

LINDA VISTA
RECREATION
CENTER

7064 LEVANT ST.
SAN DIEGO,
CALIFORNIA
92111
(858) 573-1392

DISTRICT
45 FALL
2019

LINDA VISTA RECREATION CENTER

GIANT-SIZE FALL PROGRAM

#WEAREMONSTARZ

1
US FREE

The City of
SAN DIEGO
Parks and Recreation Department



GET CONTACT

"THE CIRCLE OF LIFE"
THEATER ARTS

INFO

LINDA VISTA
RECREATION CENTER
7064 LEVANT STREET
SAN DIEGO, CA 92111
(858) 573-1392
WWW.SANDIEGO.GOV

HOURS OF OPERATION

SUNDAY	9:00 AM TO 3:00 PM
MONDAY	11:30 AM TO 9:30 PM
TUESDAY	11:30 AM TO 8:30 PM
WEDNESDAY	11:30 AM TO 8:30 PM
THURSDAY	11:30 AM TO 8:30 PM
FRIDAY	11:30 AM TO 8:30 PM
SATURDAY	9:00 AM TO 5:00 PM

CLOSED ON ALL CITY HOLIDAYS

SEPTEMBER 2ND - LABOR DAY

NOVEMBER 11TH - VETERANS DAY

NOVEMBER 28TH - THANKSGIVING

HISTORY

THE 15 ACRE SITE WAS ACQUIRED IN 1955 AND THE RECREATION CENTER WAS BUILT IN 1960. SIGNIFICANT RENOVATIONS TOOK PLACE IN 1998. IN 2013, A GROUP OF CITIZENS BEGAN A SIGNATURE CAMPAIGN TO BUILD A SKATEBOARD PARK IN THE COMMUNITY. CONSTRUCTION BEGAN IN 2016 ON THE SKATEBOARD PARK AND WAS OPENED IN JANUARY 2018.

STAFF

STEVE PALLE	DISTRICT MANAGER
MONICA HONORÉ	AREA MANAGER II
IRA L. PATRON	RECREATION CENTER DIR. III
ALYSANDRA PEREZ	ASSISTANT CENTER DIRECTOR

GROUPS MAINTENANCE WORKER II

JUAN BANUELOS	PATTY BARAJAS
JOAQUIN GODINEZ	JULIO MORALES
DAVID SALONIUS	

BLAST TEEN CENTER

VACANT	RECREATION LEADER II
KIANA FAGAN	RECREATION AIDE

RECREATION LEADER I

DEMETRIA ANDERSON	VANESSA DENOGEAN
KJ LECESNE	ROSHAWNDA WILLIAMS

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 PROVIDE YOU THE BEST RECREATION ACTIVITIES POSSIBLE. IF YOU HAVE ANY COMMENTS OR SUGGESTIONS FOR NEW PROGRAMS, FEE FREE TO CALL OR STOP BY THE RECREATION CENTER AND TALK TO ONE OF OUR FRIENDLY STAFF MEMBER.

DOG ETIQUETTE

- ALWAYS PICK UP AFTER YOUR PET
- KEEP YOUR DOG(S) ON THEIR LEASH AND LEASH IN HAND AT ALL TIMES
- BE SURE YOUR DOG IS WEARING A CURRENT LICENSE FROM THE SAN DIEGO HUMANE SOCIETY

RECREATION ADVISORY GROUP

THIS GROUP OF CONCERNED CITIZENS VOLUNTEER THEIR TIME TO ADVISE PARKS AND RECREATION STAFF ON MATTERS RELATED TO PARKS AND RECREATION PROGRAMS, COMMUNITY EVENTS, EQUIPMENT, AND IMPROVEMENTS.

THE LINDA VISTA RECREATION ADVISORY GROUP MEETS ON THE SECOND TUESDAY OF EACH MONTH AT 5:00 PM IN MEETING ROOM № 1. PERSONS INTERESTED IN MAKING A POSITIVE IMPACT OR WHO HAVE CONCERNS ABOUT LOCAL PARKS AND RECREATION CENTER SHOULD ATTEND THE MEETINGS.

RECYCLE

- 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 ITEMS FROM THE DUMPSTER.

THERAPEUTIC RECREATION SERVICES

THE CITY OF SAN DIEGO PARKS & RECREATION THERAPEUTIC RECREATION SERVICES, PROVIDES SPORTS, RECREATION, LEISURE AND OUTREACH SERVICES TO SAN DIEGANS WITH PHYSICAL, MENTAL AND EMOTIONAL DISABILITIES.

FOR ADDITIONAL QUESTIONS ABOUT THERAPEUTIC RECREATION SERVICES, PLEASE CALL 619-525-8247.

VOLUNTEER

ONGOING OPPORTUNITIES ARE AVAILABLE AT RECREATION CENTERS, POOLS, AND REGIONAL PARKS THROUGHOUT THE CITY, SENIOR SERVICES, AND THERAPEUTIC RECREATION SERVICES. IF YOU WOULD LIKE TO VOLUNTEER OR NEED MORE INFORMATION, PLEASE CALL THE VOLUNTEER COORDINATOR AT 619-533-4017

REGULATIONS

- SMOKING IS PROHIBITED AT ALL CITY PARKS AND BEACHES.
- ALCOHOL IS PROHIBITED AT ALL COMMUNITY PARKS.
- BOTTLES AND GLASS CONTAINERS ARE PROHIBITED.
- ALL VEHICLES MUST PARK IN MARKED STALLS. VEHICLES ARE NOT ALLOWED ON THE TURF OR SIDEWALKS.
- IT IS ILLEGAL TO USE OUR DUMPSTERS FOR YOUR HOUSEHOLD REFUSE.

OUR MISSION

"TO PROVIDE HEALTHY, SUSTAINABLE, AND ENRICHING ENVIRONMENTS FOR ALL."

SDRECCONNECT.COM

SET UP YOUR ACCOUNT AND BROWSE CLASSES NOW.

FALL 2019 CLASSES ARE NOW ONLINE.

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, 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 LACK OF ENROLLMENT, INSTRUCTOR ILLNESS, WEATHER CONDITIONS, OR CHANGES IN OPERATING HOURS.

TRANSACTION AND CREDIT CARD FEES

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.

FIELD AND BUILDING PERMITS

- A PERMIT IS REQUIRED TO RESERVE THE PICNIC SHELTER, ATHLETIC FIELDS, OUTDOOR COURTS, MEETING ROOMS, EQUIPMENT SET UP, AND LARGE GROUPS OF 50 OR MORE PEOPLE.
- PERMITS ARE PROCESSED BY APPOINTMENT ONLY.
- CALL THE RECREATION CENTER DIRECTOR, 858-573-1343, TO SCHEDULE AN APPOINTMENT FOR THE FOLLOWING SITES:

LINDA VISTA COMMUNITY PARK

MONTGOMERY MIDDLE SCHOOL JOINT USE

LINDA VISTA RECREATION CENTER

CARSON ELEMENTARY SCHOOL JOINT USE

KELLY STREET NEIGHBORHOOD PARK

LINDA VISTA ELEM. SCHOOL JOINT USE

SILVER TERRACE MINI PARK

MISSION HEIGHTS NEIGHBORHOOD PARK

OSLER FIELD AT LINDA VISTA

LINDA VISTA SKATEBOARD PARK

EDWARD TYLER CRAMER PARK

HOME OF THE MONSTARZ

LINDA VISTA SKATEBOARD PARK

FEATURES OF THE SKATEBOARD PARK

THE LINDA VISTA SKATEBOARD PARK OPEN JANUARY 2018 AND IS PART OF THE LINDA VISTA COMMUNITY PARK. THE PARK IS CURRENTLY THE LARGEST SKATE PARK IN THE SAN DIEGO PARKS AND RECREATION SYSTEM. THERE ARE ELEMENTS FROM RAILS, STAIRS, RAMPS, BANKS, LEDGES, JUMPS, AND BENCH-LIKE FEATURES TO SATISFY ALL SKILL LEVELS. BESIDES THESE ELEMENTS, THERE ARE SEVERAL BOWLS, FULL PIPE, STREET COURSE, LIGHTS AND A BRIDGE. THE BRIDGE IS NOT ONLY A FOCAL POINT OF THE PARK, IT ALSO SERVES AS A VIEW POINT TO WATCH THE SKATERS. OTHER NON-SKATING FEATURES INCLUDE SHADE STRUCTURES AND SITTING/OBSERVATION AREAS.

KNOW THE RULES

- PARENT OR LEGAL GUARDIAN MUST ACCOMPANY CHILDREN UNDER 12 YEARS.
- THE ONLY DEVICES ALLOWED IN A SKATE PARK FACILITY ARE SKATEBOARDS, ROLLER-SKATES, ROLLER-BLADES AND IN-LINE SKATES. ANY OTHER DEVICES, INCLUDING BUT NOT LIMITED TO BICYCLES, SCOOTERS AND MOTORIZED VEHICLES, ARE UNLAWFUL TO USE IN A SKATE PARK FACILITY.
- SKATERS MUST BE IN FULL SAFETY EQUIPMENT TO ENTER: HELMETS, ELBOW AND KNEE PADS DESIGNED FOR SKATEBOARDING.
- VISITORS/SPECTATORS NOT SKATING ARE REQUIRED TO REMAIN OUTSIDE FENCED AREA.
- NO SMOKING, ALCOHOL, FOOD OR DRINK, OR GLASS CONTAINERS ALLOWED INSIDE THE SKATE PARK.
- LITTERING AND GRAFFITI ARE NOT PERMITTED.
- UNAUTHORIZED RAMPS, JUMPS OR OBSTACLES CANNOT BE USED INSIDE OR OUTSIDE THE SKATE PARK AREA.
- ANIMALS ARE NOT PERMITTED IN THE SKATE PARK.

FAMILY FUN FRIDAY 6:00 PM TO 8:00 PM

JOIN US FOR A FREE FUN NIGHT OF FAMILY ENTERTAINMENT. DROP-INS ARE WELCOME. A CONCESSION STAND MAY BE OPEN TO SELL SNACKS AND DRINKS. PROCEEDS TO BENEFIT THE YOUTH ACTIVITIES AT THE CENTER.



1st Friday of the month
ART NIGHT!

2nd Friday of the month
GAME NIGHT

3rd Friday of the month
MOVIE NIGHT!

4th Friday of the month
SPORT NIGHT!



BLAST TEEN CENTER

BUILDING LEADERS AND SUPPORTING TEENS

THE LINDA VISTA BLAST TEEN CENTER IS THE SPOT IN THE NEIGHBORHOOD FOR TEENS TO HANG OUT AFTER SCHOOL OR DURING BRAKES. IF YOU ARE BETWEEN THE AGES OF 12 AND 17 YEARS OLD, THIS IS THE PLACE FOR YOU. WE OFFER MANY ACTIVITIES TO KEEP ANY TEEN OCCUPIED FOR SEVERAL HOURS.

AMENITIES: TWO (2) 50" FLAT SCREEN TVS, PS4 GAME SYSTEM, NINTENDO SWITCH GAME SYSTEM, A POOL TABLE, LOCKERS, GATHERING SPACE, AND A SNACK BAR. SALES FROM THE SNACK BAR HELPS FUND THE LINDA VISTA BLAST TEEN CENTER.

HOURS OF OPERATION

MONDAY, TUESDAY, THURSDAY, FRIDAY - 4:00 PM TO 7:30 PM.

WEDNESDAY - 3:00 PM TO 6:30 PM

EXCEPT CITY HOLIDAYS

COME JOIN US
YOU WILL HAVE A BLAST

Mexican Independence Day Fiesta

MONDAY, SEPTEMBER 16, 2019

LINDA VISTA AUDITORIUM

6:30 PM TO 8:00 PM

JOIN US AS WE CELEBRATE "THE CRY FOR INDEPENDENCE" - EL GRITO DE DOLORES.

THERE WILL BE ENTERTAINMENT, ACTIVITIES, AND FOOD SALES.

PURCHASE YOUR \$10 PUNCH CARD.

MONEY RAISED WILL BENEFIT THE YOUTH PROGRAMMING AT LINDA VISTA RECREATION CENTER.

ARTS CULTURE

CAKE CREATIONS!

PARTICIPANTS WILL LEARN TO PREP AND DECORATE CAKES & CUPCAKES. LEARN TO MAKE ICING, PIPING TECHNIQUES, USING FONDANT AND MORE. SUPPLIES WILL BE PROVIDED. STUDENTS WILL LEAVE WITH THEIR FINISHED PRODUCT.

ACTIVENET CODE:	65890	65887
DAY:	WEDNESDAY	TUESDAY
TIME:	4:30 PM TO 5:30 PM	5:00 PM TO 6:00 PM
AGE:	6 TO 11 YEARS OLD	12 TO 17 YEARS OLD
COST:	\$15 PER SESSION	\$15 PER SESSION
INSTRUCTOR:	ALY PEREZ	ALY PEREZ
LOCATION:	KITCHEN	KITCHEN

PIANO

THIS ONE-ON-ONE CLASS EMPHASIZES KEYBOARD TECHNIQUES AND SIGHT READING. YOU WILL LEARN HOW TO READ MUSIC, FIND NOTES ON THE PIANO AND OTHER ESSENTIALS SO YOU CAN BEGIN PLAYING PIECES.

ALL STUDENTS MUST REGISTER IN PERSON.

ACTIVENET CODE:	65819 - SEPT.
	65838 - OCT.
	65868 - NOV.
DAY:	SATURDAY
TIME:	20 MINUTES PER CLASS
AGE:	7 YEARS AND OLDER
COST:	SEE STAFF FOR COST
INSTRUCTOR:	CHINH NGUYEN
LOCATION:	CRAFT ROOM

THEATER ARTS PROPS WORKSHOP

JOIN OUR THEATER ARTS PRODUCTION TEAM IN PREPARATION FOR "THE CIRCLE OF LIFE". PARTICIPANTS WILL HELP STAFF WITH VARIOUS TASKS SUCH AS PAINTING, PAPER MACHE, AND MORE TO BRING THE SHOW TO LIFE.

ACTIVENET CODE:	65897 - SEPT.
	65898 - OCT.
	65899 - NOV.
DAY:	TUESDAY
TIME:	5:00 PM TO 6:30 PM
AGE:	10 YEARS AND OLDER
COST:	FREE
INSTRUCTOR:	VANESSA DENOGEAN
LOCATION:	CRAFT ROOM

THEATER ARTS - COSTUME

MUST BE ENROLLED IN THEATER ARTS PROGRAM. THIS ONE TIME FEE IS REQUIRED TO PARTICIPATE IN THE PERFORMANCE. CURRENT PERFORMERS ONLY. NO NEW PERFORMERS ACCEPTED.

ACTIVENET CODE:	65900
COST:	\$35

CERAMICS

PARTICIPANTS WILL LEARN THE BASIC PRINCIPLES OF SLIP CASTING, CLEANING, AND PAINTING TECHNIQUES.

ACTIVENET CODE:	65786 - SEPT.
	65787 - OCT.
	65788 - NOV.
DAY:	MONDAY
TIME:	6:30 PM TO 7:30 PM
AGE:	10 YEARS AND OLDER
COST:	\$8 PER MONTH
INSTRUCTOR:	ALICIA (VOL)
LOCATION:	CRAFT ROOM

THEATER ARTS

PERFORMERS WILL BUILD SELF-ESTEEM AND LEADERSHIP SKILLS AS THEY WORK TOGETHER IN PREPARATION FOR THEIR NOVEMBER 2019 SHOW. CURRENT PERFORMERS ONLY. NO NEW PERFORMERS ACCEPTED.

ACTIVENET CODE:	65635
DAY:	MONDAY AND THURSDAY
TIME:	4:30 PM TO 6:30 PM
AGE:	5 TO 17 YEARS OLD
COST:	\$15
INSTRUCTOR:	VANESSA DENOGEAN
LOCATION:	AUDITORIUM

OUR VISION

"TO CONNECT ALL TO THE CITY'S DIVERSE WORLD CLASS PARK SYSTEM."

GENERAL RECREATION

B.L.A.S.T. TEEN CENTER

REGISTER ONLINE OR JUST DROP-IN. HOWEVER YOU DO IT, YOU WILL HAVE A BLAST AT THIS COOL HANGOUT. CHECK OUR AD ON PAGE 6.

ACTIVENET CODE: 65886
DAY: MONDAY THROUGH FRIDAY
TIME: 4:00 PM TO 7:30 PM
3:00 PM TO 6:00 PM (WED)
AGE: 12 TO 17 YEARS OLD
COST: FREE*
INSTRUCTOR: STAFF
LOCATION: TEEN CENTER
*NOT ALL ACTIVITIES ARE FREE

EMBROIDERY

PARTICIPANTS WILL LEARN BASIC STITCHING TECHNIQUES, CREATIVE PATTERNS, AND TRANSFERRING DESIGNS TO FABRICS. NO CRAFTY EXPERIENCE IS NECESSARY AS YOU WILL GET GUIDED INSTRUCTIONS THROUGHOUT THE CLASS. ALL SUPPLIES WILL BE PROVIDED.

ACTIVENET CODE: 65902 - SEPT.
65903 - OCT.
65904 - NOV.
DAY: THURSDAY
TIME: 4:30 PM TO 5:30 PM
AGE: 8 YEARS AND OLDER
COST: \$5 PER MONTH
INSTRUCTOR: ROSHAWNDA WILLIAMS
LOCATION: CRAFT ROOM

PAPER CRAFTS

PAPER CRAFT IS THE COLLECTION OF ART FORMS EMPLOYING PAPER AS THE PRIMARY ARTISTIC MEDIUM...SCRAPBOOKING, CARD MAKING. ALL SUPPLIES WILL BE PROVIDED.

ACTIVENET CODE: 65889
DAY: THURSDAY
TIME: 6:30 PM TO 7:30 PM
AGE: 10 TO 17 YEARS OLD
COST: \$15 PER SESSION
INSTRUCTOR: ALYSANDRA PEREZ
LOCATION: AUDITORIUM

COLORING

COLORING IS NO LONGER JUST FOR KIDS. JUST LIKE MEDITATION, COLORING ALLOWS US TO SWITCH OFF OUR BRAIN FROM OTHER THOUGHTS AND HAS A THERAPEUTIC POTENTIAL TO REDUCE ANXIETY, CREATE FOCUS, AND BRING ABOUT MORE MINDFULNESS. DROP-INS ARE WELCOME.

ACTIVENET CODE: 65892 - SEPT.
65893 - OCT.
65894 - NOV.
DAY: TUESDAY
TIME: 5:00 PM TO 6:00 PM
AGE: 5 TO 17 YEARS OLD
COST: FREE
INSTRUCTOR: KIANA FAGAN
LOCATION: MEETING ROOM 1

FAMILY FUN FRIDAYS

JOIN US EVERY FRIDAY FROM 6:00 PM TO 8:00 PM FOR A FREE FUN NIGHT OF FAMILY ENTERTAINMENT. DROP-INS ARE WELCOME. A CONCESSION STAND MAY BE OPEN TO PURCHASE SNACKS AND DRINKS. PROCEEDS TO BENEFIT THE YOUTH ACTIVITIES AT THE CENTER. CHECK OUT OUR AD ON PAGE 5.

ACTIVENET CODE: 65907 - ART NIGHT
65908 - GAME NIGHT
65909 - MOVIE NIGHT
65910 - SPORTS NIGHT
65916 - YOU CALL IT NIGHT
DAY: FRIDAY
TIME: 6:00 PM TO 8:00 PM
AGE: ALL AGES

STONE PAINTING

STONE PAINTING IS FOR ALL AND YOU DON'T HAVE TO BE AN ARTIST TO PAINT A ROCK. PARTICIPANTS WILL LEARN BASIC PAINTING TECHNIQUES. ALL SUPPLIES WILL BE PROVIDED.

ACTIVENET CODE: 66059
DAY: SATURDAY
TIME: 1:30 PM TO 3:00 PM
AGE: 10 YEARS AND OLDER
COST: FREE
INSTRUCTOR: IRA PATRON
LOCATION: MEETING ROOM 1

HALLOWEEN CARNIVAL

FRIDAY, OCTOBER 25

5:30 PM TO 7:30 PM

\$5 PASSBOOK FOR GAMES

\$5 OR \$10 MONSTARZ CARD FOR FOOD

SCARE CENTER

FRIDAY, OCTOBER 25

6:00 PM TO 7:30 PM

\$1.00 (MONSTARZ PUNCH CARD)

GAME BOOTHS

CAKE WALK

CONCESSION STAND

CONTESTS

ACTIVITIES

PHOTO BOOTH

THE CIRCLE OF LIFE

THURSDAY, NOVEMBER 14

FRIDAY, NOVEMBER 15

5:30 PM - HAKUNA MATATA LOUNGE

6:30 PM - THE CIRCLE OF LIFE

TICKET - \$5 EACH (ASSIGNED SEATING)

100 TICKETS PER SHOW.

THERE WILL BE A BRIEF INTERMISSION BETWEEN ACTS.

THEATER ART

BASKETBALL SKILLS CLINIC

DOES YOUR CHILD WANT TO IMPROVE HIS/HER SKILLS AND FUNDAMENTALS IN BASKETBALL, ALL WHILE LEARNING FROM THE BEST AT LINDA VISTA? STRENGTH, SPEED, EXPLOSIVENESS, THE THREE FACTORS THAT SEPARATE GOOD PLAYERS FROM GREAT ATHLETES.

DON'T FORGET YOUR WATER BOTTLE.

ACTIVENET CODE: 65986

DAY: WEDNESDAY AND THURSDAY
TIME: 5:30 PM TO 7:00 PM
AGE: 8 TO 10 YEARS OLD
COST: \$18
INSTRUCTOR: DESHAWN H.
LOCATION: GYMNASIUM

ACTIVENET CODE: 65986

DAY: WEDNESDAY AND THURSDAY
TIME: 7:00 PM TO 8:30 PM
AGE: 11 TO 13 YEARS OLD
COST: \$18
INSTRUCTOR: DESHAWN H.
LOCATION: GYMNASIUM

SPORTS

CHEER SQUAD

JOIN THE SQUAD AND CHEER ON THE MONSTARZ. PARTICIPANTS SHOULD WEAR COMFORTABLE CLOTHES. PLEASE REMEMBER THAT ALL HAIR MUST BE PULLED BACK FROM THE FACE AND TO REMOVE ALL JEWELRY.

DON'T FORGET YOUR WATER BOTTLE.

ACTIVENET CODE: 65917

DAY: TUESDAY AND THURSDAY
TIME: 5:00 PM TO 6:30 PM
AGE: 5 TO 13 YEARS OLD
COST: \$10
INSTRUCTOR: LINDA VISTA STAFF
LOCATION: OUTSIDE

FLAG FOOTBALL

WE ARE COMMITTED TO PROVIDING A SAFE, FUN, AND SKILL-DEVELOPING FLAG FOOTBALL PROGRAM FOR THE YOUTH OF LINDA VISTA. THE PROGRAM IS DESIGNED TO DEVELOP AND ENHANCE THE PLAYERS' FUNDAMENTAL SKILLS IN THE GAME OF FLAG FOOTBALL IN A FRIENDLY AND TEAM ORIENTED ENVIRONMENT. PRACTICE DAYS - TBA

DON'T FORGET YOUR WATER BOTTLE.

ACTIVENET CODE: 65790

DAY: TBA
TIME: 5:00 PM TO 6:30 PM
AGE: 8 TO 10 YEARS OLD
COST: \$10
COACH: STAFF
LOCATION: FIELD

ACTIVENET CODE: 65986

DAY: TBA
TIME: 5:00 PM TO 6:30 PM
AGE: 13 TO 14 YEARS OLD
COST: \$10
INSTRUCTOR: STAFF
LOCATION: FIELD

ACTIVENET CODE: 65791

DAY: TBA
TIME: 5:00 PM TO 6:30 PM
AGE: 11 TO 12 YEARS OLD
COST: \$10
COACH: STAFF
LOCATION: FIELD

ACTIVENET CODE: 65793 (POWDER PUFF)

DAY: TBA
TIME: 5:30 PM TO 7:00 PM
AGE: 14 TO 17 YEARS OLD
COST: \$10
COACH: STAFF
LOCATION: FIELD

KUNG FU - BACH VAN

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: 65784

DAY: SATURDAY
TIME: 1:00 PM TO 4:30 PM
AGE: 8 YEARS AND OLDER
COST: FREE
INSTRUCTOR: MASTER HAI N.
LOCATION: GYMNASIUM

TABLE TENNIS

THIS PROGRAM IS FOR PLAYERS TO COME IN AND ENJOY BOT RECREATIONAL AND COMPETITIVE PLAY. PARTICIPANTS MUST BRING THEIR OWN PADDLE AND BALLS.

ACTIVENET CODE: 65911

DAY: SATURDAY AND SUNDAY
 TIME: 12:00 PM TO 4:45 PM (SAT)
 12:00 PM TO 2:45 PM (SUN)

AGE: ADULTS
 COST: FREE
 INSTRUCTOR: LUONG N.
 LOCATION: AUDITORIUM

INTEGRAL TAI CHI

INTEGRAL TAI CHI IS A SERIES OF EXERCISES, RELAXATION TECHNIQUE AND MEDITATION THAT COMBINES YOGA, TAI CHI AND QI GONG INTO A SELF-HEALING SYSTEM THAT INTEGRATES BODY, MIND, AND SPIRIT. DON'T FORGET YOUR WATER BOTTLE AND EXERCISE MAT.

ACTIVENET

CODE:	DAY	TIME
65915	SUNDAY	9:00 AM TO 11:00 AM
65913*	MONDAY	7:30 PM TO 9:20 PM
65916	TUESDAY	6:00 PM TO 8:00 PM
65914	SATURDAY	9:00 AM TO 11:30 AM

AGE: ADULTS
 COST: FREE
 INSTRUCTOR: CUC N.
 LOCATION: AUDITORIUM/MEETING ROOM 1

*NEED INSTRUCTOR'S APPROVAL BEFORE REGISTERING

TAI CHI - CHEN & YANG STYLE

THE ESSENTIAL PRINCIPLES OF TAI CHI INCLUDE MIND INTEGRATED WITH THE BODY; CONTROL OF MOVEMENT AND BREATHING; GENERATING INTERNAL ENERGY, MINDFULNESS, MEDITATION, AND RELAXATION.

WEAR LOOSE FITTING CLOTHES AND CLOSED-TOE SHOE. DON'T FORGET YOUR WATER BOTTLE.

QI GONG, FORMS (22, 24, 44)

ACTIVENET CODE: 66032

DAY: MONDAY AND FRIDAY
 TIME: 2:00 PM TO 3:30 PM
 AGE: 15 YEARS AND OLDER

COST: FREE
 INSTRUCTOR: REBECCA C.
 LOCATION: AUDITORIUM

OPEN PLAY

CHECK POSTED CALENDAR IN THE GYM FOR OPEN BASKETBALL AND VOLLEYBALL.

OPEN VOLLEYBALL - TEEN

IF YOU JUST WANT TO PLAY AMONGST PEOPLE YOUR AGE, THIS IS FOR YOU.

ACTIVENET CODE: 65888

DAY: MONDAY
 TIME: 4:30 PM TO 6:00 PM
 AGE: 12 TO 17 YEARS OLD

COST: FREE
 LOCATION: GYMNASIUM

TENNIS

SESSION: SEPT. 3 - NOV. 23
 AGE: 8 TO 17 YEARS OLD
 COST: CHECK WITH STAFF
 LOCATION: TENNIS COURT 1 & 2

YOUTH FUNDAMENTALS

FRIDAY
 4:30 PM TO 5:30 PM 65288

MATCH PLAY

SATURDAY
 12:00 PM TO 2:00 PM 65287

BEGINNER

MONDAY
 3:30 PM TO 4:30 PM 65269
 4:30 PM TO 5:30 PM 65272

TUESDAY
 3:30 PM TO 4:30 PM 65275
 4:30 PM TO 5:30 PM 65276

WEDNESDAY
 3:30 PM TO 4:30 PM 65277
 4:30 PM TO 5:30 PM 65278

THURSDAY
 3:30 PM TO 4:30 PM 65273
 4:30 PM TO 5:30 PM 65274

INTERMEDIATE

MONDAY
 3:30 PM TO 5:00 PM 65279
 5:00 PM TO 6:30 PM 65280

TUESDAY
 3:30 PM TO 5:00 PM 65283
 5:00 PM TO 6:30 PM 65284

WEDNESDAY
 3:30 PM TO 5:00 PM 65285
 5:00 PM TO 6:30 PM 65286

THURSDAY
 3:30 PM TO 5:00 PM 65281
 5:00 PM TO 6:30 PM 65282

THIS PROGRAM INCORPORATE TENNIS SKILLS WITH PHYSICAL CONDITIONING TO IMPROVE STAMINA, AGILITY, AND STRENGTH. BRING YOUR OWN RACKET AND FORM OF HYDRATION.

VOLLEYBALL - TEENS

WE ARE COMMITTED TO PROVIDING A SAFE, FUN, AND SKILL-DEVELOPING VOLLEYBALL PROGRAM FOR THE YOUTH OF LINDA VISTA. THE PROGRAM IS DESIGNED TO DEVELOP AND ENHANCE THE PLAYERS' FUNDAMENTAL SKILLS IN THE GAME OF VOLLEYBALL IN A FRIENDLY AND TEAM ORIENTED ENVIRONMENT.

ACTIVENET CODE: 65989 (11 TO 13 YEARS OLD)
65990 (13 TO 14 YEARS OLD)

DAY: TBA
TIME: TBA
COST: \$18
INSTRUCTOR: LINDA VISTA STAFF
LOCATION: GYMNASIUM

VOVINAM

THIS PROGRAM IS DESIGNED TO HELP BUILD INDIVIDUALS THROUGH THE INSTRUCTION AND DISCIPLINE OF THE VIETNAMESE MARTIAL ARTS.

ACTIVENET CODE: 65895
DAY: MONDAY, TUESDAY, WEDNESDAY
TIME: 6:00 PM TO 8:15 PM
AGE: 7 YEARS AND OLDER
COST: FREE
INSTRUCTOR: TAM N.
LOCATION: AUDITORIUM

United States Marine Corp Reserve

TOYS FOR TOTS

REGISTRATION

FRIDAY, NOVEMBER 1 THROUGH
SATURDAY, NOVEMBER 30

REGISTER DURING NORMAL HOURS OF OPERATION.

WHEN REGISTERING, PLEASE BRING THE FOLLOWING DOCUMENTATIONS:

- * PHOTO ID (GOVERNMENT ISSUED).
- * SOCIAL SECURITY CARD (DEPENDENTS).
- * PROOF OF SAN DIEGO RESIDENCY (UTILITY BILL).
- * PROOF OF INCOME (2018 TAX RETURN).

OPEN TO CHILDREN AGES 1 TO 12 YEARS OLD.

THERE WILL BE NO EXCEPTIONS TO THIS PROCEDURE, PLEASE PLAN ACCORDINGLY.

REGISTRATION DOES NOT GUARANTEE THAT YOUR FAMILY QUALIFIES TO RECEIVE THE TOYS.

LINDA VISTA WALKERS

WALKING MAY BE THE SIMPLEST WAY TO WORK OUT. YOU CAN DO IT ALMOST ANYWHERE, AND IT IS BETTER AT LINDA VISTA COMMUNITY PARK.

DON'T FORGET YOUR WATER BOTTLE.

ACTIVENET CODE: 66090
DAY: MONDAY AND THURSDAY
TIME: 4:30 PM TO 5:30 PM
AGE: 6 YEARS AND OLDER
COST: FREE
INSTRUCTOR: LINDA VISTA STAFF
LOCATION: OUTDOOR COURTS

12 Days of December

Activities will be listed on our
December Calendar.

Most of our programs will feature a holiday theme activity. Past activities included Gingerbread House making, Ornament making, Card making, Holiday Movie night.

So keep an eye out for all the fun activities planned for December.