

ESCONDIDO RECREATION

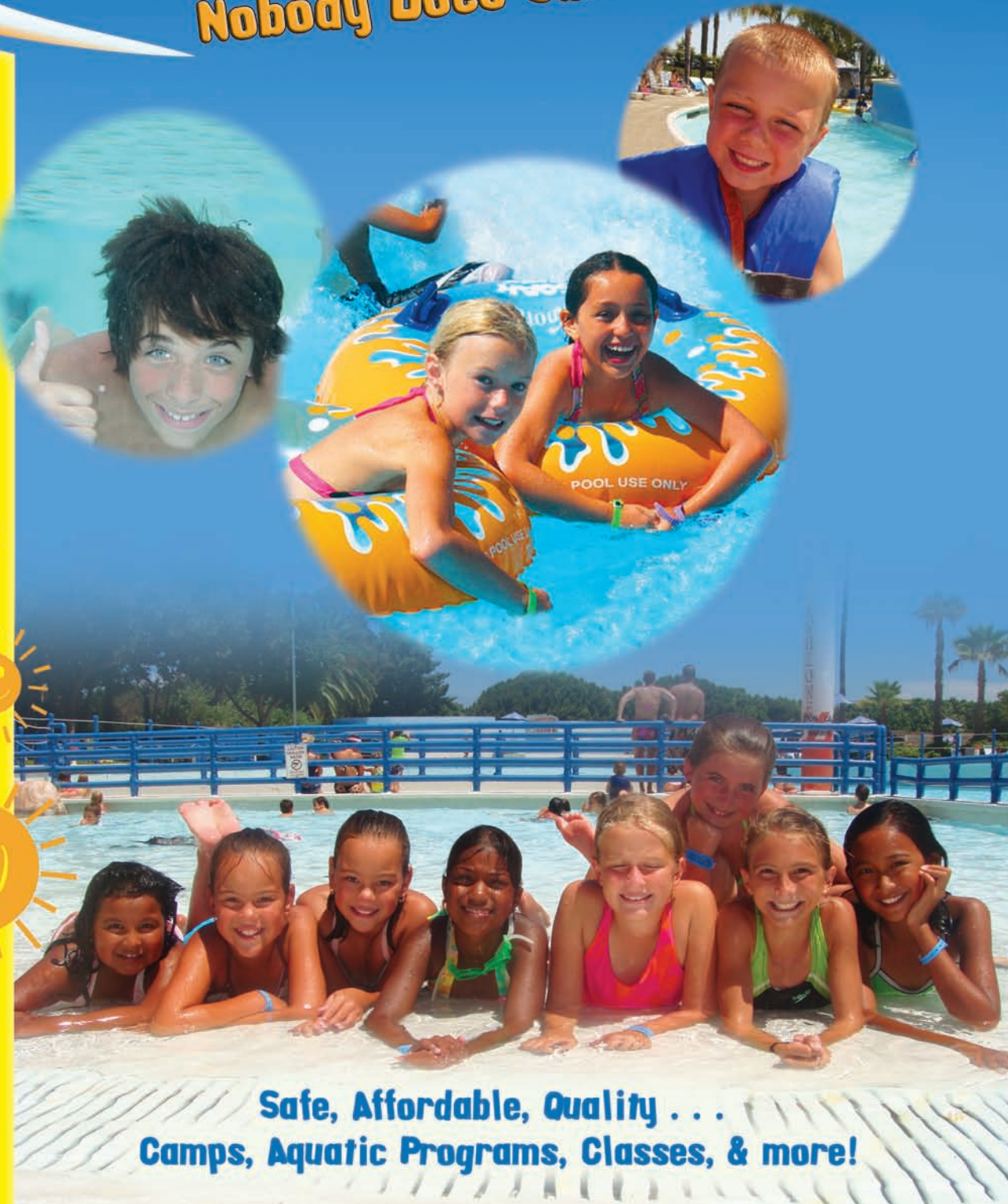
Nobody Does Summer Better!

LOOK INSIDE!

- Enrichment classes
- Summer Camps
- Sports
- Movies in the park
- & more for all ages!

Register Online!

recreation.escondido.org



**SUMMER
2012**

**Safe, Affordable, Quality . . .
Camps, Aquatic Programs, Classes, & more!**

Summer MOVIES in the PARK! at Grape Day Park **FREE!**

Twice a month
June, July & August



June 9
Rated PG



June 23
Rated PG



July 14
Rated PG



July 28
Rated PG



Aug 11
Rated PG



Aug 25
Rated PG

Activities start at 7:00 pm
Movie starts at dusk

Sponsored by

- Children's activities
- Snack bar
- Escondido History Center
- Escondido Recreation
- County of San Diego, Dept. of Parks & Recreation

For more information call **760-743-8207**

www.grapedaypark.org

All children must be accompanied by an adult. Families are encouraged to bring low-back lawn chairs, blankets, and flashlights.

RECREATION ACTIVITIES

Message From the Director

I remember going to lots of camps in my youth. And what great memories they are! You will find many different summer camp opportunities for your children in this brochure. Placing your kids in a high-quality camp experience can lead them to life-long interests and success. You can be assured that our well-trained and supervised staff will provide both a safe and enriching experience for your child.

Summer means swimming too. Escondido Recreation has offered top-quality swimming lessons for decades. Our skilled lifeguards and instructors make learning to swim a great experience. Escondido Recreation has a variety of aquatic programs that will help make your child water safe this summer. From traditional lessons to private lessons, there is a wide range of activities for your kids.


I also want to encourage you to take advantage of our local parks. Whether you participate in a formal sports program or just go for a walk at sunset, come out and enjoy Kit Carson Park, Daley Ranch, or any of the other nine Escondido parks that are right here in your own backyard. Research shows that "Parks Make Life Better" for us personally, economically, and as a community. Take advantage of our collective investments and enjoy your local park and recreation opportunities.



Jerry H. Van Leeuwen
Director of Community Services

Mission Statement

Escondido Recreation enhances quality of life by providing recreational services, facilities, and parks that promote health, wellness, and safety, while fostering a strong sense of community.



This brochure is printed on recycled paper.

SUMMER 2012

| | |
|--------------------------|-------|
| Preschool Classes | 5-7 |
| Youth Classes | 8-10 |
| Camps for Kids | 11-15 |
| Teen Scene | 16 |
| Aquatics | 17-27 |



NEW
My First Lab
See page 6



NEW
Get Organized!
See page 28

| | |
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City Council
Sam Abed, Mayor
Marie Waldron, Deputy Mayor
Olga Diaz
Ed Gallo
Michael Morasco

City Manager
Clay Phillips
City Treasurer
Ken Hugins

Director of Community Services
Jerry H. Van Leeuwen

Facility Locations

- EVCC** East Valley Community Center, 2245 E. Valley Parkway
- MCC** Mathes Community Center, 247 S. Kalmia Street
- PACC** Park Avenue Community Center, 210 Park Avenue
- WP** Washington Park Recreation Center & Pool, 501 N. Rose Street
- ESC** Escondido Sports Center, 3315 Bear Valley Parkway
- ICE** Iceoplex, 555 N. Tulip Street
- JSP** James Stone Pool, 131 Woodward Avenue
- OAK** Oak Hill Activity Center, 405 S. Midway Drive
- MVP** Mountain View Park, 1160 S. Citrus Avenue
- KCP** Kit Carson Park, 3333 Bear Valley Parkway
- SDFC** San Diego Fencing Center, 1770 S. Escondido Blvd.
- DACB** Don E. Anderson Community Building, 120 Woodward Ave.
- EHS** Escondido Humane Society, 3450 E. Valley Parkway
- CFX** CrossFit Xystum, 562 W. Grand Ave.

Visit our Web site at
recreation.escondido.org
 for a complete listing of facilities and parks,
 including rental information.

Community Services Dept.

760-839-4691
recreation.escondido.org
 e-mail: recreation@escondido.org

Administrative office,
 201 N. Broadway

Office Hours: Monday–Thursday,
 7:30 am–5:30 pm. Closed Fridays.
 Office will be closed May 28,
 Memorial Day, and July 4,
 Independence Day.



East Valley Community Center

760-839-4382
 2245 East Valley Parkway

Office Hours: Monday, Wednesday,
 Friday, 8:30 am–9:00 pm; Tuesday and
 Thursday, 11:00 am–9:00 pm;
 Saturday, 8:30 am–5:00 pm. The
 Center will be closed May 28,
 Memorial Day, and July 4,
 Independence Day.



Find us on
Facebook

facebook.com/escondidorecreation

Look for the pages
 with this logo and
 the activities marked
 with a heart . . .



. . . to choose activities
 that will enable you and
 your family to **GET FIT**
 while **HAVING FUN!**

goplaygetfit.com

Escondido Recreation is a proud member of
 the Greater San Diego Recreation and Parks
 Coalition for Health and Wellness.

Escondido Sports Center

760-839-5425/855-ESC-4ALL
sportscenter.escondido.org
 Kit Carson Park,
 3315 Bear Valley Parkway

Office Hours: Monday–Friday,
 3:00 pm–7:00 pm; Saturday,
 8:00 am–6:00 pm; and Sunday,
 1:00 pm–6:00 pm. The Center will be
 closed May 28, Memorial Day, and
 July 4, Independence Day.



TINY TOTS Preschool

Designed to help your children 3-5 years old become "school ready."



SUMMER CLASSES

Session 1 July 2-26
(Must register for Session 1 to receive priority registration for Session 2, etc.)

Session 2 July 30-August 16

Locations East Valley
Community Center (EVCC)
2245 E. Valley Parkway

Don E. Anderson
Community Bldg. (DACB)
120 Woodward Ave.

Ages 3-4

Times/Days 8:30-11:00 am

Monday & Wednesday or
Tuesday & Thursday

Fees vary by session.

Parent participation is required in the classroom one day per session.

Call 760-839-4691 beginning June 5 to have your child's name placed on the new interest list for summer and/or fall sessions of Tiny Tots.

Children enrolled in summer classes will receive priority registration for fall classes which begin September 4.

Kamp Kindergarten 2 weeks Ages 4½-5

Designed specifically for kids who will be attending kindergarten in fall 2012*, this mini-camp will keep your little ones on track and ready to succeed when they start kindergarten in the fall. Kamp provides endless fun, with learning centers for math skills, prereading, science, art, group activities, and play! Each session will highlight a different theme and cover new materials.

Instructors: Mani Ross & Kathie Lewis, Tiny Tots Preschool Teachers

Session 1 Wild, Wild, West

| | | | | | |
|-----------|------|---------------|-----------|------|------|
| #1179.210 | T/Th | 12:00-3:00 pm | 7/10-7/19 | \$59 | DACB |
| #1179.211 | T/Th | 12:00-3:00 pm | 7/10-7/19 | \$59 | EVCC |

Session 2 Pirate Adventure

| | | | | | |
|-----------|------|---------------|----------|------|------|
| #1179.220 | T/Th | 12:00-3:00 pm | 7/24-8/2 | \$59 | DACB |
| #1179.221 | T/Th | 12:00-3:00 pm | 7/24-8/2 | \$59 | EVCC |

Session 3 Circus Fun

| | | | | | |
|-----------|------|---------------|----------|------|------|
| #1179.230 | T/Th | 12:00-3:00 pm | 8/7-8/16 | \$59 | DACB |
| #1179.231 | T/Th | 12:00-3:00 pm | 8/7-8/16 | \$59 | EVCC |

*Must be 5 yrs. old by November 1, 2012. Proof of age must be submitted at time of registration.

Great Outdoor Summer Camp 3 weeks Ages 4-6

Join us for outdoor fun at Dixon Lake. This popular camp is designed especially for preschool children, ages 4-6, and will improve campers' outdoor knowledge and skills. Each session will include a ranger visit, hike, stories, games, and crafts.

Instructors: Kathie Lewis & Mani Ross, Tiny Tots Preschool Instructors

Session 1 Outdoor Skills

| | | | | | |
|-----------|---|--------------|----------|------|-------|
| #1160.200 | F | 9:00-1:00 pm | 7/6-7/20 | \$65 | DIXLK |
|-----------|---|--------------|----------|------|-------|

Session 2 Wildlife Around Us

| | | | | | |
|-----------|---|--------------|-----------|------|-------|
| #1160.210 | F | 9:00-1:00 pm | 7/27-8/10 | \$65 | DIXLK |
|-----------|---|--------------|-----------|------|-------|

*Tiny Tots Preschool classes
continued on next page.*



Preschool adventures

NEW

Wednesday Workshops

Ages 3-5

These Wednesday Workshops are designed to delight your preschooler by exploring a theme in-depth through stories, activities, and crafts. Each workshop will also include a child-made snack, tied to the theme. *Parent participation is not required.*

Animal Safari – **Instructor:** Kathie Lewis, Tiny Tots Preschool teacher
#1185.201 W 12:00-2:00 pm 7/11 *\$18 DACB

Ocean Voyage – **Instructor:** Jennifer Mendoza, Tiny Tots Preschool teacher

#1185.202 W 12:00-2:00 pm 7/25 *\$18 EVCC

Clue Adventure – **Instructor:** Mani Ross, Tiny Tots Preschool teacher
#1185.203 W 12:00-2:00 pm 8/8 *\$18 EVCC

*Fee includes all materials and a snack

NEW

My First Lab Camp

5 days

Ages 4-5

Become a junior Mad Scientist! This new camp is a great introduction to science. Preschoolers will explore their sense of sight, sound, smell, taste, and touch. Children will use a magnifying glass to discover the world of creepy crawly creatures and explore the science of the sea and the fascinating creatures that live there. Campers will become paleontologists by searching for fossils and participating in a mini dinosaur dig. Finally, take an exciting mission with Mad Science to explore the planets, moons, and stars. Take-home projects include a rainbow catcher, binoculars, bug box, T-Rex tooth model, and more!

Instructor: Mad Science

#1553.200 M-F 9:00-12:00 pm 7/23-7/27 *\$190 EVCC

*Fee includes all take-home projects

Tiny Tots Tumble Time

4 weeks

Ages 2-4

Bring your little tumblers and join us for some fun play time with other toddlers. Each week we will work with different tumbling mats and different stations, such as balance beam and a monkey bar. We will work on large motor skill development and will teach your child beginning gymnastics skills, such as rolls and handstands. Boys and girls are welcome.

Instructor: Flip to Cheer staff

Session 1

#1158.211 W 4:45-5:20 pm *6/20-7/18 \$39 PACC

Session 2

#1158.221 W 4:45-5:20 pm 7/25-8/15 \$39 PACC

*No class 7/4

CHEERNASTICS—POMMETTES

4 weeks

Ages 4-12

So you would like to be a cheerleader—well, here's the class for you! Your child will enjoy learning the different aspects of cheerleading, including basic arm movements, jumps, cheers, basic cheer tumbling (cartwheels, roundoffs, etc.), and stunting. Although the class age range is large, the class will be broken into two different age groups and ability levels after the first class. Students will have opportunities to perform at fun local summer events.

Instructor: Tammy Atyim & Flip to Cheer staff

Session 1

#1448.212 W 5:25-6:10 pm *6/20-7/18 \$39 PACC

Session 2

#1448.222 W 5:25-6:10 pm 7/25-8/15 \$39 PACC

Optional: Poms may be purchased in class for an additional fee.

*No class 7/4

pee Wee PLAY TIME

Created for experts in rolling, crawling, waddling, and trotting!

Your child can crawl through tunnels, run through obstacles, and throw balls while enjoying music and socializing with other children. Activities and play equipment will be modified every month to provide new experiences for children's growing young minds. All activities are parent-led and self-guided. Drop in for 30 minutes or stay for a couple of hours.

This open gym time is just for you and your favorite explorer!

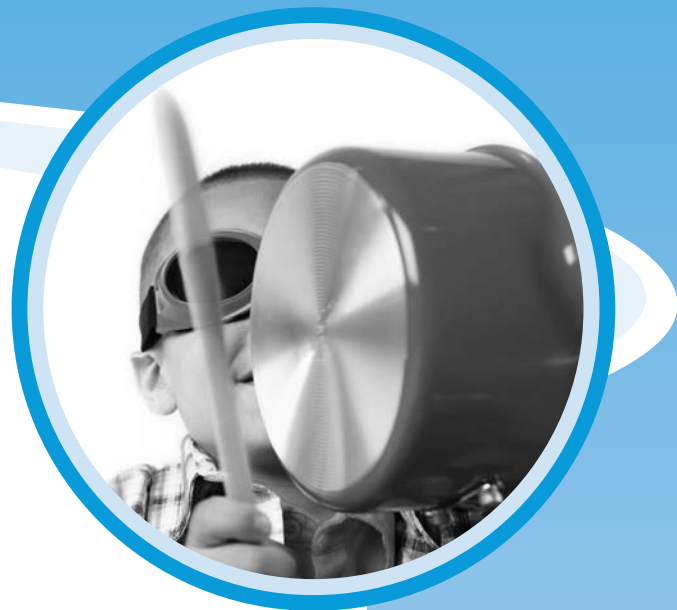
Every Monday & Wednesday 8:30 a.m.-12:00 p.m. Ages 0-5
\$3 for first child, each additional child \$1
Location: EVCC



MUSICSTAR® Kidz 8 weeks Ages 6 mos.-3

Music is a powerful tool to develop the whole child. Activities are designed to improve mind-body coordination, improve senses, and develop critical listening and reasoning skills. Your little one will learn about rhythm and musical instruments as they play simple melodies and percussion instruments with a group.

Instructor: Sanctioned MUSICSTAR® staff
 #1169.200 W 9:30-10:30 am *6/20-8/15 **\$88 MCC
 *No class 7/4 **\$15 material fee due at first class



MUSICSTAR® Kidz Young Explorers Ages 3-5

8 weeks
 MUSICSTAR® Kidz explores music as a powerful tool to develop the whole child. All activities are designed to improve mind and body coordination, develop critical listening, auditory feedback, and spatial-temporal reasoning skills. All the while, children and their parents will enjoy an action-packed and fun-filled session immersed in music, singing, and dance!

Instructor: Sanctioned MUSICSTAR® Staff
 #1168.200 W 10:30-11:30 am *6/20-8/15 **\$88 MCC
 *No class 7/4 **\$15 material fee for Student Pack due at first class

Preschool Karate for Beginners

5 weeks Ages 2-5
 Preschoolers will begin to learn the basic kicks, punches, and blocks of karate. Karate will help in the development of motor skills, balance, and coordination. This class makes karate fun to learn by using props and preschool learning techniques. Children will also be taught to make good choices, listen, and follow directions.

Instructor: Leah Snead & staff

| | | | | | |
|------------------|---|----------------|-----------|------|------|
| Session 1 | | | | | |
| #1441.210 | T | 10:00-10:45 am | 6/19-7/17 | \$59 | EVCC |
| Session 2 | | | | | |
| #1441.220 | T | 10:00-10:45 am | 7/24-8/21 | \$59 | EVCC |

Advanced Preschool Karate

5 weeks Ages 2-5
 The instructor will move up beginner preschool karate students into this class. Children will begin learning stances, combination moves, correct form and technique, and Katas. *Uniforms are required at this level.*

Instructor: Leah Snead & staff

| | | | | | |
|------------------|---|----------------|-----------|------|------|
| Session 1 | | | | | |
| #1442.210 | T | 10:45-11:30 am | 6/19-7/17 | \$59 | EVCC |
| Session 2 | | | | | |
| #1442.220 | T | 10:45-11:30 am | 7/24-8/21 | \$59 | EVCC |

Share a Dream Scholarship Program

Escondido youth whose families qualify as low and moderate income can participate in Escondido Recreation's programs at a reduced fee!



- Learn-to-Swim
- On Track Kid's Camp
- Escondido Sports Center Programs
- Dance, Music, Arts & Crafts, Specialty Camps
- Tennis, Gymnastics, and more!
- Tiny Tots Preschool

For more information or application packets, call **760-839-4691** or visit recreation.escondido.org

Interested in Sharing Our Dream?

Help support the scholarship program by donating \$1 or more when you register for Escondido classes and activities.



Look for these Preschool Classes to return in the fall:

- PeeWee Preschool
- Play & Learn
- Cooking
- Gymnastics
- Ice Skating

Youth ENRICHMENT



Video Game Design Camp

5 days

Ages 9-17

Video Game Design: Design and build your own Windows-based video games. Emphasizing a creative and inventive process with a no-violence policy, participants will learn the basic mechanics of game design including object-oriented programming. Participants will take home their own video game to share with family and friends.

Advanced Video Game Design: As a continuation of our original Video Game Design camp, participants will learn to put the basic mechanics into more action. The advanced class will teach participants how to apply game physics and offer an introduction to scripted programming that lends itself towards platform gaming. Participants will take home their own video game to share with family and friends.

Instructor: T3ch Zoom (Gyrodiments, Inc.)

Video Game Design

#1631.200 M-F 9:00-12:00 pm 7/30-8/3 **\$190 EVCC

Advanced Video Game Design

#1632.200 M-F 9:00-12:00 pm 8/13-8/17 **\$190 EVCC

**\$10 material fee due at first class

MUSICSTAR® Youth Guitar 8 weeks Ages 7-17

Learn to play one of the world's most popular instruments with kids your age! Perfect for beginners, this class requires no experience and students will learn to play basic chords and simple melodies in a fun environment. No guitar? No problem. Teacher approved guitars can be rented or purchased from MUSICSTAR® one week before class begins.

Instructor: MUSICSTAR® Staff

#1327.200 W 5:00-6:00 pm *6/20-8/15 **\$88 MCC

*No class 7/4

**\$15 material fee for Student Pack, which includes the Course Book and DVD due at first class

Clay for all Ages 6 weeks Ages *6-Adult

Have you ever wanted to make your own clay creations? Enjoy this fun-filled class for all ages. Come alone or bring family and/or a friend for an evening of creativity. Learn basic clay methods and techniques used for years to create works of art. No previous clay experience necessary.

Instructor: Kim Kelly, B.F.A in Ceramics, Artist and Teacher

#2137.200 W 6:00-7:30 pm **6/20-8/1 ***\$65 EVCC

*Ages 6-11 can participate with an adult enrolled in class

No class 7/4 *\$30 material fee due at first class

SUMMER READING CLUBS FOR KIDS & TEENS

Dream Big
READ!

Pre-K thru 6th Grade

June 11-Aug. 4

FREE Weekly Programs & Prizes

For info on registration & weekly programs, go to <http://library.escondido.org>



Grades 7-12

Escondido Public Library
239 S. Kalmia St., Escondido, CA 92025
760.839.4837

Sponsored by
the Friends of the Escondido Public Library

NEW

MUSICSTAR® Songwriter Workshop

8 weeks

Ages 8-15

Get your creative juices flowing in this amazing class. Learn the basics about songwriting and participate in creating the world's newest music. Participants will explore the fundamentals of song creation, write lyrics and music as well as have a chance to collaborate on various projects.

Instructor: Sanctioned MUSICSTAR® staff

#1328.200 T 4:00-5:00 pm 6/19-8/7 **\$88 MCC

**\$15 material fee due first class

Growing with Your Child
for youth, ages 8-12 & their parents
see page 28

YOUTH Dance & Fitness



Ballet 7 weeks

Ages 4-18

Let your child experience the joys of dancing! These ballet classes teach poise, coordination, and classical ballet technique in a positive and imaginative atmosphere.

Instructor: Cindy Ahler

Pre Ballet

| | | | | | | |
|-----------|----|---------------|-----------|------|------|-----|
| #1310.215 | W | 3:30-4:15 pm | 7/11-8/22 | \$63 | EVCC | 4-5 |
| #1310.202 | Sa | 9:30-10:15 am | 7/14-8/25 | \$63 | EVCC | 4-5 |

Fundamentals of Ballet

| | | | | | | |
|-----------|---|--------------|-----------|------|------|-----|
| #1310.201 | T | 3:30-4:30 pm | 7/10-8/21 | \$63 | EVCC | 5-7 |
|-----------|---|--------------|-----------|------|------|-----|

Beginning Ballet

| | | | | | | |
|-----------|----|----------------|-----------|------|------|------|
| #1310.205 | Sa | 10:15-11:15 am | 7/14-8/25 | \$63 | EVCC | 6-10 |
|-----------|----|----------------|-----------|------|------|------|

Ballet 1/2/3 (prerequisite Beg. Ballet)

| | | | | | | |
|-----------|----|----------------|-----------|------|------|------|
| #1310.204 | Th | 3:30-4:30 pm | 7/12-8/23 | \$63 | EVCC | 6-10 |
| #1310.207 | Sa | 11:15-12:15 pm | 7/14-8/25 | \$63 | EVCC | 6-10 |

Ballet 3/4/5

| | | | | | | |
|-----------|---|--------------|-----------|------|------|----|
| #1310.206 | W | 4:30-5:45 pm | 7/11-8/22 | \$63 | EVCC | ** |
|-----------|---|--------------|-----------|------|------|----|

Advanced Ballet

| | | | | | | |
|-----------|----|--------------|-----------|------|------|----|
| #1310.212 | Th | 4:30-5:45 pm | 7/12-8/23 | \$63 | EVCC | ** |
|-----------|----|--------------|-----------|------|------|----|

Pointe (concurrent enrollment in Advanced or 3/4/5 required)

| | | | | | | |
|-----------|---|--------------|-----------|------|------|----|
| #1310.210 | T | 4:30-5:45 pm | 7/10-8/21 | \$53 | EVCC | ** |
|-----------|---|--------------|-----------|------|------|----|

**Instructor approval required.

Hip Hop 8 weeks

Ages 6-13

Learn the latest dance moves while dancing to very upbeat and rhythmic music. This class is packed with energy and fun. All skill levels welcome.

Instructor: Dance Fitness Inc. staff

| | | | | | |
|-----------|---|--------------|----------|------|-----|
| #1350.210 | M | 4:00-5:00 pm | 6/18-8/6 | \$64 | MCC |
|-----------|---|--------------|----------|------|-----|

Hula (Polynesian Dance) 10 weeks

Ages 6-Adult

Aloha! Talofa! La orana! K'a ora! Come and learn the enchanting Polynesian dances of Hawaii, Samoa, Tahiti, and New Zealand. You will be sure to enjoy a morning of fun as you experience Polynesian culture through dance. Bring a friend and double your fun!

Instructor: Dawn Cheek, 40 years teaching experience

| | | | | | |
|-----------|----|--------------|-----------|--------|-----|
| #2231.200 | Sa | 1:00-2:00 pm | *6/30-9/8 | **\$65 | MCC |
|-----------|----|--------------|-----------|--------|-----|

*No class 7/7

**\$5 discount each additional family member

USA Jump Stars Mini Camp

5 days

Ages 6-13

Do you like the movie *Jump In?* USA Jump Stars promotes jump rope as a way to create a healthy body and mind while developing personal values, team spirit, and sportsmanship through competition and live performance. Learning competitive jump rope tricks is challenging, fun, and great exercise. This camp will teach single rope, Chinese wheel, two person/one rope, traveler, double dutch and long rope.

Instructor: Melinda Everett, national jump rope champion

| | | | | | |
|-----------|-----|--------------|-----------|------|------|
| #1435.200 | M-F | 1:00-3:00 pm | 6/25-6/29 | \$65 | EVCC |
|-----------|-----|--------------|-----------|------|------|

NEW

CROSSFIT BIG FUN FAMILY CAMP

5 weeks/2 days

Ages 8-Adult

CrossFit Xystum is bringing the "Sport of Fitness" to your entire family by offering two camps this summer; one for the kids and one for you! Keep your family healthy and active in this "big fun" and exciting CrossFit environment. Coaches will lead your child through challenging team workouts including rope climbing, fire hose dragging, tire flips, water balloon tosses, gymnastics, and more! Even if you or your child are not inclined to exercise, our coaches and activities will make exercise FUN and not a chore. Not only will these individualized camps for children and adults improve self-esteem, they will also improve your child's (and your!) endurance, stamina, flexibility, strength, power, speed, coordination, balance, agility, and accuracy. 3, 2, 1... GO!

Instructor: Judy Fitzgerald & Patrick Mora, CrossFit Level 1 & CrossFit Kids Certified

Children's Class

Session 1

| | | | | | | |
|-----------|------|----------------|-----------|--------|-----|-----------|
| #2644.211 | M/Th | 10:00-10:50 am | 6/18-7/19 | **\$85 | CFX | Ages 8-12 |
|-----------|------|----------------|-----------|--------|-----|-----------|

Session 2

| | | | | | | |
|-----------|------|----------------|-----------|--------|-----|-----------|
| #2644.212 | M/Th | 10:00-10:50 am | 7/23-8/23 | **\$85 | CFX | Ages 8-12 |
|-----------|------|----------------|-----------|--------|-----|-----------|

Optional Classes for Parents

Session 1

| | | | | | | |
|-----------|------|----------------|-----------|------|-----|--------|
| #2645.211 | M/Th | 10:00-10:50 am | 6/18-7/19 | \$65 | CFX | Adults |
|-----------|------|----------------|-----------|------|-----|--------|

Session 2

| | | | | | | |
|-----------|------|----------------|-----------|------|-----|--------|
| #2645.212 | M/Th | 10:00-10:50 am | 7/23-8/23 | \$65 | CFX | Adults |
|-----------|------|----------------|-----------|------|-----|--------|

**\$20 discount each additional sibling



YOUTH

Dance & Fitness



ARCHERY 7 weeks

Ages 7-Adult

Beginning: Come experience the powerful excitement of shooting a bow! Students will gain knowledge of archery as a sport, learn about required equipment, and practice current techniques. Safety rules and procedures will be taught and enforced.

Intermediate: Take your experience of shooting a bow to the next level! This class will build on the basic fundamentals of the beginning class with an emphasis on the archer's form and shooting farther distances. Students will gain more body awareness and learn how the mechanics of their form affect arrow flight. Mental strategies of the sport will be introduced along with scoring protocol. A fun class competition will be held at the end of the session. Beginning Archery class is a prerequisite.

Instructor: Rho Densmore, USA Archery Level 4-NTS Coach, ASEP Certified in Coaching Principles, & Certified NASP Instructor Trainer

Beginning

#1477.200 Sa 9:00-9:55 am *6/23-8/11 **\$84 MVP

Intermediate

#1478.200 Sa 10:00-10:55 am *6/23-8/11 **\$84 MVP

*No Class 7/14 **\$5 Material fee due at first class

All equipment is provided for archery classes; recurve bows will be used.

Intro to Fencing Camp

5 days

Ages 9-12

Learn the sport of fencing! This introductory class will teach the difference between foil, epee, and sabre in the Olympic sport of fencing. Campers will learn the basics of dueling while using strategy, conditioning, score keeping, and refereeing skills.

Instructor: Sergey Kobzar, 30 years of experience and Master's Degree in Sport Fencing

#1412.200 M-F 10:00-1:00 pm 7/23-7/27 **\$65 SDFC

**\$15 material fee due at first class

Gymnastics Camp 3 days

Ages 5-12

This exciting gymnastics camp will have you jumping for joy! Campers will stay active learning proper safety techniques and use of the trampoline, bars, balancing beams, vault, and more.

Instructor: Robbie Ash-Doherty, USAG & KAT cert. staff

Session 1

#1455.210 M-W 9:00-11:00 am 7/16-7/18 \$66 MCC

Session 2

#1455.220 M-W 9:00-11:00 am 8/20-8/22 \$66 MCC

Youth Tennis 5 weeks

Ages 7-14

Give your child the opportunity to learn a lifelong sport, develop hand-eye coordination and agility, and build self-confidence. Children will learn basic strokes in a fun and supportive group lesson. *Bring tennis racquet and one can of new, unopened "extra duty" tennis balls.*

Instructor: David Parker, USPTA Certified

Session 1

#1426.213 Beg. T 9:30-10:30 am 6/19-7/17 \$45 KCP 7 & 8 7-10

#1426.214 Beg/Int. T 10:30-11:30 am 6/19-7/17 \$45 KCP 7 & 8 11-14

#1426.215 Beg. Th 9:30-10:30 am 6/21-7/19 \$45 MVP 1 & 2 7-10

#1426.216 Beg/Int. Th 10:30-11:30 am 6/21-7/19 \$45 MVP 1 & 2 11-14

Session 2

#1426.223 Beg. T 9:30-10:30 am 7/24-8/21 \$45 KCP 7 & 8 7-10

#1426.224 Beg/Int. T 10:30-11:30 am 7/24-8/21 \$45 KCP 7 & 8 11-14

#1426.225 Beg. Th 9:30-10:30 am 7/26-8/23 \$45 MVP 1 & 2 7-10

#1426.226 Beg/Int. Th 10:30-11:30 am 7/26-8/23 \$45 MVP 1 & 2 11-14

CHEERNASTICS—POMMETTES

4 weeks

Ages 4-12

So you would like to be a cheerleader—well, here's the class for you! Your child will enjoy learning the different aspects of cheerleading, including basic arm movements, jumps, cheers, basic cheer tumbling (cartwheels, roundoffs, etc.), and stunting. Although the class age range is large, the class will be broken into two different age groups and ability levels after the first class. Students will have opportunities to perform at fun local summer events.

Instructor: Tammy Atyim & Flip to Cheer staff

Session 1

#1448.212 W 5:25-6:10 pm *6/20-7/18 \$39 PACC

Session 2

#1448.222 W 5:25-6:10 pm 7/25-8/15 \$39 PACC

Optional: Poms may be purchased in class for an additional fee.

*No class 7/4

TUMBLE KIDS 4 weeks

Ages 4-12

Let's tumble! Our fun-filled class focuses on all aspects of tumbling. Students will learn the basics of gymnastics including somersaults, handstands, and cartwheels. We use fun mats in different shapes, floor balance beams, small trampolines, and more to help learn and improve skills. This class is great for both boys and girls, and all levels of experience are welcome!

Instructor: Flip to Cheer staff

Session 1

#1444.210 W 6:15-7:00 pm *6/20-7/18 \$39 PACC

Session 2

#1444.220 W 6:15-7:00 pm 7/25-8/15 \$39 PACC

*No Class 7/4

Destination:
Recreation, Education



Summer Camp

All-Day Camps for ages 5-7 Oak Hill Activity Center

The On Track Kid's Camp offers ten action-packed weeks of outrageous games, arts & crafts, and a ton of fun! Each week will be topped off with a trip to Washington Park Pool!

Camp Days/Hours Monday-Friday, 7:00 am-6:00 pm

Location Oak Hill Activity Center,
405 S. Midway Drive
(Camp will be held at Washington
Park Recreation Bldg. on Fridays)



Fee \$75 per camper

- The second and third sibling registered for camp will each receive a \$10 discount.
- A \$25 deposit per camp will reserve a space for your child.

Registration Deadline 5:00 p.m. on Monday one week prior to the first day of your child's camp.

- Session 1** ~ June 11-15
#3331.201
- Session 2** ~ June 18-22
#3331.202
- Session 3** ~ June 25-29
#3331.203
- Session 4** ~ *July 2-6
#3331.204
*No camp on July 4
- Session 5** ~ July 9-13
#3331.205
- Session 6** ~ July 16-20
#3331.206
- Session 7** ~ July 23-27
#3331.207
- Session 8** ~ July 30-Aug. 3
#3331.208
- Session 9** ~ August 6-10
#3331.209
- Session 10** ~ August 13-17
#3331.210

POWER



MOBILE RECREATION PROGRAM

creates a safe outdoor environment where children can participate in creative crafts, age-appropriate games, and other fun activities in their own neighborhood, while being supervised by well-trained recreation leaders.

AGES 6-14

JUNE 19-AUGUST 16

**Tues & Thurs – 10 am to 2 pm
Grove Park**

Please call 760-839-4382 for updated information.





Adventure Camp

All-Day Camps for ages 8-12
Washington Park Recreation Bldg.

Each week of camp will be filled with the most outrageous games, arts and crafts, cooling off by the pool, and summertime special events that are sure to make the summer unforgettable.

Camp Days/Hours Monday-Friday, 7:00 am-6:00 pm
Optional field trips scheduled on Fridays.

Location Washington Park, 501 N. Rose Street

Fee \$85 per camper; optional weekly field trips available for additional fee (see below). Must be enrolled in camp to enroll in field trip for that week.

- The second and third sibling registered for camp will each receive a \$10 discount. No sibling discount for field trips.
- A camp T-shirt must be purchased for an additional \$10 for each camper attending field trips.
- A \$25 deposit per camp will reserve a space for your child.

Registration Deadline 5:00 pm on Monday one week prior to the first day of your child's camp.



- Session 1** ~ June 11-15
#3332.201
- Session 2** ~ June 18-22
#3332.202
- Session 3** ~ June 25-29
#3332.203
- Session 4** ~ *July 2-6
#3332.204 *No camp on July 4
- Session 5** ~ July 9-13
#3332.205
- Session 6** ~ July 16-20
#3332.206
- Session 7** ~ July 23-27
#3332.207
- Session 8** ~ July 30-Aug. 3
#3332.208
- Session 9** ~ August 6-10
#3332.209
- Session 10** ~ August 13-17
#3332.210

- Optional Field Trips
- Knott's Berry Farm**
#3333.201 ~ \$35
 - Universal Studios**
#3333.202 ~ \$45
 - The Wave Waterpark**
#3333.203 ~ \$25
 - Knott's Soak City**
#3333.204 ~ \$35
 - Boomers/Bowling**
#3333.205 ~ \$25
 - San Diego Zoo**
#3333.206 ~ \$35
 - Legoland**
#3333.207 ~ \$35
 - Nickel City/Movies**
#3333.208 ~ \$25
 - Knott's Soak City**
#3333.209 ~ \$35
 - Disneyland**
#3333.210 ~ \$65



C.I.T. - COUNSELOR IN TRAINING PROGRAM

For Ages 13-15

Summer

The Counselor-in-Training (C.I.T.) Program will help your teen build leadership skills while also enjoying arts & crafts, team-building activities, special events, and field trips! C.I.T. participants will implement the skills they have learned by volunteering in the On Track Kid's Camp Programs. Participants who successfully complete a session of the program will receive a Certificate of Completion.



C.I.T. Days/Hours Monday-Friday, 9:00 am-5:00 pm
Field trips scheduled on Fridays

Locations Washington Park Rec. Bldg., 501 N. Rose Street
Oak Hill Activity Center, 405 S. Midway Drive

Fee \$180 per C.I.T.; \$240 for Session 3
•Free T-shirt included with first session's enrollment.
(Additional shirts cost \$10.)
•A \$25 deposit per C.I.T. will reserve a space for your child



On Track Kid's Camp/ C.I.T. registration form available online: recreation.escondido.org

Session 1 ~ June 11-15, June 18-22, & June 25-29

#3375.200

Field Trips 6/15 - Knott's Berry Farm
6/22 - Universal Studios
6/29 - The Wave Water Park

Session 2 ~ *July 2-6, July 9-13, & July 16-20

#3376.200

Field Trips *No camp on July 4
7/6 - Knott's Soak City
7/13 - Boomers/Bowling
7/20 - San Diego Zoo

Session 3 ~ July 23-27, July 30-Aug. 3, Aug. 6-10, & Aug. 13-17

#3377.200

Field Trips 7/27 - Legoland
8/3 - Nickel City/Movies
8/10 - Knott's Soak City
8/17 - Disneyland





SPECIALTY

I Heart Art

5 days

Ages 5-12

Sea life Adventure: Join us for an exciting sea life adventure and explore many mediums to create one-of-a-kind works of sea life art! **All About Me:** You are special and unique just the way you are. Come create some fun works of art that are all about you and include drawing, painting, and coloring!

Instructor: Vanessa Throgmorton

Sea life Adventure

#1211.201 M-F 10:00-12:00 pm 6/18-6/22 **\$99

EVCC

All About Me

#1211.202 M-F 10:00-12:00 pm 7/9-7/13 **\$99

EVCC

**\$10 material fee due at first class

More Camps

- My First Lab ~ page 6
- Video Game Design ~ page 8
- USA Jump Stars ~ page 9
- Intro to Fencing & Gymnastics ~ page 10

Math Zoom Camp

5 days

Ages 9-17

We'll work together to nurture and engage students' interest in math and develop lifelong analytical, logical, and critical thinking skills. Discovering patterns and correlations between numbers and developing better number sense will make understanding concepts easier. Children in our club will show better confidence, problem solving, critical thinking abilities, and more. In this club, we'll enjoy fun math activities and exciting in-class math competitions!

Instructor: Math Zoom (Gyrodimentsions, Inc.)

#1569.200 M-F 1:00-4:00 pm 6/11-6/15 \$160 EVCC



SPIRIT CAMP

4 days

Ages 5-11

This is a wonderful camp for every future cheerleading and baton twirler. Participants will learn the basics of two distinctly different performing arts. We will learn the basics of cheerleading including jumps, arm motions, cheers, dances, and the exciting sport of baton twirling. An excellent sport for building self-esteem, participants will enjoy learning new twirling skills together. Gaining knowledge of basic tumbling skills such as rolls, handstands, and cartwheels will fill up our days as well. With an emphasis on structuring the camp to each child's unique skill level, campers will be proud to perform a short demo on the last day of class.

Instructor: Flip to Cheer staff
#1454.200 M-Th 9:30-12:00 pm

6/25-6/28

\$79

MCC

MovieWorkz Camps

5 days

Ages 7-13

MovieWorkz Stop Motion Animation: This is an awesome opportunity for your child to explore stop motion animation production. Children will learn about image capturing, video recording techniques, and more. This program offers many avenues of multi-disciplinary creative and artistic expression. Cameras and computer equipment are provided.

MovieWorkz Broadcast Channel: This is a unique and interactive media arts program that puts students in front of and behind the camera. Just like a working television channel, participants will create and design different types of programming, ranging from television interviews and talk shows to newscasts and entertainment features. Cameras and computer equipment are provided.

Instructor: CREATIVE BRAIN® LEARNING Instructor

MovieWorkz Stop Motion Animation

#1250.200 M-F 9:00-12:00 pm 6/25-6/29 **\$129 EVCC

MovieWorkz Broadcast Channel

#1248.200 M-F 9:00-12:00 pm 7/23-7/27 **\$129 EVCC

**\$15 material fee due at first class

CAMPS

COOKING CAMP

5 days
 Calling all chefs in training! Come enjoy a tasty week full of cooking fun and creativity. Our chefs will learn basic cooking skills and kitchen/food safety, all while taking kid favorite recipes and turning them into healthy, nutritious meals. Of course, chefs will get to eat what they have created.

Instructor: Sheila Timmons
Registration/refund deadline: 7/5
 #1149.201 M-F 10:00-12:00 pm
 **\$98 EVCC

Registration/refund deadline: 7/12
 #1149.202 M-F 10:00-12:00 pm
 **\$98 EVCC

**\$20 material fee due at first class

Ages 6-13

Ages 6-9
 7/9-7/13

Ages 10-13
 7/16-7/20

Engineering Fundamentals with Legos®

5 days **Ages 5-12**

Pre-Engineering for ages 5-6: Have your child become a Play-Well Engineer this summer! Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO system. With access to over 100,000 pieces of LEGOs, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them.

Engineering Fundamentals for ages 7-12: Students take on real-life engineering challenges that explore concepts in physics, architecture, and, mechanical and structural engineering with over 100,000 pieces of LEGOs. From racecars to Battletracks, this is a hands-on and minds-on camp suitable for LEGO novices to "maniacs." Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension, all while having fun.

Instructor: Play-Well TEKologies

Ages 5-6
 #1587.201 M-F 9:00-12:00 pm 8/6-8/10 \$190 EVCC

Ages 7-12
 #1587.202 M-F 1:00-4:00 pm 8/6-8/10 \$190 EVCC

MUSICSTAR® Rock Academy

5 days **Ages 7-13**
 Rock Academy is a high-octane program that offers a real rock band experience! Aspiring rock stars will receive instruction on electric guitar, keyboard, bass, drums, and vocals. Students will be coached on making music together as a band, based on common song material for all instruments. Instruments will be provided, so let's ROCK!

Instructor: Sanctioned MUSICSTAR® staff
 #1616.200 M-F 9:00-12:00 pm 7/16-7/20 **\$129 EVCC
 **\$15 material fee due at first class

Sports Bots Engineering with Legos®

5 days **Ages 7-12**

We will design and build motorized remote-controlled sports bots to compete in rousing games like soccer, hockey, basketball, football, quidditch, and bocce, among others. You may also invent your own sport. Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension, all while having fun.

Instructor: Play-Well TEKologies

#1590.200 M-F 1:00-4:00 pm 6/18-6/22 \$190 EVCC

ARCHERY CAMP

5 days **Ages 7-17**

Archery Camp is an excellent way to introduce children and teenagers to the sport of archery in a supportive environment. Students will learn the basic elements of shooting, and proper safety rules and procedures. It will be a fun-filled week with individual and group games and activities designed to help young archers improve technique. All levels are welcome. Equipment is provided and recurve bows will be used.

Instructor: Rho Densmore, USA Archery Level 4-NTS Coach, ASEP Certified in Coaching Principles, National and World Champion Archer

#1479.200 M-F 9:00-11:30 am
 8/6-8/10 \$99 MVP

Creative Theatre

5 days **Ages 6-12**

Children will learn improvisational games and exercises to warm up their acting muscles. Then, they will work together to create an original play, which they will then bring to life and perform for parents and friends on the last day of camp. Returning students are always welcome!

Instructor: Lara Seltzer/Staff

Session 1
 #1301.210 M-F 9:00-3:00 pm 7/16-7/20 **\$127 KCP

Session 2
 #1301.220 M-F 9:00-3:00 pm 7/23-7/27 **\$127 KCP
 **\$8 material fee due at first class

TEEN Scene



Video Game Design Camp

5 days

Ages 9-17

Video Game Design: Design and build your own Windows-based video games. Emphasizing a creative and inventive process with a no-violence policy, participants will learn the basic mechanics of game design including object-oriented programming. Participants will take home their own video game to share with family and friends.

Advanced Video Game Design: As a continuation of our original Video Game Design camp, participants will learn to put the basic mechanics into more action. The advanced class will teach participants how to apply game physics and offer an introduction to scripted programming that lends itself towards platform gaming. Participants will take home their own video game to share with family and friends.

Instructor: T3ch Zoom (Gyrodimentsions, Inc.)

Video Game Design

#1631.200 M-F 9:00-12:00 pm 7/30-8/3 **\$190 EVCC

Advanced Video Game Design

#1632.200 M-F 9:00-12:00 pm 8/13-8/17 **\$190 EVCC

**\$10 material fee due at first class

MUSICSTAR® Youth Guitar

8 weeks

Ages 7-17

Learn to play one of the world's most popular instruments with kids your age! Perfect for beginners, this class requires no experience and students will learn to play basic chords and simple melodies in a fun environment. No guitar? No problem. Teacher approved guitars can be rented or purchased from MUSICSTAR® one week before class begins.

Instructor: MUSICSTAR® Staff

#1327.200 W 5:00-6:00 pm *6/20-8/15 **\$88 MCC

*No class 7/4

**\$15 material fee for Student Pack, which includes the Course Book and DVD due at first class

Babysitter's Training 2 days Ages 11-18

The American Red Cross created this course to prepare babysitters for this important job. Components include a guide to leadership, the business aspect of babysitting, and how to keep yourself and the children safe while on the job. Participants will learn about child development, encouraging positive behavior, and discipline techniques. Know how to handle all the essentials of basic child care, and if an emergency occurs, be ready with basic first aid training; including how to deal with breathing emergencies and an introduction to CPR skills. Students will receive an American Red Cross book.

Instructor: Blythe Paley, Red Cross Certified

#1604.200 T/W 3:30-6:30 pm 6/26-6/27 **\$48 EVCC

**\$26 material fee due at first class

Teen Makeup & Skin Care Ages 12-17

Master the step-by-step makeup application techniques that will enhance your natural beauty! Succeed in covering and treating acne and dark under-eye circles. Learn how to take care of your skin to ensure a beautiful, clear complexion. Plus, you'll be shown how to create different looks for different occasions. Instructor Michelle Jackson is one of Hollywood's leading celebrity makeup artists for television, motion pictures, and *Vogue* magazine. She specializes in interpreting the hottest trends from the high-fashion runways into "real life" looks.

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

#1622.200 Sa 10:00-12:30 pm 6/30 **\$49 EVCC

**\$30 material fee for makeup kit due at workshop

Teens ONLY Intro to Fencing Camp

5 days

Ages 13-17

En Garde! Master the sword with this beginning camp for teens. Fencing is an Olympic sport that teaches discipline, and strategy. These skills carry over into everyday life and help teens get in shape, have fun, and relieve stress!

Instructor: Sergey Kobzar

#1419.200 M-F 10:00-1:00 pm 7/30-8/3 **\$65 SDFC

**\$15 material fee due at first class

MORE CLASSES FOR TEENS

Clay for All Ages - page 8

CrossFit Big Fun Family Camp - page 9

Ballet - pages 9 & 30

Beginning & Intermediate Archery - page 10

Tennis - pages 10 & 33

Math Zoom Camp - page 14

Archery Camp - page 15

Adult, Infant, & Child CPR/AED - page 29

Hula & Ballroom Dance - page 30

Taekwondo & Zumba - page 32

Summer Aquatics

Group Reservations

Open swim is still available Mon–Fri for large groups that reserve in advance. This is the perfect opportunity for large groups to stay cool during hot summer months.

Call 760-839-4204 to make reservations.

Open Swim Program

Our Open Swim program is designed for recreational swimmers of all ages and abilities!

Children under eight years must be accompanied by an adult at all times on the deck, in locker room, and in the pool. Children who are not toilet trained must wear vinyl pants or a swim diaper. Diapers are sold at the pool for \$1.00.

James A. Stone Pool

131 W. Woodward Ave.
760-839-4810

June 15–August 17
Fridays, 1:00–4:00 pm

Washington Park Pool

501 N. Rose St.
760-839-4660

June 13–August 18
Wednesdays, 1:00–3:00 pm
Fridays, 1:00–3:00 pm
Saturdays, 2:00–6:00 pm

Cost: \$3 per person



June 14, 2012
*See page 24 for event details



Pool Parties

James Stone & Washington Park Pools

Host a fun and safe party this summer.

You can stay cool at the pool when you celebrate your special event with us!
We provide the lifeguards and you bring the party!

NEW Birthday Party Packages

Upgrade your pool party by adding on a birthday package!
We provide pizza, cake, and decorations along with a lifeguarded pool!

Upgrade fee based on party attendance.

Call 760.839.4204
for more information and availability.



Summer Aquatics

NEW

RECREATION WATER POLO LEAGUE



Ages 15 yrs. & older

Fee: \$75*

Stay in shape and have fun playing water polo, right here in Escondido! This coed, pick-up style water polo program is designed to give water polo enthusiasts a place to play all summer!

*Drop-in fee \$10 per day

**Children under 18 must have a parent waiver signed, prior to entering the water.

Sunday
#4159.210

Pool
WP

June 17-Aug. 12
2:00 pm



SPLASHBALL

Ages 5-9

Fee: \$90

Designed for kids ages 5-9, Splashball will provide the novice player with all the FUNdamentals of water polo while developing the essentials of teamwork and sportsmanship. Splashball also helps to create a water safe child in a fun setting, effortlessly learning swimming and water safety principles as part of the Splashball coaching technique.

Instructor: Certified USA Water Polo Coach

Ages 5 & 6

M/W **Pool** **June 18-Aug. 8***
4153.210 JS 2:00-2:50 pm

Ages 7-9

M/W **Pool** **June 18-Aug. 8***
4153.220 JS 1:00-1:50 pm

*No class July 4

**Participants are required to hold a valid USA Water Polo Membership. Memberships are \$25 and can be obtained at www.splashballusa.org.

GROMMETS COED WATER POLO

Ages 10-14

Fee: \$200

Don't miss the opportunity to be part of one of the fastest growing sports in San Diego! The Aquatic Club of Escondido is housing a year-round competitive coed water polo team. Athletes will learn basic water polo skills, game strategies, and teamwork. The team plans to compete against other Grommets teams in San Diego. All skill levels are encouraged to join!

Instructor: Certified USA Water Polo Coach

T/Th **Pool** **June 12-Aug. 16**
4150.201 JS 7:30-9:00 pm



ACE RIPTIDES COMPETITIVE WATER POLO CLUB

Ages 18 years & Under **Fee: \$325**

The Aquatic Club of Escondido is gaining recognition with their Riptides Water Polo Club. The club is comprised of some of the top water polo players, not only in Escondido but all of North County! Stay in shape and improve your game all year long!

Instructor: Certified USA Water Polo Coach, Kevin Weinberger

Location: WP

Boys 18U **4155.210**
6/4-8/4* M/W 8:00-9:30 pm
Sa 11:30-1:30 pm
CHAWP Hale Tournament

Boys 16U **4155.220**
6/4-8/4* M/W 8:00-9:30 pm
Sa 11:30-1:30 pm
Cal State Games Tournament

Girls 18U **4157.210**
6/5-8/4 T/Th 8:00-9:30 pm
Sa 11:30-1:30 pm
CHAWP Hale Tournament

Girls 16U **4157.220**
6/5-8/4 T/Th 8:00-9:30 pm
Sa 11:30-1:30 pm
Cal State Games Tournament

*No class July 4

**Players must be registered with USA Water Polo. Memberships can be obtained at www.usawaterpolo.com.

ACE MAKOS SWIM CLUB

Swim Club fees as low as \$60 per month!

The club aims to embrace not only the elite swimmer but the novice swimmer as well. This is an excellent way to improve swimming techniques, get fit, and make new friends in a team environment. Don't miss out on the opportunity to be a part of the fastest-growing swim club in North County! Swimmers must be able to swim 25 yds independently.

The club is year round; seasonal swimmers are welcome!

Stop by Washington Park Pool
Monday-Friday between 6:00 and 8:00 pm to be placed!

Swimmers must have a waiver signed by a parent/guardian prior to entering the water.



SUMMER SWIM LEAGUE

Looking to be on a competitive swim team this summer? Come spend the summer getting in shape and making new friends at the pool!

The Aquatic Club of Escondido recognizes that children and teens who participate in a variety of sports and extracurricular activities have busy schedules during the school year. That is why ACE Makos have started the Summer Swim League.

| | | |
|---------------|---------------|--------------|
| Novice | | \$200 |
| M/W | 6:00-7:30 pm | 6/11-8/11 |
| Sa | 9:00-10:30 am | |
| Junior | | \$250 |
| M/T/Th/F | 6:00-7:30 pm | 6/11-8/11 |
| Sa | 9:00-10:30 am | |
| Senior | | \$275 |
| M-F | 6:00-8:00 pm | 6/11-8/11 |
| Sa | 9:00-11:00 am | |

- Swimmers must have a waiver signed by a parent/guardian prior to entering the water.
- Swimmers must have a valid USA Swim card *prior to enrolling*. Seasonal swim cards are an additional \$35 and are available through the San Diego/Imperial swimming office.



SCUBA CLASSES

Prepare yourself for underwater exploration! Check out these new additions to Escondido Aquatics.

BUBBLEMAKER PROGRAM

1 Class Ages 8-12

This fun class introduces children to scuba diving in a pool in less than six feet of water. Bubblemakers will experience what scuba diving is like under the direct care and supervision of certified instructors. Children will also take their first breath underwater and use scuba diving equipment made for children.

Children should be comfortable in the water, but they don't have to be super swimmers. Parent observation is encouraged.

Instructor: Certified PADI Instructor

Fee: \$20, includes scuba gear & Bubblemaker patch

Location: JS

| | | | |
|-----------|----|--------------|------|
| #4401.231 | Th | 1:30-3:00 pm | 6/28 |
| #4401.241 | Th | 1:30-3:00 pm | 7/19 |
| #4401.261 | Th | 1:30-3:00 pm | 8/9 |

SEAL TEAM PROGRAM

5 Classes Ages 8-12

The Seal Team program is for young divers who are looking for action-packed fun in a pool by doing exciting scuba AquaMissions. These AquaMissions will introduce participants to wreck, navigation, buoyancy, underwater photography, environmental awareness, and more. The best part of AquaMissions is that they reinforce safe diving skills and teach children about the aquatic environment while having fun. Children must be able to swim 25 yds. independently to participate.

Instructor: Certified PADI Instructor

Fee: \$130, includes scuba gear & Seal Team book/DVD

Location: JS

| | | | |
|-----------|------|--------------|-----------|
| #4402.231 | T/Th | 1:00-3:00 pm | 6/12-6/26 |
| #4402.232 | T/Th | 1:00-3:00 pm | 7/3-7/17 |
| #4402.233 | T/Th | 1:00-3:00 pm | 7/24-8/7 |

Becoming safe in and around the water!



Adult & Teen Learn to Swim

Ages 13-Adult **Fee: \$55**

This class is designed for adults looking to learn to swim and for beginning swimmers that are not confident in the water. The program aims to develop water confidence; teach floating, gliding and treading water techniques; and introduce the main swimming strokes.

13-17 yr. Beginners

T/Th **Pool** **June 12-July 12**
4201.221 JS 2:15-3:00 pm

T/Th **Pool** **July 17-Aug. 9**
4201.222 JS 2:15-3:00 pm

Adult Beginners

M/W **Pool** **June 11-July 11***
4201.201 JS 7:30-8:15 pm
*No class 7/4

M/W **Pool** **July 16-Aug. 8**
4201.202 JS 7:30-8:15 pm

M/W **Pool** **Aug. 13-Sept. 5**
4201.203 WP 7:30-8:15 pm

Adult Intermediate

M/W **Pool** **June 11-July 11***
4201.211 JS 8:30-9:15 pm
*No class 7/4

M/W **Pool** **July 16-Aug. 8**
4201.212 JS 8:30-9:15 pm

M/W **Pool** **Aug. 13-Sept. 5**
4201.213 WP 8:30-9:15 pm

Junior Lifeguard

Ages 11-14

Fee: \$125
includes t-shirt & workbook

For youth who are confident in the water, this class is ideal for those in between swim classes and standard Lifeguard Training Courses. This class covers 5 critical areas including Prevention, Fitness, Response, Leadership, and Professionalism! All students are encouraged to participate in the Summer 2012 Lifeguard Games on Sunday, August 5. Event details will be given the first day of class.

Swimmers must be able to swim the front crawl for 25 yds. continuously while breathing from the front or side, tread water for one minute using arms & legs, and swim a distance of 10 ft. underwater.

M-Th **Pool** **June 25-July 6***
4151.230 WP 8:15-10:10 am

*No class July 4. Class will be made up on Friday, July 6

M-Th **Pool** **July 23-Aug. 2**
4151.250 WP 8:15-10:10 am

One-on-One Swim Instruction

All Ages
Fee: \$100/
four, 30-min. lessons

Learn to swim, progress from current level, or improve specific techniques with personalized swim lessons. Tailored to meet your needs, with one instructor to one student.

Adaptive Aquatics

All ages
Fee: \$100/
four, 30-min. lessons

These personalized swim lessons are designed to help persons with special needs become water safe. Lessons are tailored to meet the individual's needs.

For availability and registration, call 760-839-4204.

Space is limited, so call early to reserve your lesson.



Becoming safe in and around the water!

Learn-to-Swim Program for all Ages

CERTIFIED INSTRUCTORS • DAY & EVENING CLASSES
SCHOLARSHIPS AVAILABLE

Summer Schedule Options

Traditional 2-Week Sessions: **Monday-Thursday**

Session 1 May 28–June 7 **Session 4** July 9–July 19
Session 2 June 11–June 21 **Session 5** July 23–August 2
Session 3 June 25–July 6* **Session 6** August 6–August 16

*No classes held July 4 • Class will be made up on Friday, July 6

8-Week Saturday Session: June 16–August 4

JS = James A. Stone Pool
WP = Washington Park Pool



Me & My Shadow— Parent/Child

Ages 6-18 months & 18 months-3 years
Fee: \$50

This class is offered for two age groups and designed to develop a high comfort level in and around water. Emphasis is on water adjustment, swimming readiness skills, fun and enjoyment in the water. A high level of parent participation is required. Children still in diapers or toilet training must wear vinyl swim pants or a swim diaper. Diapers are sold at the pool for \$1.00.

Ages 6 months to 18 months

| | | |
|------------------|-------------|------------------------------------|
| Session 2 | Pool | June 11-June 21 |
| 4200.221 | WP | 4:55-5:35 pm |
| Session 3 | Pool | June 25-July 6* |
| 4200.231 | JS | *No class July 4 11:10-11:50 am |
| Session 4 | Pool | July 9-July 19 |
| 4200.241 | JS | 5:45-6:25 pm |

Me & My Shadow Continued . . .

| | | |
|------------------|-------------|-----------------------|
| Session 5 | Pool | July 23-Aug. 2 |
| 4200.251 | JS | 11:10-11:50 am |
| 8wk/Sat. | Pool | June 16-Aug. 4 |
| 4200.281 | JS | 9:00-9:40 am |

Ages 18 months to 3 years

| | | |
|------------------|-------------|----------------------------------|
| Session 1 | Pool | May 28-June 7 |
| 4200.211 | JS | 4:05-4:45 pm |
| Session 2 | Pool | June 11 -June 21 |
| 4200.222 | JS | 11:10-11:50 am |
| Session 3 | Pool | June 25-July 6* |
| 4200.232 | WP | *No class July 4 4:55-5:35 pm |
| Session 4 | Pool | July 9-July 19 |
| 4200.242 | JS | 10:20-11:00 am |
| Session 5 | Pool | July 23-Aug. 2 |
| 4200.252 | JS | 5:45-6:25 pm |

Me & My Shadow Continued . . .

| | | |
|-----------------|-------------|-----------------------|
| 8wk/Sat. | Pool | June 16-Aug. 4 |
| 4200.281 | JS | 9:00-9:40 am |



Summer Aquatics



Grunion 1

Ages 3 & 4 years
Fee: \$50

This class is held in the wading pool for preschool-aged children to promote water exploration and comfort in the water. Skills include water entry and exit, breath control, supported front glides and back floats, and safety through fun and games.

| Session 1 | Pool | May 28-June 7 |
|-----------|------|---------------|
| 4210.211 | JS | 4:05-4:45 pm |
| 4210.212 | JS | 4:55-5:35 pm |
| 4210.213 | JS | 5:45-6:25 pm |

| Session 2 | Pool | June 11-June 21 |
|-----------|------|-----------------|
| 4210.221 | JS | 9:30-10:10 am |
| 4210.222 | JS | 11:10-11:50 am |
| 4210.223 | JS | 3:15-3:55 pm |
| 4210.224 | WP | 4:05-4:45 pm |
| 4210.225 | JS | 4:55-5:35 pm |
| 4210.226 | WP | 4:55-5:35 pm |

| Session 3 | Pool | June 25-July 6* |
|-----------|------|------------------|
| | | *No class July 4 |
| 4210.231 | WP | 9:30-10:10 am |
| 4210.232 | JS | 10:20-11:00 am |
| 4210.233 | WP | 10:20-11:00 am |
| 4210.234 | WP | 3:15-3:55 pm |
| 4210.235 | JS | 4:05-4:45 pm |
| 4210.236 | WP | 4:55-5:35 pm |
| 4210.237 | JS | 5:45-6:25 pm |

| Session 4 | Pool | July 9-July 19 |
|-----------|------|----------------|
| 4210.241 | JS | 9:30-10:10 am |
| 4210.242 | JS | 10:20-11:00 am |
| 4210.243 | WP | 11:10-11:50 am |
| 4210.244 | JS | 3:15-3:55 pm |
| 4210.245 | WP | 4:05-4:45 pm |
| 4210.246 | JS | 5:45-6:25 pm |

Grunion 1 Continued . . .

| Session 5 | Pool | July 23-Aug. 2 |
|-----------|------|----------------|
| 4210.251 | JS | 10:20-11:00 am |
| 4210.252 | JS | 11:10-11:50 am |
| 4210.253 | WP | 11:10-11:50 am |
| 4210.254 | WP | 3:15-3:55 pm |
| 4210.255 | WP | 4:05-4:45 pm |
| 4210.256 | JS | 4:55-5:35 pm |
| 4210.257 | JS | 5:45-6:25 pm |

| Session 6 | Pool | Aug. 6-Aug. 16 |
|-----------|------|----------------|
| 4210.261 | WP | 3:15-3:55 pm |
| 4210.263 | JS | 4:55-5:35 pm |
| 4210.264 | WP | 4:55-5:35 pm |

| 8wk/Sat. | Pool | June 16-Aug. 4 |
|----------|------|----------------|
| 4210.281 | JS | 9:00-9:40 am |
| 4210.282 | JS | 10:40-11:20 am |



Grunion 2

Ages 3 & 4 years
Fee: \$50

This class is held in the shallow end of the big pool for preschool-aged children who have successfully completed Grunion 1 or are very comfortable in the water. The focus is to move comfortably through the water, execute supported front/back glides and floats, and swim using combined arm and leg actions with support.

| Session 1 | Pool | May 28-June 7 |
|-----------|------|---------------|
| 4220.211 | JS | 3:15-3:55 pm |
| 4220.212 | JS | 5:45-6:25 pm |

Grunion 2 Continued . . .

| Session 2 | Pool | June 11-June 21 |
|-----------|------|-----------------|
| 4220.221 | JS | 11:10-11:50 am |
| 4220.222 | WP | 3:15-3:55 pm |
| 4220.223 | JS | 4:05-4:45 pm |
| 4220.224 | WP | 4:05-4:45 pm |
| 4220.225 | JS | 4:55-5:35 pm |

| Session 3 | Pool | June 25-July 6* |
|-----------|------|------------------|
| | | *No class July 4 |
| 4220.231 | JS | 9:30-10:10 am |
| 4220.232 | WP | 10:20-11:00 am |
| 4220.233 | JS | 3:15-3:55 pm |
| 4220.234 | WP | 4:05-4:45 pm |
| 4220.235 | JS | 5:45-6:25 pm |

| Session 4 | Pool | July 9-July 19 |
|-----------|------|----------------|
| 4220.241 | WP | 9:30-10:10 am |
| 4220.242 | JS | 11:10-11:50 am |
| 4220.243 | WP | 3:15-3:55 pm |
| 4220.244 | JS | 4:05-4:45 pm |
| 4220.245 | JS | 6:35-7:15 pm |

| Session 5 | Pool | July 23-Aug. 2 |
|-----------|------|----------------|
| 4220.251 | JS | 9:30-10:10 am |
| 4220.252 | WP | 10:20-11:00 am |
| 4220.253 | JS | 11:10-11:50 am |
| 4220.254 | JS | 3:15-3:55 pm |
| 4220.255 | JS | 4:55-5:35 pm |
| 4220.256 | WP | 4:55-5:35 pm |

| Session 6 | Pool | Aug. 6-Aug. 16 |
|-----------|------|----------------|
| 4220.261 | JS | 3:15-3:55 pm |
| 4220.262 | JS | 4:05-4:45 pm |
| 4220.263 | WP | 4:55-5:35 pm |
| 4220.264 | JS | 5:45-6:25 pm |

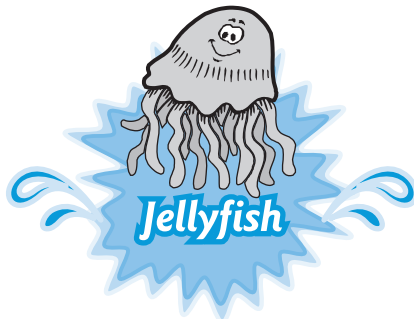
| 8wk/Sat. | Pool | June 16-Aug. 4 |
|----------|------|----------------|
| 4220.281 | JS | 9:00-9:40 am |
| 4220.282 | JS | 10:40-11:20 am |



The World's Largest
Swimming Lesson™
June 14, 2012

*See page 24 for event details

Becoming safe in and around the water!



Ages 3 & 4 years

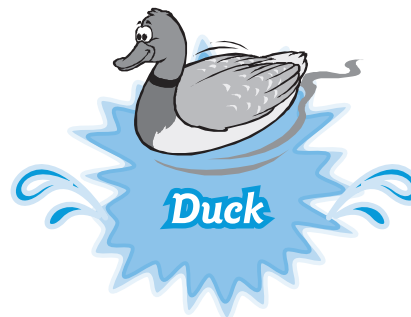
Fee: \$50

This class builds on the skills taught in Grunion 1 and 2 providing additional guided practice with increased distances and times. Participants will focus on breath control, unassisted front/back floats and glides, recovery from floats/glides, and elementary coordination of front crawl. Upon successful completion, child will be placed in appropriate Learn-to-Swim level.

| | | |
|------------------|-------------|------------------------|
| Session 1 | Pool | May 28-June 7 |
| 4225.211 | JS | 5:45-6:25 pm |
| Session 2 | Pool | June 11-June 21 |
| 4225.221 | JS | 10:20-11:00 am |
| 4225.222 | JS | 3:15-3:55 pm |
| 4225.223 | JS | 5:45-6:25 pm |
| Session 3 | Pool | June 25-July 6* |
| 4225.231 | JS | 9:30-10:10 am |
| 4225.232 | WP | 11:10-11:50 am |
| 4225.233 | JS | 4:05-4:45 pm |
| 4225.234 | JS | 4:55-5:35 pm |
| Session 4 | Pool | July 9-July 19 |
| 4225.241 | JS | 9:30-10:10 am |
| 4225.242 | WP | 11:10-11:50 am |
| 4225.243 | WP | 4:05-4:45 pm |
| 4225.244 | JS | 4:55-5:35 pm |
| 4225.245 | WP | 4:55-5:35 pm |
| 4225.246 | JS | 6:35-7:15 pm |
| Session 5 | Pool | July 23-Aug. 2 |
| 4225.251 | JS | 10:20-11:00 am |
| 4225.252 | JS | 4:05-4:45 pm |
| 4225.253 | JS | 6:35-7:15 pm |
| Session 6 | Pool | Aug. 6-Aug. 16 |
| 4225.261 | JS | 3:15-3:55 pm |
| 4225.262 | WP | 4:05-4:45 pm |

Jellyfish Continued . . .

| | | |
|------------------|-------------|-----------------------|
| 8 wk/Sat. | Pool | June 16-Aug. 4 |
| 4225.281 | JS | 9:50-10:30 am |



Ages 5 to 16

Fee: \$50

Level 1 of the Learn-to-Swim program is for children with little or no swimming experience. The main focus is to move comfortably through water, fully submerge face in the water, execute supported front glides and back floats.

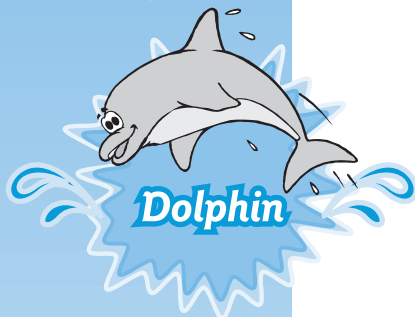
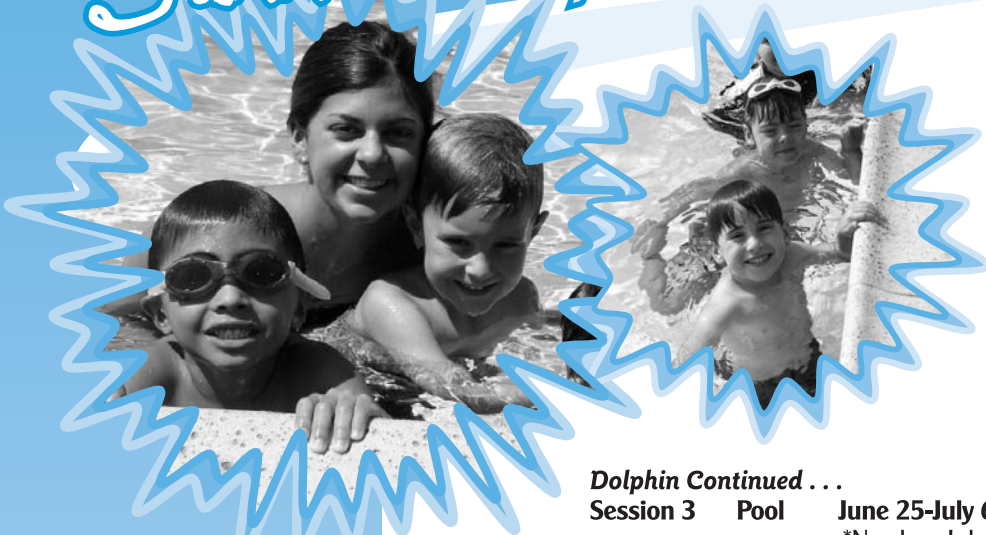
| | | |
|------------------|-------------|------------------------|
| Session 1 | Pool | May 28-June 7 |
| 4230.211 | JS | 3:15-3:55 pm |
| 4230.212 | JS | 4:05-4:45 pm |
| 4230.213 | JS | 4:55-5:35 pm |
| Session 2 | Pool | June 11-June 21 |
| 4230.221 | JS | 9:30-10:10 am |
| 4230.222 | JS | 10:20-11:00 am |
| 4230.223 | JS | 3:15-3:55 pm |
| 4230.224 | WP | 3:15-3:55 pm |
| 4230.225 | JS | 4:05-4:45 pm |
| 4230.226 | WP | 4:05-4:45 pm |
| 4230.227 | WP | 4:55-5:35 pm |
| 4230.228 | JS | 6:35-7:15 pm |

Duck Continued . . .

| | | |
|------------------|-------------|-----------------------------------|
| Session 3 | Pool | June 25-July 6* |
| 4230.231 | WP | *No class July 4 9:30-10:10 am |
| 4230.232 | WP | 10:20-11:00 am |
| 4230.233 | JS | 11:10-11:50 am |
| 4230.234 | WP | 11:10-11:50 am |
| 4230.235 | JS | 3:15-3:55 pm |
| 4230.236 | WP | 3:15-3:55 pm |
| 4230.237 | JS | 4:05-4:45 pm |
| 4230.238 | WP | 4:05-4:45 pm |
| 4230.239 | JS | 4:55-5:35 pm |
| 4231.231 | JS | 6:35-7:15 pm |
| Session 4 | Pool | July 9-July 19 |
| 4230.241 | WP | 9:30-10:10 am |
| 4230.242 | JS | 10:20-11:00 am |
| 4230.243 | WP | 10:20-11:00 am |
| 4230.244 | WP | 11:10-11:50 am |
| 4230.245 | WP | 3:15-3:55 pm |
| 4230.246 | JS | 4:05-4:45 pm |
| 4230.247 | JS | 4:55-5:35 pm |
| 4230.248 | WP | 4:55-5:35 pm |
| Session 5 | Pool | July 23-Aug. 2 |
| 4230.251 | JS | 9:30-10:10 am |
| 4230.252 | JS | 10:20-11:00 am |
| 4230.253 | WP | 10:20-11:00 am |
| 4230.254 | WP | 11:10-11:50 am |
| 4230.255 | JS | 3:15-3:55 pm |
| 4230.256 | WP | 3:15-3:55 pm |
| 4230.257 | JS | 4:05-4:45 pm |
| 4230.258 | WP | 4:55-5:35 pm |
| Session 6 | Pool | Aug. 6-Aug. 16 |
| 4230.261 | WP | 3:15-3:55 pm |
| 4230.262 | JS | 4:05-4:45 pm |
| 4230.263 | WP | 4:05-4:45 pm |
| 4230.264 | JS | 4:55-5:35 pm |
| 4230.265 | WP | 4:55-5:35 pm |
| 4230.266 | JS | 5:45-6:25 pm |
| 8wk/Sat. | Pool | June 16-Aug. 4 |
| 4230.281 | JS | 9:50-10:30 am |
| 4230.282 | JS | 11:30-12:10 pm |



Summer Aquatics



Ages 5 to 16 years or must have successfully completed jellyfish Fee: \$50

Level 2 is for children who have successfully completed the skills of level 1. This level focuses on fundamental aquatic skills ranging from breath control, unassisted front/back floats and glides, to elementary coordination of front crawl.

| Session 1 | Pool | May 28-June 7 |
|-----------|------|---------------|
| 4232.211 | JS | 3:15-3:55 pm |
| 4232.212 | JS | 4:55-5:35 pm |

| Session 2 | Pool | June 11-June 21 |
|-----------|------|-----------------|
| 4232.221 | JS | 9:30-10:10 am |
| 4232.222 | JS | 10:20-11:00 am |
| 4232.223 | WP | 3:15-3:55 pm |
| 4232.224 | JS | 4:05-4:45 pm |
| 4232.225 | WP | 4:05-4:45 pm |
| 4232.226 | JS | 4:55-5:35 pm |
| 4232.227 | JS | 5:45-6:25 pm |

Dolphin Continued . . .

| Session 3 | Pool | June 25-July 6* |
|-----------|------|-----------------|
| 4232.231 | JS | 10:20-11:00 am |
| 4232.232 | WP | 10:20-11:00 am |
| 4232.233 | WP | 11:10-11:50 am |
| 4232.234 | JS | 3:15-3:55 pm |
| 4232.235 | WP | 3:15-3:55 pm |
| 4232.236 | JS | 4:05-4:45 pm |
| 4232.237 | WP | 4:05-4:45 pm |
| 4232.238 | JS | 4:55-5:35 pm |
| 4232.239 | JS | 6:35-7:15 pm |

| Session 4 | Pool | July 9-July 19 |
|-----------|------|----------------|
| 4232.241 | WP | 9:30-10:10 am |
| 4232.242 | WP | 10:20-11:00 am |
| 4232.243 | JS | 11:10-11:50 am |
| 4232.244 | WP | 11:10-11:50 am |
| 4232.245 | JS | 3:15-3:55 pm |
| 4232.246 | WP | 3:15-3:55 pm |
| 4232.247 | WP | 4:05-4:45 pm |
| 4232.248 | JS | 4:55-5:35 pm |
| 4232.249 | WP | 4:55-5:35 pm |
| 4233.241 | JS | 5:45-6:25 pm |



The World's Largest Swimming Lesson™
Be a part of an amazing worldwide Guinness World Record setting event!

Join us on Thursday, June 14 at 8:00 am at James Stone Pool as we participate with five other continents in the **World's Largest Swim Lesson!** This is a **FREE** event. Call 760.839.4204 to pre-register!

Dolphin Continued . . .

| Session 5 | Pool | July 23-Aug. 2 |
|-----------|------|----------------|
| 4232.251 | JS | 9:30-10:10 am |
| 4232.252 | WP | 9:30-10:10 am |
| 4232.253 | JS | 10:20-11:00 am |
| 4232.254 | WP | 11:10-11:50 am |
| 4232.255 | JS | 3:15-3:55 pm |
| 4232.256 | WP | 3:15-3:55 pm |
| 4232.257 | JS | 4:05-4:45 pm |
| 4232.258 | WP | 4:05-4:45 pm |
| 4232.259 | WP | 4:55-5:35 pm |
| 4233.251 | JS | 6:35-7:15 pm |

| Session 6 | Pool | Aug. 6-Aug. 16 |
|-----------|------|----------------|
| 4232.261 | JS | 3:15-3:55 pm |
| 4232.262 | JS | 4:05-4:45 pm |
| 4232.263 | WP | 4:05-4:45 pm |
| 4232.264 | JS | 4:55-5:35 pm |
| 4232.265 | WP | 4:55-5:35 pm |
| 4232.266 | JS | 6:35-7:15 pm |

| 8wk/Sat. | Pool | June 16-Aug. 4 |
|----------|------|----------------|
| 4232.281 | JS | 9:50-10:30 am |
| 4232.282 | JS | 11:30-12:10 pm |



Becoming safe in and around the water!



Starfish

Ages 5 to 16 years

Fee: \$50

Level 3 is designed to promote stroke development and provide guided practice in deep water. Skills taught include rotary breathing, front crawl, elementary backstroke, and head first entry from kneeling position. Participants must have passed dolphin or be able to swim 5 yds independently.

| | | |
|------------------|-------------|----------------------|
| Session 1 | Pool | May 28-June 7 |
| 4240.211 | JS | 3:15-3:55 pm |
| 4240.212 | JS | 4:05-4:45 pm |

| | | |
|------------------|-------------|------------------------|
| Session 2 | Pool | June 11-June 21 |
| 4240.221 | JS | 10:20-11:00 am |
| 4240.222 | JS | 11:10-11:50 am |
| 4240.223 | JS | 3:15-3:55 pm |
| 4240.224 | JS | 4:05-4:45 pm |
| 4240.225 | WP | 4:55-5:35 pm |
| 4240.226 | JS | 6:35-7:15 pm |

| | | |
|------------------|-------------|------------------------|
| Session 3 | Pool | June 25-July 6* |
| | | *No class July 4 |
| 4240.231 | JS | 9:30-10:10 am |
| 4240.232 | JS | 10:20-11:00 am |
| 4240.233 | JS | 11:10-11:50 am |
| 4240.234 | WP | 11:10-11:50 am |
| 4240.235 | WP | 3:15-3:55 pm |
| 4240.236 | WP | 4:05-4:45 pm |
| 4240.237 | JS | 4:55-5:35 pm |
| 4240.238 | WP | 4:55-5:35 pm |
| 4240.239 | JS | 6:35-7:15 pm |

| | | |
|------------------|-------------|-----------------------|
| Session 4 | Pool | July 9-July 19 |
| 4240.241 | WP | 9:30-10:10 am |
| 4240.242 | JS | 11:10-11:50 am |
| 4240.243 | JS | 3:15-3:55 pm |
| 4240.244 | WP | 3:15-3:55 pm |
| 4240.245 | WP | 4:05-4:45 pm |
| 4240.246 | JS | 4:55-5:35 pm |
| 4240.247 | JS | 6:35-7:15 pm |

Starfish Continued . . .

| | | |
|------------------|-------------|-----------------------|
| Session 5 | Pool | July 23-Aug. 2 |
| 4240.251 | JS | 9:30-10:10 am |
| 4240.252 | WP | 9:30-10:10 am |
| 4240.253 | WP | 10:20-11:00 am |
| 4240.254 | JS | 11:10-11:50 am |
| 4240.255 | JS | 3:15-3:55 pm |
| 4240.256 | JS | 4:05-4:45 pm |
| 4240.257 | WP | 4:05-4:45 pm |
| 4240.258 | JS | 4:55-5:35 pm |
| 4240.259 | WP | 4:55-5:35 pm |
| 4241.251 | JS | 6:35-7:15 pm |

| | | |
|------------------|-------------|-----------------------|
| Session 6 | Pool | Aug. 6-Aug. 16 |
| 4240.261 | JS | 3:15-3:55 pm |
| 4240.262 | WP | 3:15-3:55 pm |
| 4240.263 | JS | 4:05-4:45 pm |
| 4240.264 | WP | 4:05-4:45 pm |
| 4240.265 | WP | 4:55-5:35 pm |
| 4240.266 | JS | 5:45-6:25 pm |

| | | |
|-----------------|-------------|-----------------------|
| 8wk/Sat. | Pool | June 16-Aug. 4 |
| 4240.281 | JS | 9:00-9:40 am |
| 4240.282 | JS | 11:30-12:10 pm |



Seahorse

Ages 5 to 16

Fee: \$50

Level 4 is a stroke improvement course, which focuses on developing confidence in front and back crawl, improving aquatic skills such as diving and turns, and introduction of elementary backstroke, breaststroke, sidestroke, and butterfly. Participants must be able to swim front crawl and backstroke independently for 15 yds to participate.

Seahorse Continued . . .

| | | |
|------------------|-------------|----------------------|
| Session 1 | Pool | May 28-June 7 |
| 4250.211 | JS | 4:55-5:35 pm |

| | | |
|------------------|-------------|------------------------|
| Session 2 | Pool | June 11-June 21 |
| 4250.221 | WP | 3:15-3:55 pm |
| 4250.222 | JS | 4:55-5:35 pm |
| 4250.223 | JS | 6:35-7:15 pm |

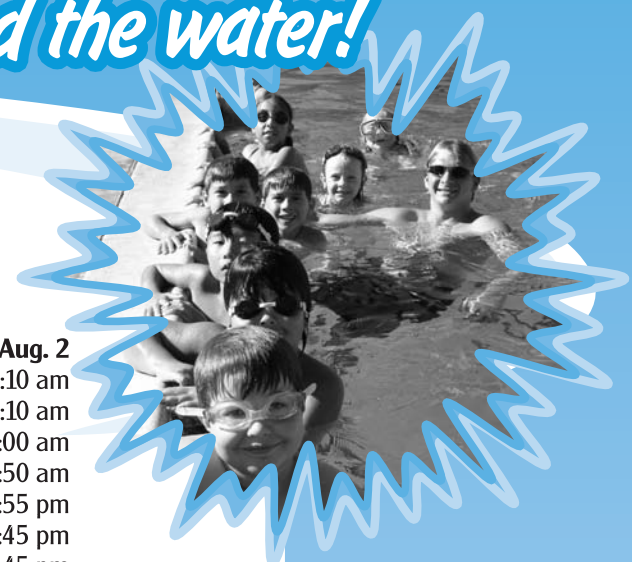
| | | |
|------------------|-------------|------------------------|
| Session 3 | Pool | June 25-July 6* |
| | | *No class July 4 |
| 4250.231 | JS | 11:10-11:50 am |
| 4250.232 | JS | 3:15-3:55 pm |
| 4250.233 | WP | 4:55-5:35 pm |

| | | |
|------------------|-------------|-----------------------|
| Session 4 | Pool | July 9-July 19 |
| 4250.241 | JS | 9:30-10:10 am |
| 4250.242 | WP | 10:20-11:00 am |
| 4250.243 | JS | 11:10-11:50 am |
| 4250.244 | JS | 3:15-3:55 pm |
| 4250.245 | JS | 5:45-6:25 pm |

| | | |
|------------------|-------------|-----------------------|
| Session 5 | Pool | July 23-Aug. 2 |
| 4250.251 | WP | 10:20-11:00 am |
| 4250.252 | WP | 3:15-3:55 pm |
| 4250.253 | WP | 4:05-4:55 pm |
| 4250.254 | JS | 5:45-6:25 pm |

| | | |
|------------------|-------------|-----------------------|
| Session 6 | Pool | Aug. 6-Aug. 16 |
| 4250.261 | WP | 4:05-4:45 pm |
| 4250.262 | JS | 4:55-5:35 pm |
| 4250.263 | JS | 5:45-6:25 pm |

| | | |
|-----------------|-------------|-----------------------|
| 8wk/Sat. | Pool | June 16-Aug. 4 |
| 4250.281 | JS | 9:50-10:30 am |
| 4250.282 | JS | 11:30-12:10 pm |



Summer Aquatics



Seals

Ages 5 to 16 years
Fee: \$50

Level 5 focuses on stroke coordination and refinement of all key strokes for increased distance. Advanced techniques such as shallow angle dives, surface dives, and flip turns will be introduced. Participants must be able to swim front crawl 25 yds, elementary backstroke 25 yds, and breaststroke 15 yds.

Session 1 Pool May 28-June 7
4260.211 JS 5:45-6:25 pm

Session 2 Pool June 11-June 21
4260.221 JS 9:30-10:10 am
4260.222 JS 5:45-6:25 pm

Session 3 Pool June 25-July 6*
*No class July 4
4260.231 JS 9:30-10:10 am
4260.232 JS 5:45-6:25 pm

Seals Continued . . .

Session 4 Pool July 9-July 19
4260.241 JS 9:30-10:10 am
4260.242 JS 10:20-11:00 am
4260.243 JS 4:05-4:45 pm
4260.244 WP 4:55-5:35 pm

Session 5 Pool July 23-Aug. 2
4260.251 WP 11:10-11:50 am
4260.252 JS 4:55-5:35 pm

Session 6 Pool Aug. 6-Aug. 16
4260.261 WP 3:15-3:55 pm
4260.262 JS 6:35-7:15 pm

8wk/Sat. Pool June 16-Aug. 4
4260.281 JS 10:40-11:20 am



Sting Rays

Ages 5 to 16 years
Fee: \$50

Level 6 is a skill proficiency class that polishes strokes for ease, efficiency, power, and smoothness for greater distance. Swimmers develop a considerable amount of endurance during the course. Certification requirement for this level is to swim 500 yds continuously using any 3 strokes. Level may need to be repeated to achieve certification. Participants must be able to swim front crawl and elementary back stroke 50 yds each and breaststroke and back crawl 25 yds each.

Session 2 Pool June 11-June 21
4270.221 JS 5:45-6:25 pm

Session 3 Pool June 25-July 6*
*No class July 4
4270.231 JS 10:20-11:00 am
4270.232 JS 5:45-6:25 pm

Session 4 Pool July 9-July 19
4270.241 WP 10:20-11:00 am
4270.242 JS 4:05-4:45 pm

Session 5 Pool July 23-Aug. 2
4270.251 JS 5:45-6:25 pm

Session 6 Pool Aug. 6-Aug. 16
4270.261 JS 6:35-7:15 pm

8wk/Sat. Pool June 16-Aug. 4
4270.281 JS 10:40-11:20 am



Summer Aquatics REGISTRATION INFORMATION

Swim testing is recommended to determine the appropriate level placements for participants. If your child has taken swim lessons before, it is usually best to repeat the last successfully completed level before advancing, especially if your child has not been actively swimming since last season. Please keep in mind that skill progress does not mean level advancement. Most swimmers will need to repeat at least one level during their participation in the Learn-to-Swim program.

Please note that due to the high demand for Escondido Recreation's Learn-to-Swim program, classes fill quickly. Early registration is recommended.

Mail-in Registration

Mail-in form must be postmarked by Friday, May 18.

1. Fill out the registration form provided on page 39. **Please note: A separate check is required for aquatic classes. Aquatic program registration is processed separately from other program registration. Procedures for registering for other programs is listed on page 38.**
2. Requesting alternate classes will increase the probability of being registered at a specific class level.
3. If you are a scholarship recipient, please call the Department office, 760-839-4386, **before** registering to verify the balance of funds available to you.
4. **Please enclose a separate check for aquatic classes** payable to "City of Escondido," or complete the credit card section on the registration form. You may also use a Credit Voucher issued by the Department or credit on account.
5. Indicate **"Swim Registration"** on the envelope and mail your registration form and payment to the Community Services Department, 2245 E. Valley Pkwy., Escondido, CA 92027.
 - ◆ **Enclose a self-addressed, stamped envelope to verify which class(es) your children have been enrolled in.**
 - ◆ Your check will be returned if the class is full, and your name will be put on a waiting list.

Due to the high volume of aquatics registration, phone-in registration will NOT be accepted for "Learn-to-Swim" aquatic classes.

Online Registration

Online registration is available beginning May 5. Registration for each session will close at 12 noon on the Friday prior to the first day of class.

Go to activenet.active.com/escondido to register online.

Please note:

A nominal, nonrefundable processing fee will be charged.

Fax-in Registration

Fax-in registration is available beginning May 5. Fax-in registration for each session must be received by 12 noon on the Friday prior to the first day of class.

1. Fax the registration form on page 39 to 760-739-7030, 24 hrs. a day, 7 days a week.
2. Payments by credit card only.
3. Please provide a 24 hr. fax number or e-mail address to receive confirmation of registration.
4. Faxed registration will be processed the next business day.

Walk-in Registration

- ◆ Walk-in registration is available beginning May 21 at the East Valley Community Center and Community Services Department in City Hall, during regular business hours.
- ◆ Walk-in registration will also be accepted at James A. Stone Pool according to the schedule below:
May 28–August 6 Mon.–Thurs. 3:30 p.m.–7:00 p.m.
No Registration Fri.–Sun.

Important Guidelines

- ◆ Please adhere to age requirements for the different class levels.
- ◆ Please note skill requirements for the different level classes. **Testing is available at James Stone Pool on the following date or by appointment: Saturday, May 5, 11:00 a.m.–1:00 p.m.**
- ◆ Students who are enrolled for classes either above or below their ability level will be transferred to the appropriate level or dropped if no other class is available.
- ◆ We reserve the right to cancel or consolidate any classes when necessary.
- ◆ Transfer Policy: Transfers will be assessed a \$3.00 processing fee.
- ◆ Refund Policy: Due to the popularity of our Learn-to-Swim program and our desire to accommodate as many children as possible, the following refund policy has been implemented:
If for any reason you cannot attend your class, you may request a transfer, credit on account, or refund by contacting aquatic staff at 760-839-4204. All requests must be made prior to the first day of the original class. If you request credit on account, you will receive 100% of the class fee. Refund requests will be assessed a 25% service charge, no exceptions.

ADULT Enrichment

NEW

Get Organized!

Adults

Are you feeling frustrated trying to run out of the door? Are you always looking for your keys? Do you wish there were extra hours in the day just so you can get things done? This workshop will teach you how to control your clutter, better time management skills, and how to creatively utilize your spaces for maximum storage. Learn the skills necessary to change your unorganized, frustrating house into a beautiful, organized home. Organizing doesn't have to be a grueling experience; let's make it fun!

Instructor: Laurie Dufresne, Professional Organizer/Business Owner with 8+ years teaching experience
#2173.200 Th 6:00-8:00 pm 6/21 **\$18 EVCC
**\$5 material fee due at workshop

NEW

Growing with Your Child

4 weeks

Ages 8-12 with parent

Open the lines of communication with your children before they enter their teenage years. These interactive workshops focus on leadership skills, personality awareness, self-esteem building, positive self-talk, and conflict strategy. Enrich their lives by helping them create a healthy understanding of themselves and the people around them, resulting in a positive impact on their future. Give your child the greatest gift of all—the tools necessary for an amazing future!

Parent participation is required.

Instructor: Laurie Dufresne, Adolescent Life Coach
#2172.200 Sa 9:30-11:30 am 6/23-7/14 **\$78 EVCC
**\$5 material fee due at first class

Online

You're First In Line
activenet.active.com/escondido

It's easy!

- Set up your personal account
- Search for your favorite activities
- Register online with our secure system



Easy

Three simple steps and you'll be enrolled in the program of your choice.



Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



Time-Saving

In less than five minutes, you can set up your account and enroll for your program.



Eco Friendly

You don't have to burn gas to drive over to register in person and it saves paper too.

DrumWorkz: Hand Drumming

8 weeks

Adults

Come feel the rhythm and get into the groove! This class will explore concepts of rhythms and drumming techniques. Students will learn traditional rhythms, patterns, and grooves. You will learn drumming in an exciting group environment and play with other students as an ensemble. Drums will be provided for class use and can be rented or purchased from MUSICSTAR® one week before class begins.

Instructor: MUSICSTAR® Staff
#2253.200 W 7:00-8:00 pm *6/20-8/15 **\$88 MCC
*No class 7/4 **\$15 material fee for Student Pack due at first class

MUSICSTAR® Adult Guitar 8 weeks Adults

Learn how to play one of the world's most popular instruments! Perfect for beginners, this class requires no experience and students will learn to play basic chords and simple melodies in a fun environment. No guitar? No problem. Teacher approved guitars can be rented or purchased from MUSICSTAR® one week before class begins.

Instructor: MUSICSTAR® Staff
#2247.200 W 6:00-7:00 pm *6/20-8/15 **\$88 MCC
*No class 7/4

**\$15 material fee for Student Pack, which includes the Course Book and DVD due at first class

Hawaiian Style Ukulele

9 weeks

Adults

Join Uncle Quintinn Holi and learn to play ukulele from a real Hawaiian. You'll learn traditional Hawaiian songs as well as some of your Hapa Haole favorites. Join us for a fun island experience! *Ukuleles are required and may be rented through the instructor for \$5 per class or purchased for \$200.*

Instructor: Quintinn Holi, Hawaiian Musician

Beginning

#2209.200 Th 6:00-7:30 pm 6/21-8/16 \$98 MCC

Intermediate (Prerequisite Beg. Ukulele)

#2209.201 Th 7:30-9:00 pm 6/21-8/16 \$98 MCC

Adult, Child, & Infant CPR/AED

Ages 15-Adult

Everyone needs to know how to save a life. In this American Red Cross course, participants learn how to perform CPR and care for breathing and cardiac emergencies in adults, children, and infants. Participants will also learn how to use an automated external defibrillator (AED) on adult, children, and infant victims of cardiac arrest.

Instructor: Ashley Nijinski, LGIT

Registration/refund deadline: 5/10

#4826.100 Sa 8:00-12:00 pm 5/12 **\$59 EVCC

**Fee includes certification certificate.

Makeup 101

Adults

Makeup 101 is for people who want to learn the basic steps to be your own makeup artist. This class will educate you in makeup application and foundation selection, including a basic understanding of face shapes, bone structures, hues and what eye shadows to use. The class will cover day and evening looks, plus natural, bold, and trendy runway looks. You will learn how to correct and reshape brows, as well as how to apply eyelashes. Get step-by-step instruction in this hands-on class from one of Hollywood's leading celebrity makeup artists *and receive a certificate of completion.*

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

#2188.200 Sa 1:30-4:00 pm 6/30 **\$49 EVCC
 **\$30 material fee for makeup kit due at workshop



NEW

Floral Table Swag

Adults

Have a special event to prepare for this summer? Learn to make a beautiful and affordable table decoration that will be the perfect accent to a lovely summer wedding, christening reception, or garden party! Your finished floral swag can be looped across a buffet table or fit around all four sides of a smaller table.

Instructor: Datie Gahrn, Floral Designer

#2178.200 Sa 10:00-12:00 pm 6/23 **\$15 EVCC
 **\$25 material fee due at workshop

Let's Draw! 6 weeks

Adults

This beginning class is designed for those who would love to know how to draw, but were always afraid to try. If you've always felt that being good at drawing is only for those who were born with the talent; think again. You can start learning at any age and this class will give you the tools you need. We will look into value, negative space, realistic drawing, and more in a variety of fun ways.

Instructor: Nancy Russell

#2317.200 M 6:00-7:00 pm 7/2-8/6 **\$59 EVCC
 **\$3 material fee due at first class

Clay for all ages 6 weeks Ages *6-Adult

Have you ever wanted to make your own clay creations? Enjoy this fun-filled class for all ages. Come alone or bring family and/or a friend for an evening of creativity. Learn basic clay methods and techniques used for years to create works of art. No previous clay experience necessary.

Instructor: Kim Kelly, B.F.A in Ceramics, Artist and Teacher

#2137.200 W 6:00-7:30 pm **6/20-8/1 ***\$65 EVCC

*Ages 6-11 can participate with an adult enrolled in class

No class 7/4 *\$30 material fee due at first class

Home Maintenance for Beginners

4 weeks

Adults

This overview of basic home repairs is fun and can save you money. Through lecture and demonstrations, learn about the tools, techniques, and approaches needed for many jobs around the house. You will get an overview of hand and power tools and when to use them; how to fix leaky toilets, faucets and garden hoses; how to repair drywall; basic painting techniques; and elementary carpentry, and more!

Instructor: William S. Modi, 20 years home repair and maintenance experience

#2101.200 T 6:30-8:30 pm 6/19-7/10 \$48 MCC

I've made several improvements to my home since taking the home maintenance class, and it's fun to see the reaction on visitors' faces when I tell them, "I DID IT MYSELF!"
 - Lillian K.

Safety Awareness & Self-Defense

Option 1

Ages *13-Adult

This two-hour course will teach you the basics to help avoid being the victim of a crime. We will explain danger cues and awareness, and you will learn simple self-defense techniques that can help you escape a physical attack. Other topics will include identity theft, home safety, and legal options for self-defense. *There will be no physical participation in this class.*

Instructor: Sergeant Al Owens, police officer for 16 years and Defensive Tactics Instructor for 14 years

#2152.200 W 6:30-8:30 pm 6/20 \$15 PACC

*Recommended that 13 & 14 year-olds attend with an observing adult

Safety Awareness & Self-Defense

Option 2

Ages *13-Adult

We begin with a review of the Option 1 course and then move into some practical application of self-defense techniques described in Option 1. Class will concentrate on form, while building confidence and having fun. All techniques will be controlled and performed at low-intensity to avoid injuries. This class is geared toward students who have little or no experience with martial arts, boxing, or grappling.

Instructor: Sergeant Al Owens, police officer for 16 years and Defensive Tactics Instructor for 14 years

#2153.200 W 6:30-8:30 pm 6/27 \$15 PACC

*Recommended that 13 & 14 year-olds attend with an observing adult

Adult Dance & Fitness



NEW

Ballroom Dance 5 weeks Ages 14-Adults

Ever wanted to learn Foxtrot, Rhumba, or Waltz? Join us solo or with a partner for some fun. We will have plenty of time for couples to practice together, as well as rotate partners. Beginner and intermediate dancers will learn to lead and follow. This class will give you better balance, exercise, elegance, and is a lot of fun. Be sure to wear comfortable shoes that stay on your feet.

Instructor: Fran Kollenborn
 #2237.200 T 6:00-7:30 pm *6/19-7/24 \$49 PACC
 *No class 7/3

NEW

INTRO TO LATIN 5 weeks Adults

Enjoy learning San Diego's most popular dances! Join us solo or with a partner. You will quickly pick up the basics of Salsa and much more in this perfectly paced class. Guys, you'll learn the perfect way to lead and turn your ladies. Ladies, you'll spend a pleasant hour and a half learning how to follow the guys to spicy music. Take one or both sessions and you'll soon be ready for those fabulous San Diego nights!

Instructor: Fran Kollenborn, experienced dancer & teacher
 #2238.200 T 7:30-9:00 pm *6/19-7/24 \$49 PACC
 *No class 7/3

Look for Line Dance to return in the fall!



Belly Dance 5 weeks Adults

Come belly dance to beautiful Middle Eastern music with feminine dance moves, while gaining more flexibility and core muscle strength! You'll learn the Lebanese/Arabic style of belly dancing with gypsy fire and energy. Performance opportunities will be available in student shows.

Instructor: Sheerah (Vicki Deriso), Professional Belly Dancer for 15 years with 11 years of teaching experience; Dance-Fitness Instructor for 28 years

Session 1
 #2618.210 F 6:45-7:45 pm 6/22-7/20 \$45 EVCC
Session 2
 #2618.220 F 6:45-7:45 pm 7/27-8/24 \$45 EVCC

Adult Ballet 7 weeks Ages 15-Adult

Ballet is not just for kids! We will practice basic barre exercises, stretches, and center combinations to beautiful music. This class is designed to improve strength, flexibility, coordination, and balance.

Instructor: Cindy Ahler
 #2203.201 Beg/Int. W 7:10-8:10 pm 7/11-8/22 \$63 EVCC

Hula (Polynesian Dance) 10 weeks Ages 6-Adult

Aloha! Talofa! La orana! K'a ora! Come and learn the enchanting Polynesian dances of Hawaii, Samoa, Tahiti, and New Zealand. You will be sure to enjoy a morning of fun as you experience Polynesian culture through dance. Bring a friend and double your fun!

Instructor: Dawn Cheek, 40 years teaching experience
 #2231.200 Sa 1:00-2:00 pm *6/30-9/8 **\$65 MCC
 *No class 7/7 **\$5 discount each additional family member

Beginning Swing Dance 6 weeks Adults

Get your dancin' shoes on! You don't want to be the only one sitting when there is dancing to be done! Dancing is a fun, social activity that is also great exercise. Join us for East Coast Swing, West Coast Swing, or both. We will have you on the dance floor in no time! Partners and singles are welcome; a rotating partner system will be used to ensure that everyone gets to dance with a partner. See you on the dance floor!

Instructor: Gary & Marjorie Eisert, 16 years teaching experience as a couple

East Coast Swing
 #2235.200 Th 7:00-8:00 pm *6/28-8/9 \$49 PACC
West Coast Swing
 #2235.201 Th 8:00-9:00 pm *6/28-8/9 \$49 PACC
 *No class 7/19

Get fit while having fun!

NEW

CROSSFIT BIG FUN FAMILY CAMP

5 weeks/2 days

Ages 8-Adult

CrossFit Xystum is bringing the "Sport of Fitness" to your entire family by offering two camps this summer; one for the kids and one for you! Keep your family healthy and active in this "big fun" and exciting CrossFit environment. Coaches will lead your child through challenging team workouts including rope climbing, fire hose dragging, tire flips, water balloon tosses, gymnastics, and more! Even if you or your child are not inclined to exercise, our coaches and activities will make exercise FUN and not a chore. Not only will these individualized camps for children and adults improve self-esteem, they will also improve your child's (and your!) endurance, stamina, flexibility, strength, power, speed, coordination, balance, agility, and accuracy. 3, 2, 1... GO!

Instructor: Judy Fitzgerald & Patrick Mora, CrossFit Level 1 & CrossFit Kids Certified

Children's Class

Session 1

#2644.211 M/Th 10:00-10:50 am 6/18-7/19 **\$85 CFX Ages 8-12

Session 2

#2644.212 M/Th 10:00-10:50 am 7/23-8/23 **\$85 CFX Ages 8-12

Optional Classes for Parents

Session 1

#2645.211 M/Th 10:00-10:50 am 6/18-7/19 \$65 CFX Adults

Session 2

#2645.212 M/Th 10:00-10:50 am 7/23-8/23 \$65 CFX Adults

**\$20 discount each additional sibling

Mat Pilates Method 5 weeks

Adults

Pilates is a great workout for your body and mind. Ideal for people of all fitness levels, we'll focus on strength, flexibility, and body awareness using breathing, core, and flow in this floor-work Pilates class.

Instructor: Judi Strause, AAFA Certified

Session 1

#2622.210 W 7:00-8:00 pm *6/20-7/25 \$38 MCC

Session 2

#2622.220 W 7:00-8:00 pm 8/1-8/29 \$38 MCC

*No class 7/4

Pilates Fusion 5 weeks/2 days

Adults

Pilates fusion is the unique full-body, cardio-sculpting workout that you have been searching for. Experience barefoot-fitness through the discipline of Pilates, the self-awareness of yoga practice, and the benefits of cardio-sculpt. With elements of the Will Power method, this class has a positive energy and uplifting philosophy to increase self-confidence and show results.

Instructor: Judi Strause, AAFA Certified

Session 1

#2623.210 T/Th 6:00-7:00 pm 6/19-7/19 \$75 PACC

Session 2

#2623.220 T/Th 6:00-7:00 pm 7/24-8/23 \$75 PACC

Shallow Water Aerobics

5/6 weeks

Adults

Are you looking for a workout that will invigorate and motivate you to come back for more? This program is designed to increase your cardiovascular capacity while firming and toning your muscles. You will leave feeling refreshed and renewed with added flexibility.

Instructor: Lina Paul, EWS & CPR certified

Session 1

#2610.210 M/W/F 3 days 12:00-12:45 pm *6/25-8/3 \$57 JSP

#2610.211 M/W/F 2 days 12:00-12:45 pm *6/25-8/3 \$45 JSP

#2610.212 M/W/F 1 day 12:00-12:45 pm *6/25-8/3 \$32 JSP

Session 2

#2610.220 M/W/F 3 days 12:00-12:45 pm 8/6-9/7 \$47 JSP

#2610.221 M/W/F 2 days 12:00-12:45 pm 8/6-9/7 \$37 JSP

#2610.222 M/W/F 1 day 12:00-12:45 pm 8/6-9/7 \$27 JSP

*No class 7/4



Deep Water Aerobics

5/6 weeks

Adults

Getting FIT FAST will be fun and easy using the "toys" specially designed for deep water training. You will improve your cardiovascular capacity while toning and trimming your entire body. Get ready for an energized workout!

Instructor: Helena Isbell, EWS & CPR certified

Session 1

#2611.210 T/Th 2 days 12:00-12:45 pm 6/26-8/2 \$45 JSP

#2611.211 T/Th 1 day 12:00-12:45 pm 6/26-8/2 \$32 JSP

Session 2

#2611.220 T/Th 2 days 12:00-12:45 pm 8/7-9/6 \$37 JSP

#2611.221 T/Th 1 day 12:00-12:45 pm 8/7-9/6 \$27 JSP

Adult fitness



Reality Yoga 10 weeks

Adults

Here is a user-friendly class that combines Hatha Yoga, sports medicine stretches, and simple meditation techniques. You will learn to relax joints and ligaments, increase circulation, improve muscle tone, and calm the emotions. Yoga is a great way to avoid mental, emotional, and physical illness due to stress.

Instructor: Nina Deerfield, Naturopathic Physician

| | | | | | |
|-----------|----|----------------|-----------|-------|-----|
| #2600.200 | T | 5:00-5:55 pm | 6/19-8/21 | \$100 | MCC |
| #2600.202 | Th | 12:00-12:55 pm | 6/21-8/23 | \$100 | MCC |
| #2600.201 | Sa | 8:00-8:55 am | 6/23-8/25 | \$100 | MCC |

T'ai Chi Chuan 10 weeks

Adults

Reduce stress, increase energy, improve physical and mental health by learning the slow, relaxed movements of T'ai Chi & Chi Gong. You will learn how to handle stress and change, how to obtain higher energy levels, and achieve internal and external balance and harmony in your life. All fitness levels welcome.

Instructor: Nina Deerfield, Certified Master Instructor

| | | | | | |
|-----------|----|----------------|-----------|-------|-----|
| #2601.200 | T | 6:00-6:55 pm | 6/19-8/21 | \$100 | MCC |
| #2601.202 | Th | 11:00-11:55 am | 6/21-8/23 | \$100 | MCC |
| #2601.201 | Sa | 9:00-9:55 am | 6/23-8/25 | \$100 | MCC |

Taekwondo 12 weeks/2 days

Ages 6-Adult

Develop physical and mental discipline, strength, endurance, and coordination. Learn the Korean martial art of Taekwondo (kicks, blocks, punching), Hapkido (joint locking techniques), Yudo (throwing and grappling) and basic weapons. Become more confident and learn basic self-defense techniques. *An all white martial arts uniform is required and may be purchased from the instructor for \$25.*

Instructor: Skip Leonard, Cert. by WTF, City of Escondido Instructor for 18 years

| | | | | | |
|-----------|------|--------------|-----------|------|-----|
| #2613.200 | M/Th | 5:30-6:30 pm | *6/18-9/6 | \$88 | MCC |
| #2613.201 | M/Th | 6:45-7:45 pm | *6/18-9/6 | \$88 | MCC |

*No class 9/3

Boot Camp with a Kick

5 weeks/2 days

Ages 16-Adult

Get into shape with this power-packed hour of intervals and cardio drills. This class is designed for both men and women, and all fitness levels are welcome! Be prepared to go outdoors and have some fun while getting fit. *Bring handweights & a mat.*

Instructor: Angie Smith, AFAA Certified

Session 1

| | | | | | |
|-----------|------|--------------|-----------|------|------|
| #2609.200 | T/Th | 6:00-7:00 pm | 6/19-7/19 | \$43 | EVCC |
|-----------|------|--------------|-----------|------|------|

Session 2

| | | | | | |
|-----------|------|--------------|-----------|------|------|
| #2609.220 | T/Th | 6:00-7:00 pm | 7/24-8/23 | \$43 | EVCC |
|-----------|------|--------------|-----------|------|------|

Zumba 5 weeks

**Adults

Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance movements. Zumba creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers and new exercisers. Come, join the fun!

Instructor: Angie Smith, Zumba certified

Session 1

| | | | | | |
|-----------|----|--------------|------------|------|-------|
| #2640.201 | M | 7:15-8:15 pm | 6/18-7/16 | \$26 | EVCC |
| #2640.200 | T | 7:10-8:10 pm | 6/19-7/17 | \$26 | EVCC |
| #2640.203 | W | 5:30-6:30 pm | *6/20-7/25 | \$26 | MCC** |
| #2640.202 | Th | 7:10-8:10 pm | 6/21-7/19 | \$26 | EVCC |

Session 2

| | | | | | |
|-----------|----|--------------|-----------|------|-------|
| #2640.221 | M | 7:15-8:15 pm | 7/23-8/20 | \$26 | EVCC |
| #2640.220 | T | 7:10-8:10 pm | 7/24-8/21 | \$26 | EVCC |
| #2640.223 | W | 5:30-6:30 pm | 8/1-8/29 | \$26 | MCC** |
| #2640.222 | Th | 7:10-8:10 pm | 7/26-8/23 | \$26 | EVCC |

*No class 7/4

**Mathes Center class open to ages 12+.

Sponsored by ESCONDIDO RECREATION

jazzercise®



East Valley Community Center
2245 E. Valley Pkwy.

Monday-Friday ~ 8:30-9:30 a.m.

Monday & Wednesday ~ 6:00-7:00 p.m.

Friday ~ 5:30-6:30 p.m.

Saturday ~ 8:15-9:15 a.m.

Classes at Park Avenue Community Center
(Formerly Joslyn Center) 210 Park Ave.

Tuesday & Thursday ~ 8:45-9:45 a.m.

Friday ~ 8:45-9:45 a.m.

- \$40/month, EFT-unlimited class pass
- \$30 One-time joining fee • \$10 Day Pass

For more information call 760-521-2725
www.jazzercise.com



Adult Sports

Tennis 5/10 weeks

Ages 15-Adult

The following classes are offered for ages 15-Adult:

Beginners (Beg.): Covers forehand, backhand, service, rules, and court etiquette for the beginning player.

Intermediate (Int.): Focuses on ground strokes and use of spins, volley, footwork, and positioning. Players should be able to rally, play out points, and have some match experience.

Advanced (Adv.): Emphasis is on advanced net play and doubles movement with a partner, for the intermediate player moving toward tournament play. *Bring tennis racquet & one can of new, unopened "extra duty" tennis balls.*

Instructor: David Parker, USPTA Certified

Session 1

#2401.215 Beg. W 6:00-7:30 pm *6/20-7/25 \$58 KCP 7&8
 #2401.216 Int/Adv. W 7:30-9:00 pm *6/20-7/25 \$58 KCP 7&8

Session 2

#2401.225 Beg. W 6:00-7:30 pm 8/1-8/29 \$58 KCP 7&8
 #2401.226 Int/Adv. W 7:30-9:00 pm 8/1-8/29 \$58 KCP 7&8

10 Week Class

#2401.205 Int. Sa 8:30-10:00 am 6/23-8/25 \$109 MVP 1&2

*No class 7/4

ARCHERY 7 weeks

***Adults

Beginning: Come experience the powerful excitement of shooting a bow! Students will gain knowledge of archery as a sport, learn about required equipment, and practice current techniques. Safety rules and procedures will be taught and enforced.

Intermediate: Take your experience of shooting a bow to the next level! This class will build on the basic fundamentals of the beginning class with an emphasis on the archer's form and shooting farther distances. Students will gain more body awareness and learn how the mechanics of their form affect arrow flight. Mental strategies of the sport will be introduced along with scoring protocol. A fun class competition will be held at the end of the session. Beginning Archery class is a prerequisite.

Instructor: Rho Densmore, USA Archery Level 4-NTS Coach, ASEP Certified in Coaching Principles, & Certified NASP Instructor Trainer

Beginning

#1477.201 Sa 11:00-11:55 am *6/23-8/11 **\$84 MVP

Intermediate

#1478.200 Sa 10:00-10:55 am *6/23-8/11 **\$84 ***MVP

*No Class 7/14

**\$5 material fee due at first class

***Intermediate class open to ages 7+

All equipment is provided for archery classes; recurve bows will be used.



and

Escondido Recreation



New Teams
Get \$50 off

Adult 6 on 6 - Flag Football

Cost: \$450/team; \$50/individual

Register Now - Games played on Tuesday nights at Kit Carson Park

For registration information go to www.FlightActionSports.com or call 619.890.3257

EVCC GYM ACTIVITIES

East Valley Community Center
2245 East Valley Parkway

Looking to play a little pick-up basketball or
swat a birdie, then the EVCC gym is the place for you!

Admittance to Open Gym activities is \$2 per person. There is no charge for adult spectators accompanying paying minors.

All minors MUST have a current liability waiver, completed by parent/guardian, on file at the EVCC in order to participate in Open Gym activities.

Mondays Basketball
Tuesdays Basketball
Wednesdays..... Basketball
Thursdays..... Basketball
Fridays Basketball & Badminton
Saturdays Basketball
Sundays Closed



For the most recent schedule updates follow us on [twitter](#) at [twitter.com/EVCCgym](#)

For specific times and daily schedule, please view the gym schedule at [recreation.escondido.org/open-gym.aspx](#) or call 760-839-4382.

Gym schedule is subject to change without notice.



FACILITY RENTALS

Bring your next event for entertainment or education to the [East Valley Community Center](#). We have rooms to accommodate birthday parties, reunions, seminars, homeowner meetings, board/staff meetings, monthly meetings, trainings, and more.

Facility Highlights

- Multiuse gymnasium able to accommodate two basketball courts, three volleyball courts, or six badminton courts
- Professional dance room
- One banquet room that can seat up to 120 people theatre-style with kitchen access
- Three meeting rooms
- Multimedia equipment available
- Dry erase boards in all rooms
- FREE parking!

Please call the East Valley Community Center at 760-839-4382 to discuss your upcoming events.
You can also e-mail inquiries to [recreation@escondido.org](#).

ESCONDIDO SKATE CAMP

June 25–29 • July 16–20 • Aug. 13–17

#4037.201

#4037.202

#4037.203

9 am–12 pm

Ages 6–13

\$99



SUMMER SKATE HOURS:

M-F:

4–7 pm Combo Sessions

M & W & F:

7–10 pm Combo Sessions

T & TH:

7–10 pm Bikes Only

SATURDAY:

9 am–12 pm Scooters Only
4–7 pm & 7–10 pm Combo Sessions

SUNDAY:

10 am–12 pm & 4–7 pm
Combo Sessions
7–10 pm Bikes Only

SUMMER LOCK-IN!

Spend the night
in the park!

July 20

#4026.201

10:00 pm to 8:00 am

**Ages
8–14**

\$40



PRO HOCKEY

summertime...clinic

The Pro Hockey clinic is a high-energy and informative clinic designed for intermediate and advanced level players. Instructors Alex Carroll and Casey Escarcega will run drills, power skating, hockey-related scenarios, and plyometrics to improve skaters' overall abilities.

Scholarships
Available

JUNE 18–22 • \$99 • Ages 8–14
#4016.201 **10 am–12 noon**

Hockey Camp!

June 25–29 July 16–20 Aug. 13–17
#4014.201 #4014.202 #4014.203

9 am–12 noon • Ages 6–14
ONLY \$99

Camp will be led by ESC staff member Joey Gelsomino.



TOLL
FREE

CALL TODAY!
855-ESC-4ALL





BRITISH SOCCER

summer camps!



The Escondido Sports Center is excited to bring back Challenger British Soccer Camps! Camps will take place at the Escondido Sports Center and include great gifts such as a t-shirt, ball, and evaluation! Register early to receive a free jersey!

Scholarships Available



June 11–15 • June 25–29
July 16–20 • August 13–17



| Program | Ages | Times | Price/Week |
|-------------------|------|-----------------|------------|
| 1st Kicks | 3–4 | 8:30–9:30 am | \$65 |
| Mini Soccer | 5–6 | 9:30–11:30 am | \$85 |
| Extended Half Day | 7–16 | 8:30 am–1:00 pm | \$135 |

SIGN UP at
www.challengersports.com



Registration Information

5 easy ways to register NOW for Escondido Recreation classes and activities

Preregistration is required for all classes.
Classes fill quickly so register early!



Online

Internet Registration

- Visit our Web site, recreation.escondido.org and click on the link for Online Registration.
- Complete the online registration form, pay by Visa, MasterCard, American Express, or Discover and receive an instant e-mail confirmation.

Please note: A nominal, nonrefundable, processing fee will be charged.

Phone-in

Begins May 21

- Call 760-839-4691 Mon.-Thurs. 9:00 a.m.-4:00 p.m.
- Pay by Visa, MasterCard, American Express, or Discover
- Registration receipts will be mailed/emailed with liability waiver to sign and return to city.

Walk-in

- Two convenient locations:
- Community Services Department in City Hall, 201 N. Broadway Mon.-Thurs. 7:30 a.m.-5:30 p.m.
- East Valley Community Center 2245 E. Valley Pkwy. Mon., Wed., & Fri 8:30 a.m.-5:00 p.m. Tues. & Thurs. 11:00 a.m.-5:00 p.m.

See registration form for **Mail-in** or **Fax-in** details.



Requests for ADA Accommodation

Qualified individuals with disabilities who wish to participate in Escondido Recreation programs, services, or activities and who need accommodation are invited to present their requests for accommodation to the City by filling out a Request for Accommodation Form or an Inclusion Support Form for Minors; or by calling 760-839-4643, preferably at least seventy-two hours in advance of the event or activity.

Share a Dream Scholarship Program

Escondido youth (ages 17 & under) whose families qualify as low and moderate income can participate in Escondido Recreation's classes, camps, sports activities, and more at a reduced fee. For more information/application packets, go to recreation.escondido.org or call 760-839-4691.

75%
50%
25%
off fees

PLEASE NOTE: Registration cannot be taken in class. Most of our instructors are independent contractors so they cannot process registration; however, they do collect material fees in class. **Fees will not be prorated if you register after class has started.**

How do I request a refund or credit?

- Contact registration staff at City Hall or EVCC to request a refund or credit on account if you are unable to attend a class/activity after you have registered.
- Credit on account will be issued for 100% of class fees minus any classes attended or missed.
- Refund requests will be assessed a 25% service charge, deducted from original fees paid, and any classes attended or missed will also be deducted from original fees paid.
- Requests for a refund or credit on account must be made before the last class.
- Refunds or credit on account will not be issued for individual class meetings that you missed.
- For one-time workshops, requests must be made at least two business days before the date of the workshop.
- Aquatic classes and Summer Camps have a different transfer/refund policy. See page 27 for the aquatics policy and for the camp policy, go to recreation.escondido.org.

So, the sooner you notify staff that you will be dropping out of a class, the greater your refund or credit will be.

Your satisfaction is guaranteed! Our goal is to provide you with the highest quality recreational programs. If a class doesn't meet your expectations, we want to know about it. Please contact us as soon as possible so we can arrange for you to receive a credit or a refund.

For more information, please call 760-839-4691
or e-mail recreation@escondido.org

Mail-in/Fax-in Registration Form

- **FAX-IN registration: 760-739-7020 • Aquatic Classes FAX-IN registration: 760-739-7030**
To receive registration confirmation, please provide a 24-hr. fax number or e-mail address.
- See page 27 for Summer Aquatics Registration Guidelines. Enclose a separate check for aquatic classes.

| ADULT NAME (Please Print) | | PAYER NAME: | | | | |
|------------------------------|-----------------------|----------------|--|-----------|-------|-----|
| ADDRESS: | APT. # | CITY: | ZIP CODE: | FAX () | | |
| HM# () | WK# () | | E-MAIL: | | | |
| ACTIVITY REGISTRATION NUMBER | | ACTIVITY TITLE | PARTICIPANT'S NAME (First and Last) | BIRTHDATE | M / F | FEE |
| 1st Choice | 2nd Choice (optional) | | | | | |
| . | . | | | / / | | |
| . | . | | | / / | | |
| . | . | | | / / | | |
| . | . | | | / / | | |

*If you are using a credit voucher, please mail the yellow copy of your voucher with the registration form. Credit vouchers are not accepted as payment if you fax-in, phone-in, or register on line.

*If you have credit on account, please subtract the amount of credit you would like to use from the subtotal to determine the total fees owed.

| | |
|-------------------------------|-------------|
| Subtotal | |
| -*Credit/Scholarship | % |
| Subtotal | |
| Optional Scholarship donation | 1.00 |
| TOTAL | |

ALL MAJOR CREDIT CARDS ACCEPTED

PRINT NAME AS IT APPEARS ON CARD _____

Signature: _____ Expiration Date: _____

Card # _____ - _____ - _____ - _____

I hereby authorize the use of my Credit card

Make checks payable to:
City of Escondido
 and mail with form to:
Community Services Department
201 N. Broadway
Escondido, CA 92025-2798

Enclose a self-addressed, stamped envelope for a receipt.

PLEASE READ WAIVER AND SIGN BELOW - Each adult must sign a separate waiver. A parent/guardian must sign for their children 17 and under.

I agree to indemnify, defend, and hold harmless the City of Escondido, its officers, agents, and employees from any and all loss, damage, liability, cost, or expenses arising out of or resulting from the use of equipment or property owned by or under the control of the City of Escondido whether or not that liability, loss, or damage is caused by or arises out of any act or omissions of the City of Escondido, its officers, agents or employees.

I also understand that the City of Escondido does not carry insurance to cover participants in the activities in which I, my child, or my ward is participating. I understand there are risks associated with these activities and I assume the risk of any injuries that I, my child, or my ward may sustain during any of these activities. I forever discharge the City of Escondido, its officers, agents, and employees, from my lawsuits, damages, claims or judgements resulting from any personal injuries or property damages that I, my child, or my ward may sustain while using City property or equipment, or while participating in an activity sponsored by the City of Escondido.

I understand that the City may take photographs/videos for the use in City publications, Web sites, and news releases without my written consent.

I have read the above Waiver/Release of Liability and understand it.

Participant/
Parent or Guardian
Signature x _____

Date _____

COMPOSTING Nature's Way to Recycle!

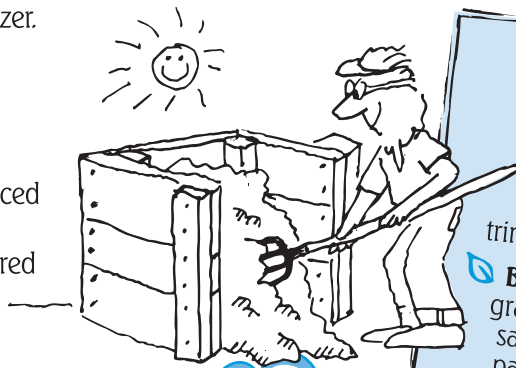
COMPOSTING is the decomposition of organic material such as leaves, twigs, grass clippings, and food scraps. Composting helps to keep organic material out of our landfills and turns that material into a useful product.



Compost is the soil product that results from composting. It is great for gardens and landscaping and can save you money by not having to buy soil conditioners and fertilizer.

Composting Can Be Easy!

Composting can be practiced in most backyards in a homemade or manufactured composting bin. Instructions for making your own backyard composting bin and vermicomposting (worm!) bin are available. See Website and phone numbers at bottom of page.

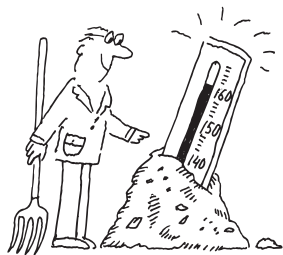


The City of Escondido offers a basic bin for sale at cost. Call 760-839-4342 for information & pricing.

RECIPE FOR COMPOSTING

- Greens (1/3 to 1/2 of pile):** Grass clippings, green leaves, yard trimmings, and vegetable and fruit scraps
 - Browns (1/2 to 2/3 of pile):** Dried grass, dried leaves, twigs, straw, sawdust, wood chips, and shredded paper or cardboard
 - Water:** Your compost pile should be as damp as a wrung-out sponge.
 - Air:** Add air to your compost pile by turning it with a pitchfork weekly.
- A compost pile should be at least 3' x 3' x 3' (one cubic yard). Stop adding material to your compost pile after it gets to optimal size and start a new pile so that your first pile can finish decomposing.

Temperature & Time



Compost piles with the right blend of greens and browns that are kept moist will heat up to a temperature of 120°F–160°F. This high temperature will kill most weed seeds and produce compost in two months. Compost piles that aren't maintained as well will also create useable compost, but it will take much longer.

When Is It Done?

Your compost is finished when the original material has been transformed into a uniform, dark brown, and crumbly product with an earthy aroma.

GIVE IT A TRY!



ATTEND A FREE WORKSHOP

The next free composting workshop is at the Escondido Community Garden (located at Centre City Parkway and Decatur Way) on Saturday, July 14, 2012 at 8:30 a.m. No registration required. For details, go to www.escondido.org or call 760-839-4342.



EARTH DAY

Celebrate

Every Day

Recycle **MORE** at Home!

All Escondido residents have curbside recycling at their homes

NEW! Styrofoam™ (polystyrene) may now be placed in your recycling bin! Polystyrene is commonly used in packing material and food products. All Styrofoam™ packing materials will be accepted for recycling except for packing peanuts. Packing peanuts should be either reused or placed in your trash bin. Styrofoam™ food containers placed in your recycling bin must be free of food residue.



- ♻️ If you live in a single-family residence, you have a large blue rolling cart for recycling.
- ♻️ If you live in a multi-family residence, you have green and gray rolling carts that you share with your neighbors for recycling.



Recycling in Escondido is very convenient because you can put all your recycling (except for yard waste) in one cart. That's right—paper, cans, glass, plastic, and cardboard all go in one cart!

Don't Forget!

All rigid plastics #1–#7 should be placed in your recycling cart. Please do NOT include PVC pipe, vinyl, plastic bags, or plastic sheeting.

Totes
Milk Crates
Laundry Baskets
Cat Litter Buckets (clean)



Garbage Cans
Lawn Furniture
Pet Carriers
Toys



Nursery Pots/Trays
Pallets
Food Containers (yogurt, etc.)



Continue to Place These Items in Your Recycling Cart

♻️ All Types of Paper (no food contamination or plastic/waxy layers)



♻️ Aluminum Cans



♻️ All Plastic Beverage Containers #1–#7



♻️ Tin & Steel Cans



♻️ All Plastic Jugs #1–#7

♻️ Glass Jars & Bottles (all colors)



For more information, please call Recycling Staff at 760-839-4342.

Mature Adult Services

Serving adults 50 and over!

Escondido

SENIOR CENTER

The **Escondido Senior Center** offers a wide variety of services and programs for adults 50 years and up. The City works in collaboration with over 80 senior organizations to provide a multitude of fun activities, educational programs, resources, and services.

Location Park Avenue Community Center
210 Park Avenue, Escondido, CA

Office Hours M–F 8 a.m. to 3 p.m.

Contact us 760.839.4688

Park Avenue Café – Serving up a delicious, nutritious lunch, Monday through Friday, 11:30 am.–12:15 pm. Advance reservation is required.

Social Activities – Choose from the weekly dances with live music, special events, bingo, craft making, indoor shuffleboard courts, a pool room, as well as many social clubs.

Resources and Services – Health Screenings, Job Referral, Legal Aid, Income Tax Assistance, and various support groups

Travel – Hop on a bus to many exciting travel destinations; choose from one-day trips or overnight trips.

Lifelong Learning Opportunities – Computer classes, Joslyn Book Club, Library, AARP 55 Alive Driving Classes, Talk Tuesdays, and RSVP Volunteer Program

For details on monthly activities see our monthly bulletin and the Services & Programs Guide.



Facility Rentals

Keep the Park Avenue Community Center in mind for your next event. Located in downtown Escondido, this beautiful remodeled facility is perfect for your next meeting, party, seminar, training, or special event.

Facility Highlights

- Multi-use Auditorium
 - Seats up to 225 people theatre-style
 - Includes a stage, attached kitchen facilities, and overhead stereo PA system
- Four meeting rooms
- Beautiful covered outdoor gazebo patio
- Multimedia equipment available
- Dry erase boards and screens in every room
- Convenient central location
- Free and easy parking

Please call the Park Avenue Community Center at 760.839.4688 to discuss your upcoming event.



City of Escondido
Daley Ranch House Rentals Coming Soon!



Photo Courtesy of the North County Times

A Perfect Venue for



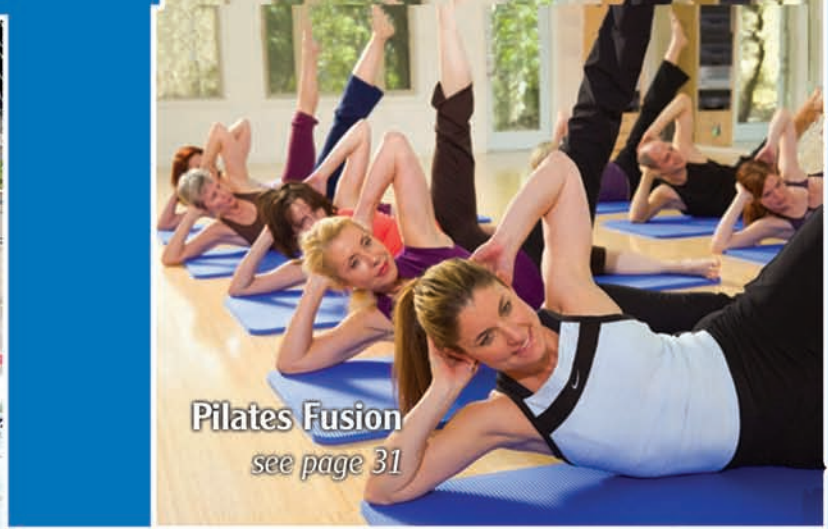
DALEY RANCH

Weddings
Special Events
Corporate/Business Retreats
Family Functions

*Be one of the first to have access to this historic site.
To be added to the facility mailing list,
call 760-839-4691 or e-mail recreation@escondido.org*

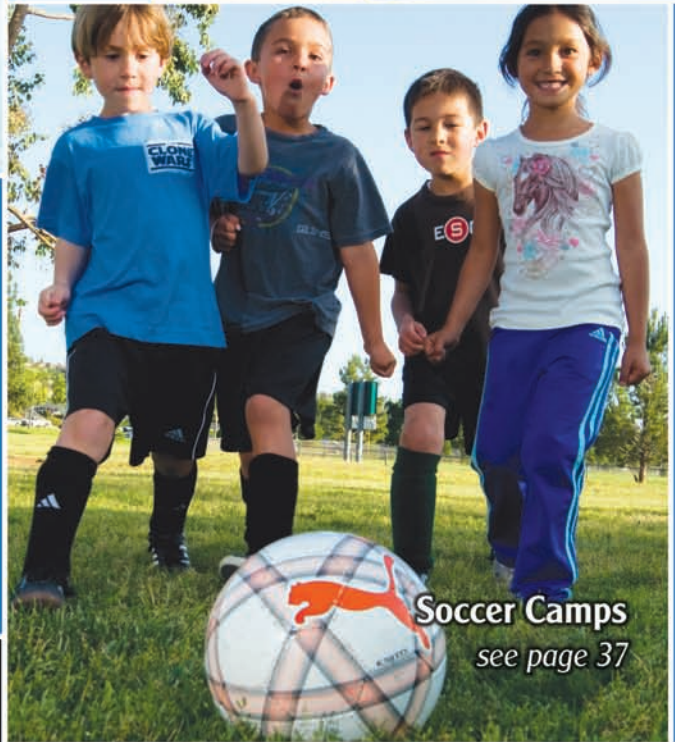


Summer Aquatics
see pages 17-27



Pilates Fusion
see page 31

Register now !
Summer classes
begin the week
of June 18.



Soccer Camps
see page 37



Specialty Camps
see pages 14 & 15



Crossfit Big Fun Camp
see page 9

COMMUNITY SERVICES DEPARTMENT
CITY OF ESCONDIDO
201 N. BROADWAY
ESCONDIDO, CA 92025-2790

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