



Park & Recreation

STANDLEY PARK & RECREATION CENTER

3585 GOVERNOR DRIVE

SAN DIEGO, CA 92122

PHONE: (858) 552-1652

Summer Program 2016

ONLINE REGISTRATION BEGINS: SATURDAY, May 14, 2016 at 10:00 a.m.

MOST SESSIONS BEGIN: WEEK OF May 30, 2016

SEE INSIDE COVER FOR REGISTRATION DETAILS.

ALL PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION.

EFFECTIVE MAY 14-AUGUST 31, 2016

HOLIDAY CLOSURES

May, 30 (Memorial Day) and July, 4 (Independence Day)

REGISTRATION INFORMATION

REGISTRATION INFORMATION

ONLINE CLASS REGISTRATION BEGINS:

Saturday, May 14, 2016 at 10:00 a.m.

- Registration is taken on a first come, first serve, walk in basis. Telephone or mail registration is not accepted.
- When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.



PAYMENT POLICY

- Payment is required at the time of registration.
- Payment methods for registration taken at the Center are credit cards, exact cash or a check.
- Credit cards accepted are VISA, MasterCard, American Express and Discover. Debit cards are not accepted.
- Registration deadline is the second class meeting. No registrations will be accepted after the second scheduled class meeting.
- A \$25.00 service fee will be charged for ALL returned checks.
- Class fees are not pro-rated or discounted after the beginning of the scheduled session.

REFUND POLICY

- This policy applies to programs offered by the Standley Park Recreation Council. There are no refunds available for programs with less than four class meetings. There are no partial refunds or make ups for missed classes (i.e. illness, vacation etc.)
- All approved refund requests will be paid by check including transactions taken in with cash. A SPRC 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.
- A \$20.00 service fee will be charged per registrant for each refund request which takes ten business days to process.
- If a class is cancelled due to class minimums not being met; registrants will be notified and a refund check will be issued and mailed to the address on the registration form.
- If registrants are unhappy or does not participate after the refund deadline, a refund cannot be processed. Cooperation and understanding is appreciated.
- If the registrant has a medical emergency (non-regular/ routine illness) after registration day and cannot continue participating in class SPRC staff must be contacted as soon as possible with the necessary medical documentation. A refund request form must be submitted. Refunds or credits will be determined on a case by case basis by the Center Director.

STANDLEY RECREATION CENTER

ONLINE REGISTRATION INFORMATION

Log onto: www.SDRecConnect.com

Returning Customers (previously registered for classes online) - Click the "My Account" button. Enter your Login (email) and password.

Log in with this password to activate your account. First-time Online User?

New Accounts - click on 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 that you provided. Please follow directions provided to active account. ***Please Note: (For first time users only) Parents/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.**

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

All customers will be charged a \$2.00 transaction fee for all online and In-house 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.



HOURS OF OPERATION

Monday	9:00 a.m. - 9:00 p.m.
Tuesday	1:00 p.m. - 9:00 p.m.
Wednesday	12:00 a.m. - 9:00 p.m.
Thursday	1:00 p.m. - 9:00 p.m.
Friday	9:00 a.m. - 7:00 p.m.
Saturday	9:00 a.m. - 4:00 p.m.
Sunday	8:00 a.m. - 2:00 p.m.

REGISTRATION HOURS

Monday	10:00 a.m. - 6:00 p.m.
Wednesday	12:30 p.m. - 6:00 p.m.

****PERMITS ARE ISSUED BY APPOINTMENT WITH THE CENTER DIRECTOR.**

PARK & FACILITY INFORMATION

AMENITIES

Standley Park Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor Basketball and Volleyball courts*
- Game room with Table Tennis and Foosball table
- Two Racquetball courts
- Three meeting rooms*
- Large playground
- Passive picnic areas
- Picnic shelter*



NEIGHBORHOOD PARKS

University Gardens	6431 Gullstrand Street
University Village	7150 Florey Street
Marcy Neighborhood Park	5504 Stresemann Street

PARK USE INFORMATION

Park use and reservations for the above listed facilities including, but not limited to, sports field use, picnic areas, party jumps and special events can be reserved by contacting Standley Park Recreation Center (858) 552-1652. Events with 50 or more people require a permit approved by the Center Director.



GENERAL PARK RULES

- No Alcohol
- No Smoking
- No Littering
- No Golfing
- No Glass Containers
- No Skateboards, Bikes, Scooters, or Roller Skates
- Dogs must be on leash
- No overnight camping
- No open camp fires



IMPORTANT COMMUNITY

TELEPHONE NUMBERS

Swanson Pool	(858) 552-1653
South UC Library	(858) 552-1655
North UC Library	(858) 581-9637
Doyle Recreation Center	(858) 552-1612
Nobel Recreation Center	(858) 552-1626
UC Racquet Club	(858) 452-5683
UC Little League	(858) 212-7583

GYMNASIUM USAGE

A monthly gym schedule is available at the Recreation Center for all free play activities. Times are subject to change without prior notification. All individuals must be wearing shoes and a shirt at all times.

Drinks, food and black soled shoes are prohibited in the gymnasium, no exceptions!

OPEN BASKETBALL

Free play Basketball is open daily inside and outside on a first come, first serve basis. Open play is meant to run full court games. The monthly gym schedule is available at the center. All ages are welcome. Private instruction or any organized activity requires a facility permit from the Center Director regardless of the class size, and is based on availability.

OPEN VOLLEYBALL

Free play Volleyball is Thursdays from 6:00 to 8:45 p.m. Participants are required to set-up and break down the nets and poles.

OPEN FLOOR HOCKEY

Indoor Floor Hockey is enjoyed on Saturday mornings from 9:00 to 11:00 a.m., unless otherwise noted in the monthly gym schedule. Players provide their own equipment and must be 18 years of age or older. More information is available by contacting Steve at (858) 344-2629.

GAME ROOM

Game room consists of Table Tennis and a Foosball table. All equipment check-out requires a photo ID or a recreation card (\$0.25) for children up to the 5th grade. More information, hours and availability is available by contacting the office. Individuals under 18 years must be supervised by an adult.

RACQUETBALL

Racquetball courts are secured and will be opened by staff according to the RESERVATION schedule. Reservations are taken same day only. Two courts are available during normal hours of operation. Courts close 20 minutes prior to the recreation center closing.

TENNIS

Tennis courts are operated by the Golden Triangle Tennis Staff. More information regarding hours, membership and lessons is available by contacting (858) 452-LOVE (5683) or www.ucrcennis.com



RECYCLE

Standley Park has RECYCLING BINS located at the East end of the swimming pool parking lot. Containers take aluminum cans, newspapers, glass containers, cardboard and plastic bottles. Keep the park clean by RECYCLING! Please do not overflow the containers. **ILLEGAL DUMPING IS PROHIBITED.**

YOUTH PROGRAMS

AIKIDO

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body and a strong spirit.

6-7 Years

Day: Saturday

Time: 9:45 - 10:45 a.m.

Fee: \$120.00/ 12 weeks

Session: June 4 - August 20, 2016 [26357]

Instructor: Kathleen Mathews, 3rd Degree Black Belt
Martin Katz, 6th Degree Black Belt



8-10 Years

Day: Tuesday

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

Fee: \$120.00/12 weeks

Session: May 31 - August 16, 2016 [26143]

11-14 Years

Day: Thursday

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

Fee: \$120.00/ 12 weeks

Session: June 2 -August 18, 2016 [26147]

Instructor: Martin Katz, 6th Degree Black Belt



YOUTH MIXED MEDIA ART CLASS

Parents will have fun with their children in exploring different forms of arts and crafts. This creative learning experience will have participants walking away with lasting memories and art work.

3-5 Years – Parent participation required.

Day: Tuesdays

Time: 1:00 - 1:45 p.m.

Fee: \$20.00 per session/ per participant

Session I: June 7-June 28, 2016 [25160]

Session II: July 5—July 26, 2016 [25161]

Session III: August 2– August 30, 2016 [25162]



6 –10 Years – Parent participation optional.

Day: Tuesdays

Time: 2:15 - 3:00 p.m.

Fee: \$20.00 per session/ per participant

Session I: June 7-June 28, 2015 [25154]

Session II: July 5—July 26, 2016 [25155]

Session III: August 2– August 30, 2016 [25156]

Instructor: Cheroney Mills, Standley Park Staff



JUNIOR GOURMET COOKING CLASS

Children will learn the basic fundamentals of cooking and how to use kitchen equipment in a safe manner while making healthy and delicious cuisine.

6 - 11 Years

Day: Wednesdays

Time: 1:00 - 3:00 p.m.

Fee: \$20.00 per session

Session I: June 1-June 29, 2016 [25157]

Session II: July 6– July 27, 2016 [25158]

Session III: August 3–August 31, 2016 [25159]

Instructor: Standley Park Staff

Limited class size of 12 on a first come first serve basis.



CITY DANCE, TAP & JAZZ

The City of San Diego Dance Department offers dance classes at affordable prices to enable adults full participation in the study of various styles of dance. Each class meets once a week for 45 minutes.



Registration: Saturday, June 25, 2016

Tuesdays:

3:00p.m. Creative movements

3:45p.m. Pre Tap S

4:30p.m. Beg Tap 1 A S

5:15p.m. Beg. Jazz 1 A S

Fee: \$41.00/semester

Instructor: Katie McMahon

For more information contact the Dance Department at (619) 235-5255 or visit them on the web at www.cividdancearts.org.

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.

YOUTH PROGRAMS

Youth Tennis*

Summer Tennis Camps

Ages: 8 - 13 years

Time: 9:00 a.m. - 12:00 p.m.

Days: Monday - Friday

Cost: \$180/ 1 week

\$170/ week for 2 weeks

\$160/ week for 3 weeks



Summer camp dates and more information is available by calling UC Racquet Club at (858) 452-5683 or online at www.ucrctennis.com. Please Register with UC Racquet Club staff.

For multi-week rates, payments must be made in full at time of registration with UC Racquet Club staff.

YMCA Gymnastics*

This YMCA Gymnastics class challenges youth to persevere to new levels of achievement. Young gymnasts gain self-confidence, build self-esteem, and learn basic gymnastics skills. For more information, visit lajolla.ymca.org or contact Suzy O'Neal at (858) 453-3483, Ext. 12837 or soneal@ymca.org



All Permit Holders are identified in this brochure with an *asterisk.

Master Sports*

JUNIOR SPORTS-BASKETBALL, VOLLEYBALL AND SOCCER

Master Sports offer a variety of youth sports and classes from ages 3 to 13 years. Participants will play soccer, basketball, tee-ball, flag football, and track n' field. The coaching philosophy is to give each participant a foundation by incorporating rules of the sport into modified games that are appropriate for each age group and most importantly a lot of fun. We will capture their imagination while improving coordination and strength.

For more information contact Master Sports at (858) 518-1315 or visit www.MASTERyourSPORTS.com

ONLINE REGISTRATION ONLY



VOLUNTEER COACHES ARE NEEDED

Volunteers are needed to make a difference in the park or at a recreation facility and there is a place for anyone interested at Standley Park Recreation Center. Applications are available at Standley Park Recreation Center. The minimum age to volunteer is 13 years. Everyone is welcome to become a Park and Recreation Department Volunteer!



YOUTH PROGRAMS

STANDLEY SEAHAWKS FLAG FOOTBALL CAMPS

SUMMER 2016



Ages 8–14 years

July 11–15 (25313) and

August 15–19 (25314)

10:00 a.m.—3:00 p.m.

\$50.00 per week

SPRC SUMMER BASEBALL CAMPS

-Camps will help improve skills and knowledge of Baseball through fun and creative drills and games.

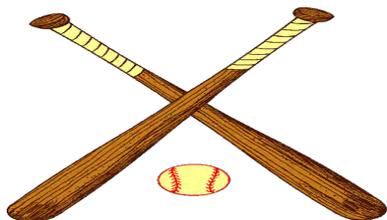
-For ages 8–14 years. All skill levels are welcome.

-9:00 a.m.—12:00 p.m.

-Session I: July 25–29 (25315)

-Session II: August 1–5 (25316)

-\$50.00 per week



-Campers need to bring: glove, cleats, water, sunscreen

- Registration is made online or in person at the Standley Park Recreation Center

ADULT & SENIOR PROGRAMS

AIKIDO

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body, and strong spirit.

Day: Tuesdays (*Beginners*)

Ages: 15 years - Adult

Session: May 31- August 16, 2016 [26152]

Time: 6:30 - 8:30 p.m.



Day: Thursdays (*Advanced*)

Ages: 15 years - Adult

Session: June 2-August 18, 2016 [26153]

Time: 6:30 - 8:30 p.m.

Day: Saturdays (*Mixed Levels*)

Time: 11:00 a.m.-12:30p.m.

Ages: 15 years - Adult

Session: June 4-August 20 2016 [26154]

Fee: \$120.00/ 12 week

(Per participant per session.)



Instructor: Martin Katz, 6th Degree Black Belt

More information available at ryushinkandojo.org

SPRC FITNESS

Participants will train using weights to build strength and flexibility.

Days: Wednesday

Time: 4:45 - 5:45 p.m.

Ages: 14 years - Adult

Fee: \$30.00/ per month

Session I: June 1- June 29, 2016 [25163]

Session II: July 6-July 27, 2016 [25165]

Session III: August 3-August 31, 2016 [25166]

Instructor: Yvonne Bennett-Niang, AFAA Certified

More information is available at: ybennettniang@yahoo.com

HAPPY, HEALTHY, HATHA YOGA BEGINNING

Participants will enjoy two hours of serenity, reduce stress and tension, while increasing strength, flexibility, balance, and inner harmony. Participants will learn the foundation poses of yoga that will assist them in developing their own routine. Appropriate for all levels. Participants should bring a towel or blanket. Please DO NOT EAT before class.

Day: Monday

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

Fee: \$70.00/4 weeks

Session I: June 6 - June 27, 2016 [26381]

Session II: July 11 - August 1, 2016 [26382]

Session III: August 8 - August 29, 2016 [26383]



INTERMEDIATE

Intermediate Hatha Yoga is a continuation of beginning yoga, deepening the experience of flexibility, strength, awareness and joy. Additional breathing techniques and advanced poses are added according to student ability. Students must have previous yoga experience. Please DO NOT EAT before class.

Day: Wednesdays

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

Fee: \$70.00/4 weeks

Session I: June 8 - June 29, 2016 [26384]

Session II: July 13 - August 3, 2016 [26385]

Session III: August 10 - August 31, 2016 [26386]

Mixed Level

Day: Saturdays

Time: 10:30 a.m. - 12:00 p.m.

Fee: \$65.00/ 4 weeks

Session I: June 11 - July 2, 2016 [26387]

Session II: July 16 - August 6, 2016 [26388]

Session III: August 13 - September 3, 2016 [26389]



Instructor: Shelley Aanerud, Certified Ananda

Yoga Instructor, RYT 500

(858) 587-0171

ADULT & SENIOR PROGRAMS

SAN DIEGO CONTINUING EDUCATION PROGRAMS

The San Diego Community College District offers FREE Continuing Education courses for adults and seniors at Standley Park Recreation Center.

Physical Fitness:

Tuesdays & Thursdays 9:00 - 11:00 a.m.

Ikebana (Japanese Flower Arrangement) :

Mondays 9.00 a.m. - 2:30 p.m.

Students will learn practical application, using diverse media and techniques. Explore principles of art and its place in various cultures.

Magic of Pastels (Art):

Thursdays 9:00 a.m. - 2:00 p.m.

Using watercolor and mixed media students develop a mixed painting using watercolor with gouache, ink, pastels, colored pencils and/ or collage elements.

More information is available by contacting the West City campus at 619-388-1950.

SENIOR CLUB & PINOCHLE

Senior Club meets every Friday from 9:00 a.m. to 12:00 p.m. Bridge, Pinochle and other card games are played. New players are welcome. Participants can bring a sack lunch. Coffee and tea is provided. More information is available by calling Ben at (858) 453-2340.

CITY DANCE ADULT TAP & JAZZ

The City of San Diego Dance Department offers dance classes at affordable prices to enable adults full participation in the study of various styles of dance. Each class meets once a week for 45 minutes.

Registration: Saturday, June 25, 2016

Mondays: 4:15-5:00p.m. Adv Beg. Jazz 2B

5:00-5:45p.m. Adv Beg Tap 2B

5:45-6:30p.m. Adult Musical Theatre

6:30-7:15p.m. Adult Beg Tap 1A

7:15-8:00p.m. Adult Beg Jazz 1A

**8:00-8:45p.m. Adult Adv Beg Tap 2A

**Students must be promoted by instructor to enroll.

Instructor: Debbie Hardesty

Fee: \$41.00/ semester



TENNIS * (ADULT)

The main goal of this tennis clinic is for participants to hit many tennis balls in order to practice strokes and get in a great workout!

Day: Tuesday

Class/Time: 6:00-7:00 p.m.

Fee: \$20.00/per class

Instructor: UC Racquet Club Staff

More information is available by calling UC Racquet Club at (858) 452-5683. Registration is made with UC Racquet Club staff.



ADULT SPORTS LEAGUES

ADULT SOFTBALL LEAGUE*

Co-ed Adult Softball Leagues begin in

January and will run for 18 weeks. Games are held on Mondays or Tuesdays 6:00 - 10:00p.m.

Team or individual entries are accepted. More information is available by calling:

League Director, Pete McNamara at (858) 453-6208.



VAVi CoEd Social Softball League*

VAVi Sport and Social Club has year round Thursdays Coed Social Softball leagues at Standley Recreation center. VAVi's leagues are a great way to meet new friends and play social sports.

More information and registration is available by contacting Sports Director, Dave Draizen, at (858) 273-3485 ext.10 or www.govavi.com/softball

COED VOLLEYBALL LEAGUE

Adult Coed 4's Volleyball League offers two divisions, A and B. League plays

Day: Monday nights 6:00 - 9:00 p.m.

Ages: 21 years and older

Dates: June 6, 2016/15 weeks long [27806]

Fee : \$280.00 per team. For more information contact League Director, Farid at (619) 871-0047 or via e-mail at farid@volleyballetc.com



MEN'S BASKETBALL LEAGUE

Day: Tuesday

Ages: 25 years and older

Dates: August 16, - 2016/16 weeks long

Fee: \$295.00 per team [25168]



Interested teams may contact League Director John LaChica via email at 1achicaj@hotmail.com.

EVENTS & OPPORTUNITIES

UC CELEBRATION & SUMMER CONCERTS

VOLUNTEERS NEEDED!

THE U.C. CELEBRATION AND SUMMER CONCERT

COMMITTEES ARE SEEKING NEW MEMBERS TO HELP PLAN BOTH EVENTS.

THESE EVENTS CANNOT TAKE PLACE WITHOUT ENOUGH VOLUNTEERS FOR THESE COMMITTEES.

COMMUNITY MEMBERS WHO WOULD LIKE TO ASSIST WITH THE PLANNING AND COORDINATION OF THESE VERY SPECIAL COMMUNITY EVENTS ARE NEEDED.

VOLUNTEER OPPORTUNITIES

- UC CELEBRATION
- SUMMER CONCERTS
- BANANA SPLIT



More information is available by calling (858) 552-1652

INDEPENDENT CONTRACTOR REQUIREMENTS

All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process. Contractors must maintain a business license and proof of insurance. City staff handles all registration for these programs. Contractor must provide Worker's Compensation Coverage.

PERMIT HOLDER REQUIREMENTS

Permit holders must provide proof of insurance. Registration is handled by the permit holder. The permit holder is not required to submit proof of fingerprinting for their coaches, volunteers or instructors. No commercial animal activities are permitted on park property.

MOVIE IN THE PARK

Saturday, June 4, 2016

Movie will start at dusk.

Relax in the field and enjoy!

FREE



Parks Fit San Diego

Challenge yourself to run, walk, swim, or roll 30 miles at Standley Recreation Center from June 13th to August 13th.

SIGN UP TODAY! 26954

Feel free to join staff power walk Monday thru Friday at 12:00pm.

Book Nook

Book Nook is "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 perfect place for children and adults.

INDIVIDUALS WITH DISABILITIES

All classes or programs sponsored by the Recreation Council, the City of San Diego Park and Recreation Department can accommodate individuals with disabilities. Upon availability, Therapeutic Services will provide inclusion aides with additional assistance along with Standley Park Recreation Center Contractual Staff. Request for this service must be made at least three weeks prior to the first day of the program.

For more information on

Therapeutic Services call (619) 525-8247

STANDLEY PARK RECREATION COUNCIL

This group of concerned residents 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 University City 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 welcome. The Standley Park Recreation Council meets on the 4th Thursday of each month at 7:00 p.m. at Standley Recreation Center. Any adult who is interested in making an impact or has concerns about these neighborhood parks and recreation center, should attend the meetings. New membership is welcome.

SPECIAL EVENTS

Standley Park Summer Concert Series

Fridays 6—8 p.m. & Sundays 5—7 p.m.



CONCERTS ARE FREE AND OPEN TO THE PUBLIC. COME OUT AND ENJOY SOME GREAT MUSIC WITH YOUR FRIENDS, FAMILY AND NEIGHBORS.

CONCERTS SPONSORED BY:

Standley Park Recreation Council



SPRC's 35th Annual Banana Split

August 6, 2016 @ 2:00pm

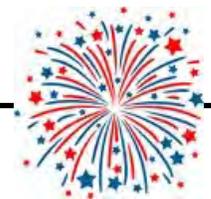


300 Ft. Long!

All are welcome to join the fun and help eat our 300ft Banana Split. This Standley Park tradition is completely FREE! Ice cream is generously donated by the Heimberger Family. Toppings are provided by the Standley Park Recreation Council. Participants must bring their own banana. Desserts served at 2pm sharp!

Event Sponsored by: The Heimberger Family
The Standley Rec Council
Sprouts

U.C. CELEBRATION



Come celebrate Independence day at our University City Celebration. The U.C. Celebration is a great way to come together as a community and enjoy the 4th of July.

- 5K Fun Run
- Bike Parade
- Pancake Breakfast
- Craft Fair
- Games and Live Entertainment
- Beer Garden



Summer Concerts

University City/Standley Park 2016 Summer Concert Schedule

- **Sunday, July 10 - BAYOU BROTHERS - Cajun, Zydeco & Blues**
- **Sunday, July 17 - TEASER - Arena Rock w/UC resident Rick Kern**
- **Sunday, July 24 - SWEETHEARTS of SWING w/Janet Hammer - Music from WWII & Andrews Sisters**
- **Sunday, July 31 - RIFFTIDE - Rock & Top 40 w/UC resident Jill Harvey**
- **Sunday, August 7 - RELATIVE MINORS & FRIENDS - Classic Rock & more w/UC resident Greg Zinser**
- **Sunday, August 14 - FORECAST - JAZZ (from funk to swing & blues to bossa novas) w/UC resident Greg Pardue**
- **Friday, August 19 - 3 CHORD JUSTICE - Country**
- **Friday, August 26 - LEGENDS - 50's & 60's Oldies**

All concerts are at Standley Park, 3583 Governor Dr..

All concerts are subject to cancellation due to inclement weather.

Sunday concerts are from 5:00 to 7:00 pm

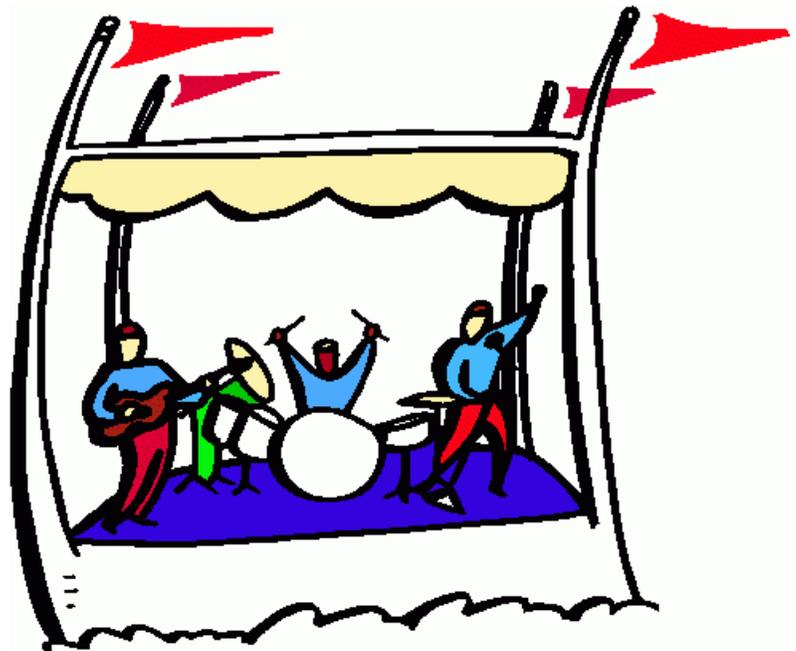
Friday concerts are from 6:00 to 8:00 pm

For more information contact:

John Schindel - jschindel1@san.rr.com

Greg Pardue - forecast@san.rr.com

Andy Freeburn - promovstar@aol.com





Parks Fit San Diego 2016

Challenge: Walk, Run, Roll or **Swim**

30 miles between June 18 and August 13

Reward: Get fit, stay healthy & receive a Parks Fit SD t-shirt!

Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

Kickoff Event - 1 mile Fun Run & Eat Fit in the Park

Saturday, June 18, 2016 at 8:00am

Morley Field, 2221 Morley Field Dr., San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 13, 2016 at 7:30am

NTC Park, 2455 Cushing Rd, San Diego 92106

ActiveNet Code 24791 at www.SDRecConnect.com

For more information: www.sandiego.gov/park-and-recreation

Proudly Presented by:



Official financial partner of the City of San Diego