

# ESCONDIDO

## RECREATION

*Creating Community through  
People, Parks and Programs*

### LOOK INSIDE!

- Enrichment classes
- Sports Leagues
- Open House  
FREE mini classes & demonstrations, and more!

Register Online!

[recreation.escondido.org](http://recreation.escondido.org)

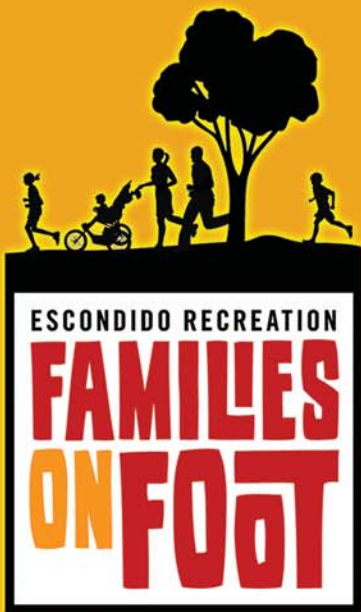


### FAMILIES ON FOOT

1M/2M Pumpkin Run & Walk

Register now! See inside front cover for details.

FALL  
2011



# Escondido Recreation's 2nd Annual **FAMILIES ON FOOT** 1M/2M Pumpkin Run & Walk

Gather up the family for this exciting fall event! All ages are invited to run or walk the beautiful 1 mile or 2 mile course in Kit Carson Park, promoting health and fitness while having fun. Participants, including the family dog, are encouraged to come in costume for this festive event.

**Saturday**  
**October 29, 2011**  
Rain or shine

2 mile starts @ 8:30 a.m.  
1 mile starts @ 8:45 a.m.

**Kit Carson Park**  
All Ages

**Health & Safety Expo**  
8:30-11:00 a.m.  
Over 30 vendors, children's activities, entertainment, & food

[www.familiesonfoot.com](http://www.familiesonfoot.com)  
For details and to register on-line  
760.839.4691

### *This year's Health and Safety Expo will feature*

- Carnival Games
- Live Entertainment
- Delicious Food
- Costume Contest for Adults, Children, and Dogs
- And lots of PRIZES & Pumpkins!



*Benefiting*  
**Escondido Recreation**

*Thank you to our sponsors*



Sponsorship & Vendor opportunities still available - 760.839.4382 or [recreation@escondido.org](mailto:recreation@escondido.org)

# RECREATION ACTIVITIES

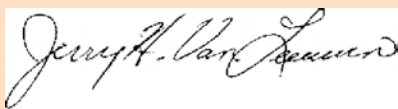
## Message From the Director

As you may have read, the City Council has been dealing with very difficult budget issues and contemplated closing some recreation programs and facilities. I am happy to report that while we have had to raise fees and modify a few programs, most of our offerings are still available.

To showcase our programs we are offering the Escondido Recreation Open House on August 13 at the East Valley Community Center. Please drop by to see the wide array of opportunities available to you and your family.

I also want to emphasize the Families on Foot event on October 29. We held the initial event in 2010 and this year we've added a Halloween celebration with the Pumpkin Run & Walk, a costume contest, carnival games, and more. Bring your family to Kit Carson Park and plan to get some exercise and your carving pumpkins at the same time. Your support will be appreciated very much.


I personally want to thank many of you who contacted the Department expressing your concerns about the budget and your appreciation of our programs. We pledge to do our very best to continue offering high-quality recreation programs for Escondido.



Jerry H. Van Leeuwen  
Director of Community Services

### Mission Statement

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



This brochure is printed on recycled paper.

### Fall 2011

Preschool Classes	5-7
Youth	8-16
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City Council  
Sam Abed, Mayor  
Marie Waldron, Deputy Mayor  
Olga Diaz  
Ed Gallo  
Michael Morasco

City Manager  
Clay Phillips

City Treasurer  
Ken Hugins

Director of Community Services  
Jerry H. Van Leeuwen

# Facility Locations

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

Visit our Web site at  
[recreation.escondido.org](http://recreation.escondido.org)  
 for a complete listing of facilities and parks,  
 including rental information.

Community Services Dept.  
 760-839-4691  
[recreation.escondido.org](http://recreation.escondido.org)  
 e-mail: [recreation@escondido.org](mailto:recreation@escondido.org)

Administrative office,  
 201 N. Broadway

Office Hours: Monday–Thursday,  
 7:30 am–5:30 pm. Closed Fridays.  
 Office will be closed September 5  
 (Labor Day), and November 24  
 (Thanksgiving) & 25.



East Valley Community Center  
 760-839-4382  
 2245 East Valley Parkway

Office Hours: Monday, Wednesday,  
 Friday, 8:30 am–9:00 pm; Tuesday and  
 Thursday, 11:00 am–9:00 pm;  
 Saturday, 8:30 am–5:00 pm. The  
 Center will be closed September 5  
 (Labor Day), November 11 (Veteran's  
 Day), and November 24  
 (Thanksgiving) & 25.



Find us on  
**Facebook**

[facebook.com/escondidorecreation](http://facebook.com/escondidorecreation)

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



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

[goplaygetfit.com](http://goplaygetfit.com)

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

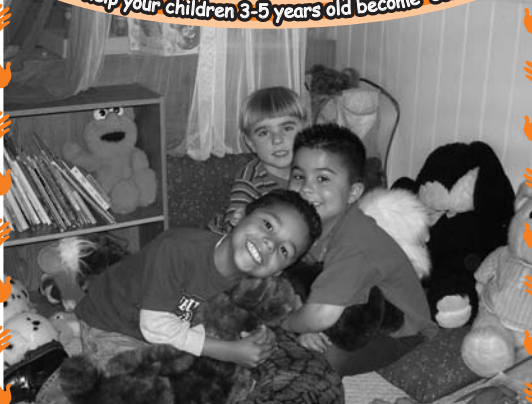
Escondido Sports Center  
 760-839-5425/855-ESC-4ALL  
[sportscenter.escondido.org](http://sportscenter.escondido.org)  
 Kit Carson Park,  
 3315 Bear Valley Parkway

Office Hours: Monday–Friday,  
 3:00 pm–7:00 pm; Saturday,  
 8:00 am–6:00 pm; and Sunday,  
 1:00 pm–6:00 pm. The Center will be  
 closed September 5 (Labor Day) and  
 November 24 (Thanksgiving).



# TINY TOTS PRESCHOOL

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



# Preschool adventures

**NEW**

## Peewee Preschool

3 weeks

Ages 18 mos.-4

Explore the preschool classroom with your little one. Create an art project; play outside on preschool play 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.

Instructor: Mani Ross, Tiny Tots Preschool Teacher for 13 years

Session 1

#1172.310	Th	9:00-10:30 am	9/15-9/29	\$15	EVCC
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Session 2

#1172.320	Th	9:00-10:30 am	10/6-10/20	\$15	EVCC
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Session 3

#1172.330	Th	9:00-10:30 am	11/3-11/17	\$15	EVCC
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## FALL CLASSES

**Session 1** Sept. 6-30  
(Must register for Session 1 to receive priority registration for Session 2, etc.)

**Session 2** Oct. 3-28

**Session 3** Oct. 31-Nov. 18

**Session 4** Nov. 28-Dec. 16

**Locations** East Valley  
Community Center (EVCC)  
2245 E. Valley Parkway  
  
Don E. Anderson  
Community Bldg. (DACB)  
120 Woodward Ave.

### Ages/Times/Days:

3-4 years: 8:15-10:30 am MWF

4-5 years: 11:15-2:00 pm MWF or TTh

Fees vary by session.

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

Call 760-839-4691 or e-mail  
[recreation@escondido.org](mailto:recreation@escondido.org).

to check availability of classes and/or  
to have your child's name placed on an  
interest list for Tiny Tots.

## Play & Learn

4 weeks

Ages 1-4

Learn to build your child's brainpower through play, hands-on activities, movement, songs, and creative projects. This will help your child get ready for academic learning. Children will also learn to interact with others to develop their social skills. A wide range of activities will be offered to meet everyone's needs.

Instructor: Marla Elliott, B.A. in Child Development

Session 1

#1128.311	Sa	10:00-11:00 am	*9/17-10/22	**\$48	MCC
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Session 2

#1128.321	Sa	10:00-11:00 am	*11/5-12/10	**\$48	MCC
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\*No class 10/8, 10/15, 11/12 & 11/26

\*\*\$12 material fee due at first class

**NEW**

## Little Comp U Kids: Computer Detectives 1

5 weeks

Ages 3-6

Join the Computer Detectives and solve story-based missions in Email, Keyboard, Castle or Cyberspace. While on the case, detectives are introduced to an array of technology concepts and skills they will use to solve each computer mission. Detectives also have fun exploring imaginative engineering, science, and early literacy activities.

Instructor: Comp U Kids staff, Imagine Tomorrow certified instructor

#1164.300 W	10:00-11:00 am	9/14-10/12	**\$69	MCC
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\*\*\$15 material fee due at first class

**NEW**

## Little Comp U Kids: Computer Detectives 2

5 weeks

Ages 3-6

Join the Computer Detectives and solve brand new story-based missions in Webwood Forest, Computer Carnival, or Cyber Stadium. While on the case, detectives are introduced to an array of technology concepts and skills they will use to solve each computer mission. Detectives also have fun exploring imaginative engineering, science, and early literacy activities.

Instructor: Comp U Kids staff, Imagine Tomorrow certified instructor

#1164.301 W	10:00-11:00 am	10/19-11/16	**\$69	MCC
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\*\*\$15 material fee due at first class



# Preschool adventures

## PRESCHOOL CHEERNASTICS—POM

### PRINCESS

6 weeks

Ages 2½–4

Enroll your little cheerleader in this exciting class! Children will learn the basics of cheerleading by learning fun jumps, spirits and cheers. They will also be introduced to gymnastics, starting with rolls, and handstands. This is a fantastic class for the preschool-age child!

Instructor: Tammy Aytim & Flip to Cheer staff

Session 1

#1447.310 T 10:30–11:05 am 9/13–10/18 \$59 MCC

Session 2

#1447.320 T 10:30–11:05 am \*10/25–12/6 \$59 MCC

\*No class 11/22

## Tiny Tots Tumble Time

6 weeks

Ages 2–4

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

Instructor: Flip to Cheer staff

Session 1

#1158.310 T 11:10–11:45 am 9/13–10/18 \$59 MCC

#1158.311 W 4:20–4:55 pm 9/14–10/19 \$59 MCC

Session 2

#1158.320 T 11:10–11:45 am \*10/25–12/6 \$59 MCC

#1158.321 W 4:20–4:55 pm \*10/26–12/7 \$59 MCC

\*No class 11/22 & 23

## Toddler Gymnastics

10 weeks

Ages 18 mos.–3 ½ yrs.

Toddlers will be able to rock and roll in this fun, active, and chocked-full-of-equipment class. Bring your youngster for a romp through a myriad of experiences. Your little one will enjoy the interaction with other toddlers while they jump on trampolines, balance on beams, roll down hills, and scurry through tunnels. *Parent participation is required.*

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

#1401.301 M 10:00–10:40 am \*9/12–11/28 \*\*\$120 MCC

\*No class 10/31 & 11/21 \*\*\$10 discount each additional sibling

## Best Friends Ice Skating

7 weeks

Ages 3–6

Best Friends is a skating class designed for the child who is not yet ready to go on the ice by him/herself. The child must be 6 years of age or younger while the child's "best friend" can be any person 13 years or older. This is a great class for the little ones to come and skate with their parents/grandparents/babysitters or older siblings.

Instructor: Iceoplex staff

#1404.300 T 10:00–10:30 am 9/13–10/25 \*\*\$74 ICE

\*\*Includes skate rental and public skating from 8:30–11:30 am on day of class

## Pee Wee Play Time

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

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

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

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



NEW

## Preschool Craft Workshops Ages 3-5

We will have fun with hands-on arts and crafts projects designed for preschoolers. Children will color, cut, glue and paint, while developing language, fine motor skills, and their creative imaginations.

Instructor: Kathie Lewis, Tiny Tots Preschool Instructor for 15 years

**Fantastic Fall Workshop** - Fun fall crafts will include mixing colors to paint fall leaves, making animals getting ready to hibernate, and more.  
#1138.310 Th 9:00-10:00 am 10/20 \*\*\$10 DACB

**Harvest Farm Workshop** - Projects will include painting farm animals, printing pumpkins, and making scarecrow collages.  
#1138.320 Th 9:00-10:00 am 10/13 \*\*\$10 DACB

**Christmas Gift Workshop** - We'll make fabulous presents for the family and creative Christmas cards to share with friends.  
#1138.330 Th 9:00-10:00 am 12/15 \*\*\$10 DACB

\*\*Register for all three workshops for the discounted price of \$25



NEW

## Preschool Fairy Tale Theater

3 weeks Ages 3-5

Join us for a fun time with these classic fairy tales: "Goldilocks & the Three Bears," "Hansel & Gretel," and "Little Red Riding Hood." This is a great class for preschoolers that have a creative imagination and love dramatic play. Each week we'll focus on a different fairy tale by reading the story and then making and designing a simple set and costumes. At the end of each class the children will perform their own creative version of the fairy tale for their parents. Parent participation is not required for this class.

Instructor: Kathie Lewis, Tiny Tots Preschool Instructor for 15 years  
#1170.300 Th 9:00-10:15 am 9/15-9/29 \$33 DACB

NEW

## Grownup & Me Cooking

4 weeks Ages 3½-5

Does your little helper love to cook? If so, help your child make kid-friendly meals with a healthy twist and build great memories while cooking. Kids will get to eat what they have made at the end of each class. *Parent participation is required.*

Instructor: Sheila Timmons  
Registration/refund deadline: 9/15  
#1142.300 Sa 9:30-10:15 am 9/17-10/8 \*\*\$37 EVCC  
\*\*\$10 supply fee due at first class

NEW

## Mom & Tot Bootcamp

10 weeks Ages 1½-4

This class is designed for the busy parent who wants to burn some serious calories with your child along for the fun. High-intensity cardio drills, body weight training, and some resistance moves will give the parent a full-body workout. Activities are designed to involve the little ones as well, so everyone has fun together. What a great way to get a workout and feel good about yourself while including your child. It's also an opportunity to show your child the importance of exercise and just how fun it can be. All fitness levels are welcome.

Instructor: Kristin Stehly, ACE Certified Group Fitness Instructor & Personal Trainer  
#2637.300 Sa 11:00-12:00 pm 9/17-11/19 \$89 MCC

## Preschool Karate for Beginners

5 weeks Ages 2-5

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

Instructor: Leah Snead & staff  
Session 1  
#1441.310 T 10:00-10:45 am 9/13-10/11 \$59 EVCC  
Session 2  
#1441.320 T 10:00-10:45 am 10/18-11/15 \$59 EVCC

## Advanced Preschool Karate

5 weeks Ages 2-5

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

Instructor: Leah Snead & staff  
Session 1  
#1442.310 T 10:45-11:30 am 9/13-10/11 \$59 EVCC  
Session 2  
#1442.320 T 10:45-11:30 am 10/18-11/15 \$59 EVCC

## ABRAKADOODLE—MY FIRST ART CLASS

4 weeks Ages 2-5

This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing and creating while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative. Children learn about color, shape, texture, and art materials through carefully designed lessons that introduce artists and techniques, ignite the imagination, and encourage skill development.

Instructor: Abtrakadoodle Staff  
Session 1  
#1147.310 T 9:30-10:15 am 9/13-10/4 \*\*\$65 EVCC  
Session 2  
#1147.320 T 9:30-10:15 am 10/11-11/1 \*\*\$65 EVCC  
\*\*\$12 supply fee due at first class

# Youth ENRICHMENT



**NEW**

## Comp U Kids Weebot Adventures

8 weeks

Ages 6-9

Journey through Weebot World and discover the bots that live there! Using simple drag and drop programming, students explore working motors, sensors, and pulley & gear combinations while learning important computer programs such as Word, PowerPoint, Excel, and more! Your child will have fun with programming puzzles, riddles, and scavenger hunts that bring LEGO® robots to life.

Instructor: Comp U Kids staff

#1589.300 W 4:00-5:00 pm 9/14-11/2 \*\*\$110 EVCC

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

**NEW**

## 9 Heart Art 5 weeks

Ages 6-11

All children are artists! This class will give them the encouragement and materials to develop their creativity. We'll be working with a variety of mediums, such as yarn, oil pastels, watercolor, clay, and more. The second session will include fun holiday art projects.

Instructor: Vanessa Throgmorton

Session 1

#1210.310 M 4:00-5:00 pm \*9/12-10/17 \*\*\$49 EVCC

Session 2

#1210.320 M 4:00-5:00 pm \*10/24-11/28 \*\*\$49 EVCC

\*No class 10/3 & 10/31

\*\*\$10 material fee due at first class

**NEW**

## Engineering FUNdamentals with LEGOs®

8 weeks

Ages 7-11

Students take on real-life engineering challenges that explore concepts in physics, architecture, and mechanical and structural engineering with over 100,000 pieces of LEGOs. Designed by engineers, the curriculum challenges both new and returning students.

Instructor: Play-Well TEKologies

#1587.300 T 3:30-5:00 pm 9/13-11/1 \*\*\$175 EVCC

## Children's Safety & Awareness Ages 4-13

Your child will learn stranger-safety awareness, basic safety techniques, and basic risk reduction techniques. Children will have the opportunity to participate in emergency scenarios using the information gained in this workshop.

Instructors: Officer Mario Sainz and Barbara Sainz

#1555.300 Sa 9:00-11:00 am 10/15 \$10 EVCC Ages 4-8

#1555.301 Sa 9:00-11:00 am 11/5 \$10 EVCC Ages 9-13

## Family Classes

**NEW**

### Sugar Skull Art

Ages 6-Adult

Join us for a family night of sugar skull decorating, an indigenous Day of the Dead tradition in Mexico. This is a unique class that offers a cultural experience that people of all ages can enjoy. Skulls are for decoration purposes and not recommended for consumption.

Individual children & adults welcome. See back cover photo or go to [www.sugarskulz.com](http://www.sugarskulz.com).

Instructor: Carolina Celaya

#1565.300 Th 6:00-7:30 pm 10/27 \*\*\$15 EVCC

\*\*\$5 discount for each additional family member;

\$5 material fee per skull.

**NEW**

### Clay for all Ages

6 weeks

Ages \*6-Adult

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

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

#2137.300 W 6:00-7:30 pm 10/5-11/9 \*\*\$65 EVCC

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

\*\*\$30 material fee due at class



NEW

### Intro to Keyboarding 6 weeks Ages 10–15

Learn to play the piano! This class is designed for pre-teens and teens that have had little to no instruction on the keyboard. Students will learn the basic fundamentals of keyboarding, such as learning the notes on the keys, rhythm, reading basic sheet music, and playing chords. They will have the opportunity to play a mini recital, showing off what they learned, at the end of the session.

Instructor: Sarah Hancock; 10 years teaching experience; B.A. in Liberal Arts, Applied music certificate

#1577.300 M 5:00–6:00 pm 9/12–10/17 \*\*\$49 MCC

\*\*\$5 material fee due at first class; bring your own keyboard—rentals available, contact musicinminor@gmail.com

### DRUM IT UP! 4 weeks Ages 6–12

Come beat the drums, chairs and floors! This class introduces drumming from single strokes and paradiddles to swing beats. Learn techniques for using a drum set. Develop coordination and improve listening skills while we pound out some great rhythm.

Instructor: Cynthia Newhan

#1355.300 Th 4:00–5:00 pm 9/15–10/6 \*\*\$39 MCC

\*\*\$2 material fee due at first class

### DO RE MI! Children's Choir

8 weeks Ages 7–13

Here is an opportunity for your child to develop his or her voice. Students will learn the proper way to breathe and use their voice in a non-intimidating choral setting. There will be solo opportunities for those with the desire and ability.

Instructor: Mary Bright, voice teacher for over 20 years

#1345.300 Th 5:00–6:00 pm 9/15–11/3 \*\*\$54 EVCC

\*\*\$10 material fee due at first class

### Young Actors Workshop 8 weeks Ages 7–12

Watch your child blossom into a confident performer. Students will learn the basics of acting while performing a live play. Your child's self-confidence and ability to focus will grow as he or she gains skills in public speaking, leadership, and teamwork.

Instructor: Mary Bright, actress, director, and voice teacher for over 20 years

#1346.300 Th 4:00–5:00 pm 9/15–11/3 \*\*\$54 EVCC

\*\*\$10 material fee due at first class

NEW

### COOL HAUNTED CAKES WITH MY COOL KID COOKS

Ages 7–Adult

Calling all Goblins, Ghosts, and Monsters—and Mummy's and Daddy's too! Create a haunted edible dessert for the family and learn some fun cake decorating skills during this parent and child event. During the class, we'll create a masterpiece of monster-worthy art on a 9" round cake. Plus each child will earn a Certificate of Culinary Excellence in Cake Decorating from My Cool Kid Cooks.

Instructor: Chef Pharrell Worthylake, Head Chef/Owner of My Cool Kid Cooks

Registration/refund deadline: 10/20

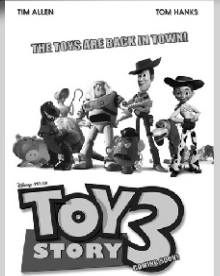
#1530.300 W 6:00–8:00 pm 10/26 \*\*\$25 EVCC

\*\*\$18 material fee due at class, includes a chef's hat, a cake decorating instruction booklet, and a decorating kit for each child

MOVIES IN THE PARK!  
at Grape Day Park FREE!



Sat. - August 13  
Rated PG



Sat. - August 27  
Rated PG

Activities start  
at 7:00 pm  
Movie starts  
at dusk

- Children's activities
- Snack bar

Sponsored by

- Escondido History Center
- Escondido Recreation
- San Diego Children's Discovery Museum

For more information call 760-743-8207  
www.grapedaypark.org



# YOUTH Fitness & Dance



## **Ballet** 12 weeks Ages 4–18

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

Instructor: Cindy Ahler

Pre Ballet

#1310.315 W 3:15–4:00 pm \*9/14–12/7 \$108 EVCC 4–5

#1310.302 Sa 9:30–10:15 am \*9/17–12/10 \$108 EVCC 4–5

Pre Ballet 2 (prerequisite Pre Ballet)

#1310.301 Th 3:30–4:30 pm \*9/15–12/8 \$108 EVCC 5–7

Beginning Ballet

#1310.303 T 3:30–4:30 pm \*9/13–12/6 \$108 EVCC 6–10

#1310.305 Sa 10:15–11:15 am \*9/17–12/10 \$108 EVCC 6–10

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

#1310.304 W 4:00–5:00 pm \*9/14–12/7 \$108 EVCC 6–10

#1310.307 Sa 11:15–12:15 pm \*9/17–12/10 \$108 EVCC 6–10

Ballet 3/4/5

#1310.306 W 5:00–6:00 pm \*9/14–12/7 \$108 EVCC \*\*

Advanced Ballet

#1310.312 Th 4:30–5:45 pm \*9/15–12/8 \$108 EVCC \*\*

Pointe (concurrent enrollment in Advanced required)

#1310.310 T 4:30–5:45 pm \*9/13–12/6 \$98 EVCC \*\*

\*No class 11/22, 23, 24 & 26

\*\*Instructor approval required.



## **Tiny Dancer** 4 weeks Ages 3–5

Give your preschooler an introduction to dance! Children will learn elementary ballet technique and that dance class is fun.

Instructor: Emily Aguilar

Session 1

#1311.311 W 10:00–10:45 am 9/14–10/5 \$28 MCC

#1311.312 W 10:45–11:30 am 9/14–10/5 \$28 MCC

Session 2

#1311.321 W 10:00–10:45 am 10/26–11/16 \$28 MCC

#1311.322 W 10:45–11:30 am 10/26–11/16 \$28 MCC

## **Street Jazz** 6 weeks Ages 6–13

Street jazz is a dance form combining hip hop and jazz. Dancers will learn basic jazz technique and hip hop infused choreography. Have a blast—join our class.

Instructor: Dance Fitness Inc. staff

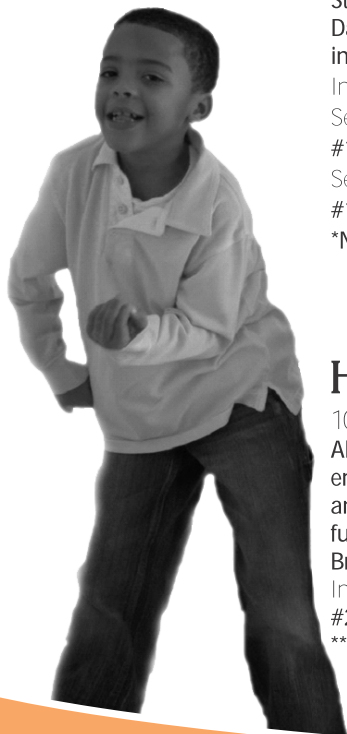
Session 1

#1350.310 M 4:00–5:00 pm 9/12–10/17 \$48 MCC

Session 2

#1350.320 M 4:00–5:00 pm \*10/24–12/5 \$48 MCC

\*No class 10/31



## **Hula (Polynesian Dance)**

10 weeks

Ages 6–Adult

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

Instructor: Dawn Cheek, 40 years teaching experience

#2231.300 Sa 10:00–11:00 am 9/17–11/19 \*\*\$65 MCC

\*\*\$5 discount each additional family member

## **Fencing—Sabre**

4 weeks/2 days

Ages 9–12

Fencing is an excellent combination of cardio and strength training. Your child will learn the basics of swordplay using footwork, strategy, conditioning, scorekeeping, and refereeing.

Instructor: Karen Baumgart, San Diego Fencing Center staff

#1418.300 M/W 4:00–5:00 pm 9/12–10/5 \*\*\$55 SDFC

\*\*\$35 material fee due at first class

## Best Friends Ice Skating

7 weeks

Ages 3-6

Best Friends is a skating class designed for the child who is not yet ready to go on the ice by him/herself. The child must be 6 years of age or younger while the child's "best friend" can be any person 13 years or older. This is a great class for the little ones to come and skate with their parents/grandparents/babysitters or older siblings.

Instructor: Iceoplex staff

#1404.300 T 10:00-10:30 am 9/13-10/25 \*\*\$74 ICE

\*\*Includes skate rental and public skating from 8:30-11:30 am on day of class



## Tiny Tots Ice Skating

7 weeks

Ages 3-5

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

Instructor: Iceoplex staff

#1405.312 T 4:45-5:15 pm 9/13-10/25 \*\*\$74 ICE

#1405.311 F 4:45-5:15 pm 9/16-10/28 \*\*\$74 ICE

\*\*Includes skate rental and public skating from 1:30-5:15 pm on day of class

NEW

## Kid's Fitness

10 weeks

Ages 5-10

Want your child to be active and enjoy exercise? This class is designed to get your child moving while having fun. Kids get to participate in various fitness activities in a non-competitive environment. This class includes "just for fun" relays, games, music, and other cooperative movement activities. A short warm-up and cool down/stretch is also included.

Instructor: Kristin Stehly, ACE Certified Group Fitness Instructor & Personal Trainer

#1410.300 T 3:30-4:30 pm 9/13-11/15 \$79 MCC

## Beginning Ice Skating

7 weeks

Ages 6-16

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

Instructor: Iceoplex staff

#1406.312 T 4:15-4:45 pm 9/13-10/25 \*\*\$74 ICE

#1406.311 F 4:15-4:45 pm 9/16-10/28 \*\*\$74 ICE

\*\*Includes skate rental and public skating from 1:30-5:15 pm on day of class

## USA Jump Stars

11 weeks

Ages 6-13

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

Instructor: Melinda Everett, national jump rope champion

#1435.300 Th 4:15-5:00 pm \*9/15-12/1 \$66 JSC

\*No class 11/24



## Youth Basketball for Boys & Girls

Ages 7-10

Escondido Recreation Youth Basketball is back! Be part of the new, exciting season this fall. Introductory basketball leagues will be offered in **two divisions: 7-8 year-olds and 9-10 year-olds**. Our school leagues will give young players the opportunity to represent their schools in competition. Your child will enjoy a fun and rewarding experience at an affordable price. All games will be played at the East Valley Community Center from 8:00 a.m.-2:00 p.m. on Saturdays.

FALL 2011 LEAGUE

Registration: August 22-September 10

Pre-Season Game: September 17

Regular Season Begins: September 24

Cost: \*\$40/player

\*An additional \$10 will be added for late registration

Registration Forms, with more information, will be available the end of August at the East Valley Community Center and online at [www.recreation.escondido.org](http://www.recreation.escondido.org).

# Youth Dance & Fitness



## Saturday Youth Tennis

5 weeks Ages 7-14  
Saturday youth tennis is here. Children will learn basic strokes, scoring, and sportsmanship in these group lessons. Tennis is a great way to keep your child physically active while learning a lifetime sport. All skill levels welcome. *Bring one can of new, unopened tennis balls and racquet.*

Instructor: Rebecca Schlesinger, USPTA Certified

Session 1				Ages	
#1427.311	Sa 9:00-10:00 am	9/10-10/8	\$45	MVP	7-10
#1427.312	Sa 10:00-11:00 am	9/10-10/8	\$45	MVP	11-14
Session 2				Ages	
#1427.321	Sa 9:00-10:00 am	10/22-11/19	\$45	MVP	7-10
#1427.322	Sa 10:00-11:00 am	10/22-11/19	\$45	MVP	11-14

## Tumble Kids

6 weeks Ages 6-12

Come, tumble with us! Children will work at their own skill level to learn beginning skills, such as rolls and handstands. Intermediate students will work on cartwheels, walkovers, etc. Your child will have the use of tumbling mats in different shapes, a balance beam, and a balance bar. Boys and girls are welcome.

Instructor: Flip to Cheer staff

Session 1				Ages	
#1444.310	W 5:00-5:45 pm	9/14-10/19	\$59	MCC	
Session 2				Ages	
#1444.320	W 5:00-5:45 pm	*10/26-12/7	\$59	MCC	

\*No class 11/23

### Martial Arts/Self Defense

see page 21

### Taekwondo

see page 22

## Youth Tennis

5 weeks Ages 7-14

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

Instructor: David Parker, USPTA Certified

Session 1				Ages	
#1426.313	Beg. T 3:30-4:30 pm	9/13-10/11	\$45	KCP 7 & 8	7-10
#1426.314	Beg/Int. T 4:30-5:30 pm	9/13-10/11	\$45	KCP 7 & 8	11-14
#1426.315	Beg. Th 3:30-4:30 pm	9/15-10/13	\$45	MVP 1 & 2	7-10
#1426.316	Beg/Int. Th 4:30-5:30 pm	9/15-10/13	\$45	MVP 1 & 2	11-14
Session 2				Ages	
#1426.323	Beg. T 3:30-4:30 pm	10/18-11/15	\$45	KCP 7 & 8	7-10
#1426.324	Beg/Int. T 4:30-5:30 pm	10/18-11/15	\$45	KCP 7 & 8	11-14
#1426.325	Beg. Th 3:30-4:30 pm	10/20-11/17	\$45	MVP 1 & 2	7-10

## CHEERNASTICS—POMMETTES

6 weeks Ages 4-12

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

Instructor: Tammy Atyim & Flip to Cheer staff

Session 1				Ages	
#1448.312	W 3:30-4:15 pm	9/14-10/19	\$59	MCC	4-7
#1448.313	W 5:50-6:35 pm	9/14-10/19	\$59	MCC	6-12
Session 2				Ages	
#1448.322	W 3:30-4:15 pm	*10/26-12/7	\$59	MCC	4-7
#1448.323	W 5:50-6:35 pm	*10/26-12/7	\$59	MCC	6-12

\*No class 11/23

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

## Elementary-Age Gymnastics

8 weeks Ages 5-12

Come and tumble with us this summer! We will have a blast swinging on bars, balancing on beams, vaulting, and bouncing on the trampoline. Gymnastics is the basis of all sports and we make sure our students learn proper stretching and positions, as well as safe landing and tumbling skills. Cartwheels, bridges, routines on the trampoline, and basic bar skills highlight this high energy class. Don't miss out on summertime fun-time!

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

#1402.301	F 3:15-3:55 pm	9/16-11/4	**\$96	EVCC
#1402.302	F 4:00-4:40 pm	9/16-11/4	**\$96	EVCC

\*\*\$10 discount each additional sibling

## Mini Gymnastics

10 weeks Ages 3½-5

When your child is ready for independence (with the gentle guidance of a teacher), this fun gymnastics environment will challenge their body, mind, and spirit. Mini Gymnastics provides a safe gym filled with all the gymnastics equipment your child will need to start learning and mastering the skills of basic gymnastics. Your child will learn to do cartwheels, handstands, trampoline, beam, bar, and much more! *It is strongly advised that participants be able to participate in class without parental help.*

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

#1401.302	M 10:45-11:25 am	*9/12-11/28	**\$120	MCC
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\*No class 10/31 & 11/21      \*\*\$10 discount each additional sibling



## ACE Riptides Competitive Water Polo Club

Ages 18 years & Under Fee: \$275

The club is comprised of some of the top water polo players, not only in Escondido but all of North County! This is an excellent opportunity for female athletes to get in shape and build skill in preparation for the high school Winter Season. Athletes will practice twice a week with league play on Sundays. Possible tournaments will be added depending on availability.

Instructor: Certified USA Water Polo Coach, Kevin Weinberger  
Location: WP

Girls 18U #4157.310  
9/6-11/10 T/Th 7:30-9:00 pm  
Su TBA

Girls 16U #4157.320  
9/6-11/10 T/Th 7:30-9:00 pm  
Su TBA

\*Players must be registered with USA Water Polo. Memberships can be obtained at [www.usawaterpolo.com](http://www.usawaterpolo.com)



## Grommets Coed Water Polo

Ages 10-14 Fee: \$150

Don't miss the opportunity to be part of one of the fastest growing sports in San Diego! This year round competitive coed water polo team welcomes all skill levels. Athletes will learn basic water polo skills, game strategies, and teamwork. The team will participate in a Grommets league and tournament playing other San Diego club teams.

Instructor: Certified USA Water Polo Coach  
Location: WP

Coed 14U #4150.310  
9/19-12/5 M/W 7:00-8:30 pm

Coed 12U #4150.320  
9/19-12/5 M/W 7:00-8:30 pm

\*Game and tournament schedule TBA

\*\*Players must be registered with USA Water Polo. Memberships can be obtained at [www.usawaterpolo.com](http://www.usawaterpolo.com)

## ACE Makos Swim Club

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

Join us for an Open House: Tuesday 9/13-Thursday 9/15  
5:00-7:00 pm  
Washington Park Pool

Stop by for additional information or come prepared to swim for club placement. Swimmers must have a waiver signed by a parent/guardian prior to entering the water.

This club is year-round but seasonal swimmers are welcome!

Short Course Season: 9/12-3/12  
Long Course Season: 3/19-8/20

Club fees are as low as \$60 per month.



For more information call 760.839.4204 or visit [ACE.escondido.org](http://ACE.escondido.org)



See pages 30-31  
for REGISTRATION INFORMATION

# AQUATICS



## Learn-to-Swim Program

Learn-to-Swim classes are taught by certified instructors.

Please note: Registration will not be accepted at James Stone Pool. Please follow the registration procedures on pages 30 & 31.

**DATES** Saturdays, September 3–October 22  
8 weeks, 40-min. classes

**LOCATION** James Stone Pool (JSP)  
131 Woodward Ave.



### Me & My Shadow ~Parent/Child~

Ages 6 mo.–3 yrs. Fee: \$45  
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.  
#4200.301 1:50–2:30 p.m.

### Grunion 1

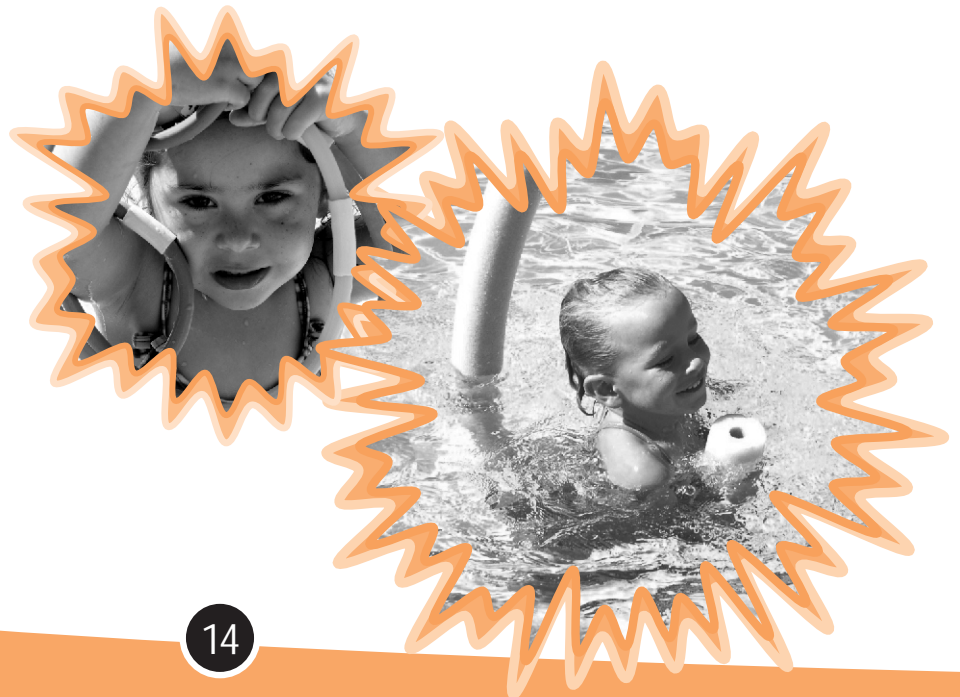
Ages 3 & 4 Fee: \$50  
This class is held in the wading pool for preschool-aged children to promote water exploration and comfort in the water, and is for children with little or no swimming experience. Skills include water entry and exit, breath control, supported front glides and back floats, and safety through fun and games.  
#4210.301 10:00–10:40 a.m.  
#4210.302 10:50–11:30 a.m.  
#4210.303 1:50–2:30 p.m.

### Grunion 2

Ages 3 & 4 Fee: \$50  
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 actions with support.  
#4220.301 10:00–10:40 a.m.  
#4220.302 12:10–12:50 p.m.

### Jellyfish

Ages 3 & 4 Fee: \$50  
This class builds on the skills taught in Grunion 1 and 2, providing additional guided practice with increased distances and times. Participants will focus on breath control, unassisted front/back floats and glides, recovery from floats/glides, and elementary coordination of front crawl. Upon successful completion, child will be placed in appropriate Learn-to-Swim level.  
#4225.301 12:10–12:50 p.m.



# Becoming safe in and around the water!

## Duck

Ages 5–16 Fee: \$50

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.

#4230.301	9:10–9:50 a.m.
#4230.302	10:00–10:40 a.m.
#4230.303	10:50–11:30 a.m.
#4230.304	1:00–1:40 p.m.
#4230.305	1:50–2:30 p.m.

## Dolphin

Ages 5–16 Fee: \$50

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

#4232.301	9:10–9:50 a.m.
#4232.302	10:00–10:40 a.m.
#4232.303	10:50–11:30 a.m.
#4232.304	12:10–12:50 p.m.
#4232.305	1:00–1:40 p.m.

## Starfish

Ages 5–16 Fee: \$50

Level 3 is designed to promote stroke development and provide guided practice in deep water. Skills taught include rotary breathing, front crawl, elementary backstroke, and head first entry from kneeling position.

Participants must have passed dolphin or be able to swim 5 yds independently.

#4240.301	9:10–9:50 a.m.
#4240.302	10:50–11:30 a.m.
#4240.303	12:10–12:50 p.m.
#4240.304	1:50–2:30 p.m.

## Seahorse

Ages 5–16 Fee: \$50

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

#4250.301	9:10–9:50 a.m.
#4250.302	1:00–1:40 p.m.

## Seals

Ages 5–16 Fee: \$50

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

#4260.301	1:00–1:40 p.m.
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\*Participants in Seals are invited to join ACE Makos to further their skills in swimming. Information on this swim club can be found on page 13.

## Adult Swim

### Adult Beginner/ Advanced Beginner

Ages 16–Adult Fee: \$55

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

Mon/Wed Pool \*Aug. 15–Sept. 12

\*No class 9/5

#4201.301	WP	7:30–8:30 p.m.
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# ESCONDIDO RECREATION

## Building Confidence, Self-Esteem & Friendships!

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



## On Track

### Before & After School Program

is located at these school sites:

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

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

**Morning: 6:30 a.m.-8:00 a.m.**

**Afternoon: End of School until 6:00 p.m.**

**Cost: FREE!**

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

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

**For more information, please call  
760-839-5483**



## On Track

### After School Program

is located at these school sites:

- **North Broadway**
- **Reidy Creek**

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

**Program begins when students are released for the day until 6:00 p.m.**

**Cost: \$10 per day**



# TEEN Scene

NEW

## Intro to Keyboarding 6 weeks Ages 10–15

Learn to play the piano! This class is designed for pre-teens and teens that have had little to no instruction on the keyboard. Students will learn the basic fundamentals of keyboarding, such as learning the notes on the keys, rhythm, reading basic sheet music, and playing chords. They will have the opportunity to play a mini recital, showing off what they learned, at the end of the session.

Instructor: Sarah Hancock; 10 years teaching experience; B.A. in Liberal Arts, Applied music certificate

#1577.300 M 5:00–6:00 pm 9/12–10/17 \*\*\$49 MCC

\*\*\$5 material fee due at first class; *bring your own keyboard-rentals available, contact musicinminor@gmail.com*

## Guitar for Teens 6 weeks Ages 13–18

Is your teen interested in playing the guitar? This rapid-paced class is designed for self-motivated teens. Three simple chords will be learned and applied to many popular songs, along with finger picking and lead playing. *Guitars are required and may be rented through the instructor for \$30 for the entire session.*

Instructor: Jack Brooks & staff

#1600.300 W 4:30–6:00 pm 9/14–10/19 \*\*\$45 MCC

\*\*\$8 material fee due at first class

## Babysitter Training and Infant & Child CPR 1/2 days Ages 11–18

The American Red Cross created this course to prepare babysitters in every aspect of caring for young children, including leadership skills, the business aspect of babysitting, and awareness & safety. Participants will learn about child development, encouraging positive behavior, and discipline techniques. The new CPR component will prepare babysitters for an emergency, to be ready with basic first aid, and to deal with breathing and cardiac emergencies.

Instructor: Blythe Paley, Red Cross Certified

Registration/refund deadline: 10/18

Babysitter only

#1604.300 Sa 9:00–3:00 pm 10/22 \*\*\$48 EVCC

Babysitter & CPR

#1604.301 Sa 9:00–3:00 pm 10/22

M 6:00–8:00 pm 10/24 \*\*\$68 EVCC

\*\*\$26 material fee due at first class

## Fencing—Sabre 6 weeks Ages 14–Adult

Take up this fun and active sport that will keep your mind and body fit. Fencing is a great physical activity that promotes bone health. This beginner class will cover footwork, strategy, conditioning, scorekeeping, and refereeing.

Instructor: Saul Mendoza, Olympic Fencer

#1650.300 Th 6:00–7:00 pm 9/15–10/20 \*\*\$48 SDFC

\*\*\$35 rental fee for equipment is due at first class



NEW

## Teen Makeup & Skin Care Ages 12–17

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

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

#1622.300 Sa 1:30–4:30 pm 10/1 \*\*\$49 EVCC

\*\*\$25 material fee for makeup kit

## Make Cute Stuff!—Knit & Crochet

6 weeks Ages 14–Adult

Knitting and crocheting is easy and fun! You'll be able to choose your own projects and work at your own pace to complete one-day projects to wear or use in your home. Create beautiful and useful items, such as: beanies, headbands, sock puppets, dolls, scarves, potholders, bath mats, washcloths, baby things, and even jewelry. The options are endless! Beginners learn the basics of crocheting and knitting. Intermediate learners will pick more advanced projects.

Instructor: Athene Bitting, knitting and crocheting since 1957

#2322.300 Sa 9:00–11:00 am 9/17–10/22 \*\*\$45 EVCC

\*\*\$7 optional material fee due at first class, if you do not have your own materials

### MORE CLASSES FOR TEENS

Vocal Fundamentals & Keyboarding 2 – page 18

CPR/AED & Safety Awareness – page 19

Ballroom Dance, Salsa, Ballet, & Hula – page 20

Martial Arts, Lap Swim & Ice Skating – page 21

Taekwondo & Boot Camp – page 22

Tennis – page 23

# ADULT Enrichment

## Vocal Fundamentals 6 weeks Ages 15–Adult

If you enjoy singing but are afraid to sing outside of the shower, come and join this class. This welcoming environment invites anyone who loves to sing or would like to begin. Learn the fundamentals: how to read sheet music; how the voice works; warm-up exercises; and various music/singing styles that will best suit your voice. We'll sing popular old and new favorites. You will have the option to sing in groups or solo, and also have an opportunity to sing for your peers at the end of the session.

Instructor: Sarah Hancock; 10 years teaching experience; B.A. in Liberal Arts, Applied music certificate  
 #2243.300 T 5:30–6:30 pm 9/13–10/18 \*\*\$48 MCC  
 \*\*\$6 material fee due at first class

NEW

## Keyboarding 2 6 weeks Ages 14–Adult

This class is intended for continuing students of Intro to Keyboarding, or students who have some experience playing the piano. Come and learn new tunes, improve on your sight reading and playing by ear, and learn more chords and chord progressions. And most of all, have a good time!

Instructor: Sarah Hancock; 10 years teaching experience; B.A. in Liberal Arts, Applied music certificate  
 #2242.300 M 6:00–7:00 pm 9/12–10/17 \*\*\$49 MCC  
 \*\*\$5 material fee due at first class; *bring your own keyboard—rentals available, contact musicinminor@gmail.com*

## Guitar I 6 weeks Adults

Always wanted to learn to play the guitar? This hands-on class for beginners is a perfect way to learn the basics, from how to hold the instrument properly to learning basic chords and right-hand strumming techniques. We'll play popular folk songs that incorporate these techniques. *Guitars can be rented through the instructor for \$30 for the entire session.*

Instructor: Jack Brooks & staff  
 #2211.300 W 6:00–7:30 pm 9/14–10/19 \*\*\$45 MCC  
 \*\*\$8 material fee due at first class

NEW

## Holiday Floral Arranging Adults

Create a spooky arrangement of barren branches laden with spider webbing, berries, a tiger lily and carnation for your Halloween display. Use fall floral surrounding a miniature pumpkin to create a wonderful fall centerpiece for your table. Wreath making may well be the simplest and most pleasurable craft you will ever undertake and will look good through the holiday season.

Instructor: Datie Gahran, Floral designer  
 Halloween  
 #2176.301 Sa 10:00–12:00 pm 10/15 \*\*\$12 EVCC  
 Fall Table Centerpiece  
 #2176.302 Sa 10:00–12:00 pm 11/19 \*\*\$12 EVCC  
 Wreath making  
 #2176.303 Sa 10:00–12:00 pm 12/10 \*\*\$12 EVCC  
 \*\*\$25 material fee due at first class

NEW

## Adult Makeup & Skin Care Adults

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

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

Session 1  
 #2187.310 Sa 9:30–12:30 pm 10/1 \*\*\$49 EVCC  
 Session 2  
 #2187.320 Sa 1:30–4:30 pm 11/12 \*\*\$49 EVCC  
 \*\*\$25 material fee for makeup kit

NEW

## Makeup 101 Adults

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

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician  
 #2188.300 Sa 9:30–12:30 pm 11/12 \*\*\$49 EVCC  
 \*\*\$25 material fee for makeup kit

## Make Cute Stuff!—Knit & Crochet

6 weeks Ages 14–Adult

Knitting and crocheting is easy and fun! You'll be able to choose your own projects and work at your own pace to complete one-day projects to wear or use in your home. Create beautiful and useful items, such as: beanies, headbands, sock puppets, dolls, scarves, potholders, bath mats, washcloths, baby things, and even jewelry. The options are endless! Beginners learn the basics of crocheting and knitting. Intermediate learners will pick more advanced projects.

Instructor: Athene Bitting, knitting and crocheting since 1957  
 #2322.300 Sa 9:00–11:00 am 9/17–10/22 \*\*\$45 EVCC  
 \*\*\$7 optional material fee due at first class, if you do not have your own materials



NEW

**Supermarket Tour and More!** 3 weeks Adults

Are you tired of all the contradictory, confusing, and complicated diet advice about what to eat to remain "forever slim and ageless"? Join a Registered Dietitian who will help guide you back to the tried-and-true basics of nutrition for your best health and weight. You'll learn to shop smart and economically, and understand and interpret food labels and marketing messages. You'll find out where and how to access health and wellness information you can trust.

Instructor: Charlyne Pack, RD, 15 years experience  
 #2116.300 W 6:00–7:30 pm \*10/12–10/26 \*\*\$44 EVCC  
 \*Week 2, October 19, class will meet for a two-hour supermarket tour; place and time TBD.

\*\*\$5 material fee due at first class



NEW

**Sugar Skull Art** Ages 6–Adult

Join us for a family night of sugar skull decorating, an indigenous Day of the Dead tradition in Mexico. This is a unique class that offers a cultural experience that people of all ages can enjoy. Skulls are for decoration purposes and not recommended for consumption. Individual children & adults welcome. See back cover photo or go to [www.sugarskullz.com](http://www.sugarskullz.com).

Instructor: Carolina Celaya  
 #1565.300 Th 6:00–7:30 pm 10/27 \*\*\$15 EVCC  
 \*\*\$5 discount for each additional family member;  
 \$5 material fee per skull.

NEW

**Clay for all fges** 6 weeks Ages \*6–Adult

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

Instructor: Kim Kelly, B.F.A in Ceramics, Artist and Teacher  
 #2137.300 W 6:00–7:30 pm 10/5–11/9 \*\*\$65 EVCC  
 \*Ages 6–11 can participate with an adult enrolled in class  
 \*\*\$30 material fee due at class

**Orchid Growing—Clearing up the Mystery**

2 weeks Adults

You don't have to be afraid of growing orchids. We will clear up a lot of the mystery of orchid growing and give you a firm knowledge of how to deal with your plants. You will learn the basics of growing orchids, how to water; and the type of lighting, fertilizer, and temperature that they need. If you have an orchid, you may bring it to the second class where we will learn how to split and repot it.

Instructor: Ethel Warner  
 #2120.300 T 6:00–7:00 pm 9/13–9/20 \$29 EVCC

**Home Maintenance for Beginners**

4 weeks Adults

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

Instructor: William S. Modi, 20 years home repair and maintenance experience  
 #2101.300 W 6:30–8:30 pm 9/14–10/5 \$48 EVCC

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

Ages 15–Adult

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

Instructor: Kevin Weinberger, LGI  
 Registration/refund deadline: 10/13  
 #4286.300 Sa 9:00–2:00 pm 10/15 \*\*\$35 EVCC  
 \*\*\$19 material fee due at class; includes CPR pocket mask and ARC certification cards

**Safety Awareness & Self-Defense****Option 1**

Ages \*13–Adult

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

Instructor: Sergeant Al Owens, police officer for 15 years and Defensive Tactics Instructor for 13 years  
 #2152.300 Th 6:30–8:30 pm 10/20 \$15 EVCC  
 \*It is recommended that 13 and 14 year-olds attend with an adult.

**Safety Awareness & Self-Defense****Option 2**

Ages \*13–Adult

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

Instructor: Sergeant Al Owens, police officer for 15 years and Defensive Tactics Instructor for 13 years  
 #2153.300 Th 6:30–8:30 pm 10/27 \$15 EVCC  
 \*It is recommended that 13 and 14 year-olds attend with an adult.

# Adult Dance & Fitness



## Ballroom Dancing 5 weeks Ages 14-Adult

Ever wanted to learn Foxtrot, Rhumba, or Waltz? Join us solo or with a partner for some fall fun. We will have plenty of time for couples to practice together, as well as rotate partners. Beginner and intermediate dancers will learn to lead and follow. Join both sessions if you would like to be dancing by the 2011 holiday party season. This class will give you better balance, exercise, casual elegance on the dance floor, and a lot of fun! Be sure to wear comfortable shoes that stay on your feet.

Instructor: Fran Kollenborn, 20+ years teaching experience

Session 1  
#2237.310 F 6:00-7:30 pm 9/16-10/14 \$61 JSC

Session 2  
#2237.320 F 6:00-7:30 pm \*10/28-12/9 \$61 JSC

\*No class 11/11 & 11/25

## SALSA! 5 weeks Ages 14-Adult

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

Instructor: Fran Kollenborn, 20+ years teaching experience

Session 1  
#2238.310 F 7:30-9:00 pm 9/16-10/14 \$61 JSC

Session 2  
#2238.320 F 7:30-9:00 pm \*10/28-12/9 \$61 JSC

\*No class 11/11 & 11/25

## Swing Dance 6 weeks Adults

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

Instructors: Gary Eisert & Marjorie Hill, 15 years teaching experience as a couple

East Coast Swing - Beginning  
#2235.300 Th 7:00-8:00 pm \*9/22-11/3 \$49 JSC

West Coast Swing - Intermediate  
#2235.301 Th 8:00-9:00 pm \*9/22-11/3 \$49 JSC

\*No class 10/20



## LINE DANCE 10 weeks Adults

Line dance isn't just country anymore. We dance to our favorite music—oldies, big band, rock and roll, and anything else we like. Neither a partner nor dance experience is required. Come on out and give it a try. You'll have fun!

Instructor: Carol Stroecker, 10 years teaching line dance

#2200.300 T 7:00-8:30 pm \*9/20-11/29 \$51 JSC

\*No class 11/22

## Adult Ballet 12 weeks Ages 15-Adult

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

Instructor: Cindy Ahler

#2203.301 Beg/Int. W 7:10-8:10 pm \*9/14-12/7 \$108 EVCC

\*No class 11/23

## **NEW** Belly Dance 9 weeks Adults

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

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

#2618.300 F 6:45-7:45 pm 9/16-11/18 \$72 EVCC

## Hula (Polynesian Dance) 10 weeks Ages 6-Adult

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

Instructor: Dawn Cheek, 40 years teaching experience

#2231.300 Sa 10:00-11:00 am 9/17-11/19 \*\*\$65 MCC

\*\*\$5 discount each additional family member

## Hoop Happy 6 weeks Adults

Obama does (First Lady Michelle, that is). So does pop superstar Beyonce. Same goes for actress Marissa Tomei and even basketball icon Shaquille O'Neill. Get in on the new fitness craze and burn up to 600 calories an hour! Hoop dance, the modern evolution of the hula hoop, increases flexibility and core strength. Beginners learn simple moves to get started. More advanced students will add to their knowledge. All levels welcome.

Instructor: Lisa McCague

#2177.300 M 7:00-7:45 pm \*10/3-11/14 \*\*\$42 JSC

\*No class 10/31

\*\*\$15 material fee due at first class for adult-sized hoop

# Get fit while having fun!

NEW

## Mom & Tot Bootcamp

10 weeks

Ages 1½-4

This class is designed for the busy parent who wants to burn some serious calories with your child along for the fun. High-intensity cardio drills, body weight training, and some resistance moves will give the parent a full-body workout. Activities are designed to involve the little ones as well, so everyone has fun together. What a great way to get a workout and feel good about yourself while including your child. It's also an opportunity to show your child the importance of exercise and just how fun it can be. All fitness levels are welcome.

Instructor: Kristin Stehly, ACE Certified Group Fitness Instructor & Personal Trainer

#2637.300 Sa 11:00-12:00 pm 9/17-11/19 \$89 MCC

## Adult Beginning Ice Skating

7 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: Iceplex staff

#2624.300 W 6:05-6:35 pm 9/14-10/26 \*\*\$74 ICE

\*\*Includes skate rental and public skating from 1:30-5:15 p.m. on day of class

## Masters/Lap Swimming

4 weeks/year-round

Ages 16-Adult

Swimming is an excellent way to improve your health and fitness! This lap swimming opportunity can be customized for your level and exercise goals. Coaches will be on deck offering workouts for all abilities. Enroll monthly or choose to drop-in when it is convenient.

Instructor: Certified USA Swimming Coach

#4296.310 M/W/F 5:30-7:00 am 9/2-9/30 \*\*\$40 WP

#4296.320 M/W/F 5:30-7:00 am 10/3-10/31 \*\*\$40 WP

#4296.330 M/W/F 5:30-7:00 am 11/2-11/30 \*\*\$40 WP

#4296.410 M/W/F 5:30-7:00 am 12/2-12/30 \*\*\$40 WP

\*\*Drop-in fee: \$5 per day

## Martial Arts/Self-Defense

4 weeks/2 days

Ages 4-Adult

Join CMA fighter Master Ron in learning self respect, confidence, and discipline. Through a mix of sholain kung fu, geet kwon do, and taekwondo this class will include not only instruction, but sparring, control holds, and ground techniques. Full sparring equipment is required, and you may bring your own if you have it. Students will have the option to compete in local tournaments.

Instructor: Master Ron Lyde, 8th degree black belt

Session 1

#2642.310 T/F 6:00-7:00 pm 9/13-10/7 \*\*\$49 JSC

Session 2

#2642.320 T/F 6:00-7:00 pm 10/25-11/18 \*\*\$49 JSC

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

\*\*\$15-20 for a uniform; \$79 for full sparring equipment due at first class  
Each family only needs 1 set-sharing is OK.

## Shallow Water Aerobics

6 weeks

Adults

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

Instructor: Lina Paul, EWS & CPR certified

Session 1

#2610.310 M/W/F 3 days 12:00-12:45 pm 9/12-10/21 \$57 JSP

#2610.311 M/W/F 2 days 12:00-12:45 pm 9/12-10/21 \$45 JSP

#2610.312 M/W/F 1 day 12:00-12:45 pm 9/12-10/21 \$32 JSP

Session 2

#2610.320 M/W/F 3 days 12:00-12:45 pm 10/24-12/2 \$57 JSP

#2610.321 M/W/F 2 days 12:00-12:45 pm 10/24-12/2 \$45 JSP

#2610.322 M/W/F 1 day 12:00-12:45 pm 10/24-12/2 \$32 JSP



## Deep Water Aerobics

6 weeks

Adults

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

Instructor: Helena Isbell, EWS & CPR certified

Session 1

#2611.310 T/Th 2 days 12:00-12:45 pm 9/13-10/20 \$45 JSP

#2611.311 T/Th 1 day 12:00-12:45 pm 9/13-10/20 \$32 JSP

Session 2

#2611.320 T/Th 2 days 12:00-12:45 pm \*10/25-12/1 \$42 JSP

#2611.321 T/Th 1 day 12:00-12:45 pm \*10/25-12/1 \$32 JSP

\*No class 11/24

# Adult Fitness



## Reality Yoga 11 weeks

Adults

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

Instructor: Nina Deerfield, Naturopathic Physician

#2600.300	T	5:00-5:55 pm	*9/20-12/6	\$110	MCC
#2600.302	Th	12:00-12:55 pm	*9/22-12/8	\$110	MCC
#2600.301	Sa	8:00-8:55 am	*9/24-12/10	\$110	MCC

\*No class 11/22, 24 & 26

## T'ai Chi Chuan 11 weeks

Adults

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

Instructor: Nina Deerfield, Certified Master Instructor

#2601.300	T	6:00-6:55 pm	*9/20-12/6	\$110	MCC
#2601.302	Th	11:00-11:55 am	*9/22-12/8	\$110	MCC
#2601.301	Sa	9:00-9:55 am	*9/24-12/10	\$110	MCC

\*No class 11/22, 24 & 26

## Taekwondo 14 weeks/2 days

Ages 6-Adult

Develop physical and mental discipline, strength, endurance, and coordination. Learn the Korean martial art of Taekwondo, Hapkido, Yudo, and basic weapons. Become more confident and learn basic self-defense techniques. *A martial arts uniform is required and may be purchased from the instructor for \$25.*

Instructor: Skip Leonard, Cert. by WTF

#2613.300	M/Th	5:30-6:30 pm	*9/12-12/19	\$88	MCC
#2613.301	M/Th	6:45-7:45 pm	*9/12-12/19	\$88	MCC

\*No class 11/24

## Boot Camp with a Kick

7/6 weeks 2 days

Ages 16-Adult

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

Instructor: Angie Smith, AFAA Certified

Session 1 - 7 weeks

#2609.300	T/Th	6:00-7:00 pm	9/13-10/27	\$60	EVCC
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Session 2 - 6 weeks

#2609.320	T/Th	6:00-7:00 pm	*11/1-12/13	\$52	EVCC
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\*No class 11/24

## Zumba 7/6 weeks

Adults

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

Instructor: Angie Smith, Zumba certified

Session 1

#2640.301	M	7:15-8:15 pm	9/12-10/24	\$36	EVCC
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#2640.300	T	7:10-8:10 pm	9/13-10/25	\$36	EVCC
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#2640.302	Th	7:10-8:10 pm	9/15-10/27	\$36	EVCC
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Session 2

#2640.321	M	7:15-8:15 pm	11/7-12/12	\$31	EVCC
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#2640.320	T	7:10-8:10 pm	11/1-12/13	\$36	EVCC
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#2640.322	Th	7:10-8:10 pm	*11/3-12/15	\$31	EVCC
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\*No class 11/24

Sponsored by ESCONDIDO RECREATION

# jazzercise®



Monday-Friday ~ 8:30-9:30 a.m.  
 Monday & Wednesday ~ 6:00-7:00 p.m.  
 Friday ~ 5:30-6:30 p.m.  
 Saturday ~ 8:15-9:15 a.m.

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

**New classes at Joslyn Center beginning August 23!**

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

Friday ~ 4:45-5:45 p.m.

Saturday ~ 8:00-9:00 a.m.

For more information call 760-521-2725  
[www.jazzercise.com](http://www.jazzercise.com)



# Adult Sports

## Tennis 5/10 weeks Ages 15-Adult

The following classes are offered for ages 15-Adult: **Beginners (Beg.):** Covers forehand, backhand, service, rules, and court etiquette for the beginning player. **Intermediate (Int.):** Focuses on ground strokes and use of spins, volley, footwork, and positioning. Players should be able to rally, play out points, and have some match experience. **Advanced (Adv.):** Emphasis is on advanced net play and doubles movement with a partner, for the intermediate player moving toward tournament play. *Bring tennis racquet & one can of new, unopened tennis balls.*

Instructor: David Parker, USPTA Certified

### Session 1

#2401.315 Beg. W 6:00-7:30 pm 9/14-10/12 \$58 KCP 7&8  
 #2401.316 Int/Adv. W 7:30-9:00 pm 9/14-10/12 \$58 KCP 7&8

### Session 2

#2401.325 Beg. W 6:00-7:30 pm 10/19-11/16 \$58 KCP 7&8  
 #2401.326 Int/Adv. W 7:30-9:00 pm 10/19-11/16 \$58 KCP 7&8

### 10 Week Class

#2401.305 Int. Sa 8:30-10:00 am 9/17-11/19 \$109 MVP 1&2

## Fencing—Sabre 6 weeks Ages 14-Adult

Take up this fun and active sport that will keep your mind and body fit. Fencing is a great physical activity that promotes bone health. This beginner class will cover footwork, strategy, conditioning, scorekeeping, and refereeing.

Instructor: Saul Mendoza, Olympic Fencer

#1650.300 Th 6:00-7:00 pm 9/15-10/20 \*\*\$48 SDFC

\*\*\$35 rental fee for equipment is due at first class



and

## Escondido Recreation



New Teams  
Get \$50 off

## Adult 6 on 6 – Flag Football

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

**Register Now – Games played on Tuesday nights at Ryan Park**

For registration information go to [www.Flightactionsports.com](http://www.Flightactionsports.com) or call 619.890.3257

# EVCC GYM ACTIVITIES

East Valley Community Center  
2245 East Valley Parkway

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



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

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

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

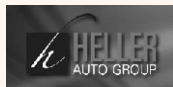
For the most recent schedule updates follow us on **twitter** at [twitter.com/EVCCgym](https://twitter.com/EVCCgym)

For specific times and daily schedule, please view the gym schedule at [recreation.escondido.org/open-gym.aspx](http://recreation.escondido.org/open-gym.aspx) or call 760-839-4382. Gym schedule is subject to change without notice.

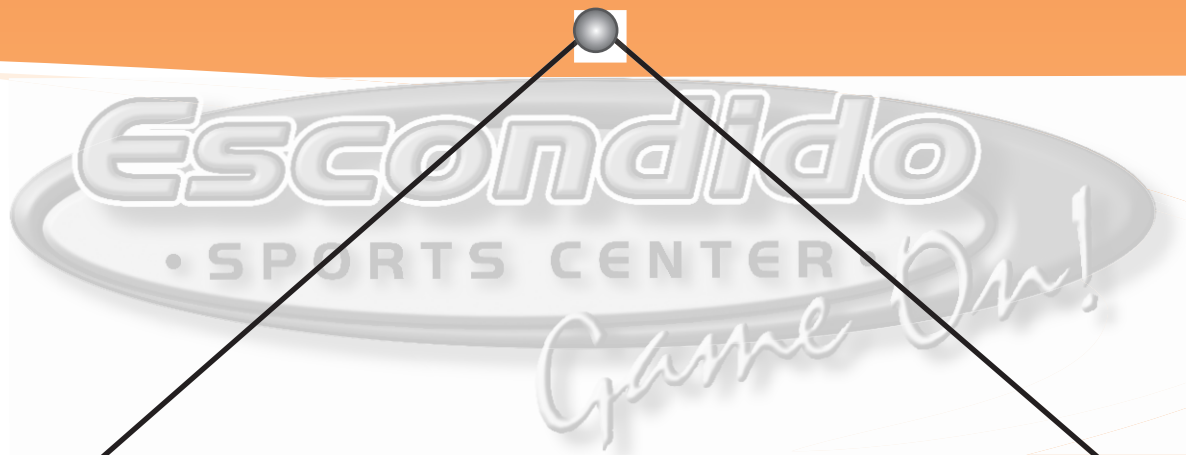


# THANK YOU!

The Community Services Department appreciates the ongoing community support for the City's 17th annual charity golf tournament, FORE...Escondido! We would like to recognize the following sponsors who helped make this tournament a success:



We would also like to thank the following generous donors: American Golf Corporation; Dave Bang Associates; Dick's Sporting Goods; Elephant Bar & Grill; H&M Landing; Jimbo's Naturally; LA Galaxy; Ride on Time Limousine; Santee Lakes Recreation Preserve; San Diego Padres; Score Soccer; Scratch Golf; Southland Paving Inc; Stone Brewing World Bistro & Gardens; T.S. Industrial Supply; The Barrel Room; The Servis Family; Upper Deck, Urge Gastro Pub; Welk Resorts



YES . . . the Escondido Sports Center is very much open for business and in our 14th year providing outstanding Escondido Recreation for Escondido families (and beyond). To continue this excellent history, however, change is right around the corner—some good and some more challenging, but none that cannot be overcome!

#### **100% COST RECOVERY**

Starting July 1, Sports Center programs will operate within the new 100% cost recovery model determined recently by City Council. The consequence for Sports Center participants is an average increase in program fees of 8.53%. However, the introduction of a 4th season for Adult & Youth Soccer & Hockey will keep all of our participants very happy! Despite these fee increases, Sports Center programs continue to be at the very low end for comparable recreation programs in the community.

#### **NEW TEAM & INDIVIDUAL FEES**

- Adult Hockey TEAM registration has increased to \$749 (includes refs)
- Adult Soccer TEAM registration has increased to \$499 (does NOT include refs)
- Youth Soccer & Hockey registration has increased to \$85 (includes refs)

#### **SPORTS CENTER I.D. CARD**

- To avoid additional increases to registration fees, the Sports I.D. card is now \$25 per year.

The upside of this \$5 increase proposes that the entire \$5 will be designated specifically to Sports Center capital improvements. In other words, with a stable player base of approximately 4,000 people that obtain an I.D. card each year, it will raise an additional \$20,000 per year for specific Sports Center capital improvements.

#### **NEW SOCCER TURF**

- All Soccer players will be happy to know that both arenas will receive new turf this fiscal year!

The cost of the turf will be taken from the Recreation Fund Balance. The earliest window of opportunity available for a company to start & finish the work will be over the winter break in December to early January.

#### **LOOKING AHEAD**

Given the opportunity to operate under this new business model, we feel the Sports Center and the entire Escondido Recreation Division will be extremely successful. Being under so much scrutiny by the public recently has put Escondido Recreation firmly in the public eye. It has given Escondido Recreation a great opportunity to not only retain clientele, but to significantly increase its vast legion of parents, players, participants, and friends. Please feel free to tell your friends and family what quality programs, staff, and facilities Escondido Recreation provides . . . SPREAD THE WORD!

**NEW** Online Registration available for all Escondido Sports Center programs.  
[www.sportscenter.escondido.org](http://www.sportscenter.escondido.org)

*Thank You,  
ESC Staff*

# fall

## soccer

### SEASON DATES

September 24 to December 21

YOUTH SOCCER

Registration Opens

August 8

Scholarships  
Available

AGE DIVISION	ACTIVITY NUMBER	COST
3-4	4080.301	\$75
5-6	4080.302	\$85
7-8	4080.303	\$85
9-11	4080.304	\$85
12-14	4080.305	\$85

Registration closes September 12

Online Registration Now Available!

# free hockey season

## First-time IHL Players

- Cubs, Atoms, & Mites
- **\*All Equipment Provided!**  
(\*girdles not included)
- **20 FREE SPOTS ONLY!**
- **Register before September 12**
- **Season – Sept. 24-Dec. 21**
- **Saturday later afternoon Games**

This **FREE** season is a great opportunity for your child to experience a real hands-on approach to steady those shaking legs, as they experience the thrill of roller hockey for the first time!



Ben, Brian, and Brandon Munoz all learned to play hockey this past season. Now their parents can't keep them off their skates! **Now it's your turn to try our learn-to-play hockey season.**

## FALL YOUTH HOCKEY LEAGUES **\$85**

### HOCKEY - YOUTH

**IHL** (Instructional)

**Registration begins August 8**

Cubs – u 6's	#4050.301
Atoms – u 8's	#4050.301
Mites – u 10's	#4050.302

**IHHL** (In-house)

Squirts – u 12's	#4050.303
PeeWees – u 14's	#4050.304
Bantams – u 16's	#4050.305
Mitgets – u 18's	#4050.305

**Scholarships  
available!**

## EXTRA! EXTRA!

Goalie Clinics • Camps

Player Clinics • Sticktime

Pro.Clinics • Learn-to-Play Clinics

Call for details



**CALL TODAY!**

Toll Free: 760-ESC-4ALL  
www.sportscenter.escondido.org

**NEW** Online Registration available for all Escondido Sports Center programs.

# ESCONDIDO BIKE & SKATEPARK

4 Action Sports, One Location

- **EQUIPMENT**  
Helmet, knee & elbow pads
- **AGES**  
6 yrs. & up
- **\$5 w/ESC I.D.**
- **\$10 casual**
- **NEW! 12 month pass**
  - \$199 adult
  - \$149 youth



SESSIONS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b> 9:00–12:00 p.m.	 <p><b>AUGUST 1-SEPTEMBER 30 HOURS</b> 3315 Bear Valley Pkwy., Escondido, CA 92025</p>					SCOOTER ONLY	
<b>LUNCH</b> 12:00–4:00 p.m.							
<b>AFTERNOON</b> 4:00–7:00 p.m.	Combo	Combo	Combo	Combo	Combo	Combo	SKATE & INLINE
<b>NIGHT</b> 7:00–10:00 p.m.	SKATE & INLINE	BIKES ONLY	SKATE & INLINE	BIKES ONLY	SKATE & INLINE	Combo	BIKES ONLY

**NEW Online Registration available for all Escondido Sports Center programs.**  
Go To [www.sportscenter.escondido.org](http://www.sportscenter.escondido.org) to register today!

**TOLL FREE CALL TODAY!**  
**855-ESC-4ALL**  
[www.sportscenter.escondido.org](http://www.sportscenter.escondido.org)



# ESCONDIDO Public Library

## Serves You!



<http://library.escondido.org>  
 Renew materials on-line or by  
 phone: 760-738-0249

### CITY LIBRARY

239 South Kalmia Street  
 Escondido 92025  
 760-839-4683

#### HOURS:

Monday	10:00 a.m.–8:00 p.m.
Tuesday	10:00 a.m.–8:00 p.m.
Wednesday	10:00 a.m.–6:00 p.m.
Thursday	10:00 a.m.–6:00 p.m.
Friday	10:00 a.m.–6:00 p.m.
Saturday	10:00 a.m.–5:00 p.m.

### CAREER CENTER

in the Mathes Center  
 247 S. Kalmia St.  
 Escondido 92025  
 760-839-4819

#### HOURS:

Monday–Friday, 8:00 a.m.–12:00 p.m.

### LITERACY SERVICES

Improving Reading & Writing Skills

760-747-2233  
 by appointment

### PIONEER ROOM

Local & Family History  
 247 South Kalmia Street  
 Escondido 92025  
 760-839-4315

#### HOURS:

Tuesday	1:00 p.m.–5:00 p.m.
Wednesday	1:00 p.m.–5:00 p.m.
Thursday	1:00 p.m.–5:00 p.m.
Saturday	10:00 a.m.–2:00 p.m.

### VOLUNTEER OPPORTUNITIES

760-839-4819

Programs & services are free and open to the public!

- **Public Internet Access & WiFi Hot Spot**
- **Print and Media Resources**  
 Bestsellers, fiction & non-fiction, magazines, DVDs, CDs, & E-books and E-audio books
- **Book Discussion Groups**  
 2nd Tuesday Book Club  
 Rincón Literario Bilingual Book Club
- **Culture Connection**  
 Monthly programs featuring authors, speakers or entertainment
- **2nd Saturday Concerts**  
 Classical, jazz & more
- **Literacy Services: Adult, Family & ESL**
- **Career Workshops & Job Center Resources**
- **Fine Free Friday**—Last Friday of the month



## Just For Kids

- **Children's Story Times**
- **Knight's Realm Chess Club**  
 every Monday, 3:30 p.m.
- **Homework Computers**
- **HelpNow!** on-line homework tutoring 1:00–10:00 p.m.  
powered by brainfuse

## Teens

- **In Bet(w)een Book Club**
- **Anime & Manga Collection**
- **Crafty C.A.T.S** – Teen Service Group
- **Homework Computers**



## Friends Book Shop

Located in the Library

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

### Book Bargains Galore

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

Check <http://library.escondido.org>  
 for our calendar of events.

# Registration Information

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

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



### Online

#### Internet Registration

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

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

### Phone-in

#### Begins August 22

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

### Walk-in

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

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



### Requests for ADA Accommodation

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

### Share a Dream Scholarship Program

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

75%  
50%  
25%  
off fees

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

### How do I request a refund or credit voucher?

- Contact registration staff at City Hall or EVCC to request a refund or credit voucher if you are unable to attend a class/activity after you have registered.
- Credit vouchers will be issued for 100% of class fees minus any classes attended or missed.
- Refund requests will be assessed a 25% service charge, deducted from original fees paid, and any classes attended or missed will also be deducted from original fees paid.
- Requests for a refund or credit voucher must be made before the last class.
- Refunds or credit vouchers will not be issued for individual class meetings that you missed.
- For one-time workshops, requests must be made at least two business days before the date of the workshop.

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

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

# Mail-in/Fax-in Registration Form

- FAX-IN registration: 760-739-7020  
To receive registration confirmation, please provide a 24-hr. fax number or e-mail address.

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

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

Subtotal	
*Credit/Scholarship % Voucher	
Subtotal	
Optional Scholarship donation	1.00
TOTAL	





**ALL MAJOR CREDIT CARDS ACCEPTED**

PRINT NAME AS IT APPEARS ON CARD \_\_\_\_\_

Signature: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

I hereby authorize the use of my Credit card

**Make checks payable to:**  
City of Escondido  
**and mail with form to:**  
Community Services Department  
201 N. Broadway  
Escondido, CA 92025-2798  
Enclose a self-addressed, stamped envelope for a receipt.

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

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

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

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

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

Participant/  
Parent or Guardian  
Signature x \_\_\_\_\_

Date \_\_\_\_\_

# POLLUTION PREVENTION



## 27TH ANNUAL CALIFORNIA COASTAL CLEANUP DAY at *Dixon Lake*

Saturday, September 17 ~ 9:00 a.m.–Noon

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

Register online at [www.cleanupday.org](http://www.cleanupday.org) or by calling the  
I Love A Clean San Diego Hotline at 800-237-2583.



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



## FREE COMPOSTING WORKSHOP

Learn all about backyard composting and composting with worms (yuck!).

Saturday, October 22 ~ 8:30–10:00 a.m.  
Escondido Community Garden

No reservations are required.

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

Workshop cancelled for rain.



Recycling Questions?

Call the Recycling Hotline at 760-839-4818 or go to [www.escondido.org](http://www.escondido.org)



# EARTH DAY

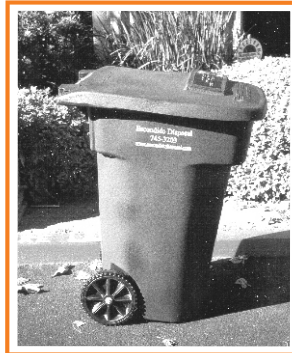
## Celebrate

## Every Day

### Recycle **MORE** at Home!

All Escondido residents have curbside recycling at their homes:

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



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

## REMEMBER!

You may now place many more plastic items in your residential and commercial recycling carts. All rigid plastics #1–#7 should be placed in your recycling cart. Please do NOT include PVC pipe, vinyl, styrofoam, plastic bags, or plastic sheeting.

**Totes**  
Milk Crates  
Laundry Baskets  
Cat Litter Buckets (clean)









**Garbage Cans**  
Lawn Furniture  
Pet Carriers  
Toys



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



### Continue to Place These Items in Your Recycling Cart

-  All Types of Paper (unless it is contaminated with food or has a plastic or waxy layer—no paper drink cups, freezer boxes, used food containers)
-  All Plastic Beverage Containers #1–#7
-  All Plastic Jugs #1–#7 (detergent bottles, shampoo bottles, etc.)
-  Aluminum Cans
-  Tin & Steel Cans
-  Glass Jars & Bottles (all colors)



For more information, please call Escondido Disposal at 760-745-3203.



Escondido Community  
**Wellness Expo**

Enriching the lives of older adults and their families

*Come join us at the Escondido Community Wellness Expo*

**Saturday, October 22, 2011**

**8:30–11:30 a.m.**

**Joslyn Senior Center**

**210 Park Ave., Escondido, CA 92025**

Information & Entertainment for Older Adults and Their Families

**FREE** Admission • **FREE** Easy Parking

**FREE** Health Screenings • **FREE** Gift Basket Drawing

Enjoy a yummy continental breakfast, 8:30–9:30 a.m.



*Coordinated by the Community Wellness Association:*



*For General Information, call Escondido Joslyn Senior Center 760-839-4688  
Sponsorship and Exhibitor Information, call 760-291-2735*

**Escondido Recreation**

Check Out  
our exciting Fall  
Programs!

# Open House

**Saturday, August 13**

**10 a.m.–1p.m.**

**East Valley Community Center  
2245 E. Valley Parkway**



**Class Demos, Free Mini Classes & Clinics, and Displays showcasing:**

- Enrichment Classes - Ballet, Martial Arts/Self Defense, Cheerleading & Tumbling, Yoga & T'ai Chi, Jazzercise, Art Classes, and More
- Tiny Tots Preschool
- Aquatics Classes & Programs
- On Track After School
- Youth Sports
- Adults Sports

Prize Drawings  
Light Refreshments



**Schedule of events at  
[www.recreation.escondido.org](http://www.recreation.escondido.org)**



**Intro to  
Keyboarding**  
*see pages 9 & 17*



**Sugar Skulls**  
*see pages 8 & 19*



**Little Comp U Kids**  
*see page 5*

**Register Now!**

**Fall classes begin  
the week of  
September 12**



**Youth Hockey Leagues**  
*see page 27*



**Belly Dance**  
*see page 20*

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

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