

Winter 2024



OUR MISSION

"To provide healthy, sustainable, and enriching environments for all."

RECREATION CENTERS & SCHEDULES

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PARK & FACILITY INFORMATION

Our staff cordially invites you to visit all recreation centers in Mira Mesa:
Hourglass Field House, Lopez Ridge Recreation Center and Gil Johnson/Mira Mesa Recreation Center.

HOLIDAY CLOSURES

Christmas Eve	December 24
Christmas	December 25
New Years Eve	December 31
New Years Day	January 1
Presidents Day	February 19

IMPORTANT PHONE NUMBERS

SDPD (Non-Emergency)	(619) 531-2000
Ned Baumer Pool	(858) 538-8083
San Diego Humane Society	(619) 299-7012

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

YOUTH SPORTS ORGANIZATIONS

Mira Mesa Little League

<https://www.miramesalittleleague.org/>

Mira Mesa Youth Football

<https://www.miramesachargers.org>

Mira Mesa AYSO

<https://www.miramesaayso.org>

Mira Mesa Girls Softball League

<https://www.mmgssoftball.com>

ADULT SPORTS ORGANIZATIONS

Co-Ed & Men's Softball

Peter McNamara www.socaladultsoftball.com

Adult Basketball League

Rob Powell www.sandiegobasketball.com

Senior Softball

Jim Smith (619) 358-3361

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.

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 contact the Volunteer Office at:

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 picnic shelters.

Please contact the following Recreation Centers:

HOURLASS FIELD COMMUNITY PARK (858) 538-8153

Maddox Park*	7809 Flanders Drive
Mason Joint Use	10340 San Ramon Drive
Mesa Verde Park	8350 Gold Coast
Hourglass Park	10440 Black Mountain Rd
Walker Joint Use	9125 Hillery Drive
Wangenheim Joint Use	9230 Gold Coast Drive
Westview Park*	11278 Westview Pkwy

LOPEZ RIDGE COMMUNITY PARK (858) 538-8171

Lopez Ridge	7245 Calle Cristobal
Sandburg Park	11170 Avenida Del Gato

MIRA MESA COMMUNITY PARK (858) 538-8122

Breen Park*	11119 Polaris Drive
Camino Ruiz Park*	11498 Camino Ruiz
Challenger Joint Use	10810 Parkdale Ave
Ericson Joint Use	11174 Westonhill Drive
McAuliffe Park	7540 Winterwood Lane
Mesa Viking Park	11278 Westonhill Drive
Mira Mesa Community Park*	8575 New Salem Street

- parks with picnic shelters that are available for permit

COMMUNITY RECREATION GROUP

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

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

Please visit www.miramesarecreationcouncil.org for more info.



IMPORTANT INFORMATION

Recreation Centers are equipped with Automated External Defibrillator

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



REGISTRATION INFORMATION

Registration Begins: Saturday, November 18, 2023 at 10:00 am

Only a parent or legal guardian can register participants under the age of 18 years.

Cash or paper check is not accepted for registration.

Acceptable payment methods (on-line and in-person) include:

Electronic check - proper ID with proof of checking account required

Credit, debit, or gift cards issued by qualified card service merchants

(Visa, MasterCard, American Express, and Discover only).

A **\$25.00 fee will be charged for declined electronic checks**. All customers must verify that bank routing and account numbers are entered correctly.

All fees must be paid in full prior to attending the first class.

Classes not meeting the minimum number of students may be cancelled.

PROCESSING FEES ARE INCLUDED

All registration and reservation fees include a non-refundable 3.56% processing fee.

RECREATIONAL PROGRAMS REFUND AND TRANSFER POLICY

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form (COM-6), in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

Refund Policy Exclusions:

3.56% processing fee will be deducted from all refunds

No refund or transfer for non-attendance at any class

No credits to account

No refunds for costumes or equipment

Activity fees less than \$10.00 will not be refunded

Classes: Refund is based on the date that the written application is submitted.

96.5% refund - 3 or more calendar days prior to the first day of the class

75% refund - less than 3 calendar days prior to the first day of class

No refund for requests submitted more than 24 hours after the first day of class

Camps: Refund is based on the date that the written application is submitted.

96.5% refund - 10 or more calendar days prior to the first day of camp

50% refund - less than 10 calendar days prior to the first day of camp

No refund or transfer for requests less than 48 hours prior to the first day of camp

For more information, refer to the complete Recreational Programs Refund and Transfer Policy attached to all receipts

ONLINE REGISTRATION INFORMATION

You may register online for all contractual programs offered by using the Online Registration System.

Log onto: www.SDRecConnect.com

Returning Customers (previously registered for classes online)

Click the "My Account" button. Enter your Login (email) and password.

New Customers - click the "Create Account" button. Fill out the New Account request form completely, including all required fields (Birth date, gender, email address, etc.) and click submit. Please submit your request only once. You will receive a confirmation email at the email address you provided. Please follow directions to activate the account.

***Please Note: (For first time users only) Parents/Guardians must create their own account first using their own information. Once you have an online registration account, you can add a child as a family member.**

If you need help, please click the FAQs (Frequently Asked Questions) button for information.

HOURGLASS PARK

10440 Black Mountain Rd. San Diego, CA 92126

(858) 538-8153



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.

Hourglass Park has three meeting rooms, kitchen, game room, gymnasium with two full courts, seven multi-purpose fields, sports equipment, a dance room with mirrors, gymnastic room and a playground. *For reservation details of the facility please contact the office.

STAFF

Claudia Apodaca	Area Manager II
Denise M. Lamb	Center Director III
Troy Daluz	Assistant Center Director
Omar Harrison	Recreation Leader I
Paul Lee	Recreation Leader I
Dane Beasley	Recreation Aide
Elise Dunn	Recreation Aide
Ja'Mir Salaam	Recreation Aide

HOURS OF OPERATION

Monday	10:00am - 9:00pm
Tuesday	1:00pm - 9:00pm
Wednesday	10:00am - 9:00pm
Thursday	1:00pm - 9:00pm
Friday	11:00am - 8:00pm
Saturday	9:00am - 4:00pm
Sunday	10:00am - 4:00pm

STAFF PROGRAMS

TAI CHI INTEGRAL

Integral Tai Chi is a health improvement program, combining Yoga, Tai Chi, Qi Gong, and Meditation in one system that integrates, body, mind, and spirit. This class serves to bring the vision of restoring health, engendering hope, and facilitating a healing process. This program allows you to generate and use or energy effectively, enhance brain functionality, increase physical fitness, reduce stress, increase flexibility, lessen the effects of aging, and improve feelings of wellbeing. Requirements for class include: Yoga mat, t-shirt and sweatpants (no trunks or shorts), bottle water, and yoga mat.

Age: 18 years and older **Instructor:** Binh Phan
Schedule: Saturdays & Sundays 10-12:00pm **Location:** Room J223
Dates: Dec. 2 - Feb. 24, 2024 (#111391) No classes 12/24,30 & 31, 2023
Fee: FREE

WINTER YOUTH BASKETBALL LEAGUE

Season Dates: January - March 2024 \$65/child (Includes jersey & champion trophies)

Tryouts**

Cal 8:	Saturday Dec. 2 9:30 -10:30am	Volunteer coaches needed Registration is <u>free</u> for parents who volunteer as head coach
Cal 10:	Friday Dec. 1 6:00 - 7:00pm for last names that begin with letters A-L 7:00 - 8:00pm for last names that begin with letters M-Z	
Cal 12:	Wednesday. Nov. 29 6:00 - 8:00pm	
Cal 14:	Friday Dec. 1 6:00 - 8:00pm	

****All children must attend their designated tryout day for a chance to be placed on a team**

****REMINDER****

REGISTRATION WILL TAKE PLACE AFTER THE PLAYERS HAVE BEEN CHOSEN for a team. There is a possibility that some players will not make the team as we are only allowed a certain amount of teams. Certain teams may be eligible to advance to City Wide Championships. A birth certificate and colored head shot required to register, (except Cal 8). Registration will take place at center.

Cal 8: 5 - 8 years (#109720)

Practice Day/Time: Mon & Wed, 5:00 - 6:00pm
 Game Day/Time: Wed 5:30pm

Cal 10: 10 & under (#109721)

Practice Day/Time: Mon & Fri, 6:00 - 7:00pm
 Game Day/Time: Fri 6:00 & 7:00pm

Cal 12: 12 & under (#109722)

Practice Day/Time: Wed, 6:30 - 8:00pm
 Game Day/Time: Sat 9:30 & 10:30am

Cal 14*: 14 & under (#109723)

Practice Day/Time: Wed, 6:30 - 8:30pm
 Game Day/Time: Thursdays TBD*

*Games held at North Clairemont Rec Center (4421 Bannock Ave.)



STAFF PROGRAMS

IRISH-BALLET DANCE ACADEMY

Students will learn how to execute movements in both disciplines and gain knowledge of proper body placement and posture. No experience necessary!

Lead by Jia Arnell.

Ages: 6-14 years

Instructor: City Staff

Schedule: Saturdays 3:00 - 3:55pm

Location: Dance Room J205

Dates: December 2 - February 10, 2024

Fee: \$35 (#111219) **NO CLASS 12/23 & 12/30**

NEW ! Hip-hop Tik-Tok, Zumba and Afro Beat's Dance class!

Come dance to some of the hottest music out from Afro beats artists like Rema's calm down to Victoria Monet's My Mama and Tik-Tok's Wednesday Adams viral dance, this class will be an action packed hour full of fun and movement you can use at your next dance or function hope to see you there!

Age: 12-17 years- Co-Ed

Instructor: City Staff

Schedule: Thursdays 6:00-7:00pm

Location: Dance Room J205

Dates: December 7 - January. 23, 2024

Fee: \$40 (#111400) **NO CLASS 12/21 -12/28**



CIVIC DANCE ARTS

In the class your child will begin the passion for dance through, Ballet and Jazz. Program schedule and information will be available at www.cividdanceart.org or by calling 619 235-5255



Spirit Kids Gymnastics

TINY TOTS

This Tiny Tots class is designed for toddlers to learn basic gymnastics skills, balance and flexibility. The class is focused around building coordination and body awareness while encouraging social and motor skills. This class incorporates lots of movement and play while teaching basic fundamental skills.

Ages: 3 - 4 years

Schedule: Thursdays 2:00 - 2:45pm

Dates: Dec 7, 2023 - Jan. 25, 2024

Fee: \$150 (#111138) **NO CLASS 12/21,12/28**

Ages: 3 - 4 years

Schedule: Thursdays 2:00 - 2:45pm

Dates: Feb. 1 - Feb. 29, 2024

Fee: \$125 (#111159)



HOT SHOTS

This Class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 5 - 7 years

Schedule: Thursdays 3:00 - 3:50pm

Dates: Dec 7, 2023 - Jan. 25, 2024

Fee: \$150 (#111163) **NO CLASS 12/21,12/28**

Ages: 5 - 7 years

Schedule: Thursdays 3:00 - 3:50pm

Dates: Feb. 1 - Feb. 29, 2024

Fee: \$125 (#111164)



ALL-STARS 1

This is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 6 - 9 years

Schedule: Thursdays 4:00 - 4:50pm

Dates: Dec 7, 2023 - Jan. 25, 2024

Fee: \$150(#111165) **NO CLASS 12/21,12/28**

Ages: 6 - 9 years

Schedule: Thursdays 4:00 - 4:50pm

Dates: Feb. 1 - Feb. 29, 2024

Fee: \$125 (#111166)



ALL-STARS 2

This class is by INVITE ONLY; registration will take at the recreation center only. The All-Star class for ages 7-10 year-old is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

Ages: 7 - 10 years

Schedule: Thursdays 5:00 - 5:50pm

Dates: Dec 7, 2023 - Jan. 25, 2024

Fee: \$150 (#111248) **NO CLASS 12/21,12/28**

Ages: 7 - 10 years

Schedule: Thursdays 5:00 - 5:50pm

Dates: Feb. 1 - Feb. 29, 2024

Fee: \$125 (#111249)



Independent Contractor: spiritkidssports@gmail.com (858) 229-4462

Damoytt Tennis Program

These classes will teach age appropriate fundamentals for beginners, intermediate and advance tennis skills and fitness related exercise. Bring one can of unopened tennis balls. Tennis and a racket are required.

Make up classes allowed for three absences. **All classes are \$88**

Instructor: Coach Stan Jefferson **Phone #:** (619)770-7187 **E-mail:** dbadamoytttennis@yahoo.com

BEGINNER SKILL Ages: 5 - 7 years				BEGINNER SKILL Ages: 8- 12 years			
<u>Saturdays</u>		<u>Sundays</u>		<u>Saturdays</u>		<u>Sundays</u>	
8:00 - 9:00am		8:00 - 9:00am		9:00 - 10:00am		9:00 - 10:00am	
Dec. 2 - 30	(#111250)	Dec. 3 - 31	(#111010)	Dec. 2 - 30	(#111013)	Dec. 3 - 31	(#111018)
Jan. 6 - 27	(#111251)	Jan. 7 - 28	(#111011)	Jan. 6 - 27	(#111014)	Jan. 7 - 28	(#111019)
Feb. 3 - 24	(#111107)	Feb. 4 - 25	(#111012)	Feb. 3 - 24	(#111015)	Feb. 4 - 25	(#111022)

INTERMEDIATE SKILL Ages: 8 - 12 years			
<u>Saturdays</u>		<u>Sundays</u>	
10:00 - 11:00am		11:00 - 12:00pm	
Dec. 2 - 30	(#111025)	(#111048)	
Jan. 6 - 27	(#111045)	(#111049)	
Feb. 3 - 24	(#111047)	(#111107)	

ADVANCED SKILL Ages: 10 - 16 years			
<u>Saturdays</u>		<u>Sundays</u>	
12:00 - 1:00pm		12:00 - 1:00pm	
Dec. 2 - 30	(#111262)	Dec. 3 - 31	(#111267)
Jan. 6 - 27	(#111263)	Jan. 7 - 28	(#111121)
Feb. 3 - 24	(#111264)	Feb. 4 - 25	(#111122)

COMPETITIVE PLAY MIXER Ages: 10-16 years			
<u>Saturdays</u>		<u>Sundays</u>	
1:00 - 2:00pm		1:00 - 2:00pm	
Dec. 2 - 30	(#111123)	Dec. 3 - 31	(#111124)
Jan. 6 - 27	(#111125)	Jan. 7 - 28	(#111126)
Feb. 3 - 24	(#111127)	Feb. 4 - 25	(#111128)

STROKE REFINEMENT Ages: 10-16 years			
<u>Saturdays</u>		<u>Sundays</u>	
2:00 - 3:00pm		2:00 - 3:00pm	
Dec. 2 - 30	(#111131)	Dec. 3 - 31	(#111132)
Jan. 6 - 27	(#111134)	Jan. 7 - 28	(#111135)
Feb. 3 - 24	(#111136)	Feb. 4 - 25	(#111137)

*Contractual programs consist of independent contractors that have been approved as a sponsored program.

Requirements for Independent Contractors:

- All contractors, sub-contractors and volunteers must be fingerprinted through the Live Scan process.
- Contractors must submit a business license and proof of insurance
- City staff handles all registrations for the program
- Contractors must provide Worker's compensation coverage for all their Employees

WINTER SPORTS LEAGUES

Co-Ed Volleyball League

Season Dates: March 5 - June 19, 2024

\$65 (includes jersey & championship trophies)

12 & Under

Practice Day/Time:

Tuesdays, 6:00 - 8:00pm

Game Day/Time:

Fridays, 5:00 - 8:00pm (#111401) * Game location TBA

15 & Under

Practice Day/Time:

Tuesdays, 6:30 - 8:30pm

Game Day/Time:

Saturdays, 9:30am & 10:30am (#111402)

***Volunteer coaches needed**

Registration is free for parents who volunteer as head coach.

Tryout Day

12U: Tuesday March 5, 2024 @ 6:30pm

14U: Tuesday March 12, 2024 @ 6:30pm

****REMINDER****

REGISTRATION WILL TAKE PLACE AFTER THE PLAYERS HAVE BEEN CHOSEN FOR TEAMS. There is a possibility that some players will not make the team as we are only allowed a certain amount of teams. Certain teams may be eligible to advance to City Wide Championships.

A BIRTH CERTIFICATE & COLORED HEADSHOT PICTURE ARE REQUIRED TO REGISTER Registration will take place at the recreation center.



LOPEZ RIDGE

7245 Calle Cristobal San Diego, CA 92126

(858) 538-8171



WELCOME

The staff at Lopez Ridge 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.

Lopez Ridge Recreation Center has meeting rooms available for rent for birthday parties, board/staff meetings, monthly meetings, trainings and more. There is 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 picnic shelters available to rent for parties and other special occasions.

STAFF

Claudia Apodaca
TBA
Eric Brown
Armando Angulo

Area Manager II
Center Director I
Recreation Leader I
Grounds Maintenance Worker II

HOURS OF OPERATION

Monday	11:00am - 7:00pm
Tuesday	12:00pm - 7:00pm
Wednesday	12:00pm - 7:00pm
Thursday	12:00pm - 7:00pm
Friday	11:00am - 7:00pm
Saturday	9:00am - 5:00pm
Sunday	Closed

STAFF and VOLUNTEER PROGRAMS

Play Kids Kickball, Dodgeball & Family Game Room Fun

Age: 5 - 10 years

This program is for kids who want to play outside and have fun. Improve balance, flexibility and reduce stress while socializing with peers. Children will learn how to communicate as a team and how to respect one another, even when they are on opposing teams.

Instructor: Lopez Ridge staff

Location: Outdoor courts

Schedule: Wednesdays 4:00 - 4:45pm

Fee: \$10.00

Dates: Jan. 3– Jan. 31 (#111218)



Basketball Clinic

Age: 9- 14 years

Keep your basketball skills sharp with dribbling, passing, shooting, and defensive drills. Work with one of our experienced coaches with drills, scrimmages, and fitness exercises to help you stay in shape and prepare for upcoming seasons.

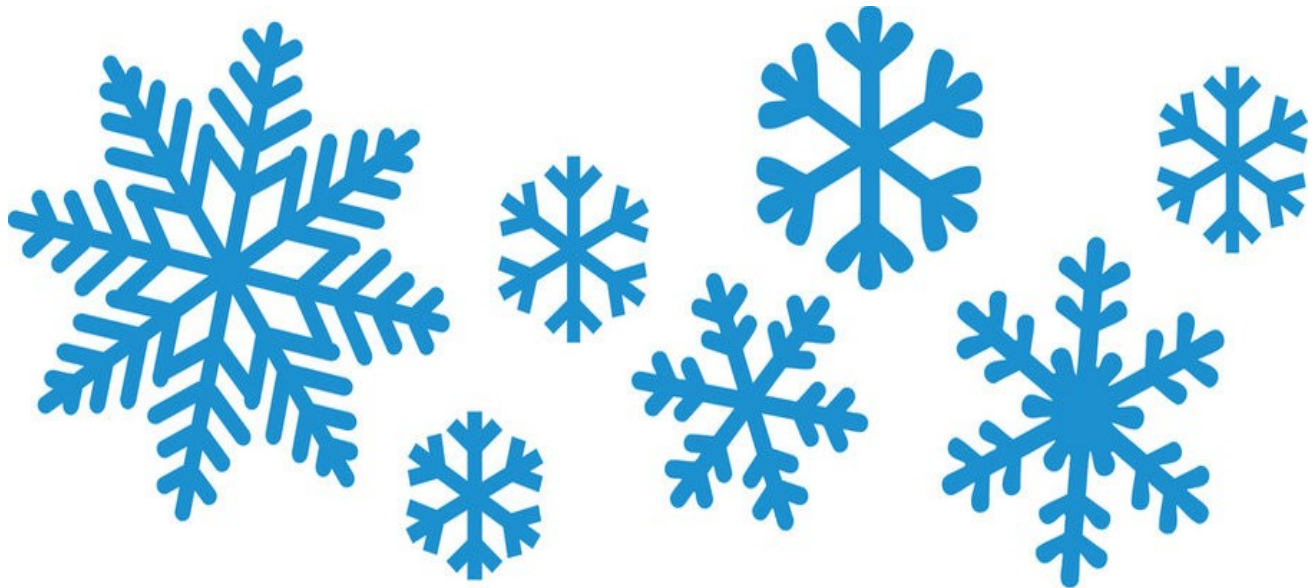
Instructor: City Staff

Location: Outdoor courts

Schedule: Mondays 5:00 - 5:45pm

Fee: \$10.00

Dates: Dec. 4th - Jan 8th (#111179) **NO CLASS 12/25 & 1/1/24**
Jan. 22 - Feb. 12 (#111180)



TOYS FOR TOTS

NEED HELP WITH BUYING TOYS FOR YOUR CHILDREN FOR THE HOLIDAYS

CALL HOURGLASS FIELD COMMUNITY PARK FOR DETAILS AT

858 538-8153 STARTING SEPTEMBER 25, 2023

TOYS DISTRIBUTION WILL BE

DECEMBER 16, 2024 PRE-REGISTRATION IS REQUIRED

