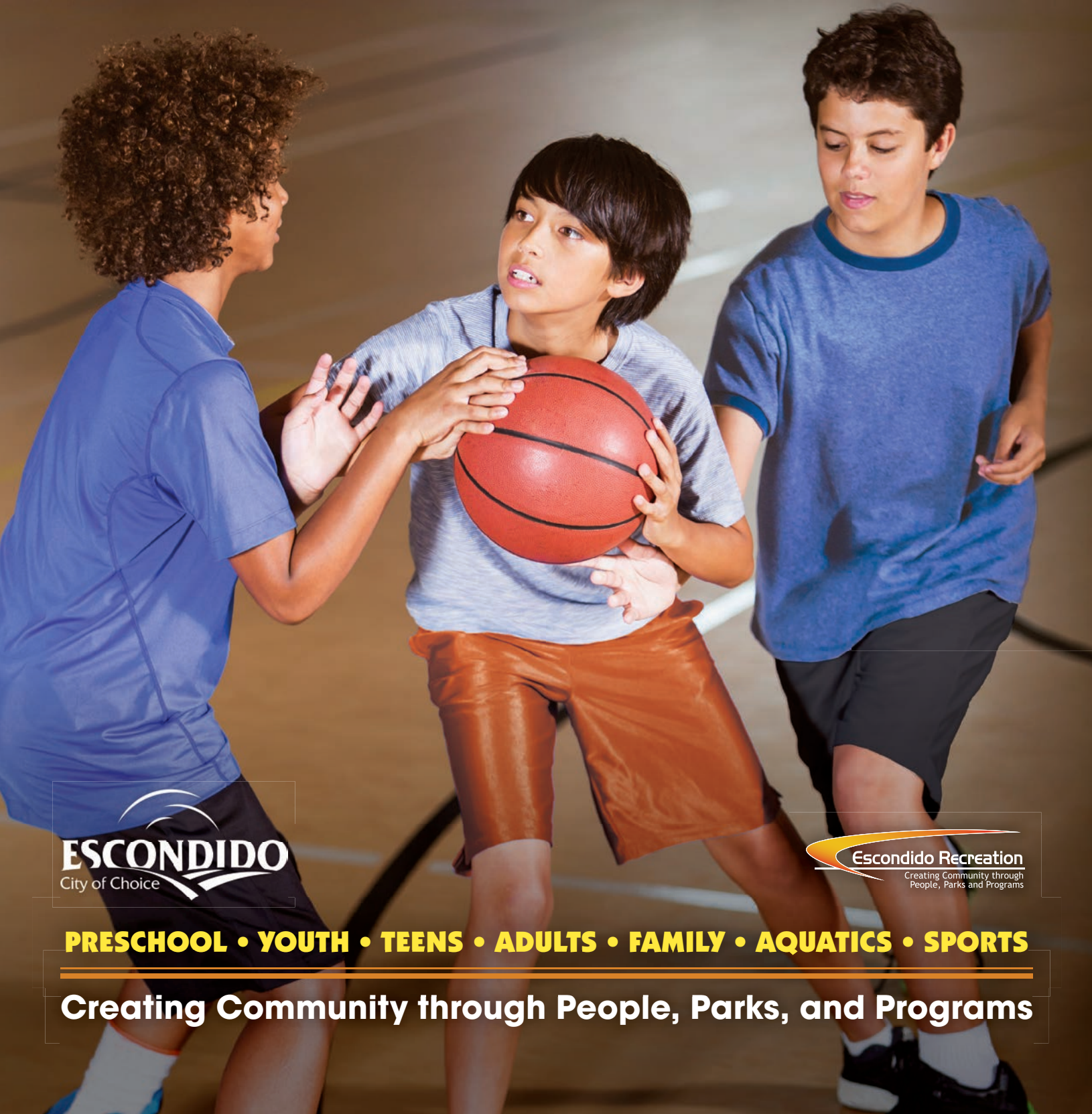


ESCONDIDO RECREATION GUIDE

Fall 2014 September • October • November • December
recreation.escondido.org



ESCONDIDO
City of Choice

Escondido Recreation
Creating Community through
People, Parks and Programs

PRESCHOOL • YOUTH • TEENS • ADULTS • FAMILY • AQUATICS • SPORTS

Creating Community through People, Parks, and Programs

Escondido Welcomes You!

Message From the Director

With a blink of an eye our glorious summer season of swimming, picnicking in the park, and lounging on the patio with a good book sipping iced tea is coming to an end.

Let the next chapter of fall begin with a new school year and holidays filled with pumpkins, turkeys, and good cheer! No matter what time of year the City's Recreation Department provides excellent programs, classes, and sports opportunities for you and your family to continue personal growth and physical development while having fun! Our hope is that your interest will be peaked by our new classes and returning favorites. Yes, Recreation is fun, and more than that, Recreation inspires lifelong learning, healthy lifestyles, and enhances the quality of life for you and our community! Improve your whole family's well-being with "L.E.A.N." and learn the basics of Lifestyle, Exercise, Attitude, and Nutrition; help improve your memory with "Remember This" or "Forgetting—Be Gone;" and enjoy the holidays with "Sugar Skull Art" the traditional *Dia de los Muertos* activity or "Fast Fun Holiday Cards." Recreation classes and programs are offered in various locations throughout the City with a variety of schedules for your convenience. For more information visit our website at recreation.escondido.org

Active adults 50+ can pursue a multitude of opportunities at the Park Avenue Community Center (PACC). Caring, friendly staff offer the senior nutrition program at the Park Avenue Cafe, as well as high quality activities and classes that are fun and will assist you in your continual pursuit of mental and physical health! On October 18, join staff at the PACC for the Escondido Community Wellness Expo from 8:30 am to 11:30 am. This Expo, designed to enrich the lives of older adults and their families, offers information that supports seniors, families, and caregivers with their questions and challenges of aging. Health screenings and some vaccines will be available that day. For more information call the PACC at 760.839.468. or visit the website at www.escondido.org

The Escondido Public Library is another City department with many fun and informative programs, resources, and technologies for you and your family. In September the Library celebrates two very important events; Library Card Sign-Up month and Banned Books Week. I would like to remind you that a library card is the most important tool your student can use for school success! It is easy to apply for a card at the Library or via the Library's website at library.escondido.org and it is free! Banned Books week is most important for all of us as it celebrates the freedom to read. Typically held throughout the last week of September, it highlights the value of free and open access to information. Of course, September is not the only month when you can enjoy books, technologies, and fun programs; come and pursue new worlds, hobbies, or other avenues of interests at your community library! More information about the Library's programs and services are found on page 34.

Loretta McKinney

Director of Library and Community Services



CITY STAFF

City Council

Sam Abed, Mayor
Olga Diaz, Deputy Mayor
Ed Gallo
Michael Morasco
John Masson

City Manager

Clay Phillips

City Treasurer

Kenneth Hugins

Director of Library and Community Services

Loretta McKinney



City of Escondido Fall 2014 Recreation Guide

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CONTACT US

Phone 760.839.4691
Email recreation@escondido.org
Web recreation.escondido.org
Office 201 North Broadway,
Escondido, CA 92025
Social Follow us on Facebook:
[Facebook.com/EscondidoRecreation](https://www.facebook.com/EscondidoRecreation) 

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.



Scan here to visit Escondido Recreation on the web and register for classes!

Creating Community through People, Parks, and Programs

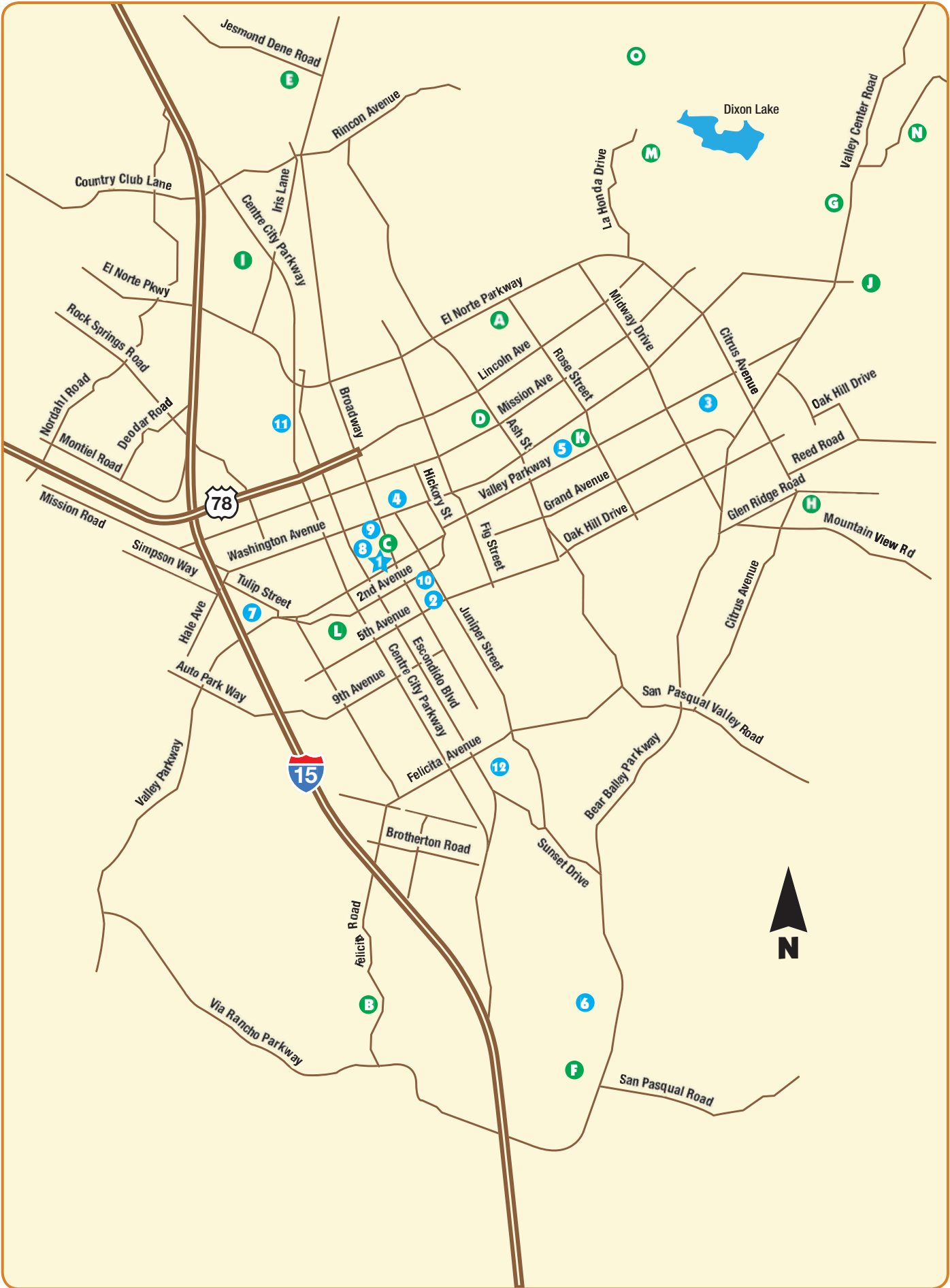
Facilities

- 1** **Community Services Department / City Hall**
760.839.4691
201 North Broadway
recreation.escondido.org
recreation@escondido.org
- 2** **Mathes Community Center (MCC)**
247 South Kalmia Street
- 3** **East Valley Community Center (EVCC)**
760.839.4382
2245 East Valley Parkway
- 4** **Park Avenue Community Center (PACC)**
760.839.4688
210 Park Avenue
- 5** **Washington Park Recreation Center & Pool (WP)**
501 North Rose Street
- 6** **Escondido Sports Center (ESC)**
760.839.5425
3315 Bear Valley Parkway
sportscenter.escondido.org
- 7** **Ice-Plex (ICE)**
555 North Tulip Street
- 8** **James Stone Pool (JSP)**
131 Woodward Avenue
- 9** **Don E. Anderson Community Building (DACB)**
120 Woodward Avenue
- 10** **Escondido Public Library**
760.839.4684
239 South Kalmia Street
- 11** **Escondido Police & Fire Headquarters (EPFH)**
1163 North Centre City Parkway
- 12** **San Diego Fencing Center (SDFC)**
1770 South Escondido Boulevard

Parks

	Amphitheater	Ball Fields	Barbecues	Basketball Courts	Boating	Campground	Disc Golf Course	Dogs Allowed	Fishing	Fitness Course	Hiking Trails	Historical Buildings	Horseshoe Courts	Picnic Tables	Playground / Tot Lot	Recreation Buildings	Restrooms	Soccer Fields	Swimming Pool	Tennis Courts	
A El Norte Park • 1375 East El Norte Parkway			•											•	•						
B Felicita County Park • 742 Clarence Lane			•					•			•		•	•	•		•				
C Grape Day Park • 321 North Broadway, 92025								•				•	•	•	•		•				
D Grove Park • 745 North Ash Street, 92027			•	•										•	•		•		•		
E Jesmond Dene Park • 2401 North Broadway, 92026		•	•							•				•	•		•				
F Kit Carson Park (KCP) • 3333 Bear Valley Parkway, 92025	•	•	•				•			•	•			•	•		•	•			•
G Mayflower Dog Park • 3420 Valley Center Road, 92027								•													
H Mountain View Park (MVP) • 1160 South Citrus Avenue, 92027		•	•											•			•	•			•
I Rod McLeod Park • 1701 South Iris Lane, 92026			•											•	•		•				
J Ryan Park • 390 North Hidden Trails Road, 92027																		•			
K Washington Park • 501 North Rose Street, 92027		•	•	•										•	•	•	•			•	•
L Westside Park • 333 South Spruce Street, 92025			•	•										•	•		•				
M Dixon Lake • 1700 La Honda Drive	•		•		•	•			•		•			•	•		•				
N Lake Wohlford • 25453 Lake Wohlford Road, 92025			•		•				•		•			•			•				
O Daley Ranch • 3024 La Honda Drive, 92027								•			•						•				

For facility hours and closure dates, visit our website at recreation.escondido.org or call 760.839.4691.





ESCONDIDO RECREATION

Developing confident, happy, school-ready children!

Tiny Tots Preschool prepares your little one for kindergarten by encouraging exploration, academics, and positive social interaction! Designed with learning in mind, activities include arts & crafts, music, science, pre-writing/reading, math, and circle time.

Tiny Tots Preschool curriculum is designed in conjunction with California Common Core Standards. Classes are offered for children 3–4 and 4–5 years old, September through May. While not required, we encourage children to participate in consecutive months during this time frame to maximize learning, develop social skills, and build confidence.

Offered at two locations:

East Valley Community Center (EVCC)
2245 East Valley Parkway

Don Anderson Community Building (DACB)
120 Woodward Avenue

Ages 3 & 4 • 8:15–10:30 am

Monday & Wednesday EVCC

Wednesday & Friday DACB

Tuesday & Thursday EVCC & DACB

Ages 4 & 5 • 11:15 am–2:00 pm

Tuesday & Thursday DACB

Monday, Wednesday, & Friday EVCC & DACB

- Fees start as low as \$110 per month! Parent participation is required.
- Registration packet and fee information is available at: recreation.escondido.org/tiny-tots-preschool.aspx
- Priority registration is given to those registered in the prior month.

For more information, call 760.839.4691 or email recreation@escondido.org





Pee Wee Preschool

4/3 weeks • Ages 15 months–3 years

Explore the preschool classroom with your little one. Create an art project; play outside on preschool equipment—all at your own pace. Meet other parents while your child develops social skills interacting with other toddlers. Each week will include a teacher-run “circle time” with songs and a story. Parent participation is required.

Instructor: Jennifer Mendoza, Tiny Tots Preschool Teacher

September

#1172.311	M	9:00–10:30 am	9/8–9/29	\$32	DACB
#1172.310	F	9:00–10:30 am	9/5–9/26	\$32	EVCC

October

#1172.321	M	9:00–10:30 am	10/6–10/27	\$32	DACB
#1172.320	F	9:00–10:30 am	10/3–10/24	\$32	EVCC

November

#1172.331	M	9:00–10:30 am	11/3–11/17	\$24	DACB
#1172.330	F	9:00–10:30 am	11/7–11/21	\$24	EVCC

December

#1172.341	M	9:00–10:30 am	12/1–12/15	\$24	DACB
#1172.340	F	9:00–10:30 am	12/5–12/19	\$24	EVCC

Kidz Explorers

6 weeks • Ages 24 months–4 years

Come and explore music as a powerful tool in the development of the whole child. With fun and targeted learning activities to improve mind and body coordination. Children will learn about music during story-telling, they will learn to play simple melodic instruments together as a group. All the while children and their parents will enjoy an action packed session immersed in music, singing, and dance.

Instructor: MUSICSTAR® Staff

#1169.301	W	9:30–10:20 am	9/10–10/15	**\$66	MCC
#1169.320	W	9:30–10:20 am	*10/22–12/3	**\$66	MCC

*No class 11/26

**\$20 Material fee due at first class for music instruments (cash only)

Let's Do Art

6 weeks • Ages 6 months–36 months

This curriculum for young preschoolers provides participants with the environment and tools to explore art. Students learn about shapes, colors, and the use of space. Each participant is encouraged to explore at their own individual pace using their fingers, crayons, or brushes!

Instructor: Creative Brain Learning Staff

#1131.300	Sa	10:00–10:50 am	9/20–10/25	**\$66	MCC
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**\$20 Material fee due at first class (cash only)

Preschool Colors n' Shapes

6 weeks • Ages 6 months–24 months

MUSICSTAR® Baby Colors n' Shapes helps sharpen tactile senses and cognitive abilities by exploring art colors, shapes, and sizes while immersed in play time.

Instructor: Creative Brain Learning® Staff

#1193.300	W	11:30–12:20 pm	9/10–10/15	**\$66	MCC
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**\$20 Material fee due at first class for drawing materials (cash only)

Baby Wiggles 'N Giggles

6 weeks • Ages 6 months–24 months

MUSICSTAR® KIDZ division has helped many families and their young children discover the true power of active music participation as it positively impacts childhood development. MUSICSTAR® Baby Wiggles 'N Giggles explores music and interaction with music as part of the whole child development. *Parent participation is required.*

Instructor: MUSICSTAR® Staff

#1166.310	W	10:30–11:20 am	*10/22–12/3	**\$66	MCC
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*No class 11/26

**\$20 Material fee due at first class (cash only)



Preschool Karate

6 weeks • Ages 2–5

Preschoolers will begin to learn the basic kicks, punches, blocks, and stances of karate. Karate will help in development of motor skills, balance, and coordination. Children will also be taught to make good choices, listen, and follow directions. In the advanced class, children will begin learning stances, combination moves, correct form and technique, and Katas. Uniforms are required in the advanced class.

Instructor: Jorge Lopez

Session 1

						Ages
#1441.310	T	10:00–10:45 am	9/16–10/21	\$70	EVCC	2–3
#1442.310	T	10:45–11:30 am	9/16–10/21	\$70	EVCC	4–5

Session 2

#1441.320	T	10:00–10:45 am	*10/28–12/16	\$70	EVCC	2–3
#1442.320	T	10:45–11:30 am	*10/28–12/16	\$70	EVCC	4–5

*No class 11/11 and 11/26

Pre-Ballet

12 weeks • Ages 4–5

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

#1310.315	Th	3:45–4:30 pm	*9/11–12/4	\$108	EVCC
#1310.302	Sa	9:30–10:15 am	*9/13–12/13	\$108	EVCC

*No class 11/1, 11/27, and 11/29

Tiny Tots Ice Skating

8 weeks • Ages 3–5

This class is designed for little ones who would like to try ice skating. They will learn basic skating skills through games and creative drawings on the ice. The emphasis is fun and building confidence on the ice.

Instructor: Ice-Plex Staff

#1405.311	F	4:45–5:15 pm	9/19–11/7	**\$85	ICE
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**Includes skate rental and public skating from 3:15–5:15 pm on day of class

Tiny Tots Tumble Time

6 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

#1158.310	W	4:00–4:35 pm	9/17–10/22	\$65	PACC
#1158.320	W	4:00–4:35 pm	*10/29–12/10	\$65	PACC

*No class 11/26

Elements of Painting

6 weeks • Ages 3–5

Elements of Painting explores the fundamentals of visual arts and provides an opportunity for preschoolers to explore various tools and techniques that can be applied to improve their arts activities. Participants will explore the concepts of color, shapes, textures, lines, space, and more.

Instructor: Creative Brain Learning Staff

#1132.300	Sa	11:00–11:50 am	9/20–10/25	**\$66	MCC
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**\$20 Material fee due at first class (cash only)

Pee Wee Play Time

Created for experts in rolling, crawling, waddling, and trotting! This open gym time is just for you and your favorite explorer!

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.

Every Monday & Wednesday • 8:30 am–12:00 pm • Ages 0–5
\$3 for first child, each additional child \$1 • Location: EVCC • 760.839.4382

Upcoming Fall Themes:

September: Zoo Wonders • October: Spooktacular Fun

November: Festive Fun • December: Winter Wonderland





Sugar Skull Art

Workshop • Ages 5–Adult

Join us for a family workshop of sugar skull decorating, an indigenous *Dia De Los Muertos* tradition of Mexico. The skulls will be decorated with vibrant colors using your creativity and imagination. Skulls are for decoration purpose and not recommended for consumption. Individual children and adults are welcome to join us! For more information on the art, visit the website at SugarSkulz.com.

Instructor: Carolina Celaya, taught this workshop for over 5 years

#1565.301	W	6:30–7:30 pm	10/15	**\$15	EVCC
#1565.302	Th	6:30–7:30 pm	10/23	**\$15	EVCC

**\$5 material fee due for each additional skull

Creative Brain Video Game Design

6 weeks • Ages 8–13

You play them now, learn how to design them! Come join us as we go through the entire process of video gaming development. Students work in teams that will design and create their own video games. Computers are provided for classroom use.

Instructor: Creative Brain Learning® Staff

#1272.300	T	5:30–6:20 pm	9/9–10/14	**\$66	MCC
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**\$20 Material fee due at first class (cash only)

Halloween Stop Motion Animation

6 weeks • Ages 8–15

Have you ever wanted to create your own monster movies? Come join us in the class and explore the stop motion animation production. Students will learn about image capturing, video recording techniques, and more! This program offers an amazing opportunity for hands-on, creative, and artistic expression. Cameras and computers will be provided for classroom use only.

Instructor: Creative Brain Learning® Staff

#1251.300	T	4:30–5:30 pm	9/9–10/14	**\$66	MCC
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**\$20 Material fee due at first class for drawing materials (cash only)

Youth Guitar

6 weeks • Ages 7–15

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

#1327.310	W	5:00–5:50 pm	9/10–10/15	**\$66	MCC
#1327.320	W	5:00–5:50 pm	10/22–11/26	**\$66	MCC

**\$20 material fee for Student Pack, which includes the Course Book and DVD, due at first class (cash only)

Introduction to Cartoon Drawing

6 weeks • Ages 8–15

Learn the secrets of cartoon drawing and create your very own cartoon story in this unique art class. Students will learn to draw cartoon characters and other elements. Class will create their own story ideas and turn them into actual cartoons.

Instructor: Creative Brain Learning® Staff

#1249.300	T	3:30–4:30 pm	9/9–10/14	**\$66	MCC
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**\$20 Material fee due at first class for drawing materials (cash only)

Crafty Hands

4 weeks • Ages 6–12

If your child has an artistic mind or would like to learn how to look at the world with an artistic point of view, this class will help to develop those skills. We will create beautiful art projects by using handy materials that are all around us. We will be using materials such as rice, peas, nutshells, noodles, and more to create our masterpieces.

Instructor: Elena Chirkova, Master's in Education, Bachelor's in Fashion and Design

#1207.310	F	3:30–5:00 pm	9/19–10/10	**\$49	EVCC
#1207.320	F	3:30–5:00 pm	*10/17–11/14	**\$49	EVCC

*No class 10/31

**\$10 Material fee due at first class (cash only)

Folklorico Dance (Mexican Folk Dance)

9 weeks • Ages 4–12

Beginning and intermediate students will learn about the Mexican culture through lively and enjoyable folklorico dances. The dances that will be learned represent different regions of Mexico.

Instructor: Maribel Robledo, Grupo Folklorico Herencia Mexicana

#1379.301 T 6:00–7:15 pm *10/14–12/16 \$55 PACC

*No class 11/11

Hula—Hawaiian Dance

9 weeks • Ages 5–Adult

Enjoy traditional Hawaiian music while learning both modern and ancient styles of hula. All levels are welcome to our luau.

Instructor: Kelly Haupu / Halau Hula O Ka'eo Owner

Ages

#2223.301 M 4:30–5:30 pm *9/8–11/17 \$87 EVCC 5–11

#2223.302 M 5:45–6:45 pm *9/8–11/17 \$87 EVCC 12–Adult

*No class 10/13 and 10/27

Pizzaz Jazz

6 weeks • Ages 5–7

This will be a fun class for the beginning dancer. Instructor will incorporate fun music as students learn the wonderful world of Jazz with Pizzazz. Jazz Dance trains the body to isolate moving one part of the body while the rest of the body stays still. Jazz dance training today also incorporates the techniques of modern and ballet.

Instructor: Flip-to-Cheer Staff

#1364.310 Th 5:25–6:10 pm 9/18–10/23 \$61 PACC

#1364.320 Th 5:25–6:10 pm *10/30–12/11 \$61 PACC

*No class 11/27

Hip Hop

10 weeks • Ages 7–17

This fun, interactive, and energetic dance class teaches students hip hop rhythmic moves while they are inspired and uplifted. Students will gain confidence, strength, and knowledge in hip hop dance. All skill levels are welcome! All dancers will participate in Escondido Christmas Parade.

Instructor: Soul Movers, over 15 years of teaching and choreography

Ages

#1356.301 W 4:00–4:45 pm 9/17–11/19 \$94 MCC 7–9

#1356.302 W 4:50–5:50 pm 9/17–11/19 \$99 MCC 10–17

Fencing For Beginners

8 weeks • Ages 8–16

During this fencing class, students will cover the history of fencing, modern fencing, fencing weapons, basic knowledge, rules, footwork, tactics, strategy, duel, safety, team and individual competition.

Instructor: San Diego Fencing Center Staff

#1415.300 F 3:00–4:00 pm *9/12–11/7 **\$65 SDFC

*No class 10/31

**\$15 Material fee due at first class for drawing materials (cash only)

Ballet

12 weeks • Ages 4–Adult

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

Ages

#1310.315 Th 3:45–4:30 pm *9/11–12/4 \$108 EVCC 4–5

#1310.302 Sa 9:30–10:15 am *9/13–12/13 \$108 EVCC 4–5

Beginning Ballet

#1310.301 T 3:30–4:30 pm *9/9–12/2 \$108 EVCC 6–10

#1310.305 Sa 10:15–11:15 am *9/13–12/13 \$108 EVCC 6–10

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

#1310.307 Sa 11:15–12:15 pm *9/13–12/13 \$108 EVCC 7–11

Ballet 3/4/5

#1310.306 W 4:30–5:45 pm *9/10–12/3 \$108 EVCC **8–17

Advanced Ballet

#1310.312 Th 4:30–5:45 pm *9/11–12/4 \$108 EVCC ***10–Adult

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

#1310.310 T 4:30–5:45 pm *9/9–12/2 \$108 EVCC **10–Adult

*No class 11/1, 11/11, 11/26, 11/27, and 11/29

**Instructor approval required

***Advanced Ballet open to adults

Beginning Ice Skating

8 weeks • Ages 6–16

This class is designed for kids who would like to try ice skating. They will learn basic skating skills through creative games and drawings on the ice. The emphasis is to learn basic skating skills and safety while having fun!

Instructor: Ice-Plex staff

#1406.311 F 4:15–4:45 pm 9/19–11/7 **\$85 ICE

**Includes skate rental and public skating from 3:15–5:15 pm on day of class

Elements of Painting

6 weeks • Ages 3–5

Elements of Painting explores the fundamentals of visual arts and provides an opportunity for preschoolers to explore various tools and techniques that can be applied to improve their arts activities. Participants will explore the concepts of color, shapes, textures, lines, space, and more.

Instructor: Creative Brain Learning Staff

#1132.300 Sa 11:00–11:50 am 9/20–10/25 **\$66 MCC

**\$20 Material fee due at first class (cash only)

Check out these other Youth Enrichment classes!

- Beginning Archery, page 21
- Intermediate/Advanced Archery, page 21
- Tae Kwon Do, page 21

Cheernastics

6 weeks • Ages 4–7

Who has S-P-I-R-I-T?! This class is perfect for the beginner cheerleader. Our students will learn all of the cheerleading basics including fun jumps, spirits, SUPERSTAR!, cheers and pom dances. Older children will also get introduced to gymnastics approximately every other week, starting with rolls, handstands, cartwheels when they are ready, all depending on student's ability. This is a fantastic class for every future cheer leader. Students have the opportunity to perform at local events including the Escondido Christmas Parade (optional). Students are encouraged to enroll in one of our other gymnastics classes to work on their tumbling skills.

Instructor: Flip-to-Cheer Staff

Session 1						Ages
#1448.311	Th	6:15–7:00 pm	9/18–10/23	**\$61	PACC	4–6
#1448.312	W	6:20–7:05 pm	9/17–10/22	**\$61	PACC	7–11
Session 2:						Ages
#1448.321	Th	6:15–7:00 pm	*10/30–12/11	**\$61	PACC	4–6
#1448.322	W	6:20–7:05 pm	*10/29–12/10	**\$61	PACC	7–11

*No class on 11/26 & 11/27

**\$20 Material fee due for pom poms (OPTIONAL)

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: Andre Rerolle

Session 1						Ages
#1426.313 Beg.	T	3:30–4:30 pm	9/9–10/7	\$45	KCP 7&8	7–10
#1426.314 Beg/Int.	T	4:30–5:30 pm	9/9–10/7	\$45	KCP 7&8	11–14
#1426.315 Beg.	Th	3:30–4:30 pm	9/11–10/9	\$45	KCP 7&8	7–10
#1426.316 Beg/Int.	Th	3:30–4:30 pm	9/11–10/9	\$45	KCP 7&8	11–14
Session 2						Ages
#1426.323 Beg.	T	3:30–4:30 pm	*10/14–11/18	\$45	KCP 7&8	7–10
#1426.324 Beg/Int.	T	4:30–5:30 pm	*10/14–11/18	\$45	KCP 7&8	11–14
#1426.325 Beg.	Th	3:30–4:30 pm	10/16–11/13	\$45	KCP 7&8	7–10
#1426.326 Beg/Int.	Th	4:30–5:30 pm	10/16–11/13	\$45	KCP 7&8	11–14

*No class 11/11

Saturday Youth Tennis

5 weeks • Ages 7–14

Saturday youth tennis is here. Children will learn basic strokes, scoring, and sportsmanship in these group lessons. Tennis is a great way to keep your child physically active while learning a lifetime sport. Bring tennis racquet and one can of new, unopened “Extra Duty” tennis balls.

Instructor: Andre Rerolle

#1427.314	Sa	10:00–11:00 am	9/13–10/11	\$45	MVP 1&2
#1427.324	Sa	10:00–11:00 am	10/25–11/22	\$45	MVP 1&2



Safety Academy

2 weeks • Ages 6–14

This safety program for children held at Escondido Police Headquarters was developed by Escondido Police Officers. The goal of the program is to keep you children safe and motivate them to lead productive and healthy lives. The following topics will be covered: general safety, fire safety, how to react in an emergency situation, anti-bullying, drug avoidance, gang avoidance, gun safety and avoidance, abduction avoidance, and simple self-defense techniques to allow your child to escape an attacker. Your child will receive a Police Athletic League medal at the completion of training.

Instructor: Lieutenant Al Owens, Officer Mario Sainz, Officer Adam Martinez, Officer Theresa Ruiz, and Dispatcher Casey Tompkins

						Ages
#1559.301	Sa	9:00–11:30 am	10/11–10/18	\$32	EPFH	6–9
#1559.302	Sa	9:00–11:30 am	11/8–11/15	\$32	EPFH	10–14

Gymnastics Tumble Kids

6 weeks • Ages 4–12

Let's Tumble! Come join our fun-filled class which focuses on all aspects of tumbling. This class is geared towards students who would like to learn the basics of gymnastics and tumbling including somersaults, handstands, and cartwheels. We use fun mats, floor balance beams, small trampolines, and more in order to help learn and improve skills. This class is great for both boys and girls, all levels of experience are welcome!

Instructor: Flip-to-Cheer Staff

Session 1						Ages
#1444.311	W	4:40–5:25 pm	9/17–10/22	\$69	PACC	4–7
#1444.312	W	5:30–6:15 pm	*10/29–12/10	\$69	PACC	7–12
Session 2						Ages
#1444.321	W	4:40–5:25 pm	9/17–10/22	\$69	PACC	4–7
#1444.322	W	5:30–6:15 pm	*10/29–12/10	\$69	PACC	7–12

*No class on 11/26



On Track After School Programs

Building Confidence, Self-Esteem & Friendships!

The On Track Before & After School Program provides a safe and enriching environment for the elementary children of our community. We engage children in activities and ongoing relationships that increase confidence and encourage success in all areas of their lives-at home, in school, and in the community.



On Track ASES Before & After School Program

This program is open to any 1st-5th grader and PM Kindergartner that attends these schools.

Is located at these school sites:

- Conway
- Farr
- Oak Hill
- Juniper
- Rock Springs

Morning: 6:30-8:00 am

Afternoon: End of school until 6:00 pm

Cost: FREE!!!

This program is funded by the After School Education and Safety Program through the State of California.

On Track After School Program

This program is open to any 1st-5th grader that attends these schools.

Is located at these school sites:

- North Broadway
- Reidy Creek

Program begins when students are released for the day until 6:00 pm

Cost: \$10 per day

A registration form must be completed before a student can attend. Registration forms can be picked up at any of the school offices; City Hall, 201 N. Broadway; or East Valley Community Center, 2245 East Valley Parkway.

For more information, please call 760.839.5483





Learn-to-Swim Program

Learn-to-Swim classes are taught by certified instructors. Please note: Registration will not be accepted at James Stone Pool. Please follow the registration procedures on pages 30 & 31.

Dates Saturday- 5 weeks, 40 minute classes
 September 6th–October 4th

Location James Stone Pool (JSP)
 131 Woodward Avenue
 760.839.4810

Grunion 1

Ages 3 & 4 • Fee: \$44

This preschool-aged class promotes water exploration and comfort in the water, and is for children with little or no experience. Skills include water entry and exit, breath control, supported front glides and back floats, and safety through fun and games.



#4210.311	9:10–9:50 am	JSP
#4210.312	1:50–2:30 pm	JSP

Me & My Shadow—Parent/Child

Ages 6 months–3 years • Fee: \$44

Me & My Shadow is designed to develop a high comfort level in and around the water. Emphasis is on water adjustment, swimming readiness, fun and enjoyment in the water. A high level of parent participation is required.

#4200.311	10:00–10:40 am	JSP
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Grunion 2

Ages 3 & 4 • Fee: \$44

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



#4220.311	10:00–10:40 am	JSP
#4220.312	1:00–1:40 pm	JSP

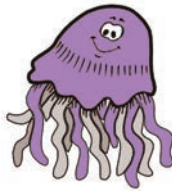




Jellyfish

Ages 3 & 4 • Fee: \$44

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.



#4225.311	10:50–11:30 am	JSP
#4225.312	1:50–2:30 pm	JSP

Duck

Ages 5–16 • Fee: \$44

Level 1 is for children with little or no swimming experience. The focus of this class is to move comfortably through water, fully submerge face in water, and execute supported front and back kicking and floating.



#4230.311	9:10–9:50 am	JSP
#4230.312	10:00–10:40 am	JSP
#4230.313	10:50–11:30 am	JSP
#4230.314	1:50–2:30 pm	JSP

Dolphin

Ages 5–16 • Fee: \$44

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.



#4232.311	9:10–9:50 am	JSP
#4232.312	10:00–10:40 am	JSP
#4232.313	10:50–11:30 am	JSP
#4232.314	1:00–1:40 pm	JSP

Starfish

Ages 5–16 • Fee: \$44

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 yards independently.

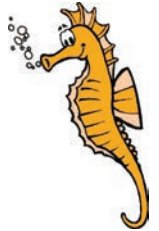


#4240.311	9:10–9:50 am	JSP
#4240.312	10:50–11:30 am	JSP
#4240.313	1:00–1:40 pm	JSP

Seahorse

Ages 5–16 • Fee: \$44

Level 4 is 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 yards to participate.



#4250.311	1:00–1:40 pm	JSP
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Seals

Ages 5–16 • Fee: \$44

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 yards, elementary backstroke 25 yards, and breaststroke 15 yards.



#4260.311	1:50–2:30 pm	JSP
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ACE Riptides Competitive Water Polo Club

Ages 18 years & Under

The club is comprised of some of the top water polo players, not only in Escondido but all of North County! This is an excellent opportunity for athletes to maintain physical conditioning and improve skills. Athletes will practice twice a week with game play.



Instructor: Certified USA Water Polo Coach

Girls 18U

#4157.310	T/Th	7:00–9:00 pm	9/2–11/15	\$325	WP
	Sa	9:00–11:00 am			

Girls 16U

#4157.320	T/Th	7:00–9:00 pm	9/2–11/15	\$325	WP
	Sa	3:00–5:00 pm			

Coed 14U (Formerly Grommets)

#4150.310	T/Th	6:30–7:30 pm	9/2–11/8	\$200	WP
	Sa	9:00–11:00 am			

*Players must be registered with USA Water Polo. Memberships can be obtained at www.usawaterpolo.org, club ID #19580.



ACE Makos Swim Club

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. Swimmers must be able to swim 25 yards independently.



Join us for an Open House Monday, 9/8 – Thursday, 9/11 during regular practices

Practices Held: M–F 5:00–7:00 pm
Washington Park Pool

Short Course Season: September 8–Mid March

Long Course Season: March–August

Club fees start at just \$360 for an entire season.

This club is year round but seasonal swimmers are welcome! Stop by to get additional information or come prepared to swim for club placement.

For more information call 760.839.4204 or visit ACE.escondido.org

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



Safety Awareness & Self-Defense Option 1

Workshop • 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: Lieutenant Al Owens, police officer for 18 years and Defensive Tactics Instructor for 16 years

#2152.300 W 6:30–8:30 pm 11/5 \$15 EPFH

**It is recommended that 13 & 14 year-olds attend with an observing adult*

Safety Awareness & Self-Defense Option 2

Workshop • 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: Lieutenant Al Owens, police officer for 18 years and Defensive Tactics Instructor for 16 years

#2153.300 W 6:30–8:30 pm 11/12 \$15 EPFH

**It is recommended that 13 & 14 year-olds attend with an observing adult*

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.

Registration/refund deadline: 10/15

Instructor: ARC Certified Instructor

#4826.300 Sa 8:00–2:00 pm 10/18 **\$59 EVCC

***Fee includes certificate of completion*

Sound Engineering

6 weeks • Ages 14–Adults

Have you ever wanted to run sound for your band, organization, or for a job? In this class we will take the mystery out of sound engineering. This interactive class will cover all bases from a simple PA system to installed theatre systems. No experience required! You will walk out with the confidence to improve the sound, whatever the occasion!

Instructor: Sam Robertson, Ubiquitous Music, 12 years of experience

#1618.300 W 6:30–8:00 pm 9/17–10/22 \$90 EVCC

Babysitter's Training

Workshop • Ages 11–17

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 a participants book and certification card. Bring lunch and doll or stuffed animal similar size to a real baby.

Instructor: Blythe Paley, Red Cross Certified

#1604.300 Sa 9:00–3:00 pm 11/8 **\$48 EVCC

***\$15 material fee due at first class (cash only)*

Hip Hop

10 weeks • Ages 8–17

This fun, interactive, and energetic dance class teaches students hip hop rhythmic moves while they are inspired and uplifted. Students will gain confidence, strength, and knowledge in hip hop dance. All skill levels are welcome! All dancers will participate in Escondido Christmas Parade.

Instructor: Soul Movers, over 15 years of teaching and choreography

#1356.301	W	4:00–4:45 pm	9/17–11/19	\$94	MCC	Ages 7–9
#1356.302	W	4:50–5:50 pm	9/17–11/19	\$99	MCC	10–17

Teen Beginning Guitar

8 weeks • Ages 11–17

This is an excellent class for you to learn how to play the guitar from the beginning. You will learn how to play the guitar & read music. Guitar is a valuable skill that you can enjoy forever. Please bring acoustic guitar. If you do not have one, please contact the Ubiquitous Music ahead of time to arrange purchase or rental 760.889.2137.

Instructor: Chris Soto, Ubiquitous Music

#1055.300 M 3:45–4:45 pm 9/15–11/3 **\$75 EVCC

**\$8 Material Fee due at first class (cash only)

Teen Intermediate Guitar

8 weeks • Ages 11–17

Students will learn chords and rhythms to play their favorite songs. No musical experience is necessary. Five to six classic and contemporary songs will be learned plus more that are suggested by students. Please bring acoustic guitar.

Instructor: Jeremiah Brewer, Ubiquitous Music

#2248.300 M 5:00–6:00 pm 9/15–11/3 **\$75 EVCC

**\$8 Material fee due at first class (cash only)

Jazz Guitar

6 weeks • Ages 16–Adult

This class is not geared for beginners. Participating students should be familiar with bar chords. This class will adjust its scope to suit the playing level and interests of the students, learning shapes, patterns, and theory for all genres. Improvisation and various chord forms will be studied. Please bring acoustic guitar to class.

Instructor: Sam Robertson, Ubiquitous Music

#2250.300 T 5:30–7:00 pm 9/16–10/21 **\$60 EVCC

**\$8 Material fee due at first class (cash only)

Entertaining 101—Cooking Class

4 weeks • Adults 16–Adult

Planning to have a gathering with family and friends but aren't sure what to cook? These comprehensive cooking classes are your answers. Not only will you learn from a professional chef but you will also get to taste the finished dish. Bon Appetit!

Instructor: Keri Beck, Certified Culinary Arts Instructor

#2257.300 T 10:00–11:15 am 9/9–9/30 \$50 PACC

*\$30 Material fee due at first class (cash only)

Be Your Own Stylist

4 weeks • Ages 11–16

This class will help teenagers to find their own style in clothing and accessories. They will learn how to work with items they already have to create their own styles by knowing their body type, personal appearance, individual aesthetics, and color coordination. They will also be briefly introduced to the "Catwalk" and other fashion show standards. At the end of the course, students will get the opportunity to put on a runway show for family and friends, where they will reveal their transformed stylish selves.

Instructor: Elena Chirkova, Masters in Education, Bachelors in Fashion and Design

#1623.310 T 3:30–5:00 pm 9/16–10/7 \$49 EVCC

#1623.320 T 3:30–5:00 pm 10/14–11/4 \$49 EVCC



Sugar Skull Art

Workshop • Ages 5–Adult

Join us for a family workshop of sugar skull decorating, an indigenous *Dia De Los Muertos* tradition of Mexico. The skulls will be decorated with vibrant colors using your creativity and imagination. Skulls are for decoration purpose and not recommended for consumption. Individual children and adults are welcome to join us! For more information on the art, visit the website at SugarSkulz.com.

Instructor: Carolina Celaya, taught this workshop for over 5 years

#1565.301 W 6:30–7:30 pm 10/15 **\$15 EVCC

#1565.302 Th 6:30–7:30 pm 10/23 **\$15 EVCC

**\$5 material fee due for each additional skull

Makeup 101

Workshop • Ages 16–Adult

In this hands-on workshop, you will learn step-by-step makeup application techniques that will enhance your beauty. Learn the best way to treat rosacea, acne, age spots, and dark under-eye circles, and skin discoloration. Understand your skin types and how to ensure beautiful clear skin. Discover what to use for those pesky fine lines and wrinkles. Whether you are a stay at home mom, student in school, or a working professional, you will leave confident and ready to put your "best face forward!"

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

#2188.300 Sa 9:00–11:30 am 11/8 **\$59 EVCC

**\$30 Material fee due at first class (cash only)

Check out these other Teen classes!

- Archery, page 20
- Dance Classes, page 21
- Paper Art, page 18
- Fitness Classes, page 21-22



Fast, Fun, & Done—Greeting Cards

Workshop • Ages 12–Adult

In this class, we will be hand making Holiday-themed cards you can send to Grandparents, Aunts, Uncles, Friends, and Parents. Everything will be pre-cut and ready for you to stamp, assemble, and personalize with your creativity. Join us for some inspiration and artistic fun!

Instructor: Lucy Kelleher, Close to My Heart Independent Consultant

#1258.312	Sa	10:00–12:00 pm	9/23	**\$30	EVCC
#1258.322	M	3:30–5:00 pm	11/10	**\$30	EVCC

**\$20 Material Fee due at workshop (cash only)

Introduction to Zentangle Art

Workshop • Ages 16–Adult

Zentangle is fun and easy process to learn, no previous art experience is needed. Create beautiful images using repetitive patterns. Zentangle helps to increase focus and creativity. In this workshop, students will learn 8 basic patterns and complete two 3½” Zentangle tiles by the end of class. Students will be provided with a starting kit containing all materials needed.

Instructor: Rho Densmore, Certified Zentangle Teacher

#2313.300	W	6:00–8:30 pm	9/24	**\$25	EVCC
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**\$10 Material fee due at workshop (cash only)

Zentangle Art 2

Workshop • Ages 16–Adult

In this intermediate class, students will learn eight new, and slightly more complex Zentangle patterns. Basic shading techniques will be introduced to add dimension to their artwork. Students must have taken the Basic Zentangle class in order to enroll in this session.

Instructor: Rho Densmore, Certified Zentangle Teacher

#2313.300	W	6:00–8:30 pm	10/15	**\$25	EVCC
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**\$10 Material fee due at workshop (cash only)

Fun, Fast, & Done

Scrapbooking—Holiday Album

Workshop • Ages 12–Adult

Always wanted to scrapbook those holiday pictures and don't know where to begin? Here's your chance to be ready in advance for this year's holiday pictures. These albums will also be able to be used for past years of your holiday memories. Join us to create a 6' X 6' mini album with 16 pages. Your paper will be pre-cut so all you have to do is assemble them using your creativity. Go home with a complete album as well as tips and tricks for the future.

Instructor: Lucy Kelleher, Close to My Heart Independent Consultant

#2308.310	T	3:30–5:30 pm	10/14	**\$30	EVCC
#2308.320	Sa	10:00–12:00 pm	11/15	**\$30	EVCC

**\$15 Material Fee due at workshop (cash only)

Calendar Fun!

Workshop • Ages 12–Adult

Calendars make great gifts and THIS calendar will NEVER go out of date! This perpetual calendar can be used year after year. All of your paper will be pre-cut and ready for you to assemble. Join us for some creative fun.

Instructor: Lucy Kelleher, Close to My Heart Independent Consultant

#1259.310	T	3:30–5:30 pm	9/16	**\$30	EVCC
#1259.320	Sa	10:00–:00 pm	10/25	**\$30	EVCC

**\$15 Material Fee due at workshop (cash only)

Sugar Skull Art

Workshop • Ages 5–Adult

Join us for a family workshop of sugar skull decorating, an indigenous *Dia De Los Muertos* tradition of Mexico. The skulls will be decorated with vibrant colors using your creativity and imagination. Skulls are for decoration purpose and not recommended for consumption. Individual children and adults are welcome to join us! For more information on the art, visit the website at SugarSkulz.com.

Instructor: Carolina Celaya, taught this workshop for over 5 years

#1565.301	W	6:30–7:30 pm	10/15	**\$15	EVCC
#1565.302	Th	6:30–7:30 pm	10/23	**\$15	EVCC

**\$5 material fee due for each additional skull

Drawing Basics, Acrylic & Pastel Painting

6 weeks • Adults

We will spend 2 classes on drawing basics. Once drawing basics are covered, we will move into paints or pastels, student's choice. Students will work from photos and still life objects. Materials and handouts are provided in class. You may bring your own materials or reference photos if you would like.

Instructor: Kathy Aldrich, Award winning artist, member of Escondido Art Association

#2357.300 Sa 10:00–12:00 pm 9/20–10/25 **\$75 EVCC
 **\$15 Material fee due at first class for art materials (cash only)

Makeup 101

Workshop • Ages 16–Adult

In this hands-on workshop, you will learn step-by-step makeup application techniques that will enhance your beauty. Learn the best way to treat rosacea, acne, age spots, and dark under-eye circles, and skin discoloration. Understand your skin types and how to ensure beautiful clear skin. Discover what to use for those pesky fine lines and wrinkles. Whether you are a stay at home mom, student in school, or a working professional, you will leave confident and ready to put your “best face forward!”

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

#2188.300 Sa 9:00–11:30 am 11/8 **\$59 EVCC
 **\$30 Material fee due at first class (cash only)

Healthy Eating On-the-Go

Workshop • Ages 16–Adult

Let's face it, eating healthy is no easy task when you live a crazy life; learn how to stay healthy with a busy lifestyle in this quick workshop. You will find out how to choose healthy options when eating at restaurants, family get-togethers, or company parties. Come learn some quick recipe ideas and cooking techniques that can be used to make a meal in less than 30 minutes.

Instructor: Joanna Daniels, Certified Health Educator

#2139.300 T 6:30–8:00 pm 10/7 \$15 EVCC

L.E.A.N. Start

3 weeks • Ages 16–Adult

The three part L.E.A.N. workshop will help you understand the basics of Lifestyle, Exercise, Attitude, and Nutrition for better health for the entire family. Learn directly from one of America's top pediatricians, Dr. Sears, how to better take care of your body. You will learn about and taste snacks the whole family will love.

Instructor: Joanna Daniels, Certified Health Educator

#2123.300 T 6:00–8:00 pm 11/18–12/2 **\$30 EVCC
 **\$35 Material fee due at first class for L.E.A.N. workbook (cash only)

Adult Guitar

6 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

#2247.310 W 6:00–6:50 pm 9/10–10/15 **\$66 MCC
 #2247.320 W 6:00–6:50 pm 10/22–11/26 **\$66 MCC
 **\$20 material fee for Student Pack (cash only), which includes the Course Book and DVD due at first class

Intermediate Guitar

6 weeks • Ages 8–Adult

MUSICSTAR® Intermediate Guitar is the perfect class to further develop repertoire and playing techniques. Students must be coming to class comfortable with the guitar abilities.

Instructor: MUSICSTAR® Staff

#2208.310 W 7:00–7:50 pm 9/10–10/15 **\$66 MCC
 #2208.320 W 7:00–7:50 pm 10/22–11/26 **\$66 MCC
 **\$20 Material fee due at first class for sheet music books (cash only)

Beginning Ukulele

6 weeks • Ages 14–Adult

Students will learn chords and rhythms to play their favorite songs. No musical experience is necessary. Five to six classic and contemporary songs will be learned plus more that are suggested by students.

Instructor: Gene Meregillano, Ubiquitous Music

#2249.300 M 6:00–7:00 pm 9/15–10/20 **\$60 MCC
 **\$8 Material fee due at first class (cash only)

Adult Beginning Ice Skating

8 weeks • Ages 16–Adult

Has someone told you that you are too old to ice skate? Let's prove them wrong! Whether you've always wanted to ice skate but never tried, or you used to skate and want to get back into it, join us for some fun. You will learn basic skating skills, gain confidence, and learn to feel comfortable on the ice.

Instructor: Ice-Plex Staff

#2624.300 W 6:30–7:00 pm 9/17–11/5 **\$85 ICE
 **Includes skate rental & public skating from 3:15–5:15 pm on day of class

Play Writing Class

4 weeks • Adults 55+

Come join us and write an original, one-act play. Using the “5 W’s and How”, we will create some unforgettable characters, put them in an incredible plot, and give them awesome actions to engage in. The play will be very engaging; in fact, we will be using it as part of the “Play Acting Class” to follow in the next session, starting in September 2014.

Instructor: Carlyn Ames, Producer/Actor/Director, OA Theatre for 14 years

#2257.310	T	10:00–11:15 am	9/9–9/30	\$30	PACC
#2257.320	T	10:00–11:15 am	10/7–10/28	\$30	PACC

Play Time—Theatre Games

4 weeks • Adults 55+

Join in our Theatre Games and say goodbye to inhibition! Let yourself go and have loads of fun playing with your classmates- everything from charades, improv, word games, mime- all the while honing your performance skills. This class is great preparation for Play Acting class if you wanted to enroll in both classes simultaneously.

Instructor: Carlyn Ames, Producer/Actor/Director, OA Theatre for 14 years

#2259.310	Th	10:00–11:15 am	9/11–10/2	\$30	PACC
#2259.320	Th	10:00–11:15 am	10/9–10/30	\$30	PACC

Play Acting Class

4 weeks • Adults 55+

This acting class is designed for beginning thespians and those wishing to brush up on their skills. We will do scenes, skits, a one-act play that the “Play Writing Class” creates, and a bit of improvisation. A passion for performance and playfulness is absolutely encouraged. There will be some memorization required, come play with us this Fall.

Instructor: Carlyn Ames, Producer/Actor/Director, OA Theatre for 14 years

#2258.310	F	10:00–11:15 am	9/12–10/3	**\$30	PACC
#2258.320	F	10:00–11:15 am	10/10–10/31	**\$30	PACC

**\$5 Material fee due at first class (cash only)

Forgetting- Be Gone!

Workshop • Adults

We’ve all had them—test blackouts, “tip of the tongue” lost data, and senior moments. They’re annoying, embarrassing, and can even be destructive. They are NOT a sign of a bad memory or age! Find out how you can make simple life style changes and use mind mechanics to recall what you know and be mentally sharp! You’ll gain control of your mental power and leave feeling smarter!

Instructor: Linda Lee, Ph.D / Learning Specialist & Professor Emeritus

#2174.300	Sa	9:00–11:30 am	9/20	**\$59	PACC
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**\$20 Material fee due at the workshop for the class book and materials (cash only)

Remember This!

Workshop • Adults

Do you ever think “I have a bad memory” or “I just can’t remember names, dates, or information?” That’s your critic talking, and it is not true! Poor memory is not a condition; it’s a lack of training. Join us to learn creative, enjoyable techniques that will make you a memory master! You’ll leave knowing that memory is the power within you!

Instructor: Linda Lee, Ph.D / Learning Specialist & Professor Emeritus

#2171.300	Sa	9:00–11:30 am	10/11	**\$59	PACC
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**\$20 Material fee due at the workshop for the class book and materials (cash only)

Beginning Archery

4 Weeks • Ages 8–Adult

Come experience the power of shooting a bow! Students will learn the basics to shooting through instruction and demonstrations. Practice and games will happen each class. Safety rules and procedures will be taught and enforced. All equipment is provided and a recurve bows will be used.

Instructor: Rho Densmore, Level 4–NTS Coach, ASEP Certified in Coaching Principals

#1477.300	Sa	9:00–10:30 am	10/25–11/15	**\$96	MVP
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**\$20 material fee due at first class (cash only)

Archery 2

4 weeks • Ages 8–Adult

Students will continue to learn and build up proper shooting techniques taught in the beginning archery class. Shooting distances will be further and archers will also be taught how to score. The class will finish with a fun, scored competition. Students must have taken beginning archery. Archers who have taken an intermediate archery class in the past are qualified for this class. Safety rules will be enforced and all equipment will be provided and recurve bows will be used.

Instructor: Rho Densmore, The Second Arrow. Level 4 NTS Coach, ASEP Certified, National & World Champion

#1482.300	Sa	10:45 am–12:15 pm	10/25–11/15	**\$96	MVP
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**\$20 material fee due at first class (cash only)

Hula—Hawaiian Dance

9 weeks • Ages 5–Adult

Enjoy traditional Hawaiian music while learning both modern and ancient styles of hula. All levels are welcome to our luau.

Instructor: Kelly Haupu / Halau Hula O Ka’eo Owner

#2223.301	M	4:30–5:30 pm	*9/8–11/17	\$87	EVCC	Ages 5–11
#2223.302	M	5:45–6:45 pm	*9/8–11/17	\$87	EVCC	12–Adult

*No class 10/13 and 10/27

Adult Ballet

12 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

#2203.301 Beg/Int. W 6:00–7:00 pm *9/10–12/3 \$108 EVCC

*No class 11/26

Line Dance

13 weeks • Ages 16–Adult

Line Dance isn't just country anymore! Basically, if it has a beat, we'll dance to it! Music selection includes but is not limited to Jimmy Buffet, Lady Gaga, Train, El Simbolo, George Strait, Loretta Lynn, Rihanna, and more. No experience or special shoes are required to join this dance class—just a desire to get moving and have fun with good people having a good time.

Instructor: Carol Stroecker, 15 years of teaching
Line Dance

#2200.300 T 7:00–8:30 pm *9/9–12/9 \$65 PACC

*No class 11/11

Just Dance!

10 Weeks • Adults

Do your toes start tapping when you hear a snappy tune? Have you thought it would be fun to dance but you're unwilling to commit to a specific type? Then it's time to "Just Dance!" a class for men and women who have little or no dance background but who would love to experience the joy of moving to all kinds of music. Basic dance steps – simple choreography – no memorization – no partners.

Instructor: Emily Just, 30+ years of teaching, BA from UCLA

#2262.300 F 10:00–10:50 am 9/12–11/14 \$49 EVCC

Just Dance—Chair Style!

10 Weeks • Adults

So you love to dance but your legs aren't as sturdy as they once were, NO PROBLEM! You can still enjoy moving to all kinds of fun music and get in some great exercise without leaving your chair! We'll also work on a few balance moves to keep those joints and muscles as strong as possible!

Instructor: Emily Just, 30+ years of teaching experience

#2263.300 F 11:00–11:45 am 9/12–11/14 \$44 EVCC

Folklorico Dance (Mexican Folk Dance)

9 weeks • Ages 13–Adult

Beginning and intermediate students will learn about the Mexican culture through lively and enjoyable folklorico dances. The dances that will be learned represent different regions of Mexico.

Instructor: Maribel Robledo, Grupo Folklorico Herencia Mexicana

#1379.302 W 7:15–8:30 pm *10/15–12/17 \$55 EVCC

*No class 11/26

Zumba

6/7 weeks • Ages 16–Adult

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, AFAA & Zumba certified

Session 1

#2640.212 Th 7:10–8:10 pm 9/11–10/16 \$31 EVCC

Session 2

#2640.222 Th 7:10–8:10 pm *10/23–12/11 \$36 EVCC

*No class 11/27

Zumba Toning

6/7 weeks • Ages 16–Adult

Zumba Toning takes the original Zumba dance-fitness class to the next level by utilizing an innovative muscle training protocol and the addition of light-weight toning sticks or dumbbells. This class is designed to improve overall performance and sculpt your muscles while moving to your favorite Latin rhythms.

Instructor: Angie Smith, AFAA & Zumba Certified

Session 1

#2641.310 T 7:10–8:10 pm 9/9–10/14 \$31 EVCC

Session 2

#2641.320 T 7:10–8:10 pm *10/21–12/9 \$36 EVCC

*No class 11/11

Boot Camp with a Kick

6/8 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 and a mat.

Instructor: Angie Smith, Certified Personal Trainer-NASM

Session 1

#2609.310 T/Th 6:00–7:00 pm *9/9–10/16 \$52 EVCC

Session 2

#2609.320 T/Th 6:00–7:00 pm *10/21–12/11 \$60 EVCC

*No class 11/11 and 11/27

Tae Kwon Do

2 days/11 weeks • Ages 6–Adult

Develop physical and mental discipline, strength, endurance, and coordination. Learn the Korean martial art of Tae Kwon Do (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 \$20.

Instructor: Skip Leonard, Certified by WTF, City of Escondido Instructor for 20 years

#2613.302 M/Th 5:00–6:00 pm *9/8–12/10 \$99 MCC

#2613.303 M/Th 6:15–7:15 pm *9/8–12/10 \$99 MCC

#2613.304 M/Th 7:30–8:30 pm *9/8–12/10 \$99 MCC

*No class 11/27

Pilates Mat Class

5/4 weeks • Adult

Pilates Mat is a great workout for the body, mind, and spirit. It is designed to strengthen while stretching the body through slow, deliberate, and precise movements. Pilates are suitable for everyone and every body type. Pilates can improve posture, strength, and reduce stress. Bring a yoga mat and hand towel.

Instructor: Kerry Hutchinson, Pilates Mat Certified

Session 1

#2622.312	M	7:00–8:00 pm	9/8–10/6	\$40	EVCC
#2622.313	W	6:15–7:15 pm	9/10–10/8	\$40	MCC

Session 2

#2622.322	M	7:00–8:00 pm	10/13–11/10	\$40	EVCC
#2622.323	W	6:15–7:15 pm	10/15–11/2	\$40	MCC

Session 3

#2622.332	M	7:00–8:00 pm	*11/17–12/15	\$32	EVCC
#2622.333	W	6:15–7:15 pm	*11/19–12/17	\$32	MCC

*No class 11/24 & 11/26

Pilates Barre Fusion

5/4 weeks • Adults

An energizing fusion of 30 minutes Barre work, 20 minutes Pilates mat work and 10 minutes of stretching. A low-impact, light cardio workout designed to increase core stability and strength while sculpting your body and improving posture. Bring a yoga mat and a hand towel.

Instructor: Kerry Hutchinson, Pilates Mat Certified

Session 1

#2651.310	W	7:30–8:30 pm	9/10–10/8	\$40	MCC
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Session 2

#2651.320	W	7:30–8:30 pm	10/15–11/12	\$40	MCC
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Session 3

#2651.330	W	7:30–8:30 pm	*11/19–12/17	\$32	MCC
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*No class 11/26

POUND: Rockout Workout™

7 weeks • Ages 16–Adult

Rockout while you workout, through POUND™ fitness class which combines cardio, strength training, and Pilates with drumming to achieve a full body workout. Using lightly weighted drumsticks, Ripstix™, you can expect to burn 500–900 calories per class and be performing over 15,000 reps per session while shifting the focus to the beat of popular radio hits rather than calories. This is great for relieving stress and transforms bodies. To learn more about POUND™, see www.poundfit.com/about. Ripstix™ will be available to use in class only.

Instructor: Cynthia Demorest, certified POUND™ instructor

Session 1

#2635.310	M	6:15–7:00 pm	9/8–10/20	\$42	EVCC
#2635.311	Sa	9:00–9:45 am	9/13–10/25	\$42	MCC

Session 2

#2635.320	M	6:15–7:00 pm	*10/27–12/15	\$42	EVCC
#2635.321	Sa	9:00–9:45 am	*11/1–12/20	\$42	MCC

*No class 11/24 and 11/29

Reality Yoga

11 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, has taught for Escondido Recreation for 25 years

#2600.300	T	5:00–5:55 pm	*9/16–12/9	\$121	MCC
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*No class 11/11 & 11/25

T'ai Chi / Chi Gong

11 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 City of Escondido Instructor for 25 years

#2601.300	T	6:00–6:55 pm	*9/16–12/9	\$121	MCC
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*No class 11/11 & 11/25

Tennis

5/10 weeks • 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: Andre Rerolle

Session 1

#2401.315	Beg.	W	6:00–7:30 pm	9/10–10/8	\$58	KCP 7&8
#2401.316	Int/Adv.	W	7:30–9:00 pm	9/10–10/8	\$58	KCP 7&8

Session 2

#2401.325	Beg.	W	6:00–7:30 pm	10/15–11/12	\$58	KCP 7&8
#2401.326	Int/Adv.	W	7:30–9:00 pm	10/15–11/12	\$58	KCP 7&8

10 Week Class

#2401.305	Int.	Sa	8:30–10:00 am	9/13–11/15	\$109	MVP 1&2
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**Like us
on Facebook!**



Facebook.com/EscondidoRecreation

Shallow Water Aerobics

7 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: Veronica Scheier, CPR, AQUA, AFAA, FITOUR Certified

Session 1

#2610.311	M/W-2 days	12:00-12:45 pm	9/8-10/22	\$56	JSP
#2610.312	M/W-1 day	12:00-12:45 pm	9/8-10/22	\$37	JSP

Session 2

#2610.321	M/W-2 days	12:00-12:45 pm	10/27-12/10	\$52	JSP
#2610.322	M/W-1 day	12:00-12:45 pm	10/27-12/10	\$37	JSP

Deep Water Aerobics

7 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: Veronica Scheier, CPR, AQUA, AFAA, FITOUR Certified

Session 1

#2611.310	T/Th-2 days	12:00-12:45 pm	9/9-10/23	\$56	JSP
#2611.311	T/Th-1 day	12:00-12:45 pm	9/9-10/23	\$37	JSP

Session 2

#2611.320	T/Th-2 days	12:00-12:45 pm	*10/28-12/18	\$52	JSP
#2611.321	T/Th-1 day	12:00-12:45 pm	*10/28-12/18	\$37	JSP

*No class 11/11 & 11/27

Instructors Wanted!

We need fun and talented instructors for these exciting programs!

Contact Escondido Recreation at 760.839.4382 or recreation@escondido.org to get involved!

- Zumba for Kids
- Social Media Safety
- Specialty Classes
- Gardening
- Dog Obedience
- Photography

Adult Softball Leagues—Men’s, Women’s, & Coed Divisions

10 Week Season plus Playoffs

Divisions

All players must be 18 years of age to play in adult leagues unless otherwise posted for + divisions.

- Monday—Coed A, B, C, & D
- Tuesday—Women’s A & B and Men’s 45+
- Wednesday—Men’s A & B and Women’s Fast Pitch
- Thursday—Men’s 35+ A & B, and Women’s 35+
- Friday—Men’s C, D, E, & F

Cost

- Team Fees—\$395 (Late Fee \$425)
- Umpire & Scorekeeper Fees—\$20 per game per team

Season	Game Days	Registration Open	Registration Closes	Schedule Hand-Out	Season Dates
Spring 2015	M-F	January 26	February 20	March 4	Mar 9-June 12
Summer 2015	M-F	May 18	June 19	July 1	July 6-Oct 16

Registration packets during the season will be available at Kit Carson Park Softball Complex, City Hall, or on our website at recreation.escondido.org





EVCC Gym Activities

East Valley Community Center • 2245 East Valley Parkway

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

What: Basketball, Volleyball, Badminton, and Pickleball

When: Mondays–Saturdays

Who: All Ages or Adults Only—depending on open gym schedule

Cost: \$2 per person, per visit with current EVCC Gym ID card. No charge for spectators accompanying minors

New: All open gym participants must have an EVCC Gym ID card for entrance. Cards have a one-time fee of \$5 and include one entrance. Lost or stolen cards will need to be replaced for an additional fee.

For the most recent schedule updates, call 760.839.4382 or visit:

- recreation.escondido.org/open-gym.aspx
- Follow us on twitter at twitter.com/EVCCgym

Gym schedule is subject to change without notice.



Pickleball Clinic

East Valley Community Center • 2245 East Valley Parkway

Welcome to one of the new, fastest growing coed sports in San Diego County, Pickleball! “This sport is a cross between tennis, badminton, racquetball, and ping pong. Pickleball is a fun game played on a badminton court with a lowered net, solid paddle, and whiffle ball. In this clinic, you will learn the basic rules, movements of the sport, and have hands-on playtime in a noncompetitive environment. Bring your pickleball paddle and whiffle ball or you can borrow one at the community center. See you on the courts! Space is limited, call in to register.

Instructors: Rick Maloney and Frank Schmidt

Dates: Thursday, 9/18 or 11/6

Time: 10:00–12:00 pm

Cost: \$5.00

For more information call 760.839.4382 or visit www.usapa.org.



Youth Basketball

Fall 2014 Coed League

Presented by Escondido Recreation and P.A.L.



- Open Registration:** August 18–September 17
No late registration will be accepted
- League Dates:** October 4–November 22
8–game season plus playoffs/finals
- Practices:** Practices begin late September
1–hour practice, once a week, Tuesdays or Thursdays
between 4:00–8:00 pm
- Games:** Saturdays & Weekdays
East Valley Community Center (EVCC)
2245 East Valley Parkway, Escondido 92027

P.A.L. Tournament Team (Division A): High School Ages 14–17
Max 20 players

Division	Grade	Fee	Assessment Day	Activity#
B	6–8	**\$60	Saturday, 9/20	#4131.303
C	4–5	**\$50	*No assessment	#4131.302
D	2–3	**\$50	*No assessment	#4131.301

*Division C and D players will be assigned to school teams

**Volunteer coaches will get \$10 off registration for first child

For more information, call 760.839.4382 or email dcruz@escondido.org



North County REALTORS® Affiliates Against Drugs and The Escondido Recreation Department Present: Escondido Police Athletic League's 5th Annual Basketball Game "KEEPIN' 'EM OFF THE STREETS"

August 16, 2014 • Escondido East Valley Community Center

The Escondido Community is invited to come enjoy an evening of family fun as the young PAL kids showcase their talents against the police officers, firefighters and parents in a basketball game. The funds raised go directly to the Escondido Police Athletic League. The Escondido Police Athletic League provides after school athletic and education programs for youths.

Police displays & concessions start at 3:00 pm

Game time: 4:00 pm

Tickets: \$5.00

For ticket information email Lieutenant Al Owens at aowens@escondido.org or call the East Valley Community Center at 760.839.4382

For sponsorship information, contact Lieutenant Al Owens.

PAL Mission Statement: To improve the quality of life for the youth in the community of Escondido by building their confidence and steering them away from alcohol, drugs and gangs.



See page 30-31 for registration information.

Lil' Kickers Soccer For Kids

Child Development Soccer Classes

HOP TO IT!

The Escondido Sports Center is once again teaming up with NCSP Soccer to bring Escondido residents Lil Kickers. It is considered "the highest quality instructional-based child development soccer program in America" and the perfect preparation for youth recreational soccer leagues at the Sports Center.

8 Week Class: \$104 Includes t-shirt and medal

All programs require an ESC I.D. card which can be purchased at Escondido Sports Center for \$10.



Call NCSP Soccer for Fall 2014 class dates.

COTTONTAILS	2½–3½ Years (Parent/Child)
Sunday	9 am

HOPPERS	3–4 Years (Beginner)
Wednesday	5 pm
Saturday	8 am & 10 am "Plus Parent"
Sunday	10 am

JACKRABBITS	3–4 Years (Intermediate)
Saturday	9 am

BIG FEET	5–6 Years (Beginner)
Wednesday	4 pm

MICRO LEAGUE	4–5 Years (Instruction/Scrimmage)
Wednesday	5 pm

MICRO LEAGUE	6–7 Years (8–9 Years Can Join) (Instruction/Scrimmage)
Sunday	10 am

To register call 858.748.4260 or register online at www.ncspsoccer.com



Youth Soccer Leagues

Escondido Sports Center • 3315 Bear Valley Parkway

Escondido Sports Center Youth Soccer leagues are the best way for your child to experience a fun and educational soccer environment!

Fall 2014 Youth Soccer Season— Fall Registration closes September 15th

Division	Primary Game Day	Alternate Game Day	Game Times	Fee
3–4 years	Saturdays	n/a	8:30–2:00 pm	\$79
5–6 and 9–11 years	Thursdays	Saturdays	4:00–8:00 pm	\$85
7–8 and 12–14 years	Fridays	Saturdays	4:00–8:00 pm	\$85

Contact Info:

Facebook www.facebook.com/escondidosportscenter

Twitter www.twitter.com/EscSportsCenter

Instagram [EscSportsCenter](https://www.instagram.com/EscSportsCenter)

Phone: 855.ESC.4ALL (855.372.4255)

Email sportscenter@escondido.org

Website www.sportscenter.escondido.org



NO MESSIN' AROUND

SIGN UP TODAY!



Adult Soccer Leagues

Escondido Sports Center • 3315 Bear Valley Parkway

League Begins August 17, 2014 • Team Cost: \$250

Division	Primary Game Day
Club Boys U14	Wednesday Nights
Men's A	Monday Nights
Men's B	Tuesday Nights
Men's 35+	Friday Nights
Coed A	Saturday Afternoons/Evenings
Coed B	Saturday Afternoons/Evenings
Coed C	Thursday Nights
Women's A	Sunday Afternoons/Evenings
Women's B	Sunday Afternoons/Evenings

For more information contact us at:

Alma Phone: 760.644.8598

Cesar Phone: 760.504.8677

Email: nccsleague@gmail.com

Website: nccsleague.wix.com/nccsleague



Escondido Skatepark • SKATE • SCOOTER • BIKE • INLINE

Escondido Sports Center • 3315 Bear Valley Parkway



LAST CHANCE! COMBO CAMP

- August 11–15
- 9 am–12 pm
- Ages 6+
- Only \$99!

Tweet us @EscSportsCenter
#LastChanceCamp to receive
\$5 off your camp sign up!

- Required Equipment: Helmet, knee & elbow pads
 ESC I.D. Card: \$20 (\$10 without t-shirt)
 \$10 Casual: Requires a one-day waiver signed.
 (If a minor, parent must sign)
 All Sessions: \$5 with ESC I.D. card



Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING 10 am–12 pm	August 1–October 31 Session Times					9–12 pm Scooter Only	\$3 Combo
LUNCH 12–4 pm						Birthday Parties	Birthday Parties
AFTERNOON 4–7 pm	Combo	Combo	Combo	Combo	Combo	Combo	Combo
NIGHT 7–10 pm	Skate & Inline	Bikes Only	Combo	Combo	Combo	Combo	Bikes Only

Call 855.ESC.4ALL (855.372.4255) or visit www.sportscenter.escondido.org for more information.



855.372.4255 | sportscenter.escondido.org

Preregistration is required for all classes. Classes fill quickly so register early!
Registration Begins Monday, August 4

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

<p>1 Online Internet Registration</p> <ul style="list-style-type: none"> • Visit our Website, recreation.escondido.org and click on the link for Online Registration. • Complete the online registration information, pay by Visa, MasterCard, American Express, or Discover and receive an instant e-mail confirmation. <p><i>Please note: A nominal, nonrefundable, processing fee will be charged.</i></p>	<p>2 Phone-in</p> <ul style="list-style-type: none"> • Call 760.839.4691 Monday–Friday • Pay by Visa, MasterCard, American Express, or Discover • Registration receipts will be emailed with liability waiver to sign and return to city. 	<p>3 Walk-in Two convenient locations:</p> <ul style="list-style-type: none"> • Community Services Department in City Hall, 201 North Broadway Monday–Friday 8:00 am–5:00 pm • East Valley Community Center, 2245 East Valley Parkway Monday, Wednesday, & Friday 8:30 am–8:30 pm Tuesday & Thursday 11:00 am–8:30 pm Saturday 8:30 am–4:30 pm
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See registration form for Mail-in **4 or Fax-in **5** details.**

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 (cash only). **Fees will not be prorated if you register after class has started.**

How do I request a refund or credit?

To request a refund or credit, contact the customer service staff at City Hall or the East Valley Community Center.

On-Going Classes (two classes or more)

- If you choose credit on account, you will receive 100% of the class fees, minus any classes that have occurred. This is the best value!
- If you choose a refund, a 25% service charge will be deducted from the total fee of the class. Additionally, any classes attended or missed will also be deducted.
- All requests for refunds or credits MUST be made before the last class.

One-Time Workshops

- Requests for refunds or credits MUST be made two business days before the workshop is held. Business days are Monday through Friday 8:00–5:00 pm.
- NO REFUNDS or CREDITS will be given after the deadline.
- If you choose credit on account, you will receive 100% of the class fees.
- If you choose a refund, a 25% service charge will be deducted from the total fee of the class.

Credit on account is valid for one year from issue date.

- Aquatic classes have a different transfer/refund policy. Call aquatic staff at 760.839.4204.
- On Track camps have a different refund policy. Call On Track staff at 760.839.5483.

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 improve our service.

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.

Mail-In / Fax-In Registration Form

FAX-IN Registration: 760.739.7020

To receive registration confirmation, please provide a 24-hour fax number or e-mail address.

ADULT/GUARDIAN NAME:			
ADDRESS:	APT.#:	CITY:	ZIP:
MOBILE#: ()	HOME#: ()	FAX#: ()	
E-MAIL:			

ACTIVITY REGISTRATION NUMBER	ACTIVITY NAME	PARTICIPANT'S NAME (First and Last)	BIRTHDATE	M / F	FEE
# .			/ /		
# .			/ /		
# .			/ /		
# .			/ /		
# .			/ /		
# .			/ /		
# .			/ /		

ALL MAJOR CREDIT CARDS ACCEPTED

NAME AS IT APPEARS ON CARD: _____

CARD#: _____ EXPIRATION DATE: _____

I HEREBY AUTHORIZE THE USE OF MY CREDIT CARD:

SIGNATURE: _____

	SUBTOTAL	
SCHOLARSHIP TYPE _____	\$	
CREDIT ON ACCOUNT	\$	
	SUBTOTAL	
OPTIONAL SCHOLARSHIP DONATION	\$1.00	
TOTAL		

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 judgments 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, Websites, and news releases without my written consent.

Make checks payable to:
City of Escondido

and mail with form to:
Community Services Department
201 North Broadway
Escondido, CA 92025-2798

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

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

Participant/Parent or Guardian Signature: _____ Date: _____

Pollution Prevention

**30th Annual California Coastal Cleanup Day at Dixon Lake
Saturday, September 20 • 9:00 am–Noon**

Join residents throughout the county in keeping our shorelines free of litter. Bags and gloves will be provided onsite along with free handouts for registered participants.

Sponsored by I Love A Clean San Diego, the California Coastal Commission, and the City of Escondido.

Register online at www.Cleanupday.org or by calling the I love A Clean San Diego Hotline at 800.237.2583



Free Composting Workshop

Learn all about backyard composting and composting with worms. No reservations are required. If it is raining, the workshop will be canceled.

Saturday, October 18 • 8:30–10 am
Escondido Community Garden

The Escondido Community Garden is located on Centre City Parkway just north of Highway 78.

Recycling Questions? Call the Recycling Division at 760.839.4342 or go to www.escondido.org



Put Toxic Waste in its Place!

What is toxic waste?

Toxic waste is any leftover household product labeled DANGER, WARNING, CAUTION, POISON, TOXIC, FLAMMABLE, CORROSIVE, or REACTIVE.

What do I do with toxic products?

Use the product and put the empty container in your trash or recycling cart—or give the leftover to someone who can use it. If you have leftover product that you will not use, bring it to a household hazardous waste facility.

Is there a fee to use Escondido's household hazardous waste facility?

No, there is no charge if you are a city of Escondido resident. Residents of the unincorporated county should call 877.713.2784 for disposal options.

Are electronic devices considered hazardous waste?

Yes, most electronics must be disposed of at a hazardous waste facility or an authorized collection, recycling, or disposal site.

What should I do with leftover medications?

Leftover prescription and over-the-counter medications should not be placed in the trash or toilet for disposal. Check with your doctor or pharmacy to see if they will take back the unused product. If not, please bring these items to the household hazardous waste facility for proper disposal. Controlled substances are NOT accepted at the facility.

All batteries, fluorescent tubes, and sharps must be disposed of at an authorized collection site.

Where is a household hazardous waste facility that I can use?

Household Hazardous Waste Disposal Site for City of Escondido Residents

1044 West Washington Avenue, Escondido

Open two Saturdays per month, 9 am–3 pm

Appointment required—call 760.745.3203 to schedule

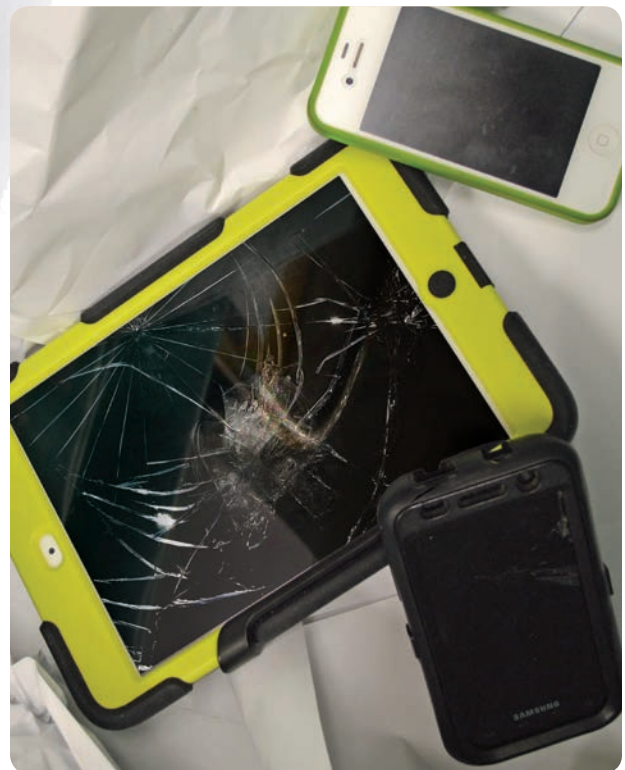
Are there other facilities I can use?

Yes, Escondido incorporated residents may also use the permanent household hazardous waste sites located in Vista and Poway. These sites are open most Saturdays and do not require an appointment.

How much material may I transport?

You may not transport more than 15 gallons or 125 pounds at a time (excluding electronic waste). Each container should be no larger than 5 gallons and clearly labeled.

If you have specific questions, call Recycling Division staff at 760.839.4342 or go to www.escondido.org





Escondido Public Library

239 South Kalmia Street, Escondido CA 92025 • 760.839.4684 • library.escondido.org

Renew materials online or by phone: 760.738.0249

CITY LIBRARY

239 South Kalmia Street
Escondido, CA 92025
760.839.4684

Hours

Mon–Tue 10 am–8 pm
Wed–Fri 10 am–6 pm
Sat 10 am–5 pm

ESCONDIDO TECHNOLOGY CENTER

In the East Valley Community Center

2245 East Valley Parkway
Free computer access & WiFi
760.839.4395

Hours

Mon–Thurs 12–6 pm

LITERACY SERVICES

Improving Reading & Writing Skills by appointment

760.839.5440

PIONEER ROOM

Local & Family History

247 South Kalmia Street
Escondido, CA 92025
760.839.4315

Hours

Tue–Thur 1–5 pm
Sat 10 am–2 pm

Volunteer Opportunities
760.839.4819



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FREE PROGRAMS & SERVICES!

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Monstress by Lysley Tenorio
County-wide book celebration
Call 760.839.4839 for more special Fall events
- **Book Club in A Bag**
Everything you need to start your own book club
- **Adult Book Discussions**
 - 2nd Tuesday Book Club
 - Rincón Literario Bilingual Book Club
- **2nd Saturday Concert Series Presents (November–May)**
November 8–Peter Fletcher classical guitar



JUST FOR KIDS

For more information, call 760.839.5456

- Storytimes, music, & activities for babies, toddlers, & pre-K
- Read to therapy dogs for fun & to improve reading skills
Call to register 760.839.5456
- **R.E.A.D.—Read, Eat, & Discuss Book Club**
Book discussions, snacks, and crafts for kids, ages 9–12
- iPads, Laptops, and Chromebooks for in-Library Family Use

TEENS

- **Crafty C.A.T.S.—1st & 3rd Wednesdays @ 4 pm**
- **Crafternoon—2nd Wednesday @ 4 pm**
- Earn community service with the **Crafty C.A.T.S. & Review Crew**



HelpNow!

Free, 24-hour online help for children, teens, and adults.

- Math, English, science, writing, foreign languages, & social studies
- Essay review
- Skill building in multiple subjects
- Practice tests—SAT, ASVAB, CBEST, ESL, and more
- Resume critique

Free, online tutors available 1–10 pm daily. Available in Spanish.

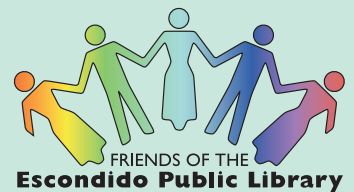
Friends Book Shop

Located in the Library

M, W, F, Sat 10 am–4 pm
Tues & Thurs 10 am–6 pm

Book Bargains Galore!

Paperbacks • Bestsellers
Fiction • Videos • Magazines
Classics & Modern Classics



All events are free and open to the public. Programs are sponsored by Friends of the Escondido Public Library. Children's program space and supplies may be limited. Groups of 10 or more wishing to attend Children's programs should contact 760.839.5456 to make arrangements.

Escondido Recreation's 20th Annual Charity Golf Tournament

Thank you to our contributors for their
generous support!



*For Opportunities in
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Tournament Sponsor:



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- Escondido Soccer Club
- Escondido Sports Center
- Hidalgo Flowers
- Hornblower Cruises and Events
- Lake Elsinore Storm
- Museum of Making music
- Reuben H. Fleet Science Center
- San Diego Museum of Art
- San Diego Padres
- San Diego State Aztecs
- SDG&E
- Service Family
- Sports Authority
- Starbucks
- Submarina, E. Valley Pkwy.
- Tavern & Bowl
- The Golden Egg Omelet House
- The Hernandez Family
- The McKinney Family
- URGE/Barrel Room/Bros. Provisions
- Welk Resorts



You Are Invited!

Escondido Community Wellness Expo

Enriching the lives of older adults and their families

Come join us at the Escondido Community Wellness Expo

Saturday, October 18, 2014

8:30 – 11:30 a.m.

Park Avenue Community Center

Home of Escondido Senior Center

210 Park Ave., Escondido, CA 92025

Information & Resources for Older Adults and Their Families



- **FREE** Admission
- **FREE** Easy Parking
- **FREE** Health Screenings
- **FREE** Gift Basket Drawing
- Palomar Health will be providing
 - Pneumonia Vaccinations
 - Shingles Vaccinations
 - Body Composition
 - Flu Shots
 - Pharamcist one-on-one consultations
- Hearing Health - Professional Hearing Associates

Enjoy a complimentary continental breakfast 8:30–9:30 a.m.

Event brought to you by:



For General Information Call Escondido Senior Center 760-839-4688

Community Services Department
City of Escondido
201 North Broadway
Escondido, CA 92025-2790

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