

Escondido Recreation Guide

Summer 2016

May • June
July • August



.....
LET SUMMER BEGIN!
.....

Creating Community through People, Parks, and Programs

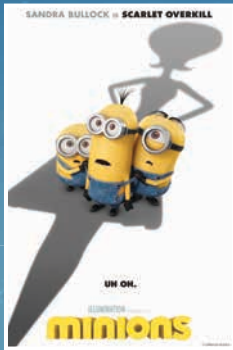
PRESCHOOL • YOUTH • TEENS • ADULTS • FAMILY • AQUATICS • SPORTS

recreation.escondido.org



SUMMER MOVIES IN GRAPE DAY PARK!

Join us for our 10th year of free family entertainment!



Saturday, June 25



Saturday, July 9



Saturday, July 23



Saturday, August 6

Activities start at 7 pm, movie airs at dusk.

Children's activities & snacks available!

Sponsored by Escondido History Center, Escondido Recreation, and Rotary Club of Escondido. Families are encouraged to bring low-back lawn chairs, blankets, and flashlights. *All children must be accompanied by an adult.*



Rotary Club
of Escondido



For more information call 760.743.8207 or visit grapedaypark.org

P.O.W.E.R. Mobile Recreation Summer Program

Ages 6-14 • Mission Grove Park

The P.O.W.E.R. 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 staff.



10:00-2:00 pm 6/21-8/11 T, W & Th **Free**



ASES Before/After School Program

Escondido Recreation offers a safe and enriching environment for students at Conway, Farr, Juniper, Oak Hill, & Rock Springs Elementary Schools. The program engages children in activities that build relationships, increase confidence, and encourage academic success.

- Hours: End of school day until 6:00 p.m.
- Fee: **FREE!**
- Locations: Conway, Farr, Juniper, Oak Hill, & Rock Springs Elementary Schools
- Registration: Complete and return the enrollment form available online or at the program

For more information call 760.839.5483 or visit recreation.escondido.org

City of Escondido Recreation Guide

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Message From the Director

With the summer season approaching, the days get longer, the temperatures become warmer, and a variety of fun activities are available for you and your family to enjoy that are offered through the Community Services department.

Of course there are always the tried and true popular activities such as, Tae Kwon Do, tennis, and yoga (to name a few!), but trying something different like joining the Adult Softball League, learn to play the guitar, or learn to Line Dance! Dive in and stay cool from the summer heat with the learn-to-swim programs, or enjoy our swimming pools at Washington Park and the James Stone Pool in Grape Day Park.

With no school, the kids have lots of choices over summer break to keep them active, socialized, and learning new skills while being engaged. The youngsters can participate in formal day camps where educated and experienced Recreation staff provide exciting activities every day to keep your day camper happy. Teens can participate in Film Making or TV production camp, or sign up for the Air Attack Flag Football or the British Soccer Camp.

Programs for those who are ages 55+ can partake in a plethora of interesting adventures at the Park Avenue Community Center or hang out in a "Cool Zone" with other like-minded folk!

Speaking of "Cool Zones", the Library is an uber cool place for all ages and interests! The very popular Summer Reading Club has some enticing new programs for all ages this summer. Or, if you just need a computer to re-write your resume, search for a job, or get involved in a good book club, the Library is the place for you!

There is something for everyone through the Community Services Department recreation programs!

P.S. You might notice that the Recreation Guide now has advertisements! You are welcome to inquire at 760.839.4691 if you wish to place an ad; there are many options! When using the services of the advertiser in this Guide, let them know you saw their promotion in the City's Recreation Guide!

Have a GREAT summer!!

Sincerely,

Loretta McKinney

Director of Library and Community Services

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City Council

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

City Manager

Graham Mitchell

City Treasurer

Kenneth Hugins

Director of Library and Community Services

Loretta McKinney



Mission Statement

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

Contact Us

Phone 760.839.4691

Email recreation@escondido.org

Web recreation.escondido.org

Office 201 North Broadway, Escondido, CA 92025



Follow us on Facebook: [Facebook.com/EscondidoRecreation](https://www.facebook.com/EscondidoRecreation)

Facilities

1 **Community Services Department / City Hall**
760.839.4691
201 North Broadway
recreation.escondido.org
recreation@escondido.org

2 **Don E. Anderson Community Building (DACB)**
120 Woodward Avenue

3 **East Valley Community Center (EVCC)**
760.839.4382
2245 East Valley Parkway

4 **Escondido Police & Fire Headquarters (EPFH)**
1163 North Centre City Parkway

5 **Escondido Public Library**
760.839.4684
239 South Kalmia 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 **Kūhāi Hālau (KH)**
231 East Grand Avenue

10 **Mathes Community Center (MCC)**
247 South Kalmia Street

11 **Park Avenue Community Center (PACC)**
760.839.4688
210 Park Avenue

12 **San Diego Fencing Center (SDFC)**
1770 South Escondido Boulevard

13 **Washington Park Pool (WP)**
501 North Rose Street

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

*Other facilities for Recreation classes are listed below.

Parks

Attention Community and Private Groups!

The Community Services Department offers a variety of parks and facilities to rent on a first come, first serve basis.

	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, 92027			•											•	•					
B Felicita County Park • 742 Clarence Lane, 92029			•					•		•			•	•	•	•				
C Grape Day Park (GDP) • 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 (WP) • 501 North Rose Street, 92027		•	•	•										•	•	•	•		•	•
L Westside Park • 333 South Spruce Street, 92025			•	•										•	•	•				
M Dixon Lake • 1700 La Honda Drive, 92027	•		•		•	•			•		•			•	•	•				
N Lake Wohlford • 25453 Lake Wohlford Road, 92025			•		•				•		•			•		•				
O Daley Ranch • 3024 La Honda Drive, 92027								•			•	•				•				



CITY OF ESCONDIDO
● = Facilities
● = Parks & Lakes

Get Smart With Art—Summer Blast NEW!

4 Weeks • Ages 2–6

Start your summer weekends with a blast of exciting art activities that also enhance learning skills. Paint, print, sculpt, and explore art materials and techniques while developing focus, concentration, and creativity. Designed for young children and their siblings up to 6 years old. New lessons each session! *Parent participation is required.*

Instructor: Vivian Matchett, Experienced Art Teacher and Artist

#1194.210	Sa	10:00–11:00 am	*5/7–6/4	\$56	MCC
#1194.220	Sa	10:00–11:00 am	*6/11–7/9	\$56	MCC
#1194.230	Sa	10:00–11:00 am	7/16–8/6	\$56	MCC

*No class on 5/28 & 7/2

Preschool Hula

4 Weeks • Ages 3–5

Come experience this beginning Keiki (Children) Hula class. Dancers will learn to count in Hawaiian as well as some basic language. Enjoy traditional Hawaiian music while learning both modern and ancient styles of hula. All levels are welcome to our halau!

Instructor: Kelly Haupu, Experienced Hula Instructor

#1367.210	Sa	9:30–10:25 am	5/7–5/28	**\$55	KH
#1367.220	Sa	9:30–10:25 am	6/4–6/25	**\$55	KH
#1367.230	Sa	9:30–10:25 am	7/2–7/23	**\$55	KH
#1367.240	Sa	9:30–10:25 am	8/6–8/27	**\$55	KH

**\$10 Discount for each additional family member

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 Themes:

- April:** Earth Explorers
- May:** Crawling Critters & Bouncing Bugs
- June:** Swim Into a Tiki-Riffic Summer
- July:** Let's Gallop Into the Wild West
- August:** Play and Imagine in Fantasyland

Pee Wee Pop Stars Dance & Sing NEW!

8 weeks • Ages 2–4

Learn to dance like your favorite pop star in this unique jazz/hip-hop dance fusion class! Children will learn fun choreography and sing along to their pop song favorites, performing several routines at their end of the session concert for family and friends!

Instructor: Charlene Dance N' Cheer Staff

#1195.210	Sa	10:15–10:45 am	5/7–6/25	\$72	MCC
#1195.220	Sa	10:15–10:45 am	7/2–8/20	\$72	MCC

Tiny Tots Tumble Time

5/6 weeks • Ages 2–4

Let's Tumble! Bring your little tumblers and join us for some fun play time with other toddlers. Each week we will work on different stations, such as balance beam and mini trampoline. We will work on large motor skill development and will teach your child beginning gymnastics starting with rolls and working our way to handstands. Boys and girls are welcome!

Instructor: Flip to Cheer Staff

#1158.210	Th	4:45–5:20 pm	5/5–6/2	\$54	PACC
#1158.220	Th	4:45–5:20 pm	6/23–7/28	\$65	PACC

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

#1405.210	F	4:45–5:15 pm	5/6–6/24	**\$85	ICE
#1405.220	F	4:45–5:15 pm	7/1–8/19	**\$85	ICE

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

Little Ninja's Karate

5 weeks • Ages 2–6

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 older class, children will begin learning stances, combination moves, correct form and technique, and Katas. *Uniforms are required in the older class.*

Instructor: Jorge Lopez, 4th degree black belt

Session 1

#1441.210	T	10:00–10:45 am	5/10–6/7	\$60	EVCC	**2–3
#1442.210	T	11:00–11:45 am	5/10–6/7	\$60	EVCC	4–6

Session 2

#1441.220	T	10:00–10:45 am	6/14–7/12	\$60	EVCC	**2–3
#1442.220	T	11:00–11:45 am	6/14–7/12	\$60	EVCC	4–6

Session 3

#1441.230	T	10:00–10:45 am	7/19–8/16	\$60	EVCC	**2–3
#1442.230	T	11:00–11:45 am	7/19–8/16	\$60	EVCC	4–6

**Parent involvement required for ages 2–3



Camp Tots

2 weeks • Ages 3–4 years

This is the perfect first summer camp experience for your little one. This program combines the traditional preschool class with the activities of a day camp. Campers will enjoy arts, crafts, and games with socialized, interactive play. Sign up for Wednesdays and enjoy the great outdoors. On these days, camp will be held at Dixon Lake and include Ranger visits, hiking, outdoor crafts, and much more.

Instructor: Tiny Tots Preschool Staff

Session 1

#3123.210	T/Th	8:30–11:00 am	7/5–7/14	\$80	DACB
#3124.210	T/W/Th	8:30–11:00 am	7/5–7/14	\$95	EVCC/ Dixon Lake

Session 2

#3123.220	T/W/Th	8:30–11:00 am	7/19–7/28	\$95	DACB/ Dixon Lake
#3124.220	T/Th	8:30–11:00 am	7/19–7/28	\$80	EVCC

Session 3

#3123.230	T/Th	8:30–11:00 am	8/2–8/11	\$80	DACB
#3124.230	T/W/Th	8:30–11:00 am	8/2–8/11	\$95	EVCC/ Dixon Lake

Kamp Kindergarten

2 weeks • Ages 4½–6 years*

This mini-camp will keep your little one learning and ready to succeed in kindergarten. Camp activities include art, science, pre-reading, group activities, learning centers and more! On Wednesdays, camp will be held at Dixon Lake and include Ranger visits, hiking, and outdoor crafts to name a few. Come join the fun!

Instructor: Tiny Tots Preschool Staff

Session 1

1186.210	T/W/Th	11:30–2:00 pm	7/5–7/14	\$115	DACB/ Dixon Lake
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Session 2

1186.220	T/W/Th	11:30–2:00 pm	7/19–7/28	\$115	EVCC/ Dixon Lake
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Session 3

1186.230	T/W/Th	11:30–2:00 pm	8/2–8/11	\$115	DACB/ Dixon Lake
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*Must be entering kindergarten. Proof of age may be required at time of registration.



Tiny Tots Preschool develops confident, happy school-ready children!

- Positive, nurturing environment
- Academic development
- California Common Core Standards
- Social interaction
- Circle time, music, art, crafts, & games
- Field trips & special events

Little Tots, 3–4 years • Super Tots, 4–5 years (pre-K)

Priority Registration begins July 5, 2016

Open Registration begins August 1, 2016

Classes begin week of August 29, 2016

LEARN • GROW • PLAY

Wee Tots

3/4 weeks • Ages 18 month–3½ years

More than a play group, each class is an opportunity to learn and grow. This class is led by an experienced preschool teacher that develops activities to inspire creative thinking, encourage social interaction, and build academic understanding. Parent participation required.

Instructor: Tiny Tots Preschool Staff

May

#1172.211	M	9:00–10:30 am	5/2–5/23	\$32	DACB
#1172.210	F	9:00–10:30 am	5/6–5/27	\$32	EVCC

June

#1172.221	M	9:00–10:30 am	6/6–6/27	\$32	DACB
#1172.220	F	9:00–10:30 am	6/3–6/24	\$32	EVCC

July

#1172.231	M	9:00–10:30 am	7/11–7/25	\$24	DACB
#1172.230	F	9:00–10:30 am	7/8–7/29	\$32	EVCC

August

#1172.241	M	9:00–10:30 am	8/1–8/22	\$32	DACB
#1172.240	F	9:00–10:30 am	8/5–8/26	\$32	EVCC

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

[Facebook.com/TinyTotsEscondido](https://www.facebook.com/TinyTotsEscondido)

“Dream big because dreams do happen.”

—Alex Morgan, Olympic Gold Medalist in Women’s Soccer

Knights & Princesses Camp

1 week • Ages 4–6 years

Calling all brave knights and fair princesses! Join us for a week of the royal treatment. Our brave knights will search for hidden treasure, duel with foam swords, and build sandcastles while our fair princesses will create royal jewelry, build their own castle, and through a grand ball.

Instructor: Miss Mani, Tiny Tots Preschool Teacher

#3132.201 M/T/Th 12:00–2:30 pm 7/11–7/14 \$60 EVCC

Splash Splash Camp

1 week • Ages 4–6 years

What’s summer camp without getting a little (or a lot) wet!?! This camp includes daily water activities like duck, splash, sponge relays, and water balloon piñatas. There will be water themed arts and craft projects too like underwater color drawings, ice cube painting, and ocean in a bottle.

Instructor: Miss Kathie, Tiny Tots Preschool Teacher

#3132.202 M/T/Th 12:00–2:30 pm 7/18–7/21 \$60 DACB

Zoofari Camp

1 week • Ages 4–6 years

Explore the amazing world of animals in this camp as we create animal cracker books, tell animal stories, and play zoo keeper may I. Don’t miss the special guest scheduled for the last day.

Instructor: Miss Kathie, Tiny Tots Preschool Teacher

#3132.203 M/T/Th 12:00–2:30 pm 7/25–7/28 \$60 DACB

Foamy, Sticky Fun Camp

1 week • Ages 4–6 years

This camp combines the art and science to create foamy, sticky fun mess! Create projects like Rainbow Wizards Brew, homemade water colors, ivory soap experiment, and elephant toothpaste. Be sure to wear clothes that can get messy.

Instructor: Miss Mani, Tiny Tots Preschool Teacher

#3132.204 M/T/Th 12:00–2:30 pm 8/1–8/4 \$60 EVCC

Olympic Training Camp

1 week • Ages 4–6 years

2028 Olympians start here! Campers will train and compete in their own Olympics-style events. These young Olympians will start by developing their own flags, create an Olympic mascot, and finally prepare for the Olympic Obstacle challenge and games. Parents are welcome to attend on the final day.

Instructor: Miss Mani, Tiny Tots Preschool Teacher

#3132.205 M/T/Th 12:00–2:30 pm 8/8–8/11 \$60 EVCC

Storybook Musical Theatre & Dance Camp

1 Week • Ages 4.5–11

CASTING ALL BOYS AND GIRLS! Be introduced to the world of musical theater and dance! Children will explore fun acting and improv games/exercises, learn lines, songs, choreography, and movement to classical and today’s popular musicals! Children will even get to decorate their own backdrop and stage props! On the last day of the session perform for family and friends!

Instructor: Charlene’s Dance N’ Cheer Staff

#1777.200 M–F 9:00–12:00 pm 6/20–6/24 \$150 MCC

Cheerleading, Dance, & Tumbling Camp

1 Week • Ages 4½–11

Children will have a blast in this high energy cheer, dance, and tumbling camp! Campers will learn the fundamentals of cheer technique including stunting, tumbling, arm motions, cheers, jumps/kicks, and a full routine! Hip hop dance will also be explored and students will learn several dance routines to their pop faves and even get to choreograph their own! Cheer and dance themed arts and crafts also included in the fun! On the last day of the session perform for family and friends!

Instructor: Charlene’s Dance N’ Cheer Staff

#1778.200 M–F 1:00–4:00 pm 6/20–6/24 \$150 MCC

Engineering: Mine, Craft, Build Using LEGO®

1 week • Ages 5–12

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper (ages 5–6) or Minecart (ages 7–12)! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. This project-based camp, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO®.

Instructor: Play-Well TEKnologies, teaching camps since 1997

						<u>Ages</u>
#1760.201	T–F	9:00–12:00 pm	7/5–7/8	\$148	EVCC	5–6
#1760.202	T–F	1:00–4:00 pm	7/5–7/8	\$148	EVCC	7–12

Jedi Engineering using LEGO®

1 week • Ages 5–12

The Force is strong in this class for young Jedi and Jedi Masters. Build machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO® X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well’s Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

Instructor: Play-Well TEKnologies, teaching camps since 1997

						<u>Ages</u>
#1593.201	M–F	9:00–12:00 pm	7/25–7/29	\$185	EVCC	5–6
#1593.202	M–F	1:00–4:00 pm	7/25–7/29	\$185	EVCC	7–12

Film Making Camp

1 Week • Ages 7–12

This is a unique opportunity for students to experience the entire production process from script to finished video. This camp offers hands-on creative and artistic expression. Students will explore fundamentals of video production and apply these to class projects. Cameras and computer equipment will be provided during class time.

Instructor: Creative Brain Learning

#1271.200 M-F 9:00–11:45 am 6/27–7/1 **\$165 EVCC

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

Spy Camp

1 Week • Ages 7–12

Your mission should you accept is to discover the intriguing world of spy science. During camp, you will be using image, aerial and photo analysis, code making and breaking, and more. You will have the most fun you have had in a long time while sharpening your investigative skills and keen intellect.

Instructor: Creative Brain Learning

#1765.200 M-F 1:00–3:45 pm 7/11–7/15 **\$165 EVCC

**\$25 Material Fee due at first class (cash only)

Fencing Camps

1 Week • Ages 7–17

The Musketeers, Star Wars, or Princess Bride... choose your inspiration and try fencing! A great Olympic sport that helps you improve your agility, coordination, and flexibility, as well as your focus and problem solving skills. These camps are an introduction to one of the 3 fencing weapons... Foil (7/11–7/15), Sabre (7/18–7/22), or Epee(7/18–7/22).

Instructor: San Diego Fencing Center Coach

Ages

#1418.200 M-F 10:00–12:00 pm 7/11–7/15 **\$80 SDFC 7–11

#1416.200 M-F 1:00–3:00 pm 7/18–7/22 **\$80 SDFC 7–11

#1417.200 M-F 10:00–12:00 pm 7/18–7/22 **\$80 SDFC 12–17

**\$15 Material Fee due at first class

Food TV Channel

1 Week • Ages 7–15

Create your very own food and cooking show! Prepare your favorite dish for a video audience, learn about scripting and video techniques, while sharing your passion for food and expanding your culinary knowledge.

Instructor: Creative Brain Learning

#1766.200 M-F 9:00–11:45 am *7/25–7/29 **\$165 EVCC

*Registration/refund deadline is 7/21

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

ScienceWorkz Camp

1 Week • Ages 8–15

Come on an exciting exploration of the world of science, making stops at eco-science, alternative energy, chemistry, aviation, and more! Discover the fundamentals of science. Campers receive cool materials to continue their discovery at home.

Instructor: Creative Brain Learning

#1554.200 M-F 1:00–3:45 pm 6/27–7/1 **\$165 EVCC

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

Robotics Camp

1 Week • Ages 8–15

This camp offers an in-depth exploration of robotics engineering, creativity, and innovation. Working in teams of students, participants will design robots and program them to perform specific tasks. Students will also continue with take home projects.

Instructor: Creative Brain Learning

#1756.200 M-F 9:00–11:45 am 7/11–7/15 **\$165 EVCC

**\$35 Material Fee due at first class (cash only)

TV Production Camp

1 Week • Ages 8–15

Create your own television channel and write and produce TV shows from talk shows and news programs to dramatic productions. Computers and cameras are provided for classroom use.

Instructor: Creative Brain Learning

#1767.200 M-F 1:00–3:45 pm 7/25–7/29 **\$165 EVCC

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

LEGO® Engineering Camp

1 Week • Ages 8–15

Bring your imagination and engineering talents! During camp, we will be building structures, roller coasters and much more. Only your imagination is the limit. Working in teams, students will learn about basic physics and engineering principles and learn how to apply them to projects.

Instructor: Creative Brain Learning

#1764.200 M-F 9:00–11:45 am 6/13–6/17 **\$165 EVCC

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

LEGO® Stop Motion Animation

1 Week • Ages 8–15

This camp offers a unique opportunity to explore stop motion animation production using LEGO® blocks and other mediums. Students will learn about image capturing, video recording techniques, and more. This program offers amazing opportunities for hands on creative and artistic expression. Cameras and computers are provided for class use.

Instructor: Creative Brain Learning

#1250.200 M-F 1:00–3:45 pm 6/13–6/17 **\$165 EVCC

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

**Check out more of our great
Sports camps on pages 29–31!**



Discovery Kids Camp

Ages 5–12 • Monday–Friday • 7:00 am–6:00 pm • Washington Park Recreation Building, 501 North Rose Street

The Road to Rio

Your journey to gold begins here! This year the summer games are being held in Rio de Janeiro. Join us on the 'Road to Rio' as we discover the history of the games, explore the cultures of the world, train to be the best, and compete in our own race for the gold. Our camp includes a full day of activities, swimming (on select days), mini and full day field trips, lunch (provided by EUHSD), special events, and more!

Camp Information

- Must arrive by 9:00 am each morning
- Field trips are not optional, counselors will not be left at camp
- Shirts are required for field trips, may be purchased at camp for \$5
- Weekly summer calendar will be available 5/31
- Daily registrations are available in advance only \$40—space is limited

Session 1 June 13–17

3332.201 Togas, Traditions and Tragedy (theatre) \$120

Explore the world of ancient Greece, the birthplace of Olympic Games. Activities include pottery making, Greek life art, ancient musical instruments and toga party and feast.

Field Trip: Olympic Training Center (6/16)

Session 2 June 20–24

3332.201 Around the World \$120

Get your passport ready as we go around the world without leaving camp. Learn about the different countries of the world as explored through various art, crafts, and games.

Field Trip: San Diego Hall of Champions, Balboa Park (6/22)

Session 3 June 27–July 1

3332.201 Pentathlon Challenge \$120

Try our version of the pentathlon developed just for day campers. There will be one sport a day with a competition at the end of the week. The games include crazy curling, dizzy discus, silly shot put, quick cup stacking, and rad relays.

Field Trip: Padres Game (6/29)

Session 4 July 5–8 (no camp 7/4)

3332.201 Team USA \$100

This week we celebrate Independence Day and Team USA. Create "fireworks art," Uncle Sam windsocks, American streamers, and patriotic games. Then top the week off with a Fourth of July style picnic and BBQ with fun activities.

Field Trip: Urban Jungle (7/6)

Session 5 July 11–15

3332.201 Let's Move Training Week \$120

All great athletes train to give their best effort. This week campers will develop various skills including agility, balance, body control and hand-eye coordination as well as learn about nutrition and healthy choices.

Field Trip: Go Play Get Fit (7/13)

Session 6 July 18–22

3332.201 Art of the Summer Games \$120

It's not just about sports, the summer games have created some great artwork as well. This camp will design logos, create sculptures and make team bracelets in addition to competing in team relays and other Olympic-style games.

Field Trip: Clay & Latte (7/20)

Session 7 July 25–29

3332.201 Spirit Week \$120

It's time to get into the spirit as the summer games draw near. Campers will participate in a torch run, Olympic mural project, Olympic trivia and much more!

Field Trip: Poway Fun Bowl (7/27)

Session 8 August 1–5

3332.201 Let the Games Begin \$120

We are building up to the excitement of Opening Ceremonies on Friday, August 5. We will practice all kinds of sports along with a variety of arts, crafts, games and other activities.

Field Trip: Boomers Vista (8/3)

Session 9 August 8–12

3332.201 Take Home the Gold \$120

Everything this summer has led up to this... Campers will team up to compete for the gold throughout the week in Olympic inspired events (day camp style), medals as well as opening and closing ceremonies are included.

Field Trip: Wave Water Park (8/10)

After School Programs for North Broadway & Reidy Creek, grades 1–5

Hours: End of school day until 6:00 p.m.
Fee: \$10 per day (only pay when attending)

**Registration forms available online or at the schools.
For more information, call 760.839.5483**



Ballet

6 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

Session 1

Pre-Ballet

#	Day	Time	Dates	Cost	Staff	Ages
#1310.209	Th	3:45–4:30 pm	*5/19–6/30	\$54	EVCC	4–5
#1310.208	Sa	9:30–10:15 am	*5/21–7/2	\$54	EVCC	4–5

Beginning Ballet

#1310.205	Sa	10:15–11:15 am	*5/21–7/2	\$54	EVCC	6–10
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Ballet 1 (Beginning Ballet recommended)

#1310.201	T	3:30–4:30 pm	*5/17–6/28	\$54	EVCC	6–10
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Ballet 1/2 (prerequisite Beginning Ballet)

#1310.207	Sa	11:15–12:15 pm	*5/21–7/2	\$54	EVCC	7–11
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Ballet 3/4

#1310.206	W	4:30–5:45 pm	*5/18–6/29	\$54	EVCC	**8–11
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Advanced Ballet

#1310.212	Th	4:30–5:45 pm	*5/19–6/30	\$54	EVCC	10–Adult
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Pointe (concurrent enrollment in Advanced or 3/4 required)

#1310.210	T	4:30–5:45 pm	*5/17–6/28	\$54	EVCC	**10–Adult
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Session 2

Pre-Ballet

#1310.229	Th	3:45–4:30 pm	7/14–8/18	\$54	EVCC	4–5
#1310.228	Sa	9:30–10:15 am	7/16–8/20	\$54	EVCC	4–5

Beginning Ballet

#1310.225	Sa	10:15–11:15 am	7/16–8/20	\$54	EVCC	6–10
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Ballet 1 (Beginning Ballet recommended)

#1310.221	T	3:30–4:30 pm	7/12–8/16	\$54	EVCC	6–10
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Ballet 1/2 (prerequisite Beginning Ballet)

#1310.227	Sa	11:15–12:15 pm	7/16–8/20	\$54	EVCC	7–11
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Ballet 3/4

#1310.226	W	4:30–5:45 pm	7/13–8/17	\$54	EVCC	**8–11
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Advanced Ballet

#1310.222	Th	4:30–5:45 pm	7/14–8/18	\$54	EVCC	10–Adult
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Pointe (concurrent enrollment in Advanced or 3/4 required)

#1310.220	T	4:30–5:45 pm	7/12–8/16	\$54	EVCC	**10–Adult
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*No class on 6/7, 6/8, 6/9, & 6/11

**Instructor approval required

Cheerleading

5/6 weeks • Ages 5–12

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. Students will also be introduced to gymnastics approximately every other week, starting with rolls, handstands, cartwheels when they are ready, depending on the individual's skill level. This is a fantastic class for every future cheerleader. *Students are welcome to perform with our team at community events.*

Instructor: Flip to Cheer Staff

#1448.210	Th	6:20–7:05 pm	5/5–6/2	**\$59	PACC
#1448.220	Th	6:20–7:05 pm	6/23–7/28	**\$71	PACC

**\$20 optional material fee for pom-poms

Gymnastics Tumble Kids

5 weeks • Ages 5–12

Let's Tumble! Come join our fun-filled class, focusing on all aspects of tumbling. This class is geared toward students who want to learn how to perform basic tumbling such as somersaults, handstands, cartwheels, all depending on the student's skill level. We use fun mats, floor balance beams, small trampolines, and more to help develop their skills. This class is great for both boys and girls who want to learn cartwheels, round-offs, and more!

Instructor: Flip to Cheer Staff

#1444.210	Th	5:30–6:15 pm	5/5–6/2	\$59	PACC
#1444.220	Th	5:30–6:15 pm	6/23–7/28	\$71	PACC

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 on this class is to learn basic skating skills and safety while having fun!

Instructor: Ice-Plex Staff

#1406.210	F	4:15–4:45 pm	5/6–6/24	**\$85	ICE
#1406.220	F	4:15–4:45 pm	7/1–8/19	**\$85	ICE

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

Junior Hip Hop Dance



8 weeks • Ages 5–11

Calling all boys and girls! So you think you can dance? Join us for all the fun in this high-energy, age-appropriate class! Dancers will learn fun hip-hop techniques and combinations, danced to their favorite music. Children will also learn several dance routines in preparation for an end of session showcase for family and friends!

Instructor: Charlene Dance N' Cheer Staff

#1359.210	Sa	10:45–11:45 am	5/7–6/25	\$80	MCC
#1359.220	Sa	10:45–11:45 am	7/2–8/20	\$80	MCC

Family Yoga



6 weeks • Ages 4–8 and Adults

Mothers, fathers, and nannies come with your children to join in on this kid friendly yoga class. Yoga is excellent for both children and adults focus, strength, and state of mind. Yoga is at a level where children can understand while adults are still being challenged. Bring mats and water.

Instructor: Sheila Gilman, Certified Yoga Instructor

#1437.210	W	4:00–5:00 pm	5/11–6/15	**\$99	EVCC
#1437.220	W	4:00–5:00 pm	*6/29–8/10	**\$99	EVCC

*No class 7/6

**\$20 for each additional family member

Tae Kwon Do

12 Weeks • Ages 6–Adults

Develop physical and mental discipline, strength, endurance and coordination. Learn the Korean martial arts of Tae Kwon Do (Kicks, blocks, punching), Hapkido (joint locking techniques), Judo (throwing and grappling), and basic weapons. Become more confident and learn basic self-defense techniques.

Instructor: Skip Leonard, 6th Degree Black, Certified by WT Federation, City of Escondido instructor for over 23 years

#2613.212	M/Th	5:00–6:00 pm	6/20–9/15	**\$99	MCC
#2613.213	M/Th	6:15–7:15 pm	6/20–9/15	**\$99	MCC
#2613.214	M/Th	7:30–8:30 pm	6/20–9/15	**\$99	MCC

* No class on 7/4 & 9/5

**Martial arts uniform is required and may be purchased from the instructor for \$20

Safety Academy

2 weeks • Ages 6–13

This safety program for children held at Escondido Police Headquarters was developed by Escondido Police Officers. The goal of the program is to keep your 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.

Instructor: Lieutenant Al Owens, Officer Mario Sainz, Officer Adam Martinez, & Officer Theresa Ruiz

#1559.201	Sa	9:00–11:30 am	6/18–6/25	\$32	EPFH	6–9
#1559.202	Sa	9:00–11:30 am	7/16–7/23	\$32	EPFH	10–13

Youth Tennis

5/4 weeks • Ages 7–15

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, USTA Certified and assistant tennis coaches

Session 1

#1426.213 Beg.	T	3:30–4:30 pm	5/3–5/31	\$45	KCP 7&8	7–10
#1426.214 Int.	T	4:30–5:30 pm	5/3–5/31	\$45	KCP 7&8	11–15

Session 2

#1426.223 Beg.	T	8:00–9:00 am	6/14–7/12	\$45	KCP 7&8	7–10
#1426.224 Int.	T	8:00–9:00 am	6/14–7/12	\$45	KCP 7&8	11–15

Session 3

#1426.233 Beg.	T	8:00–9:00 am	7/26–8/16	\$36	KCP 7&8	7–10
#1426.234 Int.	T	8:00–9:00 am	7/26–8/16	\$36	KCP 7&8	11–15

Saturday Youth Tennis

4/5 weeks • Ages 7–15

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.

Instructor: Andre Rerolle, USTA certified and assistant tennis coaches

#1427.214	Sa	10:00–11:00 am	5/7–6/4	\$45	MVP 1&2
#1427.224	Sa	10:00–11:00 am	6/18–7/16	\$45	MVP 1&2
#1427.234	Sa	10:00–11:00 am	7/30–8/20	\$36	MVP 1&2

Let's Get Cookin'

1/2 Weeks • Ages 6–12

Time to teach kids how to take the basic pantry ingredients and creatively whip them together to make delicious foods. Four different themed classes are offered to help expand the student's kitchen knowledge.

Instructor: Zoe Sanchez Richardson, Avid baker and chef

Chocolate & More Chocolate

#1278.210	F	4:00–6:00 pm	*5/20–5/27	**\$52	EVCC
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4th of July Desserts

#1278.220	F	4:00–6:00 pm	*6/10	**\$26	EVCC
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Fair Food...We All Love Fair Food

#1278.230	F	4:00–6:00 pm	*7/15–7/22	**\$52	EVCC
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Everything Potatoes

#1278.240	F	4:00–6:00 pm	*8/5–8/12	**\$52	EVCC
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*Registration/refund deadline is the Wednesday before start date (5/18, 6/8, 7/13, and 8/3).

**\$25 (\$12.50 for 6/10) material fee due at each workshop (cash only)

Cartoon Drawing

6 Weeks • Ages 8–15

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

Instructor: Creative Brain Learning

#1249.210	W	3:00–3:50 pm	5/18–6/22	**\$68	MCC
#1249.220	W	3:00–3:50 pm	7/13–8/17	**\$68	MCC

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

Paint With Family

Workshop • Ages 7–Adult*

Are you ready for some creative family fun? Paint events have been gaining popularity, but now it is time for the whole family! In this workshop, with step-by-step instructions, you will create a work of art on a canvas. No experience is necessary, just a touch of creative adventure and a good sense of humor. *Parent participation is required.*

Instructor: Kari Aellig, experienced art instructor

#1261.201	Sa	2:00–4:30 pm	5/28	**\$20	EVCC
#1261.202	Sa	2:00–4:30 pm	6/25	**\$20	EVCC
#1261.203	Sa	2:90–4:30 pm	7/23	**\$20	EVCC

*It is required for ages 5–15 to attend with an observing or enrolled adult

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

Summer Art Series

Workshop • Ages 4–8

Join us for one, some, or all of these awesome art workshops! With seven fun themes, this class is sure to have your kids wanting more. Not only are your children practicing their creativity, expressing themselves, and learning art techniques, they will also be bringing home a work of art each class.

Instructor: Zoe Sanchez Richardson, Experienced teacher

Dr. Seuss Reading & Hat Craft

#1279.201	T	4:00–5:30 pm	5/10	**\$20	EVCC
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Create Your Own Super Hero Comic Books

#1279.202	Th	4:00–5:30 pm	5/26	**\$20	EVCC
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All About My Hero Poster

#1279.203	T	4:00–5:30 pm	6/7	**\$20	EVCC
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All About Character Poster

#1279.204	Th	4:00–5:30 pm	6/23	**\$20	EVCC
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All About Me

#1279.205	T	4:00–5:30 pm	7/12	**\$20	EVCC
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Build & Paint Birdhouses

#1279.206	Th	4:00–5:30 pm	7/28	**\$20	EVCC
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Decorate Your Own Apron

#1279.207	T	4:00–5:30 pm	8/9	**\$20	EVCC
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**\$5 material fee due at each workshop (cash only)

Art While Learning Science

4 weeks • Ages 6–9

This class is based on the idea of “STEAM” (science, technology, engineering, art, and math). Students will learn Earth Science and Biology using fun arts and crafts. During each class, students will learn some science fundamentals and finish by using their new knowledge in a project to take home.

Instructor: Elena Chirkova, Masters in Education

#1208.210	F	4:30–6:00 pm	6/3–6/24	**\$49	EVCC
#1208.220	F	4:30–6:00 pm	7/8–7/29	**\$49	EVCC

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

Youth Guitar

6 weeks • Ages 8–15

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

#1327.210	W	5:00–5:50 pm	5/18–6/22	**\$68	MCC
#1327.220	W	5:00–5:50 pm	7/13–8/17	**\$68	MCC

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

Video Game Design

6 Weeks • Ages 8–15

You play them, now learn how to develop them. Working in teams students will design and program their own video games, which they will be able to take home and play. During the Intermediate class, you will be working with an already completed video game. Learn about adding features, scoring, and multiple players to games. Computers will be provided for classroom use. *Completion of Beginning class is required.*

Instructor: Creative Brain Learning

Beginning

#1272.200	W	4:00–4:50 pm	5/18–6/22	**\$68	MCC
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Intermediate

#1273.200	W	4:00–4:50 pm	7/13–8/17	**\$68	MCC
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**\$20 Material fee due at first class (cash only)

SAN DIEGO CHILDREN'S DISCOVERY MUSEUM



Explore • Imagine • Experiment
Through Hands-On Science, Art, and World Culture Activities

LEARN THROUGH PLAY!

Summer Camp

June 27–July 1,
July 11–August 12, 2016

Entering K to Grade 3
Half Day or Full Day
Book Now!

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*Members receive discounts on Group Visits, Birthday Parties, and Summer Camp.

(760) 233-7755 • 320 North Broadway, Escondido, CA 92025



SUMMER AQUATICS

Learn-to-Swim • Jr. Lifeguard • One-on-One • Open Swim • Pool Parties



Enjoy Escondido Summer Aquatics at our two locations:

James A. Stone Pool

131 West Woodward Avenue • 760.839.4810

Washington Park Pool

501 North Rose Street • 760.839.4660

Pool Parties NEW!

Host your birthday party at Washington Park Pool during Weekend Open Swim! On Saturday and Sundays, a \$5 entry fee per person will turn your Open Swim time to a party you won't forget! Parties will be held in a reserved area with tables and shade provided! Outside food will be allowed for party purposes only. You bring the party, we provide the lifeguards! Please call 760.839.4204 to schedule your event, reservations must be made 3 weeks in advance.

Group reservations for 20 or more must be made three weeks in advance.

Junior Lifeguard

Ages 10–14 • Fee: \$125 includes 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! Swimmers must be able to swim the front crawl for 25 yards. Continuously while breathing from the front or side, tread water for one minute using arms & legs, and swim a distance of 10 feet underwater.

M-Th	June 20-June 30	4151.220	WP	8:15–10:10 am
M-Th	July 11-July 21	4151.240	WP	8:15–10:10 am

One-on-One Swim Instruction

All Ages • Free: \$120/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. Please call 760.839.4204 to schedule.

Adult and Teen Learn-to-Swim NEW!

Ages: 14+ • Fee: \$60 • Location: JS • Days: T/Th

Adult and Teen Beginner

Designed for adults and teens with little or no swimming experience. This level teaches basic water skills; front/back floats and glides, breath control, and 3 strokes; Freestyle, Backstroke, and Breaststroke. Skills taught will promote confidence in and around the pool, and relaxation. Classes held in the shallow end of the pool.

Session 1	May 31–June 23	4201.211	7:30–8:15 pm
Session 2	June 28–July 21	4201.212	7:30–8:15 pm

Adult and Teen Intermediate

Designed for adults and teens who have taken some swim classes, but want to build their confidence level and skills learned. Focuses on prior swim skill knowledge, rhythmic breathing, treading water, continued stroke refinement, and deep end work (jumping/diving and retrieving objects). Opportunity to advance and refine swim strokes; freestyle, backstroke, and breaststroke with introduction to butterfly and sidestroke. Surface diving, open/flip turns, deep end work, and treading water are integrated into the program. Participants must be able to swim 25 yards freestyle independently.

Session 1	May 31–June 23	4201.231	8:30–9:15 pm
Session 2	June 28–July 21	4201.232	8:30–9:15 pm

Adult and Teen Advanced

Ideal for adults and teens looking for advanced refinement in all 5 strokes; freestyle, backstroke, breaststroke, sidestroke, and butterfly for competition, pleasure, or health. Swim exercises will be explained and demonstrated for each stroke. Technique, speed, endurance, and performance are emphasized. Participants will use lane lines, circle swim, and use workout plans.

Session 1	May 31–June 23	4201.241	8:30–9:15 pm
Session 2	June 28–July 21	4201.242	8:30–9:15 pm

Open Swim Program

Fee: \$3 per person

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. Swim diapers are sold at the pool for \$2.

Washington Park Pool

June 11–August 21

Monday–Thursdays, 1:00–3:00 pm

Fridays, 1:00–4:00 pm

Saturdays, 2:00–6:00 pm

Sundays, 12:00–4:00 pm

James Stone Pool

June 11–August 21

Saturdays, 2:00–6:00 pm

Sundays, 12:00–4:00 pm

Learn-to-Swim Program for All Ages

Certified Instructors. Day & Evening Classes. Scholarships Available. Summer Schedule Options.

One Week Sessions: Monday–Thursday • \$34

Session 1: June 13–June 16

Session 2: June 20–June 23

Session 3: June 27–June 30

Session 4: July 5–July 7 ***Prorated for 3 days, \$25.50**

Session 5: July 11–July 14

Session 6: July 18–July 21

Session 7: July 25–July 28

Session 8: August 1–August 4

Session 9: August 8–August 11

Session 10: August 15–August 18

4-Week Saturday Sessions • \$34

Session A: June 18–July 9

Session B: July 16–August 6



Me and My Shadow

Fee: \$34

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 \$2.

6 months–18 months

Session 1	5200.211	6/13–6/16	4:00–4:50 pm	JS
Session 2	5200.221	6/20–6/23	10:00–10:50 am	JS
	5200.222	6/20–6/23	3:00–3:50 pm	JS
Session 3	5200.231	6/27–6/30	5:00–5:50 pm	JS
Session 4*	5200.241	7/5–7/7	10:00–10:50 am	JS
*Prorated for 3 days				
Session 5	5200.251	7/11–7/14	4:00–4:50 pm	JS
Session 6	5200.261	7/18–7/21	10:00–10:50 am	JS
	5200.262	7/18–7/21	3:00–3:50 pm	JS
Session 7	5200.271	7/25–7/28	5:00–5:50 pm	JS
Session 8	5200.281	8/1–8/4	10:00–10:50 am	JS
Session 9	5200.291	8/8–8/11	4:00–4:50 pm	JS
Session 10	5200.201	8/15–8/18	10:00–10:50 am	JS
	5200.202	8/15–8/18	3:00–3:50 pm	JS

18 Months–3 years

Session 1	5200.215	6/13–6/16	11:00–11:50 am	JS
Session 2	5200.225	6/20–6/23	5:00–5:50 pm	WP
Session 3	5200.235	6/27–6/30	10:00–10:50 am	JS
Session 4*	5200.245	7/5–7/7	5:00–5:50 pm	JS
*Prorated for 3 days				
Session 5	5200.255	7/11–7/14	11:00–11:50 am	JS
Session 6	5200.265	7/18–7/21	5:00–5:50 pm	WP
Session 7	5200.275	7/25–7/28	10:00–10:50 am	JS
Session 8	5200.285	8/1–8/4	5:00–5:50 pm	JS
Session 9	5200.295	8/8–8/11	11:00–11:50 am	JS
Session 10	5200.205	8/15–8/18	4:00–4:50 pm	WP

Saturday Lessons

Ages 6 months–3 years

Session A	5300.211	6/18–7/9	9:00–9:50 am	JS
	5300.212	6/18–7/9	11:00–11:50 am	JS
Session B	5300.221	7/16–8/6	9:00–9:50 am	JS
	5300.222	7/16–8/6	11:00–11:50 am	JS

Grunion 1

Ages 3 & 4 years
Fee: \$34



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 June 13–June 16

5210.211	JS	10:00–10:50 am
5210.212	JS	11:00–11:50 am
5210.213	JS	2:00–2:50 pm
5210.214	WP	3:00–3:50 pm
5210.215	JS	4:00–4:50 pm

Session 2 June 20–June 23

5210.221	JS	9:00–9:50 am
5210.222	WP	10:00–10:50 am
5210.223	JS	11:00–11:50 am
5210.224	WP	3:00–3:50 pm
5210.225	JS	3:00–3:50 pm
5210.226	WP	4:00–4:50 pm
5210.227	JS	5:00–5:50 pm

Session 3 June 27–June 30

5210.231	JS	10:00–10:50 am
5210.232	WP	11:00–11:50 am
5210.233	JS	3:00–3:50 pm
5210.234	WP	4:00–4:50 pm
5210.235	JS	5:00–5:50 pm

Session 4* July 5–July 7

5210.241	JS	10:00–10:50 am
5210.242	JS	11:00–11:50 am
5210.243	WP	11:00–11:50 am
5210.244	WP	3:00–3:50 pm
5210.245	WP	4:00–4:50 pm
5210.246	JS	5:00–5:50 pm

**Prorated for 3 days*

Session 5 July 11–July 14

5210.251	JS	10:00–10:50 am
5210.252	JS	11:00–11:50 am
5210.253	JS	2:00–2:50 pm
5210.254	WP	3:00–3:50 pm
5210.255	JS	4:00–4:50 pm

Session 6 July 18–July 21

5210.261	JS	9:00–9:50 am
5210.262	WP	10:00–10:50 am
5210.263	JS	11:00–11:50 am
5210.264	WP	3:00–3:50 pm
5210.265	JS	3:00–3:50 pm
5210.266	WP	4:00–4:50 pm
5210.267	JS	5:00–5:50 pm

Session 7 July 25–July 28

5210.271	JS	10:00–10:50 am
5210.272	WP	11:00–11:50 am
5210.273	JS	3:00–3:50 pm
5210.274	WP	4:00–4:50 pm
5210.275	JS	5:00–5:50 pm

Session 8 August 1–August 4

5210.281	JS	10:00–10:50 am
5210.282	JS	11:00–11:50 am
5210.283	WP	11:00–11:50 am
5210.284	WP	3:00–3:50 pm
5210.285	WP	4:00–4:50 pm
5210.286	JS	5:00–5:50 pm

Session 9 August 8–August 11

5210.291	JS	10:00–10:50 am
5210.292	JS	11:00–11:50 am
5210.293	JS	2:00–2:50 pm
5210.294	WP	3:00–3:50 pm
5210.295	JS	4:00–4:50 pm

Session 10 August 15–August 18

5210.201	JS	9:00–9:50 am
5210.202	WP	10:00–10:50 am
5210.203	JS	11:00–11:50 am
5210.204	WP	3:00–3:50 pm
5210.205	JS	3:00–3:50 pm
5210.206	WP	4:00–4:50 pm
5210.207	JS	5:00–5:50 pm

Saturday Lessons

Session A June 18–July 9

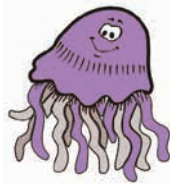
5310.211	JS	9:00–9:50 am
5310.212	JS	11:00–11:50 am

Session B July 16–August 6

5310.221	JS	9:00–9:50 am
5310.222	JS	11:00–11:50 am

Jellyfish

Ages 3 & 4 • Fee: \$34



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.

Session 1 June 13–June 16

5225.211	WP	11:00–11:50 am
5225.212	JS	2:00–2:50 pm
5225.213	JS	5:00–5:50 pm

Session 2 June 20–June 23

5225.221	JS	11:00–11:50 am
5225.222	JS	4:00–4:50 pm

Session 3 June 27–June 30

5225.231	WP	11:00–11:50 am
5225.232	WP	4:00–4:50 pm
5225.233	JS	4:00–4:50 pm
5225.234	JS	6:00–6:50 pm

Session 4* July 5–July 7

5225.241	JS	11:00–11:50 am
5225.242	JS	3:00–3:50 pm
5225.243	JS	4:00–4:50 pm
5225.244	JS	6:00–6:50 pm

**Prorated for 3 days*

Session 5 July 11–July 14

5225.251	WP	11:00–11:50 am
5225.252	JS	2:00–2:50 pm
5225.253	JS	5:00–5:50 pm

Session 6 July 18–July 21

5225.261	JS	11:00–11:50 am
5225.262	JS	4:00–4:50 pm

Session 7 July 25–July 28

5225.271	WP	11:00–11:50 am
5225.272	WP	4:00–4:50 am
5225.273	JS	5:00–5:50 pm
5225.274	JS	6:00–6:50 pm

Session 8 August 1–August 4

5225.281	JS	11:00–11:50 am
5225.282	JS	3:00–3:50 pm
5225.283	JS	4:00–4:50 pm
5225.284	JS	6:00–6:50 pm

Session 9 August 8–August 11

5225.291	WP	11:00–11:50 am
5225.292	JS	2:00–2:50 pm
5225.293	JS	5:00–5:50 pm

Session 10 August 15–August 18

5225.201	JS	11:00–11:50 am
5225.202	JS	4:00–4:50 pm

Saturday Lessons

Session A June 18–July 9

5325.211	JS	10:00–10:50 am
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Session B July 16–August 6

5325.221	JS	10:00–10:50 am
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Grunion 2

Ages 3 & 4 years

Fee: \$34



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 June 13–June 16

5220.211	JS	9:00–9:50 am
5220.212	WP	10:00–10:50 am
5220.213	JS	3:00–3:50 pm
5220.214	JS	4:00–4:50 pm
5220.215	WP	4:00–4:50 pm

Session 2 June 20–June 23

5220.221	WP	9:00–9:50 pm
5220.222	JS	11:00–11:50 pm
5220.223	JS	2:00–2:50 pm
5220.224	WP	3:00–3:50 pm
5220.225	WP	4:00–4:50 pm
5220.226	JS	4:00–4:50 pm

Session 3 June 27–June 30

5220.231	WP	10:00–10:50 am
5220.232	JS	11:00–11:50 am
5220.233	WP	3:00–3:50 pm
5220.234	JS	3:00–3:50 pm
5220.235	WP	5:00–5:50 pm
5220.236	JS	6:00–6:50 pm

Session 4* July 5–July 7

5220.241	JS	9:00–9:50 am
5220.242	WP	10:00–10:50 am
5220.243	JS	2:00–2:50 pm
5220.244	JS	4:00–4:50 pm
5220.245	WP	5:00–5:50 pm

***Prorated for 3 days**

Session 5 July 11–July 14

5220.251	JS	9:00–9:50 am
5220.252	WP	10:00–10:50 am
5220.253	JS	3:00–3:50 pm
5220.254	JS	4:00–4:50 pm
5220.255	WP	4:00–4:50 pm

Session 6 July 18–July 21

5220.261	WP	9:00–9:50 pm
5220.262	JS	11:00–11:50 pm
5220.263	JS	2:00–2:50 pm
5220.264	WP	3:00–3:50 pm
5220.265	WP	4:00–4:50 pm
5220.266	JS	4:00–4:50 pm

Session 7 July 25–July 28

5220.271	WP	10:00–10:50 am
5220.272	JS	11:00–11:50 am
5220.273	WP	3:00–3:50 pm
5220.274	JS	3:00–3:50 pm
5220.275	WP	5:00–5:50 pm
5220.276	JS	6:00–6:50 pm

Session 8 August 1–August 4

5220.281	JS	9:00–9:50 am
5220.282	WP	10:00–10:50 am
5220.283	JS	2:00–2:50 pm
5220.284	JS	4:00–4:50 pm
5220.285	WP	5:00–5:50 pm

Session 9 August 8–August 11

5220.291	JS	9:00–9:50 am
5220.292	WP	10:00–10:50 am
5220.293	JS	3:00–3:50 pm
5220.294	JS	4:00–4:50 pm
5220.295	WP	4:00–4:50 pm

Session 10 August 15–August 18

5220.201	WP	9:00–9:50 pm
5220.202	JS	11:00–11:50 pm
5220.203	JS	2:00–2:50 pm
5220.204	WP	3:00–3:50 pm
5220.205	WP	4:00–4:50 pm
5220.206	JS	4:00–4:50 pm

Saturday Lessons

Session A June 18–July 9

5320.211	JS	9:00–9:50 am
5320.212	JS	11:00–11:50 am

Session B July 16–August 6

5320.221	JS	9:00–9:50 am
5320.222	JS	11:00–11:50 am

Duck

Ages 5–16 • Fee: \$34



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.

Session 1 June 13–June 16

5230.211	JS	9:00–9:50 am
5230.212	JS	10:00–10:50 am
5230.213	WP	11:00–11:50 am
5230.214	JS	2:00–2:50 pm
5230.215	WP	3:00–3:50 pm
5230.216	JS	3:00–3:50 pm
5230.217	WP	4:00–4:50 pm
5230.218	WP	5:00–5:50 pm
5230.219	JS	6:00–6:50 pm

Session 2 June 20–June 23

5230.221	JS	9:00–9:50 am
5230.222	JS	10:00–10:50 am
5230.223	WP	10:00–10:50 am
5230.224	WP	11:00–11:50 am
5230.225	JS	2:00–2:50 pm
5230.226	JS	3:00–3:50 pm
5230.227	WP	4:00–4:50 pm
5230.228	JS	4:00–4:50 pm
5230.229	JS	6:00–6:50 pm

Session 3 June 27–June 30

5230.231	JS	9:00–9:50 am
5230.232	WP	10:00–10:50 am
5230.233	JS	10:00–10:50 am
5230.234	WP	11:00–11:50 am
5230.235	WP	3:00–3:50 pm
5230.236	JS	3:00–3:50 pm
5230.237	JS	4:00–4:50 pm
5230.238	WP	5:00–5:50 pm

Session 4* July 5–July 7

5230.241	JS	9:00–9:50 am
5230.242	JS	10:00–10:50 am
5230.243	WP	10:00–10:50 am
5230.244	JS	11:00–11:50 am
5230.245	WP	11:00–11:50 am
5230.246	JS	2:00–2:50 pm
5230.247	WP	3:00–3:50 pm
5230.248	JS	3:00–3:50 pm
5230.249	WP	5:00–5:50 pm

***Prorated for 3 days**

Session 5 July 11–July 14

5230.251	JS	9:00–9:50 am
5230.252	JS	10:00–10:50 am
5230.253	WP	11:00–11:50 am
5230.254	JS	2:00–2:50 pm
5230.255	WP	3:00–3:50 pm
5230.256	JS	3:00–3:50 pm
5230.257	WP	4:00–4:50 pm
5230.258	WP	5:00–5:50 pm
5230.259	JS	6:00–6:50 pm

Duck (continued)

<u>Session 6</u>		<u>July 18–July 21</u>	
5230.261	JS	9:00–9:50 am	
5230.262	JS	10:00–10:50 am	
5230.263	WP	10:00–10:50 am	
5230.264	WP	11:00–11:50 am	
5230.265	JS	2:00–2:50 pm	
5230.266	JS	3:00–3:50 pm	
5230.267	WP	4:00–4:50 pm	
5230.268	JS	4:00–4:50 pm	
5230.269	JS	6:00–6:50 pm	

<u>Session 7</u>		<u>July 25–July 28</u>	
5230.271	JS	9:00–9:50 am	
5230.272	WP	9:00–9:50 am	
5230.273	JS	10:00–10:50 am	
5230.274	WP	11:00–11:50 am	
5230.275	WP	3:00–3:50 pm	
5230.276	JS	3:00–3:50 pm	
5230.278	JS	4:00–4:50 pm	
5230.279	WP	5:00–5:50 pm	

<u>Session 8</u>		<u>August 1–August 4</u>	
5230.281	JS	9:00–9:50 am	
5230.282	JS	10:00–10:50 am	
5230.283	WP	10:00–10:50 am	
5230.284	JS	11:00–11:50 am	
5230.285	WP	11:00–11:50 am	
5230.286	JS	2:00–2:50 pm	
5230.287	WP	3:00–3:50 pm	
5230.288	JS	3:00–3:50 pm	
5230.289	WP	5:00–5:50 pm	

<u>Session 9</u>		<u>August 8–August 11</u>	
5230.291	JS	9:00–9:50 am	
5230.292	JS	10:00–10:50 am	
5230.293	WP	11:00–11:50 am	
5230.294	JS	2:00–2:50 pm	
5230.295	WP	3:00–3:50 pm	
5230.296	JS	3:00–3:50 pm	
5230.297	WP	4:00–4:50 pm	
5230.298	WP	5:00–5:50 pm	
5230.299	JS	6:00–6:50 pm	

<u>Session 10</u>		<u>August 15–August 18</u>	
5230.201	JS	9:00–9:50 am	
5230.202	JS	10:00–10:50 am	
5230.203	WP	10:00–10:50 am	
5230.204	WP	11:00–11:50 am	
5230.205	JS	2:00–2:50 pm	
5230.206	JS	3:00–3:50 pm	
5230.207	WP	4:00–4:50 pm	
5230.208	JS	4:00–4:50 pm	
5230.209	JS	6:00–6:50 pm	

Saturday Lessons

<u>Session A</u>		<u>June 18–July 9</u>	
5330.211	JS	9:00–9:50 am	
5330.212	JS	10:00–10:50 am	
5330.213	JS	12:00–12:50 pm	
<u>Session B</u>		<u>July 16–August 6</u>	
5330.221	JS	9:00–9:50 am	
5330.222	JS	10:00–10:50 am	
5330.223	JS	12:00–12:50 pm	

Dolphin

Ages 5–16 • Fee: \$34

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.



<u>Session 3</u>		<u>June 27–June 30</u>	
5232.231	WP	10:00–10:50 am	
5232.232	JS	11:00–11:50 am	
5232.233	WP	11:00–11:50 am	
5232.234	JS	2:00–2:50 pm	
5232.235	WP	3:00–3:50 pm	
5232.236	WP	4:00–4:50 pm	
5232.237	JS	4:00–4:50 pm	
5232.238	WP	5:00–5:50 pm	
5232.239	JS	5:00–5:50 pm	

<u>Session 4*</u>		<u>July 5–July 7</u>	
5232.241	JS	9:00–9:50 am	
5232.242	WP	9:00–9:50 am	
5232.243	JS	10:00–10:50 am	
5232.244	WP	11:00–11:50 am	
5232.245	JS	2:00–2:50 pm	
5232.246	WP	3:00–3:50 pm	
5232.247	JS	3:00–3:50 pm	
5232.248	WP	4:00–4:50 pm	
5232.249	WP	5:00–5:50 pm	
5233.241	JS	6:00–6:50 pm	

***Prorated for 3 days**

<u>Session 5</u>		<u>July 11–July 14</u>	
5232.251	JS	9:00–9:50 am	
5232.252	WP	10:00–10:50 am	
5232.253	WP	3:00–3:50 pm	
5232.254	JS	3:00–3:50 pm	
5232.255	WP	4:00–4:50 pm	
5232.256	JS	4:00–4:50 pm	
5232.257	WP	5:00–5:50 pm	
5232.258	JS	5:00–5:50 pm	

<u>Session 6</u>		<u>July 18–July 21</u>	
5232.261	JS	9:00–9:50 am	
5232.262	JS	10:00–10:50 am	
5232.263	WP	11:00–11:50 am	
5232.264	JS	2:00–2:50 pm	
5232.265	WP	3:00–3:50 pm	
5232.266	JS	3:00–3:50 pm	
5232.267	WP	4:00–5:50 pm	
5232.268	JS	4:00–4:50 pm	
5232.269	JS	6:00–6:50 pm	

<u>Session 7</u>		<u>July 25–July 28</u>	
5232.271	WP	10:00–10:50 am	
5232.272	JS	11:00–11:50 am	
5232.273	WP	11:00–11:50 am	
5232.274	JS	2:00–2:50 pm	
5232.275	WP	3:00–3:50 pm	
5232.276	WP	4:00–4:50 pm	
5232.277	JS	4:00–4:50 pm	
5232.278	WP	5:00–5:50 pm	
5232.279	JS	5:00–5:50 pm	

<u>Session 8</u>		<u>August 1–August 4</u>	
5232.281	JS	9:00–9:50 am	
5232.282	WP	9:00–9:50 am	
5232.283	JS	10:00–10:50 am	
5232.284	WP	11:00–11:50 am	
5232.285	JS	2:00–2:50 pm	
5232.286	WP	3:00–3:50 pm	
5232.287	JS	3:00–3:50 pm	
5232.288	WP	4:00–4:50 pm	
5232.289	WP	5:00–5:50 pm	
5233.281	JS	6:00–6:50 pm	

Dolphin (continued)

Session 9			August 8–August 11			Session 10			August 15–August 18		
5232.291	JS	9:00–9:50 am	5232.201	JS	9:00–9:50 am	5232.202	JS	10:00–10:50 am	5232.203	WP	11:00–11:50 am
5232.292	WP	10:00–10:50 am	5232.204	JS	2:00–2:50 pm	5232.205	WP	3:00–3:50 pm	5232.206	JS	3:00–3:50 pm
5232.293	WP	3:00–3:50 pm	5232.207	JS	4:00–4:50 pm	5232.208	WP	5:00–5:50 pm	5232.209	JS	6:00–6:50 pm
5232.294	JS	3:00–3:50 pm									
5232.295	WP	4:00–4:50 pm									
5232.296	JS	4:00–4:50 pm									
5232.297	WP	5:00–5:50 pm									
5232.298	JS	5:00–5:50 pm									

Saturday Lessons

Session A			June 18–July 9		
5332.211	JS	10:00–10:50 am	5332.212	JS	11:00–11:50 am
5332.213	JS	12:00–12:50 pm			
Session B			July 16–August 6		
5332.221	JS	10:00–10:50 am	5332.222	JS	11:00–11:50 am
5332.223	JS	12:00–12:50 pm			

Starfish

Ages 5–16 • Fee: \$34

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.



Session 4*			July 5–July 7		
5240.241	JS	9:00–9:50 am	5240.242	WP	9:00–9:50 am
5240.243	WP	10:00–10:50 am	5240.244	JS	11:00–11:50 am
5240.245	JS	2:00–2:50 pm	5240.246	JS	3:00–3:50 pm
5240.247	WP	4:00–4:50 pm	5240.248	JS	4:00–4:50 pm
5240.249	WP	5:00–5:50 pm	5241.241	JS	6:00–6:50 pm

***Prorated for 3 days**

Session 1			June 13–June 16		
5240.211	JS	9:00–9:50 am	5240.212	JS	11:00–11:50 am
5240.213	JS	2:00–2:50 pm	5240.214	JS	3:00–3:50 pm
5240.215	WP	5:00–5:50 pm	5240.216	JS	6:00–6:50 pm
Session 2			June 20–June 23		
5240.221	JS	10:00–10:50 am	5240.222	JS	11:00–11:50 am
5240.223	WP	3:00–3:50 pm	5240.224	WP	4:00–4:50 pm
5240.225	WP	5:00–5:50 pm	5240.226	JS	6:00–6:50 pm
Session 3			June 27–June 30		
5240.231	JS	9:00–9:50 am	5240.232	WP	10:00–10:50 am
5240.233	JS	11:00–11:50 am	5240.234	WP	11:00–11:50 am
5240.235	JS	2:00–2:50 pm	5240.236	WP	3:00–3:50 pm
5240.237	WP	4:00–4:50 pm	5240.238	JS	6:00–6:50 pm

Session 5			July 11–July 14		
5240.251	JS	9:00–9:50 am	5240.252	JS	11:00–11:50 am
5240.253	JS	2:00–2:50 pm	5240.254	JS	3:00–3:50 pm
5240.255	WP	5:00–5:50 pm	5240.256	JS	6:00–6:50 pm
Session 6			July 18–July 21		
5240.261	JS	10:00–10:50 am	5240.262	JS	11:00–11:50 am
5240.263	WP	3:00–3:50 pm	5240.264	JS	5:00–5:50 pm
5240.265	WP	5:00–5:50 pm	5240.266	JS	6:00–6:50 pm
Session 7			July 25–July 28		
5240.271	WP	9:00–9:50 am	5240.272	JS	10:00–10:50 am
5240.273	WP	10:00–10:50 am	5240.274	JS	11:00–11:50 am
5240.275	JS	2:00–2:50 pm	5240.276	WP	3:00–3:50 pm
5240.277	WP	4:00–4:50 pm	5240.278	JS	4:00–4:50 pm
5240.279	JS	6:00–6:50 pm			

Session 8			August 1–August 4		
5240.281	JS	9:00–9:50 am	5240.282	WP	9:00–9:50 am
5240.283	WP	10:00–10:50 am	5240.284	JS	11:00–11:50 am
5240.285	JS	2:00–2:50 pm	5240.286	JS	3:00–3:50 pm
5240.287	WP	3:00–3:50 pm	5240.288	WP	4:00–4:50 pm
5240.289	JS	4:00–4:50 pm	5241.280	JS	6:00–6:50 pm

Session 9			August 8–August 11		
5240.291	JS	9:00–9:50 am	5240.292	JS	11:00–11:50 am
5240.293	JS	2:00–2:50 pm	5240.294	JS	3:00–3:50 pm
5240.295	WP	5:00–5:50 pm	5240.296	JS	6:00–6:50 pm
Session 10			August 15–August 18		
5240.201	JS	10:00–10:50 am	5240.202	JS	11:00–11:50 am
5240.203	WP	3:00–3:50 pm	5240.204	JS	5:00–5:50 pm
5240.205	WP	5:00–5:50 pm	5240.206	JS	6:00–6:50 pm

Saturday Lessons

Session A			June 18–July 9		
5340.211	JS	12:00–12:50 pm			
Session B			July 16–August 6		
5240.221	JS	12:00–12:50 pm			

Seahorse

Ages 5–16 • Fee: \$34

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.



Session 1 June 13–June 16

5250.211	JS	11:00–11:50 am
5250.212	JS	6:00–6:50 pm

Session 2 June 20–June 23

5250.221	WP	9:00–9:50 am
5250.222	JS	2:00–2:50 pm
5250.223	WP	5:00–5:50 pm

Session 3 June 27–June 30

5250.231	JS	9:00–9:50 am
5250.232	WP	10:00–10:50 am
5250.233	JS	10:00–10:50 am
5250.234	JS	2:00–2:50 pm
5250.235	JS	4:00–4:50 pm

Session 4* July 5–July 7

5250.241	WP	10:00–10:50 am
5250.242	WP	4:00–4:50 pm
5250.243	JS	5:00–5:50 pm

***Prorated for 3 days**

Session 5 July 11–July 14

5250.251	JS	11:00–11:50 am
5250.252	JS	6:00–6:50 pm

Session 6 July 18–July 21

5250.261	WP	9:00–9:50 am
5250.262	JS	2:00–2:50 pm
5250.263	WP	5:00–5:50 pm

Session 7 July 25–July 28

5250.271	JS	9:00–9:50 am
5250.272	WP	10:00–10:50 am
5250.273	JS	11:00–11:50 am
5250.274	JS	2:00–2:50 pm
5250.275	JS	4:00–4:50 pm

Session 8 August 1–August 4

5250.281	WP	10:00–10:50 am
5250.282	WP	4:00–4:50 pm
5250.283	JS	5:00–5:50 pm

Session 9 August 8–August 11

5250.291	JS	11:00–11:50 am
5250.292	JS	6:00–6:50 pm

Session 10 August 15–August 18

5250.201	WP	9:00–9:50 am
5250.202	JS	2:00–2:50 pm
5250.203	WP	5:00–5:50 pm

Saturday Lessons

Session A June 18–July 9

5350.211	JS	10:00–10:50 am
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Session B July 16–August 6

5350.221	JS	10:00–10:50 am
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Seals

Ages 5–16 • Fee: \$34

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.



Session 1 June 13–June 16

5260.211	JS	10:00–10:50 am
5260.212	JS	5:00–5:50 pm

Session 2 June 20–June 23

5260.221	JS	9:00–9:50 am
5260.222	JS	5:00–5:50 pm

Session 3 June 27–June 30

5260.231	JS	9:00–9:50 pm
5260.232	JS	3:00–3:50 pm
5260.233	WP	5:00–5:50 pm

Session 4* July 5–July 7

5260.241	WP	11:00–11:50 am
5260.242	JS	4:00–4:50 pm

***Prorated for 3 days**

Session 5 July 11–July 14

5260.251	JS	10:00–10:50 am
5260.252	JS	5:00–5:50 pm

Session 6 July 18–July 21

5260.261	JS	9:00–9:50 am
5260.262	JS	5:00–5:50 pm

Session 7 July 25–July 28

5260.271	JS	9:00–9:50 pm
5260.272	JS	3:00–3:50 pm
5260.273	WP	4:00–4:50 pm

Session 8 August 1–August 4

5260.281	WP	10:00–10:50 am
5260.282	JS	4:00–4:50 pm

Session 9 August 8–August 11

5260.291	JS	9:00–9:50 am
5260.292	JS	5:00–5:50 pm

Session 10 August 15–August 18

5260.201	JS	9:00–9:50 am
5260.202	JS	5:00–5:50 pm

Saturday Lessons

Session A June 18–July 9

5360.211	JS	12:00–12:50 pm
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Session B July 16–August 6

5360.221	JS	12:00–12:50 pm
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Thank You!

The City of Escondido Community Services Department would like to thank San Diego Gas & Electric who donated \$10,000 to the San Diego Junior Lifeguard Foundation, of which \$5,000 was received by the Community Services Department for the Escondido community.

The purpose of this donation is to support the “Waterproofing San Diego” efforts in Escondido. This grant will benefit the Recreation Division’s Aquatics Learn-to-Swim program that aids in making our Escondido community water safe. Thank you SDG&E and the San Diego Junior Lifeguard Foundation!



A Sempra Energy utility®



Sting Rays

Ages 5 to 16 years • Fee: \$34

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 yards 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 yards each and breaststroke and back crawl 25 yards.



Session 1 June 13–June 16

5270.211	JS	10:00–10:50 am
5270.212	JS	5:00–5:50 pm

Session 2 June 20–June 23

5270.221	JS	2:00–2:50 pm
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Session 3 June 27–June 30

5270.231	JS	3:00–3:50 pm
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Session 4* July 5–July 7

5270.241	JS	5:00–5:50 pm
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***Prorated for 3 days**

Session 5 July 11–July 14

5270.251	JS	10:00–10:50 am
5270.252	JS	5:00–5:50 pm

Session 6 July 18–July 21

5270.261	JS	5:00–5:50 pm
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Session 7 July 25–July 28

5270.271	JS	2:00–2:50 pm
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Session 8 August 1–August 4

5270.281	JS	5:00–5:50 pm
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Session 9 August 8–August 11

5270.291	JS	10:00–10:50 am
5270.292	JS	5:00–5:50 pm

Session 10 August 15–August 18

5270.201	JS	5:00–5:50 pm
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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 levels 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.

Online Registration

Online registration is available beginning April 4. Registration for each session will close at 12 noon on the Friday prior to the first day of class. No exceptions.

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

Please note:

A nominal, nonrefundable processing fee will be charged for all registrations either online or in person.

Walk-in Registration

Walk-in registration is available beginning April 4 at the East Valley Community Center and the Community Services Department in City Hall, during regular business hours.

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

Important Guidelines

- Please adhere to age requirements for the different class levels.
- Please not skill requirements for the different level classes. Testing is available at James Stone Pool on the following date or by appointment: Saturday, May 14, 12:00–2:00 pm.
- 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 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.



Renegade Aquatics Swim Program

The Renegade program has partnered with the City of Escondido to promote the sports of swimming and water polo in a safe, friendly, and educational environment. The experienced coaching staff will focus on technique and skill development, help the athletes improve, and introduce them to competition at meets throughout San Diego county and southern California. There is a wide range of practice groups, from the beginning novice level to the elite high school competitive athletes.

Participants have the option to swim at either the Washington Park municipal pool (501 North Rose Street) or the Boys & Girls Club (835 West 15th Avenue). The teams practice year round, and both pools are heated during the colder months.

For additional information on the Renegade programs, including practice times and fees, please visit the team website at www.renegadeaquatics.com.



Babysitter's Training

Workshop • Ages 11–15

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.

Instructor: Blythe Paley, American Red Cross instructor

#1604.200 Sa 9:00–3:00 pm 6/25 **\$50 EVCC

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

Teen Makeup and Skin Care

Workshop • Ages 10–16

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.

Instructor: Michelle Jackson, Professional Makeup Artist

#1622.200 Th 9:00–11:00 am 6/30 **\$29 EVCC

**\$35 Material Fee for makeup and brush set due at first class (cash only)

Zentangle Basics for Teens

3 Weeks • Ages 10–17



Zentangle art is a fun and easy process to learn, no previous art experience needed. Create beautiful images using structured repetitive patterns while increasing your focus and creativity. Students will learn 8–10 basic patterns and complete two 3½ inch tiles and pocket folder project by end of classes. No previous art experience required. If you can write the alphabet, you can learn Zentangle.

Instructor: Nancy Loomis, Certified Zentangle Teacher

#1636.200 W 2:30–3:30 pm 5/11–5/25 **\$45 EVCC

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

The New SAT Math Prep

3 Weeks • Ages 15–Adult

Test-taking practice and know-how are essential for scoring your very best on the SAT Math test. The test requires problem solving, interpretation, and modeling using algebra, data analysis, geometry, and trigonometry. Come and work with a college learning specialist who will provide a review of the key concepts, as well as new methods and practice tests to give you a real test-taking edge! Prepares you for test date: June 4, 2016.

Instructor: Linda Lee, College Learning & Test Prep Specialist

#1665.201 Sa 9:00–12:30 pm 5/7–5/21 **\$200 PACC

**\$25 Material fee due at first class (cash only)

The New SAT Reading & Language Prep

3 Weeks • Ages 15–Adult

To score your best on the SAT Reading, Writing and Language tests, you'll need to sharpen both your reading and writing skills. These tests focus on in-depth comprehension, critical reading, and writing revision strategies using texts from world literature, social science, history, and the physical sciences. Come work with a college learning specialist to develop these skills, take practice tests, and gain the know-how to score your very best! Prepares you for test date: June 4, 2016.

Instructor: Linda Lee, College Learning & Test Prep Specialist

#1665.202 Sa 1:00–4:30 pm 5/7–5/21 **\$200 PACC

**\$25 Material fee due at first class (cash only) or \$10 if attending Math Prep

The New SAT Essay Prep

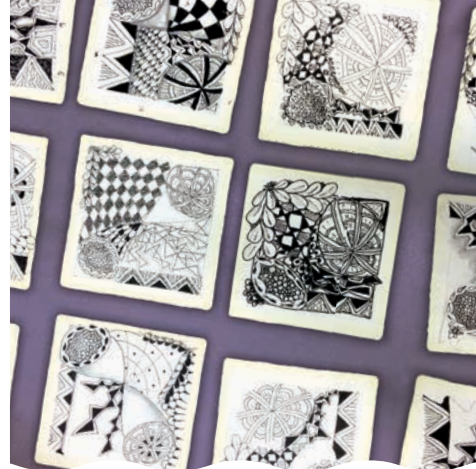
Workshop • Ages 15–Adult

Is the SAT essay part of the admissions package at the colleges you want to go to? This course will show you how to analyze complex texts so that you can write a college level essay about the author's message and persuasive writing techniques. Come and let a college professor help you achieve your highest scores on this part of the new SAT. Prepares you for test date: June 4, 2016.

Instructor: Linda Lee, College Learning & Test Prep Specialist

#1665.203 Sa 9:00–12:30 pm 5/28 **\$49 PACC

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



Paint With Family Workshop • Ages 7–Adult*

Are you ready for some creative family fun? Paint events have been gaining popularity, but now it is time for the whole family! In this workshop, with step-by-step instructions, you will create a work of art on a canvas. No experience is necessary, just a touch of creative adventure and a good sense of humor. *Parent participation is required.*

Instructor: Kari Aellig, experienced art instructor

#1261.201	Sa	2:00–4:30 pm	5/28	**\$20	EVCC
#1261.202	Sa	2:00–4:30 pm	6/25	**\$20	EVCC
#1261.203	Sa	2:00–4:30 pm	7/23	**\$20	EVCC

*It is required for ages 5–15 to attend with an observing or enrolled adult

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

Drawing from A to Z 4 Weeks • Ages 15–Adult

Join us on our journey to self-discovery and fun. Students will learn how to use the right drawing tools, techniques and methods. Students will improve their skills and learn to create a work of art they are proud to hang in their home or exhibit in a gallery for sale. You will learn the basics of portraiture and life drawing.

Instructor: Jean Wheat, Experienced Artist and Teacher

#2354.210	Sa	9:00–11:30 am	5/14–6/4	**\$45	EVCC
#2354.220	Sa	9:00–11:30 am	*6/18–7/16	**\$45	EVCC
#2354.230	Sa	9:00–11:30 am	7/30–8/20	**\$45	EVCC

*No class on 7/2

**\$25 material fee due at first class (cash only)

Zentangle Basics w/ Project 2 Weeks • Ages 10–Adult

Zentangle art is a fun and easy process to learn, no previous art experience needed. Create beautiful images using structured repetitive patterns while increasing your focus and creativity. Students will learn 8 basic patterns and complete two 3½ inch tiles by the end of the first class. The second class students will learn 4–6 additional tangle patterns and complete a box project. No previous art experience required. If you can write the alphabet, you can learn Zentangle.

Instructor: Nancy Loomis, Certified Zentangle Teacher

#2359.210	Sa	9:00–11:30 am	5/21–5/28	**\$45	EVCC
#2359.220	Sa	9:00–11:30 am	6/11–6/18	**\$45	EVCC

**\$12 material fee due at first class (cash only)

Zentangle Beyond the Basics: Renaissance Star Project

1 Week • Ages 15–Adult

To get ready for celebrating 4th of July students will learn to tangle on Kraft colored stars in the renaissance style. Renaissance coloring creates a wonderful antique look reminiscent of the renaissance era. Students will learn 4–6 new tangle patterns and complete a star project. Zentangle basics class is a prerequisite to this class.

Instructor: Nancy Loomis, Certified Zentangle Teacher

#2360.200	Sa	9:00–11:30 am	7/9	**\$25	EVCC
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**\$12 material fee due at first class (cash only)

Floral Designing for Personal Enjoyment 2 Weeks • Adult

Want to learn how to create lovely floral arrangements for your home or floral designs for your upcoming wedding? This is the perfect class for you if you DIY or love using Pinterest! We'll be reviewing the elements and principles of design as you create pieces to take home with you. Beginners are welcome to any of the classes. Please bring own snips and scissors to class.

Instructor: Michelle Padula, Snowberry Studio Owner

Tablescapes with Fresh Flowers

#2381.201	M	4:00–6:00 pm	*5/16–5/23	**\$65	EVCC
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DIY Wedding Bouquets

#2381.202	M	4:00–6:00 pm	*6/13–6/20	**\$65	EVCC
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Arranging Summer Flowers in A Vase

#2381.203	M	4:00–6:00 pm	*7/11–7/18	**\$65	EVCC
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Boutonnieres, Corsages & Floral Crowns

#2381.204	M	4:00–6:00 pm	*8/8–8/15	**\$65	EVCC
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*Registration/refund deadline is the Friday before class (5/13, 6/10, 7/8, & 8/5)

**\$45 material fee due at each first class (cash only)



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on Facebook!**



Facebook.com/EscondidoRecreation

Memory 101

Workshop • Adults

We've all had them—test blackouts, “tip of the tongue” lost data, senior moments. They're annoying, embarrassing, and even destructive. But they're not a sign of intelligence or age! “Forgetting” is the result of an untrained mind. This workshop covers expert strategies for recalling to-do lists, information, numbers, and what you read. Let a college learning expert change the way you view your extraordinary memory!

Instructor: Linda Lee, Ph. D, College Learning Specialist

#2171.200 Th 6:30–8:00 pm 6/16 \$49 PACC

Improving Your Posture, the Feldenkrais® Way

5 weeks • Adults

Do you have back, hip, or neck pain related to poor posture? Are you concerned about osteoporosis? Would you like to automatically stand, sit, and move in a way that is more functional? We all know that being told to “Stand up straight!” doesn't work for long. Come experience improvement in your posture and function without effort and trying. The Feldenkrais Method® of Movement Education works without exercise or stretching. You will learn to identify old habits of posture and gradually build new ones.

Instructor: Anita Noone, Guild Certified Feldenkrais Practitioner®

#2162.200 T 10:00–11:00 am 5/3–5/31 \$60 MCC

Makeup 101

Workshop • Ages 16–Adult

In this hands-on workshop, you will learn step-by-step makeup application techniques that 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.

Instructor: Michelle Jackson, Professional Makeup Artist

#2188.200 Th 6:00–8:00 pm 7/14 **\$39 EVCC

**\$35 Material Fee for makeup and brush set due at first class (cash only)

Adult Ukulele

6 Weeks • Adults

This fun ukulele class will be open to both beginners and intermediate players alike, and will focus on pushing each student individually while playing together with others. Beginners will learn basic chords and strumming. While intermediate players will learn more advanced chords, melodies and techniques all while playing together. This is a perfect opportunity for you to share your interest in Ukulele.

Instructor: Ubiquitous Music Staff

#2249.200 M 6:00–7:00 pm 7/11–8/15 **\$60 MCC

**\$6 Material fee due at first class (cash only)

LOCALS WELCOME!

VisitEscondido.com



Explore! Experience! Enjoy!

Escondido may mean “hidden” but it's no secret there's a lot going on here!

Connect with us online for a full calendar of events, things to do, restaurants, farmers' markets, wineries and more!



Adult Guitar

6 weeks • Adults

Learn to play one of the world's most popular instruments with other 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

#2247.210 W 6:00–6:50 pm 5/18–6/22 **\$68 MCC

#2247.220 W 6:00–6:50 pm 7/13–8/17 **\$68 MCC

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

Line Dance

5 weeks • Adults

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, 16 years of teaching Line Dance

#2200.210 T 7:00–8:30 pm 5/3–5/31 \$35 PACC

#2200.220 T 7:00–8:30 pm 7/5–8/2 \$35 PACC

Adult Ballet

6 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

#2203.211	Beg/Int.	W	6:00–7:00 pm	*5/18–6/29	\$54	EVCC
#2203.221	Beg/Int.	W	6:00–7:00 pm	7/13–8/17	\$54	EVCC

*No class on 6/8

Belly Dance Fusion

6 Weeks • Ages 16–Adult

This high energy, low impact class focuses on coordination, stamina, and strength. What a great way to start your morning, Belly Dance mixed with Latin and even some jazz. Benefits include reduced stress on joints and lower back as well as increased range of motion and mobility for better movement. All ages and fitness levels welcome.

Instructor: Joni Chong, Certified Group Exercise and Fitness Instructor

#2264.210	Th	9:15–10:15 am	5/19–6/23	\$36	EVCC
#2264.220	Th	9:15–10:15 am	7/7–8/11	\$36	EVCC

Zumba / Zumba Toning

5/6 weeks • Adults

If you love Zumba, come join us for a combination of Zumba and Zumba Toning. Both classes create a party-like atmosphere and incorporate Latin and International music and dance movements. Zumba Toning utilizes an innovative muscle training protocol and the addition of light-weight toning sticks or dumbbells. This combo class is designed to improve cardiovascular health, improve overall performance, and sculpt your muscles. Let's party while getting fit!

Instructor: Angie Adair & Zumba Certified Instructor, AFAA & Zumba Certified

#2643.210	Th	7:00–8:00 pm	5/5–6/2	\$30	EVCC
#2643.220	Th	7:00–8:00 pm	6/9–7/7	\$30	EVCC
#2643.230	Th	7:00–8:00 pm	7/14–8/18	\$36	EVCC

Reality Yoga

15 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 28 years

#2600.200	T	5:00–5:55 pm	5/10–8/16	\$165	MCC
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T'ai Chi / Chi Gong

15 weeks • Adults

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

Instructor: Nina Deerfield, Certified Martial Arts Master, has taught for recreation for 28 years

#2601.200	T	6:00–6:55 pm	5/10–8/16	\$165	MCC
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Pilates Cardio Sculpt

4/5 Weeks • Adults

If you want a whole body workout then come join us for this fun workout that can be easily modifiable for all fitness levels! This class combines cardio, Pilates Mat, body sculpting with weights, and stretching. We have designed this class to improve your cardiovascular fitness and overall muscle tone.

Instructor: Kerry Hutchinson, Pilates Mat Certified

#2660.210	M	7:00–8:00 pm	5/2–5/23	\$32	EVCC
#2660.220	M	7:00–8:00 pm	6/6–6/27	\$32	EVCC
#2660.230	M	7:00–8:00 pm	7/18–8/15	\$40	EVCC



Pilates Mat Class

5 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 is suitable for everyone and every body type. Pilates can improve posture, strength, and reduce stress.

Instructor: Kerry Hutchinson, Pilates Mat Certified

#2622.213	W	6:45–7:45 pm	5/4–6/1	\$40	MCC
#2622.223	W	6:45–7:45 pm	6/8–7/6	\$40	MCC
#2622.233	W	6:45–7:45 pm	7/20–8/17	\$40	MCC

Adult Beginning Ice Skating

8 weeks • Ages 16–Adult

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

#2624.210	W	6:30–7:00 pm	5/4–6/22	**\$85	ICE
#2624.220	W	6:30–7:00 pm	6/29–8/17	**\$85	ICE

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



POUND™ Rockout Workout

7 weeks • 12-Adults

POUND is a full-body cardio jam session, combining light resistance with constant drumming. The workout fuses cardio, pilates, isometric movements, and plyometrics into a 45 minute series. After you are done rocking out to a 45 minute POUND track, you'll have completed 15,000 reps, performed over 30 extended interval peaks, and zipped through 70 techniques without even realizing it!

Instructor: Cynthia Demorest, POUND Certified

Session 1

#2635.211	M	6:00-6:45 pm	*5/2-6/20	\$45	EVCC
#2635.212	Sa	9:00-9:45 am	5/7-6/18	\$45	MCC

Session 2

#2635.221	M	6:00-6:45 pm	*6/27-8/15	\$45	EVCC
#2635.222	Sa	9:00-9:45 am	*6/25-8/13	\$45	MCC

*No class on 5/30, 7/2, & 7/4

Tennis

5/4/8 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.

Instructor: Andre Rerolle, USTA certified and assistant tennis coaches

Session 1

#2401.215 Beg.	W	6:00-7:30 pm	5/4-6/1	\$58	KCP 7&8
#2401.216 Int/Adv.	W	7:30-9:00 pm	5/4-6/1	\$58	KCP 7&8

Session 2

#2401.225 Beg.	W	6:00-7:30 pm	6/15-7/13	\$58	KCP 7&8
#2401.226 Int/Adv.	W	7:30-9:00 pm	6/15-7/13	\$58	KCP 7&8

Session 3

#2401.235 Beg.	W	6:00-7:30 pm	7/27-8/17	\$47	KCP 7&8
#2401.236 Int/Adv.	W	7:30-9:00 pm	7/27-8/17	\$47	KCP 7&8

8 Week Class

#2401.217 Int.	Sa	8:30-10:00 am	5/7-6/25	\$87	MVP 1&2
#2401.227 Int.	Sa	8:30-10:00 am	7/2-8/20	\$87	MVP 1&2

Gentle Yoga

6 Weeks • Adults

Gentle Yoga offers strengthening with ease, along with gaining balance and flexibility. It will help you to connect movement with breath while providing a relaxing environment. *Bring mat and water to class.*

Instructor: Sheila Gilman, Registered Yoga Teacher

#2665.210	T	9:30-10:30 am	5/10-6/14	\$68	PACC
#2665.220	T	9:30-10:30 am	*6/28-8/9	\$68	PACC

*No class on 7/5

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, and FITOUR Certified

Session 1

#2610.211	M/W-2 days	12:00-12:45 pm	*5/9-6/22	\$52	JSP
#2610.212	M/W-1 day	12:00-12:45 pm	*5/9-6/22	\$38	JSP

Session 2

#2610.221	M/W-2 days	12:00-12:45 pm	*7/6-8/17	\$52	JSP
#2610.222	M/W-1 day	12:00-12:45 pm	*7/6-8/17	\$38	JSP

*No class on 5/30 & 7/4

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! *It is required for all students to provide water barbells and flotation belt for class. Aqua gloves are optional.*

Instructor: Veronica Scheier, CPR, AQUA, AFAA, and FITOUR Certified

Session 1

#2611.210	T/Th-2 days	12:00-12:45 pm	5/10-6/23	\$56	JSP
#2611.211	T/Th-1 day	12:00-12:45 pm	5/10-6/23	\$38	JSP

Session 2

#2611.220	T/Th-2 days	12:00-12:45 pm	7/5-8/18	\$56	JSP
#2611.221	T/Th-1 day	12:00-12:45 pm	7/5-8/18	\$38	JSP

INSTRUCTORS WANTED!

Do you have a special talent or a hobby you would like to share with the community?



Escondido Recreation offers a variety of high quality, affordable, and enjoyable programs through Independent Contract Instructors. By sharing your passion and talent, you can make a difference in the lives of others!

Safety Awareness & Self-Defense 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 19 years and Defense Tactics Instructor for 17 years

#2152.200 W 6:30–8:30 pm 6/15 \$15 EPFH

**It is recommended that 13–15 year olds attend with an observing or enrolled adult*

Safety Awareness & Self-Defense 2

Workshop • Ages 13*–Adult

We begin with a review of the Part 1 course and then move into some practical application of self-defense techniques described in Part 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 19 years and Defense Tactics Instructor for 17 years

#2153.200 W 6:30–8:30 pm 6/22 \$15 EPFH

**It is recommended that 13–15 year olds attend with an observing or enrolled adult*

Tae Kwon Do

12 Weeks • Ages 6–Adults

Develop physical and mental discipline, strength, endurance and coordination. Learn the Korean martial arts of Tae Kwon Do (Kicks, blocks, punching), Hapkido (joint locking techniques), Judo (throwing and grappling), and basic weapons. Become more confident and learn basic self-defense techniques.

Instructor: Skip Leonard, 6th Degree Black, Certified by WT Federation, City of Escondido instructor for over 23 years

#2613.212 M/Th 5:00–6:00 pm *6/20–9/15 **\$99 MCC

#2613.213 M/Th 6:15–7:15 pm *6/20–9/15 **\$99 MCC

#2613.214 M/Th 7:30–8:30 pm *6/20–9/15 **\$99 MCC

**No class 7/4 & 9/5*

***Martial arts uniform is required and may be purchased from the instructor for \$20*

Escondido Recreation Adult Softball League

Summer 2016: • 10 Week Season plus playoffs

Winter 2016: • 8 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 Coed
- Wednesday—Men's A & B
- Thursday—Men's 35+ A & B
- Friday—Men's C, D, E, & F

Fee

- Team Fees—\$400 (late \$30), Summer 2016
- Team Fees—\$300, Winter 2016 (late \$30)
- Umpire & Scorekeeper Fees—\$20 per game per team



Season	Game Days	Registration Open	Registration Closes	Schedule Hand-Out	Season Dates
Summer 2016	M–F	May 16, 2016	June 10, 2016	June 15, 2016	June 20–September 30, 2016
Winter 2016	M–F	August 29, 2016	September 23, 2016	September 28, 2016	October 3–December 16, 2016

Registration packets for coed, men's & women's leagues will be available at Kit Carson Park Softball Complex during the season, 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
(all players under the age of 18 must have an emergency card on file)

Fee: \$2 per person entering the gym, per visit. No charge for spectators accompanying minors

For the most recent schedule updates, call 760.839.4382 or visit recreation.escondido.org/open-gym.aspx

Gym schedule is subject to change without notice.

Escondido Recreation Youth P.A.L. Basketball Summer Clinics and Summer P.A.L. Pick-up

Summer Clinics:

Session 1: 9:00 am to 12:30 pm • June 20, 22, & 24

Session 2: 9:00 am to 12:30 pm • July 18, 20, & 22

The Clinics will be designed for birth years 2000 to 2008 for players of all ability levels. Players will be challenged mentally and physical during this three day clinic. Players will be allocated based off of their age and ability level to help achieve the goals they set.

Division	Fee	Session 1	Session 2
• 2002–2000 birth years	\$50	#4131.201	#4131.202
• 2003–2005 birth years	\$50	#4131.201	#4131.202
• 2006–2008 birth years	\$50	#4131.201	#4131.202

P.A.L. Pick-up:

Every Saturday 8:30 am to 12:00 pm from May 14 to August 20 youth players have the opportunity to sharpen up their skills for basketball. P.A.L. volunteer coaches will be available to help with shooting, passing, dribbling, and scrimmages. P.A.L. pick-up is for all players under 18 years old.

Location:

East Valley Community Center
2245 East Valley Parkway, Escondido 92027



More information can be found on our website at recreation.escondido.org

Escondido Skatepark • SKATE • SCOOTER • BIKE • INLINE

Escondido Sports Center • 3315 Bear Valley Parkway



Our Skatepark Camps are designed with all extreme sports in mind. If you want to learn to scooter, skateboard, inline, or bike, these camps are for you! Instructors and their special guest helpers (sponsored riders in various disciplines) are there to assist you and answer questions at all times! Whether you just want to ride for a week with a group of friends or pick up some new moves in the skatepark, these camps are for everyone!

For more information, contact Tim Hodgson at Thodgson@escondido.org.

Skatepark Camps

#4037.201	M-F	6/20-6/24
#4037.202	M-F	7/11-7/15
#4037.203	M-F	7/25-7/29

Ages: 6-13
 Time: 9:00 am-12:00 pm
 Fee: \$99

HURRY!
 each camp
 limited to first
 24 participants

The Annual Summer Lock-In is a fun-filled night under the stars where you get the chance to play games, skate all night, enjoy some food all while being fully supervised by Escondido Sports Center staff.

ANNUAL SUMMER LOCK IN! JULY 16
 Spend the night in the park!
 #4026.201 • 10:00 pm-8:00 am • Ages 8-16 • \$40
 Maximum 40 participants

Sessions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING 10:00 am-12:00 pm	<div style="text-align: center;"> <h2 style="margin: 0;">Skate Park Hours</h2> <h3 style="margin: 0;">Until October 31</h3> </div>					Scooter Only	Combo
LUNCH 12:00-3:00 pm						Birthday Parties	Birthday Parties
AFTERNOON 4:00-7:00 pm	Combo	Combo	Combo	Combo	Combo	Combo	Combo
NIGHT 7:00-10:00 pm	Skate & Inline	Combo	Combo	Bikes Only	Combo	Combo	Bikes Only

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

Youth Arena Soccer Leagues

Registration Dates

Summer 2016: April 11–June 13

Fall 2016: July 11–September 6

Season Dates

Summer 2016: July 7–August 27

Fall 2016: September 22–December 3

Teams

All teams will be formed using a computer program which takes into consideration coaches and parent evaluation, age, gender, number of seasons played, and skill level. You will be contacted the week before the season begins.

Coaches

Help as a coach and we will give you the materials needed to be effective and lead your team. Coaches receive a \$20 discount if selected (one discount per team) and may request 3 players for your team including your children). A pre-season coaches meeting will include rules, drills, and positions. Please fill out an application. The head coach is required to be fingerprinted. Completion of the above does not guarantee a position as coach.

See sportscenter.escondido.org or call 760.839.5426 for more information.

Divisions	Primary Day & Time (Approximate)	Alternate Day & Time (Approximate)	Fee
3 & 4 years	Saturday, 8:30–2:00 pm	n/a	\$75 Summer / \$85 Fall
5 & 6 years	Thursday, 4:30–8:00 pm	Saturday, 10:00–2:00 pm	\$80 Summer / \$90 Fall
7 & 8 years	Friday, 4:30–8:00 pm	Saturday, 9:00–2:00 pm	\$80 Summer / \$90 Fall
9–11 years	Thursday, 4:00–8:00 pm	Friday, 4:00–8:00 pm	\$80 Summer / \$90 Fall
12–14 years	Friday, 4:00–8:00 pm	Saturday, 11:00–1:00 pm	\$80 Summer / \$90 Fall



British Soccer Camps

The Largest, Most Popular, Camp Program in the USA and Canada! More campers, more coaches, more great new games & practices, and more FREE STUFF!



First Kicks • Ages 3–4

Monday–Friday • 8:30–9:30 am
\$77 per session

Mini Soccer • Ages 4–5

Monday–Friday • 9:30–11:30 am
\$105 per session

Half Day • Ages 6–16

Monday–Friday • 8:30 am–1:00 pm
\$145 per week

Summer 2016

June 27–July 1

July 8–22

July 25–29

August 1–5

To register please visit
www.challengersports.com

Lil' Kickers Soccer & Lil' Sluggers Baseball for Kids

Lil' Kickers is a national, non-competitive child development program for boys and girls ages 18 months to 9 years.

Your kids will have a blast learning the fundamentals of soccer plus a whole lot more. Lil' Kickers' experienced instructors use creative, high energy games to build self-esteem, coordination and the perfect preparation for youth recreational leagues.



Bunnies • 18–24 Months (Parent/Child)

Thumpers • 2–3 Years (Parent/Child)

Cottontails • 2½–3½ Years (Parent/Child)

Hoppers • 3–4 Years (Beginner)

Jackrabbits • 3–4 Years (Intermediate)

Big Feet • 5–6 Years (Beginner)

Micro League • 4–5 Years
(Instruction/Scrimmage)

Micro League • 6–9 Years
(Instruction/Scrimmage)

Skills Level 1 • 5–6 Years
(Micro Experience Only)

Lil' Sluggers is a child development program created to introduce children to the game of baseball. Lil' Slugger classes develop important skills such as throwing, catching, hitting, and base running. Developmentally appropriate equipment and games are used to teach your child the game of baseball in a fun, exciting, and positive environment.



Majors • 4 years

Hall of Famers • 5–6 years



For more information and to register call 858.748.4260
or visit us online at www.ncpsoccer.com



LEARN TO PLAY HOCKEY!

Hockey is a fun and rewarding sport that benefits kids and families. Coaches work patiently to help kids get comfortable with basic skills while helping parents and families become familiar with the equipment and the rink environment. They will quickly learn to stand, hold a stick, and skate around with a puck, all without the intensity of a practice or game situation.



Price: FREE (six weeks)
Ages: 5–16 years old
Location: Escondido Sports Center
 3315 Bear Valley Parkway
Day/Time: Saturdays at 1:00–2:00 pm



Call 760.452.8440 (all players must pre-register) • www.districthockey.com
 Offered by the San Diego Sports Foundation

All Sorts Of Sports Camp

Dates: Session 1—June 13–17
 Session 2—July 11–15
 Session 3—August 1–5

Ages: 6–13

Times: 8:30–11:30 am

Tuition: \$149

Early Registration: \$139 (before April 15)

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build your child's motor control, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children including: T-ball, basketball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more. This camp will feature different activities so that by the end of the day your child will be familiar with a variety of athletic activities! We will have highly energetic, motivating and experienced teachers and instructors working with each group of students.

FEATURES

Personal Player Video, Max 10:1 camper to coach ratio, RSBQ Workouts, Confidence Builders Program, T-Shirts, Daily Chalk Talks and Skill of the Day.

Air Attack Flag Football Camp

Dates: Session 1—June 20–24
 Session 2—July 18–22

Ages: 6–13

Times: 8:30–11:30 am

Tuition: \$149

Early Registration: \$139 (before April 15)

This coed camp by National Academy of Athletics is packed with fun. Whether you are a beginner or more advanced player, the drills taught at this camp will help you improve your game. Our non-contact, camps are the perfect introduction to football. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Feel good sending your kids to a football camp that's in a fun and safe environment with a motivating and positive coaching staff.

FEATURES

Personal Player Video, Max 10:1 camper to coach ratio, RSBQ Workouts, Confidence Builders Program, T-Shirts, Daily Chalk Talks and Skill of the Day.



To Register, call 1–866–90-SPORT or visit www.NationalAcademyOfAthletics.com

Preregistration is required for all classes. Classes fill quickly so register early!
Registration Begins Monday, April 4, 2015.

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

1 Online
Internet Registration

- 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.

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

2 Phone-in

- 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.

3 Walk-in
Two convenient locations:

- 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

See registration form for Mail-in **4 details.**

PLEASE NOTE:

- **A minimal, non-refundable processing fee will be added for all registration transactions.** Processing Fee subject to change.
- **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. The registration processing fee is non-refundable.

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.
- No refunds or credits for missing classes.

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 8–5 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.
- Discovery Kid’s Camps have a different refund policy. Call Camp staff at 760.839.5483.

Your satisfaction is important to us!

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 72 hours in advance of the event or activity.

4 Mail-In Form

To receive registration confirmation, provide e-mail address.

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

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

Important Registration Information

- Make checks payable to City of Escondido and mail to:
Community Services Department
201 North Broadway
Escondido, CA 92025-2798
- Fax-in registration is no longer accepted.
- All registrations must include a non-refundable processing fee.
To calculate processing fee, multiply *Subtotal (A)* by 0.055 and enter result into *Non-Refundable Processing Fee* box. Add this to *Subtotal (A)* to obtain *Subtotal (B)*.

SUBTOTAL (A)	
*NON-REFUNDABLE PROCESSING FEE (5.5%)	
SUBTOTAL (B)	
CREDIT ON ACCOUNT (if applicable)	\$
TOTAL	

**Processing Fee subject to change*

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.

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

Participant/Parent or Guardian Signature: _____ Date: _____

Escondido Senior Center

Park Avenue Community Center
210 Park Avenue, Escondido, CA
Office Hours: Monday–Friday, 8:00 am–3:00 pm
760.839.4688

Escondido is proud to have one of the largest and most visited senior centers in San Diego County. Located at the Park Avenue Community Center, the Escondido Senior Center works with on-site partners—Escondido Senior Enterprises, the Senior Service Council Escondido, OASIS, and Escondido Recreation to offer quality activities, programs, services, and resources for adults 50 years and up. Whether your passion is to further your skills in T'ai Chi or Line Dancing, gain knowledge, give back to your community through volunteering, or simply enjoy a delicious hot meal and good company, the Escondido Senior Center will help seniors live with confidence and vitality.



Park Avenue Café

Serving up a delicious, nutritious lunch, Monday–Friday, 11:30 am–12:15 pm, the Park Avenue Café is the place to chat and chew with friends! Advance reservation is required by calling 760.839.4803. Transportation services are available.

Social Activities

Choose from a wide variety of special events and programs, bingo, indoor shuffleboard courts, pool room, singing club, exercise and dance classes to keep you physically and mentally fit.

Lifelong Learning Opportunities

Computer classes, Enrichment Classes, Escondido Book Club, Library, AARP 55 Alive Driving Classes, Talk Tuesdays, and RSVP Volunteer Program breathe new life into learning!

Resources and Services

Health Screenings, HICAP, Legal Aid, Income Tax Assistance, Taxi Voucher Program, and six various Support Groups are offered through the Senior Service Council Escondido.

Travel

Leave the driving and arrangements up to us! Hop on a bus to many exciting travel destinations; choose from one-day trips and overnight multi-day trips. Brought you by Escondido Senior Enterprises Travel.

Volunteer Opportunities

What you give is what you get! Give back to our community by joining our hard working team of volunteers and staff who help provide fun and meaningful experiences for Escondido seniors.

For details on monthly activities see our *Whatcha Call It* Newsletter (located at the front desk at PACC), or visit: www.escondido.org/facilities/joslyn/index.html



Escondido Community Wellness Expo

Saturday, October 15, 2016 • 8:30–11:30 am • Park Avenue Community Center

Free information & resources for older adults and their families.

- FREE admission
- Over 30 community resource exhibitors
- FREE health screenings
- FREE gift basket drawing
- FREE easy parking
- Complimentary breakfast at 8:30–9:30 am



For more information call the Escondido Senior Center at 760.839.4688.

BLAST INTO SUMMER!

Make memories with Escondido Recreation! We offer summer classes, camps, and programs for kids of all ages! Get involved in these exciting activities!

Call 760.839.4691 or visit recreation.escondido.org to register for Summer Camps & Programs now!



YOUR BUSINESS AD WILL REACH 130,000 NEW CUSTOMERS!



- 41,000 Guides directly mailed to Escondido residents
- Accessible on Escondido Recreation website
- 3,000 emails to subscribers
- Facebook & Instagram announcements
- 1,500+ Guides distributed to Escondido businesses

Fall 2016 issue will be distributed August 2016. Shelf life of the guide is August 2016–December 2016. Contract deadline is June 1, 2016.

Contact us at recreation@escondido.org or by calling 760.839.4691 for rates, sizes, and terms.

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



Postal Customer

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