

TIERRASANTA RECREATION CENTER

11220 Clairemont Mesa Blvd., San Diego, 92124

(858) 573-1393

www.sandiego.gov

SPRING SEASON MARCH - MAY 2023



The City of

SAN DIEGO

Parks and Recreation Department

HOURS OF OPERATION

Sunday	9:00am to 4:00pm
Monday	11:00am to 8:00pm
Tuesday	10:00am to 8:00pm
Wednesday	11:30am to 8:30pm
Thursday	10:00am to 8:00pm
Friday	12:00pm to 8:00pm
Saturday	9:00am to 4:00pm

Closed on all City Holidays

President's Day - February 20

Cesar Chavez Day - March 31

Memorial Day - May 29

Donations

By donating to our park system, you can help the Parks 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 spaces parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation center; please call the District Manager at (619) 235-1130.

Volunteers

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with Senior Citizen Services and Therapeutic Recreation Services. If you would like to volunteer or see what kinds of volunteer opportunities are out there, please call the Volunteer Office at (619) 533-4017 or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/>



Just a Reminder, Public Defibrillators are located at all Recreation Centers in the City of San Diego.

Welcome

The staff at Tierrasanta Recreation Center would like to welcome you and your family to our facility. This is an active and community involved center that wants to give you the best recreational activities possible. If you have any comments or suggestions for new programs, feel free to call or stop by the recreation center and talk to one of the friendly staff.

Tierrasanta Recreation Center

This facility includes multiple meeting rooms, a fully equipped kitchen, and a gymnasium with two full basketball courts. Outside are includes two lighted basketball courts, large playgrounds, picnic area and a lighted multi-purpose area.

A recycling bin is located in the park lot accepting metal, aluminum, plastic bottles, newspaper, magazine and cardboard.

Tierrasanta Community Pool

11238 Clairemont Mesa Blvd., San Diego, Ca 92124

(858) 636-4837

Please visit sandiego.gov for call the pool directly for operating hours and programs.

Therapeutic Recreation Services

The City of San Diego Parks and Recreation Therapeutic Recreation Services (TRS) program provides sports, recreation, leisure and outreach services to San Diegans with physical, mental and emotional disabilities. Services include therapeutic recreation programs and adaptive sports opportunities, which address the special needs of individuals with disabilities. A limited amount of Inclusion Aides are available to facilitate the inclusion of individuals with disabilities into programs at their neighborhood recreation center. Please call TRS at least three weeks before the program start date to schedule assistance. For more information, call (619) 525-8247.

Field and Building Permits

A permit is required to reserve the picnic shelter, the athletic fields and courts, the meeting rooms, equipment set up, and large groups over 50 people.

Please email the Recreation Center Director, Hannah Turner, at hturner@sandiego.gov for permit information.

Neighborhood Parks

Villa Norte

6599 Antigua Boulevard

Villa Monserate

10283 Perez Court

Road Runner

4734 La Cuenta Drive

Joint Use Site

Tierrasanta Elementary

5450 La Cuenta Drive

Kumeyaay Elementary

6475 Antigua Boulevard

DePortola Middle School

11010 Clairemont Mesa Boulevard

Farb Middle School

4880 La Cuenta Drive

Canyon Hills High School

5156 Santo Road, San Diego

Vista Grande Elementary

5606 Antigua Boulevard

Community Groups

AYSO

www.ayso152.org

Tierra Canyon Softball

www.tierrasantasoftball.org

Tierrasanta Community Council

www.tierrasanta.cc.org

Tierrasanta Tennis Club

www.tierrasantatennisclub.net

Tierrasanta American Youth Football

info@tierrasantacougars.com

Tierrasanta Kiwanis

www.tierrasantakiwanis.org

Tierrasanta Little League

www.tierrasantalittleleague.org

Online Registration

Register online for activities listed in this program, using the Online Activity Registration System. Log on at www.SDRRecConnect.com.

First Time Customers

Click on the "Create an Account" link. Follow the direction and fill in all the required fields and then click "Submit" or "Submit & Add Family Member". If you are registering a child, you must create your account first then add other family members. Check your email for a confirmation message with a one time activation link. It is possible this email will go to your "spam" folder, so please check carefully.

Returning Customers

Those who have previously registered for classes online, click the "Sign In" button. Enter your email address and password.

If you forgot your password, click the "Forgot your password?" link. Enter your email address and click "Submit". You should receive an email with a temporary password.

Independent Contractors vs Permit Holders

The Tierrasanta Recreation Center offers a variety of programs offered through three different sources:

1. In-house programs run by city staff
2. Contractual Programs
 - Independent contractors that are approved by the City of San Diego as a sponsored program.
3. Rental Programs
 - Commercial companies that rent out areas in the facility to offer their program for the community.

Required for Independent Contractors

All contractors, sub-contractors, and volunteers must be finger-printed, 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

Renters must provide proof of insurance plus endorsement page(s) at the time of rental. Renters must provide their own advertisement for programs and handles all registration for their programs. Rental programs are not required to submit proof of finger printing for their coaches, volunteers, or instructors.

REGISTRATION INFORMATION

Registration Begins: Saturday, February 11, 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 (blank or voided check) 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:

1. Refund Policy Exclusions:

- Three percent (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

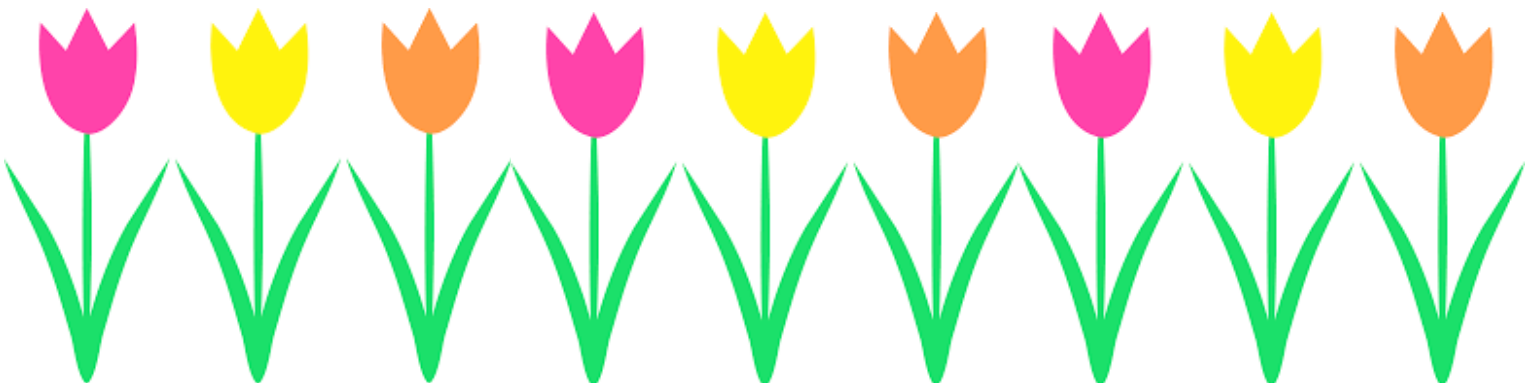
2. Classes: Refund is based on the date that the written application is submitted.

- 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

3. 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.*



Civic Dance Arts

Founded in 1942, the Civic Dance Arts Program of the San Diego Park and Recreation Department, has introduced hundreds of thousands of citizens to the art form of dance. Currently, classes are offered at 25 city recreation centers, at affordable prices, (and in some instances with fees waived), enabling children and adults from all economic and cultural backgrounds, full participation in the study of dance. The basics of ballet, jazz, tap, and theater dance technique are stressed for all students. New to the program is the Balboa Park Dance Camp, a comprehensive, affordable summer and winter camp, offering four one-week sessions for all levels of dancers, ages 6 to 17.



Tierrasanta Classes:

Mondays, January 9 – May 15

Thursdays, January 11 - May 17

Cost:

\$42.46 for 10 weeks



SDRecConnect.com INFO:

Class	Day	Time	Age	Instructor	ActiveNet #
Pre Ballet	Monday	3:30pm to 4:15pm	3 to 4	Beverly	104456
Pre Ballet	Monday	4:15pm to 5:00pm	5 to 6	Beverly	104457
Beg Ballet 1A	Monday	5:00pm to 5:45pm	7 to 17	Beverly	104458
Adult Int Tap 3A/3B	Wednesday	6:15 to 7:15pm	18 & Up	Theresa	104443
Adult Int Jazz 3A/3B	Wednesday	7:15pm to 8:15pm	18 & Up	Theresa	104442

Dance office: 619-235-5255

For more locations and classes visit

www.cividdancearts.org



Toddler Programs

Toddler Time

Come join us for this drop-in playtime in our Hex Building. Blocks, mats, crayons, and other toys will be available to keep toddlers entertained. Come for the whole time or pop in whenever you can.

Day: Thursdays beginning March 2
Time: 10:00 - 11:00am
Age: 4 & Under
Cost: FREE!
Location: Hex Building

SDRecConnect.com INFO:	
Spring Season	
106406	

Arts & Crafts

Join us on Saturdays for special seasonal or themed arts and crafts. All supplies will be provided. Register for days individually.

Day: Saturdays, March 11, 25
 April 15, 29
 May 13, 27
Time: 11:30am-12:15pm
Age: 6-11 years old
Cost: \$8.00
Location: Meeting Room 2/3

SDRecConnect.com INFO:			
Day	Code	Day	Code
March 11	106483	Aril 29	106486
March 25	106484	May 13	106487
Aril 15	106485	May 27	106488



Fine Art for Kids

Fine Art for Kids

Learn to draw and paint with watercolor and acrylic. Lessons include Australian Dot Art, Mexican Tree of Life and Ancient Egyptian Cats using easy step-by-step method. Bonus: Learn Origami

Day: Thursdays, March 2-April 27, 2023
Time: 3:30-4:15pm
Age: 5-8 years old
Cost: \$104.00
Location: Meeting Room 2/3

SDRecConnect.com INFO:	
Spring Season	
106036	

Fine Art for Older Kids

Learn to draw and paint with watercolor and acrylic. Lessons include Australian Aboriginal Art, Mexican Tree of Life and Ancient Egyptian Kings & Cats. Bonus: Learn Origami

Day: Thursdays, March 2-April 27, 2023
Time: 4:30-5:15pm
Age: 9-12 years old
Cost: \$104.00
Location: Meeting Room 2/3

SDRecConnect.com INFO:	
Spring Season	
106037	

About the Art Instructor, June Rubin:
 Phone Number: (858) 229-4571
 Www.junerubin.com

- Graduate of the Art Center of Design, Ca
- Member of San Diego Watercolor Society
- Professional artist with studio at NTC Liberty Station

BOOK NOOK

BookNook!



BookNook 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 BookNook is the perfect place for children and adults. No Library Card required...Let's read!

Dance to Evolve

Magical Munchkins Creative Movement & Hip Hop

This is a gentle introductory class that includes creative movement, hip hop and dance games. It is energetic, expressive, and fun and will have you magical dancer learning the dance basics in an age appropriate way. Parent (or caregivers) presence required as adult participates as needed.

Day: Session 1: Saturdays, April 1-May 6, 2023
Session 2: Saturdays, May 13-June 17, 2023
Time: 9:15-10:00am
Age: 2-3.5 years old
Cost: \$116.00
Location: Meeting Room 2/3

SDRecConnect.com INFO:

Session 1	Session 2
106062	106063

Tiny Movers & Hip Hop

A combination dance class of tap, hip hop and dance games for kids. This energetic and expressive class will have your Tiny Mover learning age-appropriate dance and motor skills, musicality and rhythm to reach class goals in creative ways. This is the first 'big girls and boys' class as parents watch from outside the room.

Day: Session 1: Saturdays, April 1-May 6, 2023
Session 2: Saturdays, May 13-June 17, 2023
Time: 10:15-11:10am
Age: 3-4 years old
Cost: \$116.00
Location: Dance Room

SDRecConnect.com INFO:

Session 1	Session 2
106064	106065

Beat Breakers Hip Hop

This fun, high energy kid's dance class enables boys to be boys and girls to let loose while developing creativity, coordination, musicality, and listening skills. Activities include hip hop, basic break dancing, and dance games in a non-stop, action-packed class that will have you moving to the beats! All music and moves are age appropriate.

Day: Session 1: Saturdays, April 1-May 6, 2023
Session 2: Saturdays, May 13-June 17, 2023
Time: 11:15am-12:10pm
Age: 4-7 years old
Cost: \$116.00
Location: Dance Room

SDRecConnect.com INFO:

Session 1	Session 2
106060	106061

Mah Jongg

Join us on Tuesday and Thursdays to play Mah Jongg in our meeting room. Feel free to stay for the entire time or drop in for a short time.

Players of all levels are welcome!

Day: Tuesdays & Thursdays
Time: 10:00am to 2:00pm
Age: 18+
Location: Meeting Room 2/3

SDRecConnect.com INFO:

Spring Season

106476

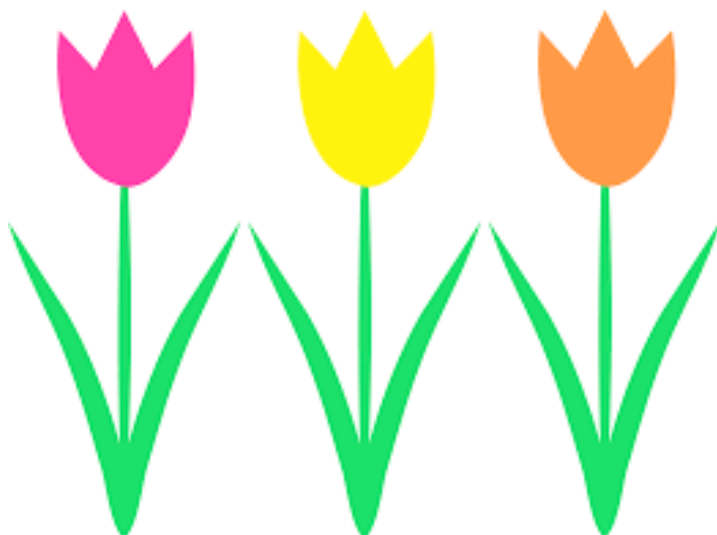
Coming this Summer...

Free Summer Lunch

Free meals for kids 0-18 old!
Join us for lunch, activities, and snacks in the afternoon.
DATES COMING SOON!

Kid's Night Out

Looking for a few hours away from your parents? Do it at the REC! Movies, snacks, activities, games.
DATES & MORE INFO COMING SOON!



Right Size Fitness

Get Fit with your neighbors!

Three welcoming, safe and enjoyable classes from which to choose than can be enjoyed at any age.

About the Instructor:
Lesley Norris (858) 472-6211
www.rightsizefitness.net
Facebook.com/rightsizefitness

A fitness professional with 30 years of experience, Lesley strives to offer variety so participants get fit, not bored! Lesley is an American Council on Exercise Certified Group Fitness Instructor, Personal Trainer, Medical Exercise Specialist, and Health Coach.

Age: 18+
Location: Meeting Room 1

Strength & Balance

This class is a combination of strength and basic movements to improve balance and flexibility. A portion includes simple aerobic movements for cardiovascular fitness.

Day: Saturday
Time: 9:00am to 10:00am
Dates: January 28-April 15, 2023

No Class on 2/25!



Cardio Dance

Become one with the music in this dance class that borrows from Zumba, Hip Hop, Jazz, Kickboxing, Funk and Disco. Get a great workout with dance routines that have been choreographed specifically with words and rhythm of the songs followed by core exercise to trim and tone.

Day: Thursdays
Time: 6:00pm to 7:00pm
Dates: January 26-April 13, 2023

No Class on 2/23!

Gentle Yoga & Pilates

Yoga and Pilates are complementary workouts, and they both offer mind and body benefits. In this class, yoga poses are performed at a slower pace, with less intense positions, and with time included for relaxation. Pilates concentrates on core strength and stability and will improve muscular endurance and flexibility.

Day: Mondays
Time: 6:00 to 7:00pm
Dates: January 23-April 10, 2023

No Class on 2/20!



Choose to register for attending 1, 2 or all 3 classes per week.

SDRecConnect.com INFO:		
1x per Week	2x per Week	3x per Week
103989	103990	103991

Spring Break Boredom Busters

March 27-30

Join us at the Tierrasanta Recreation Center the week of Spring Break for a different activity every day!

Please call the rec center for more information. (858) 573-1393

MONDAY:

Movie Day:

We will be showing 'HOP' (2011)! Movie is rated PG, parents are welcome to join, but children must be registered. Children under 6 must be accompanied by an adult. All children must be picked up by 3pm.

Popcorn and water will be provided.

Time: 1:00 to 3:00pm

Cost: \$5

SDRecConnect.com Code: 106474



TUESDAY:

Craft Day:

Spring crafts galore! All supplies will be provided. All children must be registered. Children under 6 must be accompanied by an adult.



Age: 3-6 years old

Time: 10:30 to 11:15am

Cost: \$5

SDRecConnect.com Code: 106475

Age: 7-12 years old

Time: 1:00 to 1:45pm

Cost: \$5

SDRecConnect.com Code: 106479

WEDNESDAY:

Field Day:

Enjoy the spring air! We will keep you running, moving and creating outside! All children must be registered. Children under 6 must be accompanied by an adult. All supplies will be provided.

Time: 1:00 to 3:00pm

Cost: \$5

Ages: 3-12 years old

SDRecConnect.com Code: 106480



THURSDAY:

Bunny Hunt:

Stop by the recreation center office to receive the first clue in the hunt for "The Bunny." This hunt will lead you to different areas around the park. If you complete the hunt, you will get a chance to take a picture with The Bunny and receive a prize. All children must be registered.

Children under 6 must be accompanied by an adult.

Time: 12:00pm to 3:00pm

Cost: FREE

Age: ALL AGES

SDRecConnect.com Code: 106482



PROGRAM NAME	DATES & CODES	DAYS	TIME	AGES
Toddler Time	March-May [#106406]	Thursdays	10:00-11:00am	4 & Under
Arts & Crafts	March 11 [#106483] March 25 [#106484] April 15 [#106485] April 29 [#106486] May 13 [#106487] May 27 [#106488]	Saturdays	11:30am-12:15pm	6-11
Fine Arts for Kids	March 2-April 27 [#106036]	Thursdays	3:30-4:15pm	5-8
Fine Arts for Older Kids	March 2-April 27 [#106037]	Thursdays	4:30-5:15pm	9-12
D2E: Magical Munchkins	S1: April 1-May 6 [#106062] S2: May 13-June 17 [#106063]	Saturdays	9:15-10:00am	2-3.5
D2E: Tiny Movers	S1: April 1-May 6 [#106064] S2: May 13-June 17 [#106065]	Saturdays	10:15-11:10am	3-4
D2E: Beat Breakers	S1: April 1-May 6 [#106060] S2: May 13-June 17 [#106061]	Saturdays	11:15am-12:10pm	4-7
Mah Jongg	March-May [#106476]	Tuesdays & Thursdays	10:00am-2:00pm	18+
Right Size Fitness	1x per Week [#103989] 2x per Week [#103990] 3x per Week [#103991]	Mondays, Thursdays, Saturdays	Varies	18+
Spring Break Boredom Busters	Movie Day [#106474] Craft Day 3-6 yo [#106475] Craft Day 7-12 yo [#106479] Field Day [#106480] Bunny Hunt [#106482]	Monday-Thursday March 27-30	Varies	3-12