

## Tennis\*\*\*

| Intermediate Jr. B   | I     | II    |
|--|-------|-------|
| Tuesday and Thursday<br>3:30 pm to 5:00 pm<br>13 to 17 years old<br>\$230.00   | 18715 | 18738 |
| Elite  | I     | II    |
| Monday, Wednesday, Friday<br>5:30 pm to 6:30 pm<br>12 to 17 years old<br>\$460 | 18713 | 18736 |

## Weight Room

Participants will have access to free weights, a step machine, and an exercise bike. Participants must bring their own towel, must wear a shirt, and closed toe shoe. The room is open during the center's hours of operation, unless otherwise posted. The room closes 15 minutes before the center closes.

ActiveNet Code: 18430  
 Age: 16 years and older  
 Cost: Free  
 Location: Weight Room

## Yoga

### Empower Yourself with Yoga

As with any physical exercise, please consult with your medical professional to ensure you are able to sit, stand, and lay down for minutes at a time.

This is a gentle Hatha Yoga class designed for all levels of experience. The participants work on balance, body alignment, flexibility, and overall strengthening the body and mind through meditation, yoga poses, and cool down period. Participants should wear comfortable, loose clothing with no buttons, zippers, or snaps. Shoes will not be worn during class and participants may need to remove their socks for safety and proper alignment. These classes are open to participants 16 years and older.

ActiveNet Code: 18425  
 Day: Wednesday  
 Time: 6:00 pm to 7:30 pm  
 Age: 16 years and older  
 Cost: FREE  
 Instructor: Nancy Martinez  
 Location: Meeting Room 1

# SPECIAL EVENTS

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## HALLOWEEN CARNIVAL

Friday, October 30, 2015

6:00 pm - 8:00 pm

4 tickets for \$1.00

(tickets non-refundable)

Lots of Fun for the whole family!

## LINDA VISTA SCARE CENTER

Thursday, Oct. 29 & Friday, Oct. 30

7:30 pm to 9:00 pm

Ticket .50

## Dia de los Muertos Alters & Art Show

Monday, November 2, 2015

4:30 pm to 8:00 pm

Dia de los Muertos - Day of the Dead, originated in Mexico and is celebrated throughout the world where there are large Hispanic populations. It is rooted in the Aztec tradition of celebrating life after death. Dia de los Muertos celebrates the one night deceased loved ones come back to visit their family and friends. If you would like to participate in this event, please stop by the recreation center and pick up a space agreement form. Space is limited.

## Turkey Trot

Monday, November 23, 2015

6:00 PM—7:00 PM

5 years and older

Complete the event course for a chance to win a complete Thanksgiving Dinner

One Thanksgiving Dinner per Family  
Family Registration is Required.

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## Theater Arts Winter Program

THE STUDENTS OF THE THEATER ARTS PROGRAM  
PROUDLY PRESENT

“HOW THE GRINCH STOLE CHRISTMAS”

DINNER THEATER

THURSDAY, DECEMBER 17, 2015

5:00 PM TO 7:00 PM

TICKET: \$2.00

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## Breakfast with Santa

Saturday, December 19, 2015

9:00 am to 11:00 pm

Pre-Sale: \$2.00 per plate

At the door: \$3.00 per plate

Piano Recital: 10:00 pm

As a recipient of Federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by Federal, State or local law. 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) 235-1155) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

# Linda Vista Recreation Center

7064 Levant Street San Diego, CA 92111 Phone: (858) 573-1392



The U.S. Marine Corps Reserve Toys For Tots program Provides toys to low income youngsters, up to 12 years of age, living in San Diego.

El programa de Toys For Tots del U.S. Marine Corps Reserve proporciona juguetes a niños de bajos ingresos, menos de 12 años, viviendo en San Diego.

|               |   |               |  |
|---------------|---|---------------|--|
| Registration: | October 19 - November 7                         | Registración: | Octubre 19 - Noviembre 7                           |
| Time:         | During Hours of Operation                       | Horario:      | During Hours of Operation                          |
| Distribution: | Tuesday, December 15, 2015<br>2:00 pm - 7:30 pm | Distribución: | martés, 15 de Diciembre, 2015<br>2:00 pm - 7:30 pm |

**You must complete this application and bring it with all the documents listed below on registration day (NO EXCEPTION):**

**PARENTS:** Current proof of San Diego residency (utility bill, rent receipt); Picture ID (California Driver's Licence or Identification Card); Social Security Card; Proof of income (check stub, AFDC notice of action, 2014 Tax Return).

**CHILDREN:** Proof of Parenthood/Guardianship (child's birth certificate, California ID Card, or court documents) and Social Security Card.

**Favor de traer esta aplicación llena y la información alistada aquí el día de inscripciones (SIN EXCEPCIONES):**

**PADRES:** Comprobante actual de domicilio en San Diego (recibo de cuentas de servicio publico, recibo de alquilar, otros); Identificación con retrato (Licencia de Manejar/Tarjeta de Identificación del California); tarjeta del seguro social y comprobante de ingresos (talón de ingresos, Notificación de Acción de Los Servicios Sociales, Impuestos sobre los ingresos del 2014).

**NINOS:** Comprobantes de Paternidad/Tutela (acta de nacimiento, Tarjeta de Identificación de California, documentos legal) y tarjeta del seguro social.

Please Print/Favor de imprimir

Mother's Name/Nombre de la Madre: \_\_\_\_\_

Father's Name/Nombre de la Padre: \_\_\_\_\_

Address/Domicilio \_\_\_\_\_, SD, CA Zip Code \_\_\_\_\_ Phone: \_\_\_\_\_

**OFFICE USE ONLY -  
SOLO PARA LA OFICINA**

Tracking Number

| Full Name of Each Child<br>Nombre completo de cada niño | Date of Birth<br>Fecha de Nacimiento | Age<br>Edad | Gender<br>Genero                  | OFFICE USE ONLY<br>Last 6 digits of SSN |
|---|--------------------------------------|-------------|-----------------------------------|---|
|   |                                      |             | <input type="checkbox"/> Boy/Nino |   |
|   |                                      |             | <input type="checkbox"/> Boy/Nino |   |
|   |                                      |             | <input type="checkbox"/> Boy/Nino |   |
|   |                                      |             | <input type="checkbox"/> Boy/Nino |   |
|   |                                      |             | <input type="checkbox"/> Boy/Nino |   |

There will be NO EXCEPTIONS to this procedure, please plan accordingly. **Registration does not guarantee that your family qualifies to receive the toys.** Remember to bring back your receipt ticket and your identification card.  
 Hará sus planes según este procedimiento, SIN EXCEPCIONES. **Las inscripciones no garantían que su familia es elegible para recibir los juguetes.** Recuerde de traer su boleto de recibo y su Tarjeta de Identificación.