



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

www.sandiego.gov
www.miramesarecreationcouncil.org

FALL PROGRAM 2015

HOURGLASS FIELD COMMUNITY PARK
10440 Black Mountain Road, San Diego, CA 92126
(858) 538-8153 Fax: (858) 538-8150

MIRA MESA COMMUNITY PARK
8575 New Salem St., San Diego, CA 92126
(858) 538-8122 Fax: (858) 538-8104

LOPEZ RIDGE NEIGHBORHOOD PARK
7245 Calle Cristobal, San Diego, CA 92126
(858) 538-8171 Fax: (858) 689-2618



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER @ 619-235-1133) 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.

WELCOME!!!

Our staff cordially invites you to visit all recreation centers in Mira Mesa; Hourglass Field Community Park, Lopez Ridge Neighborhood Park and Mira Mesa Community Park.

Recreation Center & Schedules

Hourglass.....pages 4-6
Lopez Ridge.....pages 7-8
Mira Mesa Gil Johnson.....pages 9-10
Events Page.....pages 11-12



Holiday Closures

September 7–Labor Day
November 11–Veterans Day
November 26–Thanksgiving

Important Phone Numbers

Epicenter (858) 217-5661
SDPD (Non-Emergency) (619) 531-2000
Ned Baumer Pool (858) 538-8083
Report Off Leash Dogs (619) 767-2675

Other Facilities

Verne Goodwin Senior Center

8460 Mira Mesa Blvd
San Diego, CA 92126
(858) 578-7325

Rancho Penasquitos Skate park

10111 Carmel Mountain Rd
San Diego, CA 92129
(858) 538-8131

Park Use Information

For park use permits and reservations for the listed areas including, but not limited to sports field use, picnic areas, special events, and gazebos.

Please contact the following Recreation Centers:

Hourglass Field Community Park

(858) 538-8153

Maddox Park

Mason Joint Use
Mesa Verde Park
Walker Joint Use
Wangenheim Joint Use

7809 Flanders Dr.

10340 San Ramon Dr.
8350 Gold Coast
9125 Hillery Dr.
9230 Gold Coast Dr.

Westview Park

11278 Westview Pkwy

Lopez Ridge Neighborhood Park

(858) 538-8171

Camino Ruiz Park

Sandburg Park

11498 Camino Ruiz

11170 Avenida Del Gato

Mira Mesa Community Park

(858) 538-8122

Breen Park

Challenger Joint Use
Ericson Joint Use
McAuliffe Park
Mesa Viking Park

11119 Polaris Dr.

10810 Parkdale Ave
11174 Westonhill
7540 Winterwood Lane
11278 Westonhill Dr

Mira Mesa Community Park

8575 New Salem St

Parks with gazebos in **BOLD** are available for permit.

Individuals with Special Needs

All activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services Department will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be determined if one-on-one aide is needed. Therapeutic Recreation Services is a Citywide program that provides recreation opportunities for people with disabilities. More information is available by calling them at (619)525-8247 or (619)525-8249TTD.

Donations

By donating to our park systems, 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 space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool, or recreation program, please call the Deputy Director Community Parks I Division, (619)235-1130.

Recreation Council Information

These groups 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, publicize and help provide recreation opportunities for citizens in the Mira Mesa community. Groups, clubs and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed.

The Mira Mesa Recreation Council meets on the second Tuesday of every month at 7:00pm at Lopez Ridge Recreation Center

Persons interested in making a positive impact or who have concerns about local parks and recreation center should attend these meetings.

Volunteers Needed!!

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit

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



IMPORTANT INFORMATION
Recreation Centers are equipped
with Automated External Defibrillator



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

Registration & Payment

Online Class Registration is available for ALL CLASSES at **Mira Mesa, Hourglass, and Lopez Ridge Recreation Centers.**

Class Numbers are located next to class dates for easy access to locating classes online.

Example: (#12345).

Please visit

www.SDRECONNECT.com

to create an account and get signed up.

For all Returning Customers (previously registered for classes online)- Click the "my account" button. Enter your login (email) and password. Login with this password to activate your account.

For all New Customers Click on the "create account" button. Fill out the new account request form completely, including all the required fields (birth date, gender, email etc) and click submit. You will then receive a confirmation email at the address you provided. Please follow directions to activate your account.

FIRST TIME USERS ONLY:

Please note: Parent/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.

For any further assistance please click on the FAQ (frequently asked questions) button.

For in person registration please call the recreation centers for registration hours.

Effective September 8, 2015, service 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 nonrefundable

Payment Policy for Classes

- Payment is required at the time of registration.
- Please pay with EXACT cash, check (payable to **MMRC**), or credit card.
- A \$25.00 fee will be charged for all returned checks.
- Class fees are not prorated or discounted after the beginning of the scheduled session.

Refund Policy for Classes

No partial refunds or make-ups for missed classes (i.e.: routine illness, vacations, or other schedule conflicts). Sorry, no exceptions!! A \$10.00 service fee will be charged per registrant for each refund request. Online transaction fees and processing fees will not be refundable. 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 does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for your understanding. A refund request form and your registration receipt must be submitted prior to second class meeting.

Permits

Permits will be processed on an appointment basis only.

Please make your appointment at least 10 days prior to your desired date to ensure adequate time to complete this process.

Acceptable forms of payment are credit card, check or cash (*exact amount please*). Must provide proof of insurance.

Please make checks payable to:
City Treasurer.

Ned Baumer Pool



10440 Black Mountain Road
San Diego, CA 92126
(858) 538-8083

Fall Hours

September 8 - December 20

Pool is closed :

Sept 25 & 26, Oct 4 & 5, Nov 6, 7, 11 & 26.
Dec 21-Jan 18

Lap Swim:

Mon/Wed/Fri	6:30-8:30am
	10:45-12:45pm
Saturday	10:00-3:00pm
Sunday	12:00-3:00pm

Rec. Swim/Children's Pool:

Mon/Wed/Fri	11:00-3:00pm
Saturday	12:00-3:00pm
Sunday (9/13-9/27)	12:00-3:00pm

Limited hours:

Nov 25 & 27	12:00 - 3:00pm
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Admission and Fees

Facility Admission:

Adults(16 and older) - \$4.00
Children/Disabled/Senior - \$2.00

Discount Pass Fees:

Adults(16 and older) - \$100.00 (30 swims)
Adults(16 and older) - \$35.00 (10 swims)
Children/Disabled/Senior - \$45.00 (30 swims)
Children/Disabled/Senior - \$15.00 (10 swims)

Requirements for Independent Contractors

1. All contractors and volunteers must be fingerprinted by the City of San Diego Live Scan process.
2. Contractors must submit a business license, proof of insurance, and provide workers comp coverage for all employees.
3. City staff handles all registration for the program.
4. Contactor's must provide insurance coverage for all employees and liability insurance for all participants.

**** Permit Holder Requirements****

1. Proof of insurance.
 2. Own advertisement of program.
 3. Registration is handled by permit holder.
- Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.
- All permit holders are identified with an **permit holder** on this program.**

Youth Sports

Mira Mesa Little League:	eteam2.com/mmwill
Mira Mesa Youth Baseball:	www.mmyb.org
Mira Mesa Youth Football:	www.mmchargers.org
Mira Mesa AYSO:	www.miramessayso.com
Mira Mesa Girls Softball League:	www.leaguelineup.com

Adult Sports

Co-Ed & Men's Softball:	John Grondona Softballsd.com
Adult Basketball League:	Rob Powell Sandiegobasketball.com
Softball:	Vavi Govavi.com
Senior Softball:	Jerry Hemes (619) 697-1083

HOURGLASS

10440 Black Mountain Rd. San Diego, CA 92126
(858) 538-8153

STAFF

Angel Castro	Area Manager II
Denise M. Lamb	Center Director III
Eric Brown	Recreation Leader I
Paul Lee	Recreation Leader I
DeSean Harris	Recreation Leader I
Omar Harrison	Recreation Leader I
Jai'Vaughn Black	Recreation Aide

Welcome

The staff at Hourglass Field Community Park would like to welcome you and your family to our facility. We offer a variety of activities for both children and adults. Our goal is to provide you with the best activities possible and be able to fulfill your recreational needs. We welcome any suggestions you may have for new and existing activities.

Facility

Hourglass Field House has 3 meeting rooms, kitchen, game room, gym, 7 multi-purpose fields, sports equipment, a dance room with mirrors, playground, and just about anything else to make your visit to the facility enjoyable. If you wish to utilize the facility for a special event or as a regular meeting place, please contact the office for more details.

Hours Of Operation

Monday	2:00-9:00pm
Tuesday	2:00-9:00pm
Wednesday	2:00-9:00pm
Thursday	2:00-9:00pm
Friday	2:00-8:00pm
Saturday	9:00-3:30pm
Sunday	10:00-2:00pm

All hours & activities subject to change without prior notice.

Game Room Hours

Monday: 3:00-7:00pm
Tuesday: 3:00-7:00pm
Saturday: 10:00-1:00pm

All hours & activities subject to change without prior notice.

Registration

Monday: 3:00-7:00pm
Wednesday: 3:00-7:00pm
Saturday: 9:00-1:00pm

Note: Two staff members must be present at time of registration & permits are done by appointment only. Exact Cash, Credit Cards, & Checks are accepted.

Basketball League

SEASON DATES
Jan 4-April 2, 2016

\$55.00*

Includes jersey

\$25.00 for Parents who volunteer to coach a team.
***Financial Aid Available**

ARE YOU GOING TO REGISTER ONLINE?

MMRC's online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to www.SDrecCONNECT.com

Cal 8 (5-8 years old):

Evaluations 12/5 9-10am - Late Evals 12/16 5-6pm
(#18384)

Practice: Mon. 5-6pm

Games: Wed 5:30 or 6:30pm
(#18385)

Practice: Tue 5-6pm

Games: Wed 5:30 or 6:30pm

Cal 10 (10 & under):

Draft 12/12 10-12pm - Late Draft 12/16 6-7pm
(#18400)

Practice: Mon 6-7pm

Games: Fri 5:30 or 6:30pm
(#18401)

Practice: Tues 6-7pm

Games: Fri 5:30 or 6:30pm

Cal 14 (14 & under):

Draft 12/5 10-12pm - Late Draft 12/16 6-7pm
(#18402)

Practice: Wed 6:30-8pm

Games: Sat 9:30 or 10:30am
(#18745)

Practice: Thurs 5-6:30pm

Games: Sat 9:30 or 10:30am

Hourglass Field Community Park

Irish-Ballet Dance Academy

This class consists of the basic fundamentals of both disciplines. A comprehensive class for beginners and intermediate levels. Students will learn how to execute movements in both disciplines and gain knowledge of proper body placement and posture.

Instructor: Jia Arnell
Time: 3:30-4:30pm
Day: Tuesday
Age: 4-12years old
Fee: \$30.00/11 weeks
Date: Sept 8-Nov 17 (#18841)
 Maximum of 10 students per session.
 No experience necessary
 City Staff Program

Fundamentals of Basketball

This class is intended for beginners and experience players who would like to improve their skill level. This is an ideal class for children to build their confidence and self-esteem needed to compete.

Fee: \$30/6 weeks
Beginners: Ages: 5-8 years old
Day: Monday
Time: 5:30-6:30pm
Date: Sept 14-Oct 19 (#17845)
 Oct 26-Dec 7 (#17846)

Intermediate: Ages: 8-10 years old
Day: Tuesday
Time: 5:30-6:30pm
Date: Sept 15-Oct 20 (#17847)

OR
Day: Wednesday
Time: 5:00-6:00pm
Date: Oct 28 -Dec 9 (#18694)

Advanced: Ages: 9-13 years old
Day: Wednesday
Time: 6:00-7:00pm
Date: Sept 16-Oct 21 (#17849)
 Oct 28-Dec 9 (#17850)
 City Staff Programs

Junior Tennis

This course will teach the forehand, backhand and serve. The scoring system and tennis etiquette will be introduced. Tennis racquet and tennis shoes are required. Each student must bring a can of unopened tennis balls.

Instructor: Coach Stan Jefferson
Phone #: (619)770-7187
E-mail: dbadamoytttennis@yahoo.com
Date: Sept 5-Nov 28 (no class 11/14)
Day: Saturdays or Sundays
 (Sundays available only if Saturdays become full.)
Fee: \$120.00/12 weeks
 (Maximum 12 students per class)

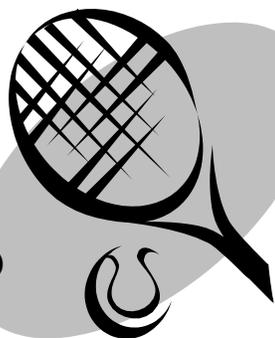
1 Beginners:
Time: 8:00-9:00am (#18677)
 or
 9:00-10:00am (#18678)

Ages: 6-10 years old

2 Intermediate:
Time: 10:00-11:00am (#18679)
 or
 11:00-12:00 pm (#18684)

Ages: 8-14 years old

3 Advanced:
Time: 12:00 pm (#18685)
Ages: 10-16 years old
 Independent Contractor



Flag Football League

Learn the basic fundamentals of Flag Football, while competing against other recreation centers. This league is intended for beginners and experienced players who would like to improve their skill level.

Practice Starts: September 9
Time: 5-7pm Wed & Fri
Game Location/Time: Saturdays
 @ Doyle Recreation Center
Ages: 8-10 years old (#14657)
Ages: 11-12 years old (#15393)
Fee: \$55.00 City Staff Program



Co-Ed Volleyball

Learn the basic of the sport or improve your skills to step up to the next level. This will be done through drills, conditioning and games.



Time: 6:30-8:30pm
Day: Tuesdays
Ages: 10-16 yrs old
Fee: \$30.00
 Sept 29-Nov 17
 (#18409)
 City Staff Programs.

Mad Cooking & Craft Creations

Put your thinking chef hats on as we explore the possibilities of cooking and baking. This class will make creations that are mad, strange, unordinary but tasty and delicious. The second part of the class will be arts and crafts projects.

Time: 4:30-6:00pm
Age: 7-12 years old
Fee: \$15.00/4 week
Day: Tuesday
 Sept 22-Oct 13(#18690)
 Oct 27-Nov 17 (#18691)
 OR
Day: Wednesday
 Sept 22-Oct 13(#18690)
 Oct 27-Nov 17 (#18691)
 City Staff Program

Hourglass Field Community Park

Dance by Michelle

Instructor:
Phone #:

Michelle Fripp
(619) 647-5762

(Maximum 15 students per class)



First Steps: Classes are designed to teach tap combinations along with exercises to enhance rhythm coordination and motor development.

Time: 9:10-10:00am

Age: 3-5 years old

Nov 14-Dec 19 (#18404) \$48 / 5 weeks

Sept 12-Oct 31 (#18403) \$77 / 8 weeks

Introduction to Tap & Jazz: Introduction to ballet, tap, and jazz encompassing awareness of music, direction, and body discipline.

Time: 10:10-11:00am

Age: 6-7 years

Nov 14-Dec 19 (#18406) \$48 / 5 weeks

Sept 12-Oct 31 (#18405) \$77 / 8 weeks

Tap & Jazz Combo II: Classical jazz and tap "level II" for intermediate dancers by instructor's referral only. Must have basic Jazz and Tap skills to enroll in this class.

Time: 11:10-12:00pm

Age: 12-17 years

Nov 14-Dec 19 (#18408) \$48 / 5 weeks

Sept 12-Oct 31 (#18407) \$77 / 8 weeks

Independent Contractor

Spirit Kids Sports

Our goal is to help children build self-esteem, have fun and to instill positive attitudes that will set the pace for their future athletic development through gymnastics, dance, and cheerleading.

Gymnastics \$75.00/5 weeks

Monday: 4:00-4:50pm (Ages 4 & up)

Sept 14-Oct 12 (#18354)

Oct 19-Nov 16 (#18355)

Thursday: 3:30-4:20pm (Ages 4 & up)

Sept 17-Oct 15 (#18356)

Oct 22-Nov 19 (#18357)

4:30-5:20pm (Ages 4 & up)

Sept 17-Oct 15 (#18359)

Oct 22-Nov 19 (#18358)

Saturday: 9:10-10:00am (Ages 4 & up)

Sept 19-Oct 17 (#18371)

Oct 24-Nov 21 (#18360)

10:00-10:50am (Ages 4 & up)

Sept 19-Oct 17 (#18361)

Oct 24-Nov 21 (#18363)

11:00-11:50am (Ages: 4 & Up)

Sept 19-Oct 17 (#18362)

Oct 24-Nov 21 (#18364)

For full schedule visit

www.SpiritKidsSports.com

call 858-229-4462

Independent Contractor

Parent's Night Out

Drop your child off with us for a night out to yourself. Your child will have 5 hours of fun playing indoor & outdoor games & activities, dinner & ending the night with a movie!



Time: 5-10 pm

Ages: 4-12 years old

Fee: \$15.00

Sept 25 (#12218)

Oct 30 (#12219)

Nov. 30 (#12220)

20 child maximum

City Staff Program

Ice Skating

Skaters can practice during the public session from 3:00pm to 5:00pm before or after their class. Skate rental is included. Students should dress warmly and wear gloves or mittens. Classes are held at:

San Diego Ice Arena 11048 Ice Skate Place SD 92126 (858) 530-1826.

Instructor: Wendy Smith

Phone #: (858)530-1826

Fee: \$50.00 / 4 weeks

Day: Wednesday

Tot Starter:

Time: 4:00-4:30pm

Ages: 3-5 years old

Sept 2-23 (#17851)

Oct 7-28 (#17852)

Nov 4-Dec 2 (#17854)

Youth:

Time: 4:30-5:00pm

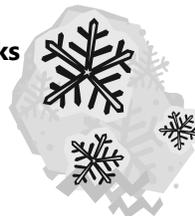
Ages: 6-12 years old

Sept 2-23 (#17900)

Oct 7-28 (#17901)

Nov 4-Dec 2 (#17902)

Independent Contractor



Civic Dance

619-235-5255

www.cividdanceart.org

In the class your child will begin the passion for dance through Ballet and Jazz.

Sept 30- Dec 16

Intermediate Ballet 3A (#16714)

Time: 4:15-5:15pm

Age: 8-18 years old

Fee: \$41.00/10 weeks

Advanced Beginner Tap 2A (#16716)

Time: 5:15-6:00pm

Age: 6-17 years old

Fee: \$41.00/ 10 weeks

Advanced Beginner Jazz 2A (#16717)

Time: 6:00-6:45pm

Age: 6-17 years old

Fee: \$41.00/10 weeks

Advance Intermediate Ballet 4A (#16715)

Time: 6:45-8:15pm

Age: 12-18 years old

Fee: \$41.00/10 weeks

LOPEZ RIDGE

7245 Calle Cristobal San Diego, CA 92126
(858) 538-8171

Welcome!

Our staff cordially invites you to visit the Park at Lopez Ridge. Look through the program for a class you and your family may enjoy. There are a variety of classes to choose from, dance, art, fitness, and sports.

Hours Of Operation

Monday: 11:30-7:30pm
Tuesday: 11:30-7:30pm
Wednesday: 11:30-7:30pm
Thursday: 11:30-7:30pm
Friday: 11:30-6:30pm
Saturday: 9:00-3:00pm

Facility

Lopez Ridge Park has meeting rooms available for rent for birthday parties, board/staff meeting, monthly meetings, trainings and more. We have an outdoor basketball court, softball field, a beautiful shaded playground and picnic area, with a scenic view of native plant life. Nearby Camino Ruiz Neighborhood Park has gazebos available to rent for parties and other special occasions.

Please call 858 538-8171 for more information; reservation required.

Hours of Registration

Tuesday: 12:00-4:00pm
Fridays: 12:00-4:00pm
Saturday: 12:00-3:00pm

*All hours & activities are subject to change without prior notice.
Appointments must be made with Center Director.*

Staff

Angel Castro	Area Manager II
Trena Bennett	Center Director I
Nicole Dewitt	Recreation Leader I
Lenae Ploszczynski	Recreation Leader I
Eleazar Barcenas	Ground Maintenance Worker II

New Programs...

Storytelling & Rhythm- Preschool

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." - Dr. Seuss

Your preschooler will have so much fun during this story time, getting messy with art, team building, and expressing their creativity through music and dance.

Time: 4:45-5:45pm

Day: Thursday

Age: 3-5 years old

Fee: \$10.00

Sept 3-24 (#18591)

Oct 1-22 (#18594)

Oct 29-Nov 19 (#18596)

City Staff Program



Reading Rainbow Drama Club

Your child will be given the unique opportunity to express their creative side while making new friends through the art of drama. This program is designed to enhance your child's ability to read and re-enact storylines each month by performing a play or musical based on the book provided.

Time: 5:00-6:00pm

Day: Wednesday

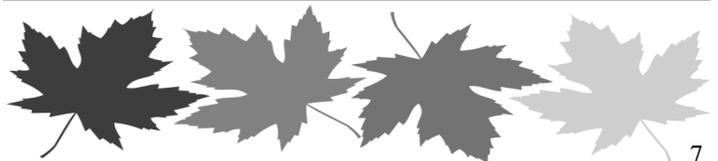
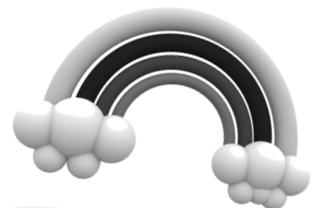
Age: 7-13 years old

Fee: \$10.00

Sept 2-Oct 7 (#18576)

Oct 14-Nov 27 (#18580)

City Staff Program



Lopez Ridge Neighborhood Park

LETS GET FIT TOGETHER!

Sick and tired of the same old work out routine? Join us at Lopez Ridge for a variety of work outs!

Fee: \$10.00 per class

Men and Women are welcome ages 13 & up

Zumba Dance 4 Kids

This class is a fusion of international high energy musical dance themes that create dynamic and effective interval training with a combination of fast and slow rhythms that will tone your body!

Day: Wednesday

Time: 4:00-5:00 pm

Sept 2-30 (#18569)

Oct 7-28 (#18570)

Nov 4-25 (#18571)

City Volunteer

No experience necessary!

Kickboxing, Cardio & HIIT Training

Nothing short of sweat and energy in this class, which combines boxing drills and high intensity interval training (HIIT). HIIT is exercise comprised of alternating short periods of very vigorous activity and long periods of active recovery time. This class will help you improve balance and reduce stress.

Day: Thursday

Time: 6:00-7:00 pm

Sept 3-24 (#18572)

Oct 1-22 (#18573)

Oct 29-Nov 19 (#18574)

City Volunteer

PEE WEE SPORTS

This class is an introduction of many sports. The kids will learn the basics of sports; develop skills drills, and increase strength and flexibility through free play. Free t-shirt with first time enrollment.



Time: 3:30-4:30pm

Day: Monday

Age: 3-8years old

Fee: \$12.00

Sept 14-Oct 12 (#18503)

Oct 19-Nov 16 (#18504)

City Staff Program

CREATIVE COOKING ARTS & CRAFTS

This 2 in 1 program will be filled with double the fun! The kids will have a great time getting messy with art and in the kitchen, as they learn how to do a variety of different art projects and make yummy snacks!

Time: 12:30-1:30 pm

Day: Saturday

Age: 3-8 years old
(Parent/Child class)

Fee: \$10.00

Sept 5-26 (#18505)

Oct 3-24 (#18507)

Nov 7-28 (#18508)

City Staff Program

Cardio Fitness Dance

This class is designed for teens & adults with a focus on cardio fitness and complete core workout to high-energy Polynesian music. Join us for dynamic and effective interval training with a combination of fast and slow rhythms that will tone your body!

Time: 6:00-7:00pm

Day: Tuesday

Age: Teens/Adults

Fee: FREE!

Sept 1-29 (#18560)

Oct 6-27 (#18566)

Nov 3-24 (#18568)

City Volunteer

ARE YOU GOING TO REGISTER ONLINE?

MMRC's online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to:

www.SDrecCONNECT.com

MIRA MESA

8575 New Salem Street, San Diego, CA 92126
(858) 538-8122

Welcome

The staff at the Gil Johnson Mira Mesa Recreation Center would like to welcome you and your family to our facilities. We offer activities and programs for both adults and children. Our goal is to enrich lives through quality parks and programs. Please enjoy all the events, programs, and facilities Mira Mesa has to offer.

Hours of Operation

Monday	12:00-8:00pm
Tuesday	2:00-9:00pm
Wednesday	2:00-9:00pm
Thursday	2:00-9:00pm
Friday	1:00-7:00pm
Saturday	9:00-3:00pm
Sunday	10:00-2:00pm

Hours subject to change without notice.

Hours of Registration

Mondays	12:00-4:00pm
Tuesdays & Thursdays	2:00-6:00pm

Permits are by appointment only.

All hours and activities are subject to change without prior notice.



Recycling Bins are located in the parking lot accepting metal, aluminum, plastic bottles, newspapers, magazines, and cardboard.

Staff

Angel Castro	Area Manager II
Christian Haupt	Center Director III
Michelle Tucker	Recreation Leader I
Jia Arnell	Recreation Leader I
John LaChica	Recreation Leader I
Viviana Silva	Recreation Leader I
Nicole Belcher	Recreation Leader I
Roque Ramirez	Grounds Maintenance Worker II

Game Room Schedule

Monday:	12:00-7:45pm
Tue. & Thurs:	2:00-8:45pm
Wednesday	2:00-8:45pm
Friday:	1:00-6:45pm
Saturday:	10:30-2:45pm

All hours and activities are subject to change without prior notice.

New Programs...

Hip-Hop Dance Class

This is a high energy, rhythmic form of dance focusing on body isolations and is the latest form of physical expression in today's pop culture. Choreographed dance routines allow participants to express their creativity through movement to Hip-Hop and Pop music.

Time: 4:00 - 5:00 pm
Day: Friday
Age: 8-17 years old
Fee: \$10.00

Sept 4-Oct 9 (#17906)
Oct 16-Nov 20 (#18844)
City Staff Program

**LET'S
TALK
HIPHOP**

Adult Basketball League

Mira Mesa Community Park is hosting a 19 and Over fall basketball league. If you would like to enroll as a pre-set team, please designate a captain to be responsible for all registration requirements; call for more details of the registration process. If you are a free agent contact our office to be placed on a team.

Games will be played on Thursday evenings.
No more than 10 players on a team.

Please call 858-538-8122 for more information.
Space is limited. Sign up now!
City Staff Program

SEASON STARTS
Sept 17 (#17672)
Ages
19&Over

\$300 per team
Includes
championships
trophy

REGISTRATION
Aug 22-Sept 10

Mira Mesa Community Park

Introduction to Sports

This class will teach children the basic elements of soccer, basketball, baseball and football. Coaches will teach the common techniques of offense and defense.

Time/Age: 4:30 - 5:30pm (9-10 years)

Day: Thursday

Fee: \$10.00 per session

Date: Sept 3-Oct 29 (#18433)

Nov 5-Dec 17 (#18434)

(20 children maximum)

City Staff Program



Fundamentals of Basic Basketball

This class is for beginners as well as the experienced player who wants to improve their skills. An ideal class for youngsters to build their self esteem needed to compete.

Instructor: John Garwood

Time: 4:30 - 5:30pm

Day: Thursday

Age: 6-8 years old

Fee: \$90.00/10 weeks

Aug 13-Oct 15 (#16738)

(12 maximum)

Independent Contractor

Ceramics 4 Kidz

This class aims to teach each child the basic principals of ceramics, while providing children the tips and tools they need to create beautiful artwork they will enjoy for a lifetime.

Time: 3:30-5:30pm

Day: Wednesday

Age: 7-15 years old

Fee: \$25.00

Sept 2-Oct 7 (#16734)

Oct 14-Nov 18 (#16735)

Maximum of 10 students per session.

Location:

MMRC Craft Room

City Staff Program



Flag Football League

Registration: Aug 22- Sept 16

Time/Ages: 10 years old & under (#13532)

4:30 - 5:30pm

12 years old & under (#13566)

4:30 - 5:30pm

14 years old & under (#13569)

6:30-7:30pm

Day: Wednesday

Fee: \$55.00

Season: Sept 9-Dec 7

Game Location: TBA

Game Time: TBA

City Staff Program

Dodge ball League (18 & under)

Calling all high school dodge ball players. Mira Mesa Community Park is hosting a COED 18 and under fall dodge ball league. Space is limited. Sign up now!

Time: 4:00-7:00pm

Day: Friday

Age: 14-18 years old

Fee: \$10.00

Sept 11-Nov 20 (#17677)

City Staff Program

Pee Wee Classics

This program is to help kids interact in a fun and safe environment. Not only will kids participate in sports and other physical activities like tumbling, basketball and tag, but they will be taught basic mathematics, English, art, and much more. First time participants will receive a T-Shirt!

Time: 5:00-6:00pm

Day: Wednesday

Age: 3-6 years old

Fee: \$12.00

Sept 2-Oct 7 (17683)

Oct 14-Nov 18 (#19234)

City Staff Program

Kitchen Kraziness

Join us and get messy with fun kitchen krafftis!!

Time: 4:00-5:00 pm

Day: Friday

Age: 6-12 years old

Fee: \$10.00

Sept 4-Sept 25 (#16732)

Oct 2-Oct 30 (#16733)

Nov 6-Nov 27 (#16737)

Maximum of 10 students per session.

Location:

MMRC Kitchen & Activity Room

City Staff Program



ARE YOU GOING TO REGISTER ONLINE?

MMRC's Online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to:

www.SDrecCONNECT.com



UPCOMING SPECIAL EVENTS...



Mira Mesa Community Park HALLOWEEN CARNIVAL Tuesday, October 27 5-7PM

FREE

CANDY, GAMES, PRIZES, and MORE!
ALL AGES ARE WELCOMED!!
LIGHT REFRESHMENTS WILL BE SOLD.

Costume Contest:

Ages:	0-4	5:45
	5-8	6:00
	9-13	6:15

UPCOMING SPECIAL EVENTS...



HALLOWEEN CARNIVAL

11:00AM-1:00PM
AGES: 6 & UNDER
FACE PAINTER, ARTS & CRAFTS, JUMPER, COSTUME CONTEST
& PEE WEE SPORTS....DON'T MISS THE FUN!!

COSTUME CONTEST SCHEDULE:
3-4 YEARS OLD: 11:30AM
5-6 YEARS OLD: 11:45AM

October, 29

**LOPEZ RIDGE
NEIGHBORHOOD PARK
(858)538-8171**

PosterMyWall.com

Toys & Tots

**COMING SOON THIS
NOVEMBER!**

**Hourglass Field Community Park
(858)538-8153**

MISSION:

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted.

For more information please call or stop by our center!!



PosterMyWall.com



Breakfast with Santa

**Saturday, December 19th
9:00-11:00am**

\$5.00 per Person (#19270)

**Pre-Registration Starts: December 5th
To register please visit: www.SDRecConnect.com!**

**Meet & Greet with Santa, Breakfast,
Face Painting, Craft Activities, &
much, much more!!**

**Lopez Ridge Recreation Center
(858)538-8171**

PosterMyWall.com