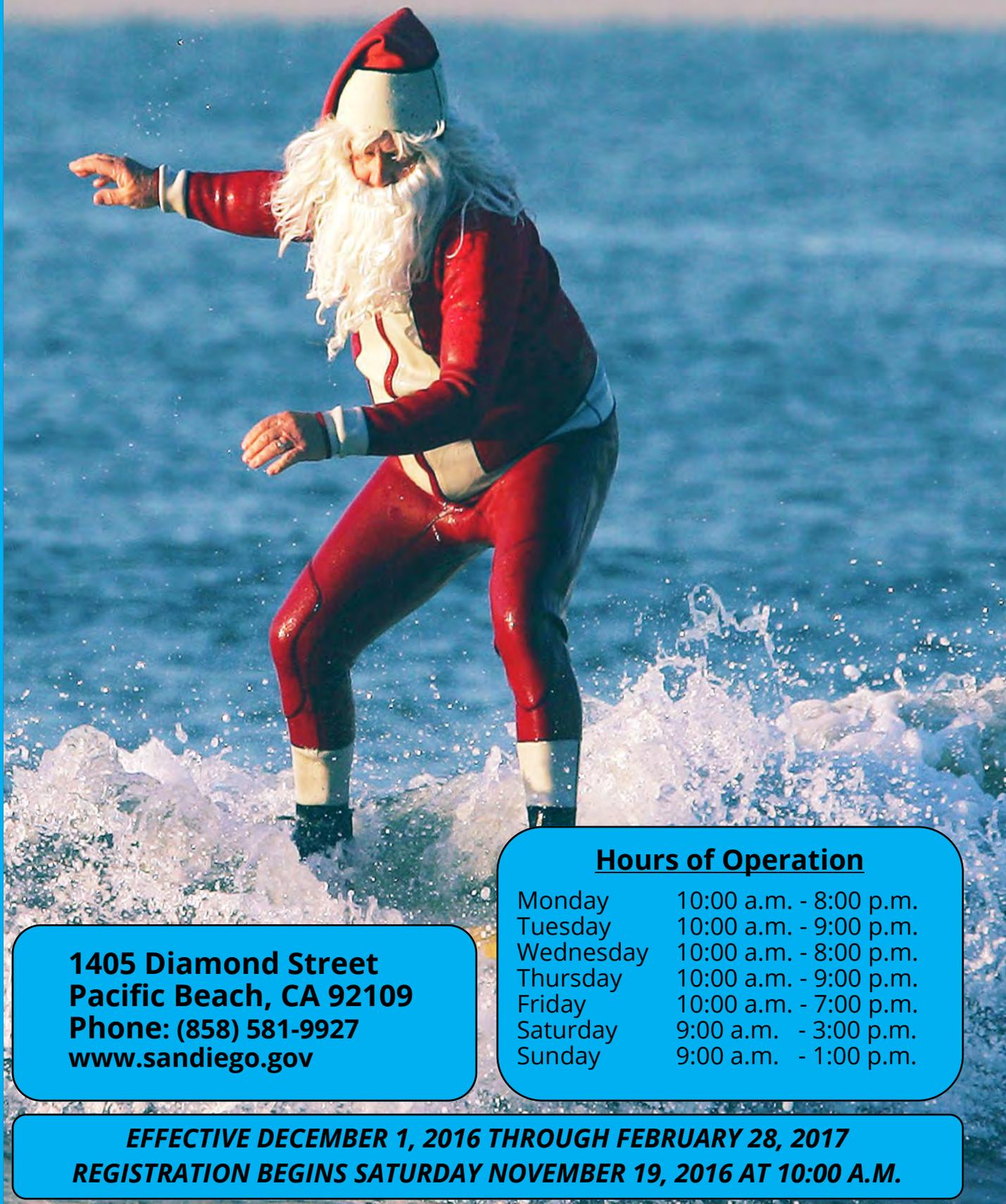


"To provide healthy, sustainable, and enriching environments for all."

# WINTER 2017 PROGRAM



**1405 Diamond Street  
Pacific Beach, CA 92109  
Phone: (858) 581-9927  
[www.sandiego.gov](http://www.sandiego.gov)**

**Hours of Operation**

Monday	10:00 a.m. - 8:00 p.m.
Tuesday	10:00 a.m. - 9:00 p.m.
Wednesday	10:00 a.m. - 8:00 p.m.
Thursday	10:00 a.m. - 9:00 p.m.
Friday	10:00 a.m. - 7:00 p.m.
Saturday	9:00 a.m. - 3:00 p.m.
Sunday	9:00 a.m. - 1:00 p.m.

**EFFECTIVE DECEMBER 1, 2016 THROUGH FEBRUARY 28, 2017  
REGISTRATION BEGINS SATURDAY NOVEMBER 19, 2016 AT 10:00 A.M.**

# RECREATION CENTER INFORMATION

## PARK STAFF

Tyler Canales	Area Manager II
Hector Rios	Recreation Center Director II
Brandie Benford	Recreation Leader I
Alijah Gargano	Recreation Leader I
Roman Norby-Cedillo	Recreation Leader I
Brittany Villanueva	Recreation Leader I
Chris Richmond	Ground Maintenance Worker II

## HOLIDAY CLOSURES

Monday, December 26	Christmas Day (observed)
Monday, January 2, 2017	New Year's Day (observed)
Monday, January 16, 2017	Martin Luther King Jr. Day
Monday, February 20, 2017	President's Day

## FACILITIES AND PARK USE INFORMATION

### THE FOLLOWING FACILITIES AND AMENITIES ARE AVAILABLE FOR RENTAL USE.

#### **Pacific Beach Recreation Center**

Multi-purpose field, gymnasium, Three meeting rooms, and a kitchen.

#### **Kate Session Park**

Large grassy areas for parties, weddings, and event picnics.

#### **Pacific Beach Elementary School**

Multi-purpose field

All permits are issued by the Recreation Center Director, who can be contacted at (858) 581-9927. Permits are issued by appointment only.

## PARK RULES

- No Golfing
- No Glass Containers
- No Littering
- No Smoking
- Dogs must be on a leash
- No overnight camping or parking
- No open campfires



## LOCAL COMMUNITY PHONE NUMBERS

Santa Clara Recreation Center	(858) 581-9928
La Jolla Recreation Center	(858) 552-1658
PB Town Council	(858) 483-6666
Balboa Park Permit Center	(858) 235-1169
PB Elementary School	(858) 488-8316
PB Middle School	(858) 273-9070
Kate Sessions Elementary	(858) 273-3111
Animal Control	(619) 236-4250
Pacific Beach Library	(858) 581-9934

## INDIVIDUALS WITH SPECIAL NEEDS

All classes can accommodate people with special needs. Therapeutic Recreation Services staff will provide additional assistance along with Pacific Beach Recreation Center staff. For further information, please inquire at the center office or contact Therapeutic Services at (619) 525-8247.

## RECREATION COUNCIL

The Santa Clara/Pacific Beach Recreation Council is an advisory committee made up of individuals from the community. Recreation Council members work with City staff to promote recreational activities for the citizens of Mission Beach and Pacific Beach. Meetings are held on the Third Tuesday of every month, at 5:30 p.m. New Membership is welcome. More information is available by contacting the office at (858) 581-9927.

## VOLUNTEER OPPORTUNITIES

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

<http://www.sandiego.gov/volunteer-program/>  
or contact the Volunteer Office at (619) 533-4017.

## AED (AUTOMATIC EXTERNAL DEFIBRILLATOR)

An AED is located inside the recreation center office



**San Diego Project Heart Beat**  
Public Access Defibrillation

## BOOK NOOK

*Reading is Recreation!*

BOOK NOOK 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 Book Nook is the perfect place for children and adults.

If you would like to donate to the Book Nook, please leave any books with PB Recreation Staff or at the front desk.

## WATER CONSERVATION

Pacific Beach Recreation Center would like to encourage everyone to "Think Blue" and help conserve water.



think BLUE  
SAN DIEGO

## RECYCLING

The recycling bin is located next to the outdoor basketball courts on the south side of the Pacific Beach Recreation Center. If bins are full, please come back another day. Recyclables are collected on Tuesdays and Thursdays "It's Likeable To Be Recyclable."

## OPEN GYM PLAY

The gymnasium is open to the public for scheduled activities. See gym for calendar of scheduled activities:

Basketball



Volleyball



Pickleball



## TABLE TENNIS

Table Tennis is open to the public when the room is not in use. Please see staff for available times.

# RECREATION CENTER INFORMATION

## REGISTRATION INFORMATION

**Registration Begins:  
Saturday, November 19, 2016  
at 10:00 a.m.**

### Class Information

- Classes will begin the month of September and registration will be taken two weeks prior to the class start date and no later than the second class meeting.
- Registration is taken online, first serve, or walk in basis. Phone or mailed registrations are not accepted.
- If classes do not meet minimum enrollment, they will be canceled and a full refund will be issued by Appointment only.
- Programs and fees are subject to change without prior notice.

### Payment Policy

- Payment is required at the time of registration.
- Registration deadline is the second class meeting and leagues. No registration will be accepted after the second scheduled class meeting.
- CREDIT CARD, exact CASH or CHECK payable to **MBRCC@PB** are the only methods of payment accepted. Valid identification must be presented if paying by check.
- **Visa, MasterCard, American Express and Discover are accepted.**
- A \$25 service fee will be charged for returned checks.
- Class fees are NOT pro-rated/discounted after the beginning of the scheduled session.
- Registrant should make sure they receive a receipt with their copy of the registration form.

### PROCESSING FEES WILL APPLY

All customers will be charged a \$2.00 transaction fee for all online 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.

### 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 registration and reservation. Rates are established by the service provider and are nonrefundable. Current rates are listed below:

Fee Description	Previous Fee	Approved Fee
Transaction Fee	N/A	\$2.00/transaction
Credit Card Fee	N/A	3% of Total Charge

### **PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, 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 & RECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER AT (619) 235-1132 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.

## REFUND POLICY

If a class is cancelled for any reason, participants will be notified by email or phone and will receive a full refund. Refund checks will be issued and mailed to the address on the family account.

No partial refunds or make ups for missed camps or classes. There are no exceptions! Refunds are processed within 14 business days of request. A **\$25 service fee** will be charged per registrant for each refund request. All approved requests will be paid via check. This includes credit card transactions. A Refund Request Form (available at the Recreation Center) and the registration receipt must be submitted at least 48 business hours prior to the second scheduled class meeting.

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If a parent or child is unhappy, or the participant does not participate after the refund deadline, a refund or transfer cannot be processed.

## ONLINE REGISTRATION INFORMATION

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

**Log onto: [www.SDRecConnect.com](http://www.SDRecConnect.com)**

### Returning Customers

**(previously registered for classes online)**

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

### First-Time Online User?

**New Accounts** - 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.

## CONTRACTUAL VS RENTAL PROGRAM:

### Requirements for Independent Contractors:

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

### Requirements for Permit Holders/Rental Programs:

- Must have proof of insurance
- Must provide own advertisement for program
- Handles all registration for their programs
- Rental programs are **NOT required to submit proof of fingerprinting** for their coaches, volunteers and/or instructors.

# CITY STAFF YOUTH PROGRAMS

## LET'S MAKE ART

This class will encourage young artists to discover their creative ideas. Every week will focus on a particular art style from famous artists. Students will create a final art project at the end of the session.

**Wednesdays 12:30 - 1:30 p.m.**

Session I : December 7 - December 28

Code [32909]

Instructor: Brittany

Session II: January 4 - January 25

Code [32910]

Ages: 4 - 9 years

Session II: February 1 - February 22

Code [32911]

Cost: **Free**

## BEGINNER'S TABLE TENNIS

Class will focus on beginning skills and the opportunity to play table tennis.

**Mondays 3:30 - 4:30 p.m.**

Session I : December 5 - December 19

Code [32905]

Instructor: Alijah

Session II: January 9 - January 30

Code [32906]

Ages: 10 years and older

Session II: February 6 - February 27

Code [32907]

Cost: **Free**

*No Class December 26, January 2 & 16, and February 20*

## YOUTH BASKETBALL LEAGUE

Practice dates and times are to be determined.

Games dates and times are to be determined.

**Skills Assessments:** December 3 9:00 a.m. to 12:00 p.m.

**Season:** January 7 to February 28, 2017

*Games will be played on Saturdays*

Division : 8 to 10 years

Code [29438]

Division : 11 to 12 years

Code [29439]

Division : 13 to 14 years

Code [29440]

Cost: **\$50.00** each child



**Interested in Volunteer Coaching?**

**Speak with the on-site supervisor or call 858-581-9927 for more information**

## CO-ED VOLLEYBALL SKILLS CLASS

This volleyball class is specifically designed to teach children the basic skills of the game of volleyball. Beginners and seasoned players will learn how to bump, set, spike and serve in our structured and fun environment.

*Knee pads are mandatory*

**Mondays and Wednesdays 4:30 - 5:30 p.m.**

Session : December 5 - February 24

Code [33847]

Instructor: Branndie

Ages: 9 years and older

Cost: **\$30.00** each child

*No Class December 26, January 2 & 16, and February 20*



# CITY STAFF YOUTH PROGRAMS

## PEE WEE SPORTS

Pee Wee Sports teaches children how to play sports such as Kickball, T-Ball, Soccer, Basketball and other fun games. It also helps develop team building, confidence, and social skills.



**Tuesdays 3:30 - 4:15 p.m.**

Session I : December 6 - December 27 Code [32924]

Session II: January 3 - January 24 Code [32925]

Session II: February 7 - February 28 Code [32926]

Instructor: PB Staff

Ages: 4 - 5 years

Cost: **\$10.00** per month

## PB KIDS

Children will enjoy a morning of fun and safe games that will provide exercise and enhance motor skills and cognitive skills while keeping them entertained. Parent or guardian must accompany their children for this program.

**Sunday 10:15 a.m. - 12:15 p.m.**

Session I : December 4 - December 28 Code [33844]

Session II: January 8 - January 29 Code [33845]

Session II: February 5 - February 26 Code [33846]

*No Class December 25 & January 1*

Instructor: PB Staff

Ages: 3 - 5 years

Cost: **Free**

## RED DRAGON SHOU SHU

Shou Shu is the ultimate art of unarmed, self-defense as well as an amazing method of achieving physical fitness and self-confidence. Shou Shu provides an unequaled form of control of the body and sharp discipline of the mind.

Participants will learn self-discipline, respect for others, leadership and teamwork, the most modern methods of self-defense, and of course the satisfaction of achieving their goals as they progress through the belt ranks.

All participants will be required to purchase a new-student beginner pack which will include their uniform, T-Shirt, patch, square hand target, and Red Dragon sling pack. This package will be sold at a discount for all PB Rec Center participants for \$90 + tax.

### Pee-Wee Self-Defense

Time: 4:15 - 4:45 p.m.

Ages: 3 - 7 years

Days: Monday/Wednesday or Tuesday/Thursday

### Martial Arts for Kids

Time: 5:00 p.m. - 6:00 p.m.

Ages: 7 - 13 years

Days: Monday/Wednesday or Tuesday/Thursday

### Teen & Adult

Time: 6:00 p.m. - 8:00 p.m.

Ages: 13 years and older

Days: Monday/Wednesday or Tuesday/Thursday

### Shou Shu Application and Conditioning

Time: 4:00 p.m. - 6:00 p.m.

Days: Friday

Enrollment in any of our Shou Shu programs is contingent upon instructor evaluation and approval. Contact Shigong Guerrero at [shifuyongshi@gmail.com](mailto:shifuyongshi@gmail.com) to set up your FREE evaluation today.



# ADULT ACTIVITIES

## VOLLEYBALL CLINIC

Volleyball clinic is for all level players. Classes consist of: conditioning drills in offensive and defensive skills, passing, setting, spiking, and serving.

**Date/Time** : Wednesdays 6:00 - 7:45 p.m. **Cost**: \$50.00 / 5 week session

**Session I** November 30 to December 28, 2016 [32944]

**Session II** January 4 to February 1, 2017 [32945]

**Session III** February 8 to March 8, 2017 [33843]



## CO-ED VOLLEYBALL LEAGUE (4-PERSON VOLLEYBALL)

A and B Leagues

**Date/Time** : Thursdays 6:00 - 8:45 p.m. **Cost**: \$280.00 per team / season

**Season of play** : January 12 to April 20, 2017 [32908]

For more information regarding the Volleyball Clinic and Co-Ed Volleyball League, please contact Farid Karimi at (858) 573-0721.

# TENNIS LESSONS

## ADULT TENNIS LESSONS

Participants schedule the day with the instructor. Available Tuesdays, Wednesdays and Thursdays.

		6:00 p.m.	7:00 p.m.
Session I	December	[32938]	[32941]
Session II	January	[32939]	[32942]
Session III	February	[32940]	[32943]

**Cost**: \$80.00 / 5 lessons



## YOUTH TENNIS LESSONS

This tennis program focuses on the fundamentals and learning the skills of tennis. Sessions are ongoing.

Available Saturdays between 9:00 a.m. and 1:00 p.m. Participants schedule the hour with the instructor.

Session I	December	[32935]	<b>Ages</b> : 6 - 14 years <b>Cost</b> : \$60.00 / 5 lessons
Session II	January	[32936]	
Session III	February	[32937]	



For more information regarding the Youth and Adult Tennis Lessons, please contact USPTA Certified Instructor Joe Wesson at (619) 743-8051.

# WEIGHT ROOM

The weight room is equipped with a recumbent bicycle, circuit training machines and free weights.

Patrons must be **18 years of age or older**.

Paid membership and completion of a liability waiver is required.

### Weight Room Hours

Monday and Wednesday : 10:15 a.m. to 7:45 p.m.

Tuesday and Thursday : 10:15 a.m. to 8:45 p.m.

Friday : 11:15 a.m. to 6:45 p.m.

Saturday : 9:15 a.m. to 2:45 p.m.

Sunday : 9:15 a.m. to 12:45 p.m.



**Cost**: \$3 / Day      \$10 / Month      \$20 / 3 months      \$70 / year

## FUTURE UPCOMING SPECIAL EVENTS

### Spring Egg Hunt

Come join your local Recreation Center for a day of fun!

Pacific Beach Recreation Center - April 1st, 2017

Santa Clara Recreation Center - April 8th, 2017

La Jolla Recreation Center - April 15th, 2017



More details will be available closer to the event.



## VOLUNTEER OPPORTUNITIES

Anyone who wants to make a difference in a park or recreation facility, there is a place for them at Pacific Beach Recreation Center. Each year, volunteers of all ages and abilities come and help with a number of programs, special events, special projects and grounds maintenance. Many volunteers come to help individually or as part of a group. Students who need credit for completing community service work can have their hours verified for services provided at this facility. Applications are available at the Pacific Beach Recreation Center. The minimum age to volunteer is 13.

Make a difference in your community today by becoming a Park and Recreation Department Volunteer!

*Please call (858) 581-9927 for more information.*



## UPCOMING SPECIAL EVENTS

# BREAKFAST WITH *Santa*



**Saturday, December 10, 2016**  
**9:00 a.m. to 11:00 a.m.**

\$5 for Adults  
\$2 for Children



Participants will enjoy a hearty holiday breakfast,  
arts and crafts, and photos with Santa!

\*Parents should bring their own camera for photos with Santa.

Sponsored by the Santa Clara/Pacific Beach Recreation Council

Happy Holidays and Happy New Years  
from the Pacific Beach Recreation  
Council and Staff