

# ESCONDIDO RECREATION GUIDE

## Fall 2015

September • October • November • December  
[recreation.escondido.org](http://recreation.escondido.org)



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

**Creating Community through People, Parks, and Programs**

# Register for your Favorite Fall Programs!

Escondido Recreation encourages healthy living through physical activity, life-long learning, and social engagement. **Registration starts August 10!**

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# City of Escondido Recreation Guide

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## Message From the Director

The Community Services Department hopes that during the summer of 2015, you and your family created summer memories to last a lifetime! However, creating memories doesn't stop with the summer season. With the information in this issue of the Recreation Guide, we encourage you to begin planning your fall activities now to complete the 2015 year with more wonderful family memories!

You will find it easy for families to play together with "Paint with Family" and "Sugar Skull Art" programs; your little ones will experience their first opportunity for classroom learning in Tiny Tots Preschool; teens and tweens can improve their confidence through enhanced social skills in "Please & Thank You's," and the Feldenkrais® series has been a popular method of achieving good health by improving mobility, sleep and overall well-being. Open, peruse, register, and let us be your guide to a memorable fall!

Recreation classes and programs are offered in various locations throughout the City with a variety of schedules for your convenience. For more information or to register for programs visit our website at [recreation.escondido.org](http://recreation.escondido.org)

The Escondido Public Library is a hub of information and activity. Whether you need One-On-One Computer Training or your little one prefers to read to lizards and snakes in Reptile Round-Up, or maybe you just wish to pick up a good used paperback at the Friends of the Library Book Shop, you will always find inspiration at the Escondido Library. For more information, please check out the Library website at [library.escondido.org](http://library.escondido.org) or visit the Library page in this guide for more information on the plethora of programs, collections, and other activities available at the treasured Escondido Public Library!

*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**  
Clay Phillips

**City Treasurer**  
Kenneth Hugins

**Director of Library and Community Services**  
Loretta McKinney



**On the cover:** Local skaters get exercise, have fun, and make friends at the Escondido Sports Center's Skatepark. Scooters, Skateboards, BMX Bikes, and Inline skates are all welcome to join the Skate sessions listed on page 21.



Front cover photo courtesy of:  
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760.505.1377 • dan@kdkcphotos.com

### 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](mailto:recreation@escondido.org)  
**Web** [recreation.escondido.org](http://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

For facility hours and closure dates, visit our website at [recreation.escondido.org](http://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
<b>A</b> El Norte Park • 1375 East El Norte Parkway, 92027			•											•	•					
<b>B</b> Felicita County Park • 742 Clarence Lane, 92029			•					•			•		•	•	•	•				
<b>C</b> Grape Day Park (GDP) • 321 North Broadway, 92025								•				•	•	•	•	•			•	
<b>D</b> Grove Park • 745 North Ash Street, 92027			•	•										•	•	•				
<b>E</b> Jesmond Dene Park • 2401 North Broadway, 92026		•	•							•				•	•	•				
<b>F</b> *Kit Carson Park (KCP) • 3333 Bear Valley Parkway, 92025	•	•	•				•			•	•			•	•	•	•	•		•
<b>G</b> Mayflower Dog Park • 3420 Valley Center Road, 92027								•												
<b>H</b> *Mountain View Park (MVP) • 1160 South Citrus Avenue, 92027		•	•											•	•	•	•	•		•
<b>I</b> Rod McLeod Park • 1701 South Iris Lane, 92026			•											•	•	•				
<b>J</b> Ryan Park • 390 North Hidden Trails Road, 92027																•	•			
<b>K</b> *Washington Park (WP) • 501 North Rose Street, 92027		•	•	•										•	•	•	•		•	•
<b>L</b> Westside Park • 333 South Spruce Street, 92025			•	•										•	•	•				
<b>M</b> Dixon Lake • 1700 La Honda Drive, 92027	•		•		•	•			•		•			•	•	•				
<b>N</b> Lake Wohlford • 25453 Lake Wohlford Road, 92025			•		•				•		•			•		•				
<b>O</b> Daley Ranch • 3024 La Honda Drive, 92027								•			•					•				





## Developing confident, happy, school-ready children!

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

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

### Offered at two locations:

East Valley Community Center (EVCC)  
2245 East Valley Parkway

Don Anderson Community Building (DACB)  
120 Woodward Avenue

- Registration packet and fee information is available at: [recreation.escondido.org/tiny-tots-preschool.aspx](http://recreation.escondido.org/tiny-tots-preschool.aspx)
- Priority registration is given to those registered in the prior month/last session of previous year.
- **Parent participation is required.**
- Classes begin the week of August 31

### New class names, same great programs!

#### Lil' Tots

3–4 years

Monday & Wednesday	8:15–10:30 am	EVCC
Wednesday & Friday	8:15–10:30 am	DACB
Tuesday & Thursday	8:15–10:30 am	DACB

#### Super Tots

4–5 years (Pre-K)

Monday, Wednesday, & Friday	11:15–2:00 pm	EVCC / DACB
Tuesday & Thursday	8:15–11:00 am	EVCC

\*No class 9/7, 11/11, 11/23–11/27, & 12/1–1/1

#### Wee Tots

3/4/5 weeks • Ages 18 months–3½ years

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

Instructor: Tiny Tots Preschool Teachers

#### September

#1172.311	M	9:00–10:30 am	*8/31–9/28	\$32	DACB
#1172.310	F	9:00–10:30 am	9/4–9/25	\$32	EVCC

#### October

#1172.321	M	9:00–10:30 am	10/5–10/26	\$32	DACB
#1172.320	F	9:00–10:30 am	10/2–10/30	\$40	EVCC

#### November

#1172.331	M	9:00–10:30 am	11/2–11/16	\$24	DACB
#1172.330	F	9:00–10:30 am	11/6–11/20	\$24	EVCC

#### December

#1172.341	M	9:00–10:30 am	11/30–12/14	\$24	DACB
#1172.340	F	9:00–10:30 am	12/4–12/18	\$24	EVCC

\* No class 9/7

#### Discovery Tots: Circus, Circus

4 weeks • Ages 4–5

Come join the circus! Students gain the ability to express themselves, build confidence and explore their imagination in this exciting class. Creative drama, costume/prop crafts, tumbling and balancing are only a part of the fun as we work together to create a circus show where each child can be a star. Parents are encouraged to attend our show on October 1<sup>st</sup> at 1:00 pm.

Instructor: Ms. Kathie, Tiny Tots Preschool Teacher

#3107.301	Th	12:30–2:00 pm	9/10–10/1	\$32	DACB
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#### Discovery Tots: Kitchen Chemistry

4 weeks • Ages 4–5

Come join us for this hands-on introduction to science. We will explore chemistry through the use of common household ingredients. Grow salt crystals, make silly putty, and formulate “rocket fuel.” Parent participation encouraged.

Instructor: Ms. Mani, Tiny Tots Preschool Teacher

#3107.302	Th	12:30–2:00 pm	10/8–10/29	\$32	EVCC
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#### Holiday Wrap-up

Workshop • Ages 3–5

Parents, do you have some last minute things that need to be wrapped up? Drop your tots off with us and finish those last minute holiday items. Your little ones will enjoy a variety of holiday themed activities and create crafts that they will gift wrap and take home.

Instructor: Ms. Mani at EVCC / Ms. Kathie at DACB, Tiny Tots Preschool Teachers

#1181.301	M	8:30–12:30 pm	12/21	\$32	EVCC
#1181.302	M	8:30–12:30 pm	12/21	\$32	DACB

For more information, call 760.839.4691 or email [recreation@escondido.org](mailto:recreation@escondido.org)

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

## My First Art Class

4 Weeks • Ages 2–5

This class is designed for beginning artists and their adult helpers. Paint, print, sculpt, and explore textures, shapes, and colors while creating a framed masterpiece in each class. Artists will develop creativity, focus, and concentration as they explore age-appropriate multi-media art activities based on the styles of famous artists and illustrators. New lessons each session!

**Instructor:** Vivian Matchett, Get Smart with Art

#1194.310	Sa	9:30–10:30 am	9/12–10/3	**\$56	MCC
#1194.320	Sa	9:30–10:30 am	10/10–10/31	**\$56	MCC
#1194.330	Sa	9:30–10:30 am	*11/7–12/5	**\$56	MCC

\*No class on 11/28

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

## 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

#1367.310	Sa	9:30–10:25 am	9/12–10/3	**\$55	KH
#1367.320	Sa	9:30–10:25 am	10/10–10/31	**\$55	KH
#1367.330	Sa	9:30–10:25 am	*11/7–12/2	**\$55	KH

\*No class on 11/11

\*\*\$10 Discount for each additional family member

## Tiny Tots Tumble Time

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

#1158.310	Th	4:45–5:20 pm	9/10–10/15	\$65	PACC
#1158.320	Th	4:45–5:20 pm	*10/22–12/3	\$65	PACC

\*No class on 11/26

## 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

## Little Ninja's Karate

5 weeks • Ages 2–5

Students will begin to learn the basic kicks, punches, blocks, and stances of karate. Karate will help in development of motor skills, balance, and coordination. Children will also be taught to make good choices, listen, and follow directions. In the 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, 4<sup>th</sup> degree black belt

### Session 1

#1441.310	T	10:00–10:45 am	9/1–9/29	\$60	EVCC	**2–3
#1442.310	T	11:00–11:45 am	9/1–9/29	\$60	EVCC	4–5

### Session 2

#1441.320	T	10:00–10:45 am	10/6–11/3	\$60	EVCC	**2–3
#1442.320	T	11:00–11:45 am	10/6–11/3	\$60	EVCC	4–5

### Session 3

#1441.330	T	10:00–10:45 am	11/10–12/8	\$60	EVCC	**2–3
#1442.330	T	11:00–11:45 am	11/10–12/8	\$60	EVCC	4–5

\*\*Parent involvement required for ages 2–3

## 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

#1405.310	F	4:45–5:15 pm	9/18–11/6	**\$85	ICE
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\*\*Includes skate rental and public skating from 3:15–5:15 pm on day of class



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on Facebook!**



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### Upcoming Themes:

- August:** Play and Imagine in Fantasyland
- September:** Zoo Exploring Adventures
- October:** Monster Mash Fun
- November:** Fantastic Fall Festival
- December:** The Amazing Snow Days





## Ballet

12 weeks • Ages 4–Adults

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

**Instructor:** Cindy Ahler

### Pre-Ballet

#1310.309	Th	3:45–4:30 pm	*9/10–12/10	\$108 EVCC	<b>Ages</b> 4–5
#1310.308	Sa	9:30–10:15 am	*9/12–12/12	\$108 EVCC	4–5

### Ballet 1

#1310.301	T	3:30–4:30 pm	*9/8–12/8	\$108 EVCC	6–10
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### Beginning Ballet

#1310.305	Sa	10:15–11:15 am	*9/12–12/12	\$108 EVCC	6–10
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### Ballet 1/2 (prerequisite Beginning Ballet)

#1310.307	Sa	11:15–12:15 pm	*9/12–12/12	\$108 EVCC	7–11
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### Ballet 3/4

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

#1310.312	Th	4:30–5:45 pm	*9/10–12/10	\$108 EVCC	***10–Adult
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### Pointe (concurrent enrollment in Advanced or 3/4 required)

#1310.310	T	4:30–5:45 pm	*9/8–12/8	\$108 EVCC	**10–Adult
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\*No class on 9/26, 10/27, 10/28, 10/29, 10/31, 11/10, 11/11, & 11/26

\*\*Instructor approval required

\*\*\*Advanced Ballet open to adults

## Beginning Hula

4 Weeks • Ages 5–12

Come experience this beginning Kaikamahine Hula (for girls) and Keiki Kane Hula (for boys). Dancers will learn the foundations of Hula, choreography, language, and history all while enjoying traditional and modern Hawaiian music. All levels are welcome to our halua!

**Instructor:** Kelly Haupū, Experienced Hula Instructor

### Kaikamahine (for girls)

#1367.312	W	5:30–6:25 pm	9/9–9/30	**\$55	KH
#1367.322	W	5:30–6:25 pm	10/7–10/28	**\$55	KH
#1367.332	W	5:30–6:25 pm	*11/4–12/2	**\$55	KH

\*No class on 11/11

\*\*\$10 Discount for each additional family member

## Cheernastics

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. Cheerleaders may participate in local events including the Escondido Christmas Parade.

**Instructor:** Flip to Cheer Staff

#1448.310	Th	5:35–6:20 pm	9/10–10/15	**\$65	PACC
#1448.320	Th	5:35–6:20 pm	*10/22–12/3	**\$65	PACC

\*No class on 11/26

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

## Gymnastics Tumble Kids

6 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

#1444.310	Th	6:25–7:10 pm	9/10–10/15	\$65	PACC
#1444.320	Th	6:25–7:10 pm	*10/22–12/3	\$65	PACC

\*No class on 11/26

## 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

#1406.310	F	4:15–4:45 pm	9/18–11/6	**\$85	ICE
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\*\*Includes skate rentals and public skating from 3:15–5:15 pm on day of class.





## 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

#1261.301	F	5:30–8:00 pm	9/18	**\$20	EVCC
#1261.302	Sa	2:00–4:30 pm	10/17	**\$20	EVCC
#1261.303	F	5:30–8:00 pm	11/6	**\$20	EVCC
#1261.304	Sa	2:00–4:30 pm	12/5	**\$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)*

## Sugar Skull Art

**Workshop • Ages 5–Adult\***

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

**Instructor:** Carolina Celaya, instructing Sugar Skull Art for 8 years

#1565.310	Th	6:30–7:30 pm	10/15	**\$15	EVCC
#1565.320	W	6:30–7:30 pm	10/21	**\$15	EVCC

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

*\*\*\$5 Material fee due for additional owls (optional)*

## Introduction to Anime Drawing

**6 weeks • Ages 8–15**

Anime art is a specialized field similar to cartoon drawing. Students will learn the essence of anime art and will recreate their favorite anime characters and design new ones with their creativity.

**Instructor:** Creative Brain Learning® Staff

#1646.300	T	3:30–4:20 pm	9/1–10/6	**\$66	MCC
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*\*\*\$20 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

#1327.310	W	4:00–4:50 pm	9/2–10/7	**\$66	MCC
#1327.320	W	4:00–4:50 pm	*10/14–12/2	**\$66	MCC

*\*No class on 11/11 & 11/25*

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

## Magical Garden

**6 weeks • Ages 5–9**



Gardens are magical, fun, and always full of surprises. Worms, ladybugs, veggies, and fruits emerge from the earth. Nature is your treasure chest as your young gardener discovers the bounty of getting dirty in the garden.

**Instructor:** Zoe Sanchez Richardson, Avid Gardener and experienced teacher

#1276.300	Th	5:00–6:00 pm	9/3–10/8	**\$45	EVCC
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*\*\*\$15 Material Fee due at first class (cash only)*

## Video Game Design

**6 weeks • Ages 8–15**

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

**Instructor:** Creative Brain Learning® Staff

#1272.300	T	4:30–5:20 pm	9/1–10/6	**\$66	MCC
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*\*\*\$20 Material fee due at first class (cash only)*

## Halloween Stop Motion Animation

**6 weeks • Ages 8–15**

Have you ever wanted to create your own monster movies? Join us for this special seasonal class where students script and film their own projects. This is a great opportunity for creative and artistic expression. Cameras are provided for classroom use.

**Instructor:** Creative Brain Learning Staff

#1251.300	T	5:30–6:20 pm	9/1–10/6	**\$66	EVCC
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*\*\*\$20 Material Fee due at first class (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

#1208.310	F	4:30–6:00 pm	9/11–10/2	**\$49	EVCC
#1208.320	F	4:30–6:00 pm	10/9–10/30	**\$49	EVCC
#1208.330	F	4:30–6:00 pm	*11/6–12/4	**\$49	EVCC

*\*No class on 11/27*

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

## Tae Kwon Do

12 weeks • Ages 6–Adult

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

**Instructor:** Skip Leonard, 6<sup>th</sup> degree Black Belt, Certified by WTF, City of Escondido Instructor for 22 years

#2613.312	M/Th	5:00–6:00 pm	*9/14–12/9	**\$99	MCC
#2613.313	M/Th	6:15–7:15 pm	*9/14–12/9	**\$99	MCC
#2613.314	M/Th	7:30–8:30 pm	*9/14–12/9	**\$99	MCC

\*No class on 11/26

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

## Let's Get Cookin'



2 weeks • Ages 8–13

Time to teach kids how to take the basic pantry ingredients and creatively whip them together to make delicious foods. Eggs, cakes, breads, and more! Get your kids cooking and baking today.

**Instructor:** Zoe Sanchez Richardson, Avid baker, chef, and experienced teacher

#1278.300	F	4:00–6:30 pm	9/25–10/2	**\$65	EVCC
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\*\*\$25 Material Fee due at first class (cash only)

## Please and Thank You's



5 weeks • Ages 6–11

“Yes Ma’am, No Ma’am, Yes Sir, and No Sir” are just some of the basic steps in learning manners. “You’re Welcome”, opening the door, setting the table are just a few more. Learn the basics of minding manners and more while still having fun.

**Instructor:** Zoe Sanchez Richardson, Mom, business owner, and experienced teacher

#1277.300	T	5:00–6:00 pm	9/15–10/13	\$30	EVCC
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## Fencing for Kids

4 weeks/2 days • Ages 9–13

Fencing is a challenging sport for both body and mind. Your child will learn the basics of fencing; covering footwork, strategy, conditioning, and scorekeeping. Everything you need for a duel!

**Instructor:** Saul Mendoza, Olympic Fencer, San Diego Fencing Center

#1416.310	M/W	5:00–6:00 pm	*8/31–9/23	**\$53	SDFC
#1416.320	T/Th	5:00–6:00 pm	10/6–10/29	**\$60	SDFC

\*No class on 9/7

\*\*\$15 Material fee due at first class

## Safety Academy

2 weeks • Ages 6–14

This safety program for children held at Escondido Police Headquarters was developed by Escondido Police Officers. The goal of the program is to keep 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. Your child will receive a Police Athletic League medal at the completion of training.

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

						Ages
#1559.301	Sa	9:00–11:30 am	9/19–9/26	\$32	EPFH	6–9
#1559.302	Sa	9:00–11:30 am	10/17–10/24	\$32	EPFH	10–14

## Youth Tennis

5 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

						Ages
<b>Session 1</b>						
#1426.313 Beg.	T	3:30–4:30 pm	9/1–9/29	\$45	KCP 7&8	7–10
#1426.314 Int.	T	4:30–5:30 pm	9/1–9/29	\$45	KCP 7&8	11–15
<b>Session 2</b>						
#1426.323 Beg.	T	3:30–4:30 pm	10/6–11/3	\$45	KCP 7&8	7–10
#1426.324 Int.	T	4:30–5:30 pm	10/6–11/3	\$45	KCP 7&8	11–15
<b>Session 3</b>						
#1426.333 Beg.	T	3:30–4:30 pm	11/10–12/8	\$45	KCP 7&8	7–10
#1426.334 Int.	T	4:30–5:30 pm	11/10–12/8	\$45	KCP 7&8	11–15

## Saturday Youth Tennis

5 weeks • Ages 7–15

Saturday youth tennis is here. Children will learn basic strokes, scoring, and sportsmanship in these group lessons. Tennis is a great way to keep your child physically active while learning a lifetime sport.

**Instructor:** Andre Rerolle, USTA certified and assistant coaches

#1427.314	Sa	10:00–11:00 am	9/5–10/3	\$45	MVP 1&2
#1427.324	Sa	10:00–11:00 am	10/10–11/7	\$45	MVP 1&2
#1427.334	Sa	10:00–11:00 am	11/14–12/12	\$45	MVP 1&2

“My son can easily be discouraged and hard on himself, Coach Andre’s patience and sense of humor has helped his confidence! My son is having fun, getting exercise, learning something new, and believing in himself!”

—Laura S.

## After School Programs

### Building Confidence, Self-Esteem & Friendships!

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

### ASES Before & After School Program

This program is open to any 1<sup>st</sup>-5<sup>th</sup> grader and PM Kindergartner that attends these schools:

- Conway
- Farr
- Oak Hill
- Juniper
- Rock Springs (am/pm Kindergarten Program available)

**Morning:** 6:30-Start of school

**Afternoon:** End of school until 6:00 pm

**Cost:** FREE!!!

Once program is full, a waitlist is available.

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

### After School Program

This program is open to any 1<sup>st</sup>-5<sup>th</sup> grader that attends these schools:

- North Broadway
- Reidy Creek

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

**Cost: \$10 per day**

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

**For more information, please call 760.839.5483.**

## Teens

### Adult, Child, & Infant CPR / AED

#### Workshop • Ages 15-Adult

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

Registration/refund deadline: 10/1

**Instructor:** Aquatic Staff, ARC Certified Instructor

#4826.300 Sa 8:00-2:00 pm 10/3 \*\*\$70 EVCC

\*\*Fee includes certificate of completion

### Teen Epee Fencing

#### 4 weeks / 2 days • Ages 13-17

Fencing is an Olympic sport that teaches discipline and strategy. This class will focus on Epee Fencing where the whole body is the target. Not only is fencing a fun, safe sport for both boys and girls, fencing also looks great on those college applications!

**Instructor:** Jon Magner, SDFC Staff and US Fencing Professional Member

#1414.300 T/Th 6:00-7:00 pm 9/8-10/1 \*\*\$60 SDFC

\*\*\$15 Material Fee due at first class

### 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

#1604.300 Sa 9:00-3:00 pm 11/14 \*\*\$50 EVCC

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

### More Teen classes! (Ages 13-17)

- Paint With Family, page 9
- Swim, page 13
- Sugar Skull Art, page 15
- Zentangle Holiday Cards, page 15
- Guitar and Hand Drumming, page 16
- Pound™ Rockout Workout, page 18
- Safety Awareness & Self Defense, page 19
- Tae Kwon Do, page 19



### Learn-to-Swim Program

Learn-to-Swim classes are taught by certified instructors. Please note: Registration will not be accepted at James Stone Pool. Please follow the registration procedures on pages 24 & 25.

Dates                      Saturday • 5 weeks, 40 minute classes  
September 5–October 3, 2015

Location                  James Stone Pool (JSP)  
131 Woodward Avenue  
760.839.4810

### Grunion 1

Ages 3 & 4 • Fee: \$46

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



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

### Me & My Shadow—Parent/Child

Ages 6 months–3 years • Fee: \$46

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

#4200.311              10:00–10:40 am              JSP

### Grunion 2

Ages 3 & 4 • Fee: \$46

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



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



“Instructors are very patient, experienced, and fun while teaching my children swimming techniques and water safety.”

—Joanna Y.

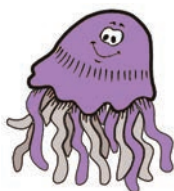


## Jellyfish

**Ages 3 & 4 • Fee: \$46**

This class builds on the skills taught in Grunion 1 and 2 providing additional guided practice with increased distances and times. Participants will focus on breath control, unassisted front/back floats and glides, recovery from floats/glides, and elementary coordination of front crawl.

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



## Starfish

**Ages 5–16 • Fee: \$46**

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

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



## Duck

**Ages 5–16 • Fee: \$46**

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

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



## Seahorse

**Ages 5–16 • Fee: \$46**

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

#4250.311	1:00–1:40 pm	JSP
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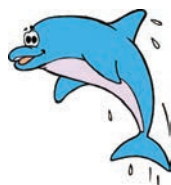


## Dolphin

**Ages 5–16 • Fee: \$46**

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

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



## Seals

**Ages 5–16 • Fee: \$46**

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

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

Riptides had a great summer season; we look forward to seeing you in 2016!

During the school year, opportunities to play Water Polo can be found at the following clubs throughout the county:

**North County San Diego Stars Water Polo Club**  
[www.starswaterpolo.com](http://www.starswaterpolo.com)

**Pacific Water Polo**  
[www.pacificpolo.net](http://www.pacificpolo.net)

**Del Mar Water Polo Club**  
[www.delmarwaterpoloclub.org](http://www.delmarwaterpoloclub.org)



### ACE Makos Swim Club

Our swim club aims to foster and promote positive life skills developed through the process of mastering the sport of swimming. We offer different groups from the novice to the elite swimmer, ages 5–18. Our swimmers compete at local swim meets throughout San Diego County as part of USA Swimming. This is an excellent way to improve swimming techniques, fitness level and make new friends in a positive team environment.

Information regarding the ACE Makos Swim Club Short Course Season will be available in mid- August. Please visit us at [aquatics.escondido.org](http://aquatics.escondido.org) for more information.



## Sugar Skull Art

Workshop • Ages 5–Adult\*

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

**Instructor:** Carolina Celaya, Instructing Sugar Skull Art for 8 years

#1565.310	Th	6:30–7:30 pm	10/15	**\$15	EVCC
#1565.320	W	6:30–7:30 pm	10/21	**\$15	EVCC

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

\*\*\$5 Material fee due for additional owls (optional)

## Introduction to Zentangle Art

Workshop • Ages 13–Adult

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

**Instructor:** Rho Densmore, Certified Zentangle Teacher

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

## Zentangle Holiday Cards



Workshop • Adults

Are you ready for the holiday season? Come create your holiday cards embellished with Zentangle designs. Students will be provided with all the needed supplies to assemble and decorate two cards during the class. All supplies will be provided and both card patterns will be given out so students can create more cards at home. Intro to Zentangle class or a basic Zentangle class must have been taken prior to this class.

**Instructor:** Rho Densmore, Certified Zentangle Teacher

#2324.300	Th	6:00–8:30 pm	11/19	**\$25	EVCC
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\*\*\$10 Material fee due at 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

#1261.301	F	5:30–8:00 pm	9/18	**\$20	EVCC
#1261.302	Sa	2:00–4:30 pm	10/17	**\$20	EVCC
#1261.303	F	5:30–8:00 pm	11/6	**\$20	EVCC
#1261.304	Sa	2:00–4:30 pm	12/5	**\$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)

## Remember Anything!

2 weeks • Adults

Your mind is a memory machine! If you doubt that, or have ever said “I have a bad memory” or “I can’t recall names” or “I hate those senior moments,” join us and change your mind! Literally! First, we’ll cover what you can do to have a more efficient, healthy brain. Then, you’ll learn how to operate your extraordinary brain with ease and memory strategies used by the experts. And, finally, you’ll discover that these approaches are both enjoyable and for everyone—no matter what your age or your past experiences. Memory power is within you!

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

#2171.300	F	9:30–11:00 am	9/18–9/25	\$79	PACC
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## Remember Even More



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 signal of intelligence of age! “Forgetting” is the result of an untrained mind. Once you know the expert strategies, you can quickly remember any kind of information, numbers, and what you read. Join us and change the way you view your extraordinary memory! Note: This workshop is separate from the last session; it provides all new material. You can take either one or both and come away with much more memory power!

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

#2181.300	Sa	9:00–11:30 am	12/5	\$49	PACC
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## 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

#2249.310	M	6:00–7:00 pm	9/14–10/19	**\$60	MCC
#2249.320	M	6:00–7:00 pm	11/2–12/7	**\$60	MCC

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

## 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

#2247.310	W	5:00–5:50 pm	9/2–10/7	**\$66	MCC
#2247.320	W	5:00–5:50 pm	*10/14–12/2	**\$66	MCC

\*No class on 11/11 & 11/25

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

## Hand Drumming

6 weeks • Ages 16–Adult

Come feel the rhythm and get into the groove! This exciting class will explore concepts of rhythm and drumming techniques. Research has confirmed the far reaching health benefits of drumming. It reduces stress, lowers blood pressure, and improves your general health. Students will learn in an exciting group environment and experience playing together as an ensemble. Don't have a drum, no problem! Drums will be provided for all students.

**Instructor:** MUSICSTAR® Staff

#2253.310	W	6:00–6:50 pm	9/2–10/7	**\$66	MCC
#2253.320	W	6:00–6:50 pm	*10/14–12/2	**\$66	MCC

\*No class 11/11 & 11/25

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



## Move Better, Feel Better, Sleep Better, The Feldenkrais® Way

5 weeks • Adults

Are you one of the 60 million Americans who have trouble sleeping? This class will introduce you to one of the most useful applications of the Feldenkrais Method® - helping you avoid sleepless nights. In each class, you will do a relaxing lesson that will improve your overall function and learn a technique to practice on your own. Learn the basics of becoming your own sleep aid and put an end to long nights and exhausted mornings.

**Instructor:** Anita Noone, Guild Certified Feldenkrais® Practitioner

#2162.301	T	10:00–11:00 am	9/1–9/29	\$60	MCC
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## Mobility and Comfort for Your Knees, The Feldenkrais® Way

Workshop • Adults

Knee pain and surgery is extremely common in the US. Many times knee pain and injury can be addressed by improving the movement habits we develop over time. If you unconsciously interfere with the natural hinge movement of the knee, you may be causing pain and injury. Join us to discover better, more efficient ways to move your hips and knees to avoid injury, pain, and surgery while improving balance, gait, and comfort. We will be using gentle movement - no stretching or exercise.

**Instructor:** Anita Noone, Guild Certified Feldenkrais® Practitioner

#2162.302	Sa	1:00–4:00 pm	9/19	\$65	MCC
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## Back and Hip Comfort, The Feldenkrais® Way

5 weeks • Adults

Hip and back pain are extremely common among adults in the U.S. In fact, most Americans will suffer from back or hip pain sometime during their life. If you are interested in learning how to manage and avoid pain yourself, using easy, gentle movements that cause no pain, this is the class for you. This workshop is appropriate for people with or without pain issues.

**Instructor:** Anita Noone, Guild Certified Feldenkrais Practitioner®

#2162.303	T	10:00–11:00 am	10/20–11/17	\$60	MCC
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## Adult Beginning Ice Skating

8 weeks • Ages 16–Adult

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

**Instructor:** Ice-Plex Staff

#2624.310	W	6:30–7:00 pm	9/16–11/4	**\$85	ICE
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\*\*Includes skate rental & public skating from 3:15–5:15 pm on day of class



## Hula Basics & Workout

4 Weeks • Ages 13–Adult

Learn the foundation of Hula through basic steps while getting a great low impact cardiovascular workout to Hawaiian music. Bring your Ohana (family) and enjoy a mini vacation to Hawaii every week.

**Instructor:** Kelly Haupu, Experienced Hula Instructor

#1367.316	W	6:30–7:30 pm	9/9–9/30	**\$55	KH
#1367.326	W	6:30–7:30 pm	10/7–10/28	**\$55	KH
#1367.336	W	6:30–7:30 pm	*11/4–12/2	**\$55	KH

\*No class on 11/11

\*\*\$10 Discount for each additional family member

## Line Dance

7/6 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

#2200.310	T	7:00–8:30 pm	*9/1–10/20	\$46	PACC
#2200.320	T	7:00–8:30 pm	*11/3–12/15	\$40	PACC

\*No class on 9/8 & 11/10

## Adult Ballet

12 weeks • Ages 15–Adult

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

**Instructor:** Cindy Ahler

#2203.311	Beg/Int.	W 6:00–7:00 pm	*9/8–12/9	\$108	EVCC
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\*No class on 10/28 & 11/11

## Zumba / Zumba Toning

5 weeks • Ages 16–Adult

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 Smith & Zumba Certified Instructor,  
AFAA & Zumba Certified

#2643.310	Th	7:00–8:00 pm	9/3–10/1	\$30	EVCC
#2643.320	Th	7:00–8:00 pm	10/8–11/5	\$30	EVCC
#2643.330	Th	7:00–8:00 pm	*11/12–12/17	\$30	EVCC

\*No class on 11/26



## Reality Yoga

14 weeks • Adults

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

**Instructor:** Nina Deerfield, Naturopathic Physician, has  
taught for Escondido Recreation for 25 years

#2600.300	T	5:00–5:55 pm	*9/1–12/8	\$154	MCC
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\*No class 11/24

## T'ai Chi / Chi Gong

14 weeks • Adults

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

**Instructor:** Nina Deerfield, Certified Master City of  
Escondido Instructor for 25 years

#2601.300	T	6:00–6:55 pm	*9/1–12/8	\$154	MCC
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\*No class 11/24

## Pilates Mat Class

4/5 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

### Session 1

#2622.312	M	7:00–8:00 pm	*8/31–9/28	\$32	EVCC
#2622.313	W	6:45–7:45 pm	9/2–9/30	\$40	MCC

### Session 2

#2622.322	M	7:00–8:00 pm	10/5–11/2	\$40	EVCC
#2622.323	W	6:45–7:45 pm	10/7–11/4	\$40	MCC

### Session 3

#2622.332	M	7:00–8:00 pm	*11/9–12/14	\$40	EVCC
#2622.333	W	6:45–7:45 pm	*11/18–12/16	\$32	MCC

\*No class 9/7, 11/23, & 11/25

## POUND™ Rockout Workout

6/7 weeks • 16-Adult

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

#2635.311	M	6:00-6:45 pm	9/14-10/19	\$40	EVCC
#2635.312	Sa	9:00-9:45 am	9/5-10/17	\$40	MCC

### Session 2

#2635.321	M	6:00-6:45 pm	10/26-12/7	\$45	EVCC
#2635.322	Sa	9:00-9:45 am	10/24-12/5	\$45	MCC

## Tennis

5/8 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

#2401.315 Beg.	W	6:00-7:30 pm	9/2-9/30	\$58	KCP 7&8
#2401.316 Int/Adv.	W	7:30-9:00 pm	9/2-9/30	\$58	KCP 7&8

### Session 2

#2401.325 Beg.	W	6:00-7:30 pm	10/7-11/4	\$58	KCP 7&8
#2401.326 Int/Adv.	W	7:30-9:00 pm	10/7-11/4	\$58	KCP 7&8

### Session 3

#2401.335 Beg.	W	6:00-7:30 pm	11/18-12/16	\$58	KCP 7&8
#2401.336 Int/Adv.	W	7:30-9:00 pm	11/18-12/16	\$58	KCP 7&8

### 8 Week Class

#2401.317 Int.	Sa	8:30-10:00 am	9/5-10/24	\$87	MVP 1&2
#2401.327 Int.	Sa	8:30-10:00 am	10/31-12/9	\$87	MVP 1&2



## Adult, Child, & Infant CPR / AED

Workshop • Ages 15-Adult

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

Registration/refund deadline: 10/1

**Instructor:** Aquatic Staff, ARC Certified Instructor

#4826.300	Sa	8:00-2:00 pm	10/3	**\$70	EVCC
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*\*\*Fee includes certificate of completion*

## Shallow Water Aerobics

9 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

#2610.311	M/W-2 days	12:00-12:45 pm	*10/12-12/9	\$68	JSP
#2610.312	M/W-1 day	12:00-12:45 pm	*10/12-12/9	\$49	JSP

*\*No class on 11/11*

## Deep Water Aerobics

9 weeks • Adults

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

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

#2611.310	T/Th-2 days	12:00-12:45 pm	*10/13-12/10	\$68	JSP
#2611.311	T/Th-1 day	12:00-12:45 pm	*10/13-12/10	\$49	JSP

*\*No class on 11/26*

## NEW CLASSES 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

#2152.300 W 6:30–8:30 pm 9/23 \$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

#2153.300 W 6:30–8:30 pm 9/30 \$15 EPFH

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

## Tae Kwon Do

12 weeks • Ages 6–Adult

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

**Instructor:** Skip Leonard, 6<sup>th</sup> degree Black Belt, Certified by WTF, City of Escondido Instructor for 22 years

#2613.312 M/Th 5:00–6:00 pm \*9/14–12/9 \*\*\$99 MCC

#2613.313 M/Th 6:15–7:15 pm \*9/14–12/9 \*\*\$99 MCC

#2613.314 M/Th 7:30–8:30 pm \*9/14–12/9 \*\*\$99 MCC

*\*No class on 11/26*

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

# Escondido Recreation Adult Softball League

Winter 2015: • 6 Week Season plus playoffs

Spring 2016: • 10 Week Season plus playoffs

### Divisions

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

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

### Cost

- Team Fees—\$250, Winter 2015
- Team Fees—\$400 (late \$30), Spring 2016
- Umpire & Scorekeeper Fees—\$20 per game per team



Season	Game Days	Registration Open	Registration Closes	Schedule Hand-Out	Season Dates
Winter 2015	M–F	September 21, 2015	October 16, 2015	October 21, 2015	October 26–December 18, 2015
Spring 2016	M–F	February 1, 2016	February 26, 2016	March 2, 2016	March 7–June 10, 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](http://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)

**Cost:** \$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](http://recreation.escondido.org/open-gym.aspx)**

**Gym schedule is subject to change without notice.**



## Escondido Recreation Youth P.A.L. Basketball League

**Coed Divisions • 8 Week Season plus Playoffs/Finals**

**Divisions**

- |                            |                       |                          |
|----------------------------|-----------------------|--------------------------|
| • A: 1999–2001 Birth Years | <b>Cost</b><br>**\$55 | <b>Fall</b><br>#4131.303 |
| • B: 2002–2004 Birth Years | **\$55                | #4131.303                |
| • C: 2005–2006 Birth Years | **\$50                | #4131.302                |
| • D: 2007–2008 Birth Years | **\$50                | #4131.301                |

**Practices:**

1–hour practice, once a week  
 Tuesdays between 4:00–9:00 pm

**Games:**

Mainly Saturdays  
 East Valley Community Center,  
 2245 East Valley Parkway, Escondido 92027



Season	Game Days	Registration Open	Registration Closes	Assessment Day	Season Dates
Fall 2015	Saturday	August 17, 2015	September 8, 2015	*September 12, 2015	October 3–December 12, 2015
Spring 2016	Saturday	February 22, 2016	March 14, 2016	*March 19, 2016	April 9–June 18 2016

\*Division C and D players will be assigned to teams. Division A and B players will have a draft.

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

**More information can be found on our website at [recreation.escondido.org](http://recreation.escondido.org)**



## Escondido Skatepark • SKATE • SCOOTER • BIKE • INLINE

### Escondido Sports Center • 3315 Bear Valley Parkway

Required Equipment: Helmet, knee & elbow pads

ESC I.D. Card: \$10

\$10 Casual (one-day): Requires a one-day waiver signed.  
(If a minor, parent must sign)

All Sessions: \$5 with ESC I.D. card

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b> 9:00 am–12:00 pm	<b>August 1–October 31</b> <b>Session Times</b>					<b>9–12 pm</b> <b> Scooter Only</b>	\$3 Combo
<b>LUNCH</b> 12:00–4:00 pm						Birthday Parties	Birthday Parties
<b>AFTERNOON</b> 4:00–7:00 pm	Combo	Combo	Combo	Combo	Combo	Combo	Combo
<b>NIGHT</b> 7:00–10:00 pm	<b>Skate &amp; Inline</b>	<b>Bikes Only</b>	Combo	Combo	Combo	Combo	<b>Bikes Only</b>

Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b> 10 am–12 pm	<b>November 1, 2015–March 31, 2016</b> <b>Session Times</b>					<b>9–12 pm</b> <b> Scooter Only</b>	\$3 Combo
<b>LUNCH</b> 12:00–3:00 pm						Birthday Parties	Birthday Parties
<b>AFTERNOON</b> 3:00–5:00 pm	Combo	Combo	Combo	Combo	Combo	Combo	Combo
<b>NIGHT</b> 5:15–7:15 pm	<b>Skate &amp; Inline</b>	<b>Bikes Only</b>	Combo	Combo	Combo	Combo	<b>Bikes Only</b>

Call 855.ESC.4ALL (855.372.4255) or visit [sportscenter.escondido.org](http://sportscenter.escondido.org) for more information.

## Youth Arena Soccer Leagues

### Registration Dates

Fall 2015: July 6–September 8

Winter 2016: September 21–January 4

### Season Dates

Fall 2015: September 24–December 19

Winter 2016: January 21–March 13

### 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](http://sportscenter.escondido.org) or call 760.839.5426 for more information.

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



## Adult Soccer Leagues

The North County Community Soccer Leagues operates a variety of arena soccer leagues for adults of all ages and skill level. All registration is taken directly through the North County Community Soccer League.

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

**Location:** Escondido Sports Center,  
3315 Bear Valley Parkway

**Team Fee:** \$250

**Officiating Fee:** \$40 / game (Cash on the field)

### For more information contact us at:

Alma Phone: 760.644.8598

Cesar Phone: 760.504.8677

Email: [nccsleague@gmail.com](mailto:nccsleague@gmail.com)

Website: [nccsleague.wix.com/nccsleague](http://nccsleague.wix.com/nccsleague)

## Lil' Kickers Soccer for Kid's

Lil' Kickers is considered "the highest quality instructional-based child development soccer program in America" and the perfect preparation for youth recreational soccer leagues.

### Bunnies • 18–24 Months (Parent/Child)

Saturday & Sunday 9:00 am

### Thumpers • 2–3 Years (Parent/Child)

Saturday & Sunday 10:00 am

### Cottontails • 2½–3½ Years (Parent/Child)

Saturday & Sunday 9:00 am

### Hoppers • 3–4 Years (Beginner)

Wednesday 5:00 pm

Saturday 8:00 am, 10:00 am

Sunday 9:00 am

### Jackrabbits • 3–4 Years (Intermediate)

Wednesday 4:00 pm

Saturdays 9:00 am, 10:00 am

Sundays 9:00 am

### Big Feet • 5–6 Years (Beginner)

Wednesday 4:00 pm

Saturday 9:00 am, 10:00 am

Sunday 10:00 am

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

Wednesday 5:00 pm

Saturday 8:00 am, 10:00 am

Sunday 10:00 am

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

Saturday 8:00 am

Sunday 10:00 am



To register call 858.748.4260 or register online at [www.ncspsoccer.com](http://www.ncspsoccer.com)

# LEARN TO PLAY HOCKEY!



**Gear provided for first time players!**

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](http://www.districthockey.com)**  
Offered by the San Diego Sports Foundation

**Preregistration is required for all classes. Classes fill quickly so register early!**  
**Registration Begins Monday, August 10**

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

**1 Online**  
**Internet Registration**

- Visit our Website, [recreation.escondido.org](http://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

**PLEASE NOTE:**

- **A minimal processing fee will be added for all registration transactions.**
- **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.

**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.
- Summer Fun Kid’s Camps have a different refund policy. Call Summer Fun Kid’s 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 least seventy-two hours in advance of the event or activity.



## Registration Form

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
# .			/ /		
# .			/ /		
# .			/ /		
# .			/ /		
# .			/ /		

**ALL MAJOR CREDIT CARDS ACCEPTED**

Credit card payments are accepted by phone-in, walk-in, or online at [recreation.escondido.org](http://recreation.escondido.org). See steps ①, ②, or ③ on page 24 for more information.

SUBTOTAL	
SCHOLARSHIP TYPE _____	\$
CREDIT ON ACCOUNT	\$
<b>OPTIONAL SCHOLARSHIP DONATION</b>	<b>\$1.00</b>
SUBTOTAL	
PROCESSING FEE (5.5%)	
<b>TOTAL</b>	

<p><b>Make checks payable to:</b> City of Escondido</p> <p><b>Provide email address to receive a receipt.</b></p>	<p><b>Mail check and form to:</b> Community Services Department 201 North Broadway Escondido, CA 92025-2798</p>
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### 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 Public Library

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

## **LIBRARY**

239 South Kalmia Street  
Escondido, CA 92025  
760.839.4684

Mon–Tues 10:00 a.m.–8:00 p.m.  
Wed–Fri 10:00 a.m.–6:00 p.m.  
Sat 10:00 a.m.–5:00 p.m.

Renew materials online or by  
phone: 760.738.0249

## **ESCONDIDO TECHNOLOGY CENTER**

In the East Valley Community Center

2245 East Valley Parkway  
760.839.4395

**Free computer access & WiFi**

Mon–Thurs 12:00–6:00 p.m.

## **LITERACY SERVICES**

Improving reading & writing skills  
Located on the 2<sup>nd</sup> floor of the  
Library.

760.839.5440

## **PIONEER ROOM**

Local History Archive

247 South Kalmia Street  
Escondido, CA 92025  
760.839.4315

Tues–Thur 1:00–6:00 p.m.

## **VOLUNTEER OPPORTUNITIES**

760.839.4819

**¡Se Habla Español!**



# FREE PROGRAMS & SERVICES!

## **ADULTS**

For more information, call 760.839.4839

### **Be Money Smart NEW!**

Experts from the San Diego Financial  
Literacy Center teach financial  
responsibility.

- September 15—Starting a Business
- October 6—Identity Theft
- November 17—Real Estate: Rent or Buy? / First Time Buyers

- Public Internet Access & WiFi
- Download FREE eBooks, eMagazines, and eAudiobooks to your eReader, tablet, or mobile device
- Check out a Chromebook for in-Library use
- Get everything you need to start your own book club through our Book Club in a Bag program

### **One-on-One Computer Training**

Need individualized help with email, resume formatting, Word documents, or web searching?

- Call 760-839-4287 to schedule a free, one-on-one, 50-minute tutoring session with a Library volunteer.
- Tutoring sessions take place Mondays, on the hour, between 1:00–3:00 p.m. at the Escondido Technology Center (inside the East Valley Community Center).

### **HelpNow!**

Free, online tutors available  
1:00–10:00 p.m. daily. English  
and Spanish available.

Skill building in multiple subjects,  
essay reviews, resume critiques,  
practice tests—SAT, ASVAB,  
CBEST, ESL, and more!

## **BABIES & KIDS**

For more information and to register,  
call 760.839.5456

### **Reptile Round-Up NEW!**

Read to lizards and snakes for fun &  
to improve reading skills, ages 5–12.  
Call or come in to register.

- **Toddler Tales, Baby Lapsit and More!**  
Storytimes, music, & activities for babies, toddlers, & pre-K.
- **Love on a Leash, Paws for Reading**  
Read to therapy dogs for fun & to improve reading skills, ages 5–12. Call or come in to register.
- **R.E.A.D.—Read, Eat, & Discuss Book Club**  
Book discussions, snacks, and crafts for kids, ages 9–12. Call or come in to register.
- **Knights Realm Chess Club**  
Mondays at 3:30 p.m. Learn to play chess for fun and competition, ages 6–12.
- iPads, Laptops, and Chromebooks for in-Library family use.

## **TEENS**

For more information, call 760.839.4283

- **Esco Teens Create**  
Wednesdays at 3:30 p.m.
- **Burritos & Book Club**  
September 12 and November 7 at 12:00 p.m.
- **Earn Community Service!**  
Attend Esco Teens Create or become a Review Crew member.

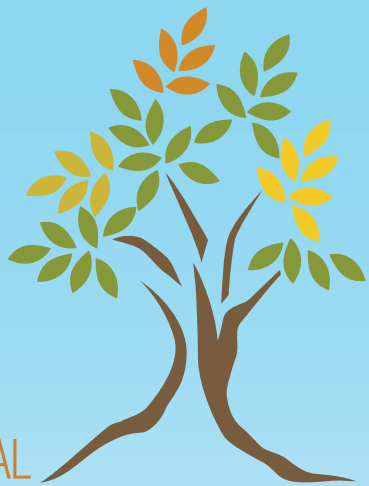
### **Friends of the Library Book Shop**

760.839.4215

M, W, F, Sat 10:00 a.m.–4:00 p.m.  
Tues & Thurs 10:00 a.m.–6:00 p.m.

**Book Bargains Galore!**  
Paperbacks • Bestsellers  
Fiction • Videos • Magazines  
Classics & Modern Classics

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



**you are INVITED!**

**SATURDAY  
OCTOBER 17, 2015**

**8:30 am - 11:30 am**

9TH ANNUAL  
**Escondido Community  
Wellness Expo**

**PARK AVENUE COMMUNITY CENTER  
Home of Escondido Senior Center  
210 Park Avenue Escondido 92025**

*Bringing vital information & resources to older adults and their families.*

**FREE!**

- **ADMISSION & EASY PARKING**
- **CONTINENTAL BREAKFAST**  
8:30AM - 9:30AM
- **30+ RESOURCE EXHIBITORS**
- **WELLNESS ACTIVITIES**
- **PRIZE DRAWINGS**
- **HEALTH SCREENINGS**

**Body Composition**

**Blood Pressure**

**One-on-One Pharmacist Consultations**

*Bring your medications with you!*

**Hearing Health**

*by Professional Hearing Associates*

**More to come....**

**Community Resource Exhibitors Include:**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| <b>Assisted Living Communities</b> | <b>SDG&amp;E</b>                      |
| <b>Hospice Resources</b>           | <b>Senior Support Services</b>        |
| <b>Fitness &amp; Nutrition</b>     | <b>Social Security Administration</b> |
| <b>Health Insurance Resources</b>  | <b>Veteran Services</b>               |
|                                    | <b>....many, many more</b>            |

**Palomar Health  
Flu Shots**  
Available  
Seniors bring your red, white, & blue  
Medicare card

**Wellness Activities Include:**

- **"Pot a Plant" to take home**
- **Pet and visit an animal from Helen Woodward Animal Center!**
- **Senior Portraits**
- **Chair Massage**

Event Brought To You By:



**For more information call 760-839-4688**

# YOUR BUSINESS AD WILL REACH 130,000 NEW CUSTOMERS!

**YOUR  
BUSINESS  
OR  
EVENT  
HERE!**



- 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

Winter/Spring 2016 issue will be distributed December 2015. Shelf life of the guide is December 2015–April 2016. Publication deadline is October 5, 2015.

Contact us at [recreation@escondido.org](mailto:recreation@escondido.org) or by calling 760.839.4382 for rates, sizes, and terms.

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- Open gym and game schedules
- Pictures of participants and classes
- Upcoming events
- Weekly fun facts
- Other local community events



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