

ESCONDIDO RECREATION

*Creating Community through
People, Parks and Programs*

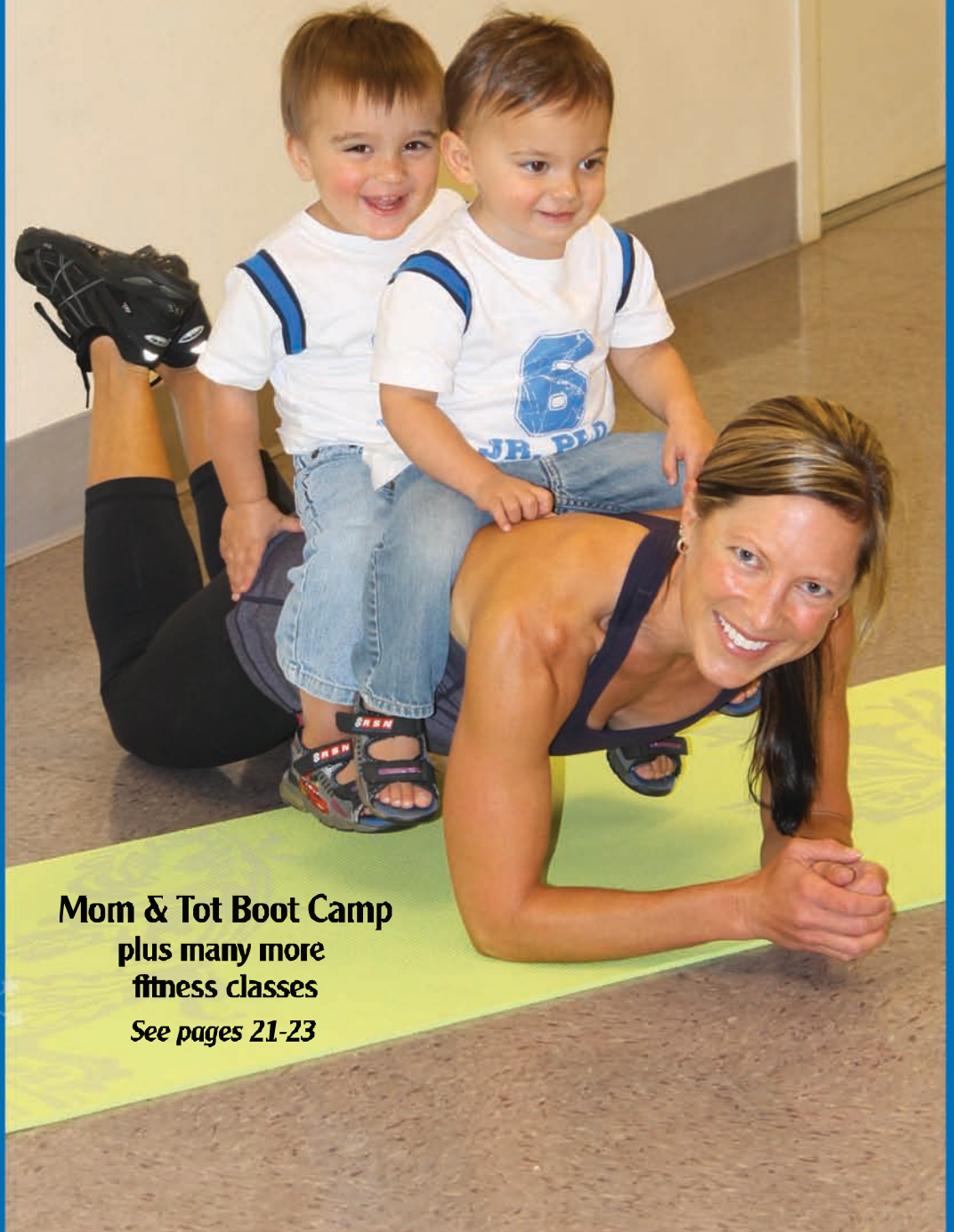
LOOK INSIDE!

- Enrichment classes
- Sports Camps & Leagues
- & more for all ages!

Register Online!
recreation.escondido.org

Mom & Tot Boot Camp
plus many more
fitness classes
See pages 21-23

WINTER
2012



Looking for a place to hold a special event, meeting, or seminar?

Check out these City of Escondido facilities

- Affordable rental rates
- Convenient locations
- Free parking
- Free WiFi access

Escondido City Hall

- Beautiful outdoor fountain/dome area
- Large meeting room
 - Seats up to 130 theater-style
 - Outdoor patio
 - Access to Kitchen
- Available weekday evenings & weekends



East Valley Community Center

- Four meeting rooms
 - Multimedia equipment available
- Banquet room
 - Seats up to 120 people theater-style
 - Access to Kitchen
- Multiuse gymnasium
 - Two basketball courts
 - Three volleyball courts
 - or Six badminton courts
- Available weekdays/evenings & weekends



Call 760-839-4691 (City Hall) / 760-839-4382 (EVCC) or e-mail recreation@escondido.org for more information and/or to make reservations

RECREATION ACTIVITIES

Message From the Director

Give yourself or a family member a special holiday gift. In this brochure you'll find many activities to get in shape for the new year while having fun! Choose from a wide variety of fitness and dance classes, including the newest like Zumba, Salsa, and Hoop Dance. If you prefer team sports, check out the new Adult Coed Dodgeball or Youth Basketball Leagues. Plus, the Sports Center is now offering four seasons of all youth and adult soccer and hockey programs.

Many thanks to all the sponsors and vendors of the 2nd Annual Families on Foot Run/Walk—we wouldn't have had such a successful event without their support! And it's not too early to save the date for our annual golf tournament, FORE...Escondido, in May. As a player or a sponsor, you will be helping us to offer much-needed youth programs through the Share a Dream Scholarship Program.

If you are considering making a charitable contribution before year's end, donate to the Escondido Quality of Life Foundation. Donations support programs and services for the Recreation and Older Adult and Parks Divisions of the Community Services Department.

Best wishes for the New Year,



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.

WINTER 2012

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Classes

ACE/Winter Aquatics

Sports Center Holiday Camps & Clinic

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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
 for a complete listing of facilities and parks,
 including rental information.

Community Services Dept.

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

Administrative office,
 201 N. Broadway

Office Hours: Monday–Thursday,
 7:30 am–5:30 pm. Closed Fridays.
 Office will be closed December 26,
 January 2 & 16, and February 20.



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 December 24 &
 25, January 16, and February 20.
 Center hours will be modified
 December 18–January 2. Call or check
 the Web site to confirm open hours.



Find us on
Facebook

facebook.com/escondidorecreation

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



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

goplaygetfit.com

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

Escondido Sports Center

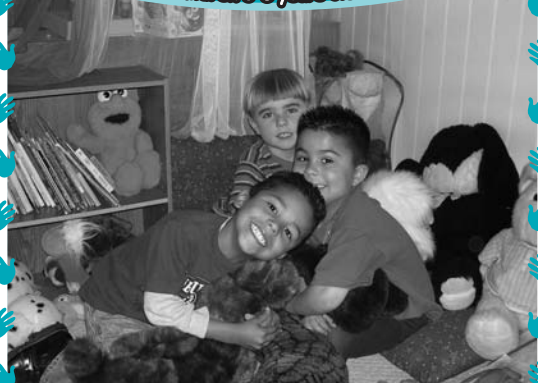
760-839-5425/855-ESC-4ALL
sportscenter.escondido.org
 Kit Carson Park,
 3315 Bear Valley Parkway

Office Hours: Monday–Friday,
 3:00 pm–7:00 pm; Saturday,
 8:00 am–6:00 pm; and Sunday,
 1:00 pm–6:00 pm. The Center will be
 closed December 24 & 25, and
 January 1; open December 31 from
 8:00 am–2:00 pm.



TINY TOTS PRESCHOOL

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



WINTER CLASSES

Session 1 Jan. 3-27
(Must register for Session 1 to receive priority registration for Session 2, etc.)

Session 2 Jan. 30-Feb. 24

Session 3 Feb. 27-Mar. 23

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.

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

Preschool adventures

Two Locations

Peewee Preschool 3 weeks

Ages 18 mos.-3

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.

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

Session 1

#1172.411 T 9:00-10:30 am 1/10-1/24 \$18 DACB

#1172.410 Th 9:00-10:30 am 1/12-1/26 \$18 EVCC

Session 2

#1172.421 T 9:00-10:30 am 2/7-2/21 \$18 DACB

#1172.420 Th 9:00-10:30 am 2/9-2/23 \$18 EVCC

Session 3

#1172.431 T 9:00-10:30 am 3/6-3/20 \$18 DACB

#1172.430 Th 9:00-10:30 am 3/8-3/22 \$18 EVCC

Preschool Fairy Tale Theater 3 weeks

Ages 3-5

Join us for a fun time with these classic fairy tales: "Little Red Hen," "Rapunzel," and "Fun with Mother Goose." 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

#1170.400 Th 9:00-10:15 am 2/9-2/23 \$33 DACB

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

#1128.411 Sa 10:00-11:00 am 1/21-2/11 **\$48 MCC

Session 2

#1128.421 Sa 10:00-11:00 am 2/25-3/17 **\$48 MCC

**\$12 material fee due at first class

NEW

MUSICSTAR® Kidz 8 weeks

Ages 6 mos.-3

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

Instructor: Sanctioned MUSICSTAR® staff

#1169.400 W 9:30-10:15 am 1/11-2/29 **\$80 MCC

**\$15 material fee due at first class



Preschool adventures

Mom & Tot Boot Camp

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

#2637400 T 11:00-12:00 pm 1/10-3/13 \$89 MCC

New
Location

Tiny Tots Tumble Time 5 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

#1158.411 W 5:20-5:55 pm 1/11-2/8 \$47 JSC

Session 2

#1158.421 W 5:20-5:55 pm 2/15-3/14 \$47 JSC

Toddler Gymnastics

7 weeks

Ages 1½-3 ½

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

#1401.401 M 10:00-10:40 am *1/9-3/5 **\$84 MCC

*No class 1/16 & 2/20 **\$4 discount each additional sibling

Best Friends Ice Skating

8 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: Iceplex staff

#1404.400 T 10:00-10:30 am 1/10-2/28 **\$84 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 month to provide new experiences for children's growing young minds. All activities are parent-led and self-guided. Drop in for 30 minutes or stay for a couple of hours.

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

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



Little Comp U Kids: Science Tech Tykes

5 weeks Ages 3-6

Children go on grand storybook adventures filled with science, technology, and robots for theme-based projects. This class includes hands-on learning, creativity, and interactive fun! A digital storybook is created to chronicle all their adventures, science findings, and creations. Each new lesson is highlighted on our Web site and includes a lesson overview, class pictures, and reinforcement activities. Find out more at www.thecompukids.com.

Instructor: Aurora Clarke

#1165.400 T 10:00-11:00 am 1/10-2/7 **\$52 MCC

**\$10 material fee due at first class



Little Comp U Kids Computer Detectives

5 weeks Ages 3-6

Children become Computer Detectives on fun learning adventures to imaginative places such as The Great Wireless Reef, Email Trail, and Keyboard Castle! Your child will learn computer skills, keyboarding, academic enrichment, teamwork, and more! Children continue the learning adventure at home with access to our online activities that correspond to each new lesson. Find out more at www.thecompukids.com.

Instructor: Comp U Kids staff, Imagine Tomorrow certified instructor

#1164.400 T 9:00-10:00 am 1/10-2/7 **\$52 MCC

**\$10 material fee due at first class

Grownup & Me Cooking

4 weeks Ages 3-5

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: 2 days before class begins

#1142.400 Sa 9:30-10:15 am 1/14-2/4 **\$37 EVCC

#1142.401 T 10:00-10:45 am 1/10-1/31 **\$37 EVCC

**\$10 supply fee due at first class

Preschool Karate for Beginners

5 weeks Ages 2-5

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

Instructor: Leah Snead & staff

Session 1

#1441.410 T 10:00-10:45 am 1/10-2/7 \$59 EVCC

Session 2

#1441.420 T 10:00-10:45 am 2/14-3/13 \$59 EVCC



Be My Valentine!

Ages 3-5

Are you looking for a fun Valentine's Day activity for your little one? In this workshop we'll be making a healthy Valentine treat and a craft. Of course, kids will get to eat what they have made! *Parent participation is required.*

Instructor: Sheila Timmons

Registration/refund deadline: 2/11

#1143.400 M 10:00-11:00 am 2/13 **\$13 EVCC

**\$3 material fee due at workshop

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

#1442.410 T 10:45-11:30 am 1/10-2/7 \$59 EVCC

Session 2

#1442.420 T 10:45-11:30 am 2/14-3/13 \$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. 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: Abrakadoodle Staff

Session 1

#1147410 M 9:30-10:15 am *1/9-2/6 **\$65 EVCC

Session 2

#1147420 M 9:30-10:15 am *2/13-3/12 **\$65 EVCC

*No class 1/16 & 2/20

**\$12 supply fee due at first class

Youth ENRICHMENT



Comp U Kids LEGO® Weebot Adventures

6 weeks

Ages 6–10

Join us for exciting robot adventures at the Comp U Bot Campus for robots, computers, science and fun! Professor bots play characters in story-based adventures that introduce science & computer concepts that are then reinforced with fun programming activities, experiments, building challenges, and more! Each adventure is highlighted on our web site and includes exclusive access to lesson overviews, class pictures, and at-home reinforcement activities. Find out more at www.thecompukids.com.

Instructor: Comp U Kids staff

#1589.400 T 4:30–5:30 pm 1/10–2/14 **\$79 EVCC

**\$10 material fee due at first class

NEW

Video Game Design 6 weeks Ages 9–17

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

Instructor: T3ch Zoom (Gyrodiments, Inc.)

#1629.400 F 6:00–7:30 pm 1/27–3/2 **\$117 EVCC

**\$10 material fee due at first class

9 Heart Art 6 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.

Instructor: Vanessa Throgmorton

#1210.410 M 4:00–5:00 pm *1/9–2/27 **\$59 EVCC

*No class 1/16 & 2/20 **\$10 material fee due at first class

Engineering FUNdamentals with LEGOs®

8 weeks

Ages 5–11

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. Your child will build cities, bridges, motorized cars, and planes with the support of an experienced Play-Well Engineering Instructor. Designed by engineers, the curriculum challenges both new and returning students.

Instructor: Play-Well TEKologies

#1587.400 T 3:30–5:00 pm 1/10–2/28 \$175 EVCC Ages 7–11

#1587.401 Th 3:30–5:00 pm 1/12–3/1 \$175 EVCC Ages 5–7

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

#2137.400 W 6:00–7:30 pm 1/18–2/22 **\$65 EVCC

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

**\$30 material fee due at first class

NEW

Math Zoom Club 6 weeks Ages 6–9

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

Instructor: Math Zoom (Gyrodiments, Inc.)

#1568.400 M 4:00–5:00 pm *1/30–3/12 \$78 JSC

*No class 2/20

Intro to Keyboarding 6 weeks Ages 8–13

Learn to play the piano! This class is designed for kids and pre-teens who 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

#1577.400 M 4:30–5:30 pm *1/23–3/5 **\$49 MCC

*No class 2/20

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

NEW

MUSICSTAR® Youth Guitar 8 weeks Ages 7-17

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

#1327.400 W 5:00-6:00 pm 1/25-3/14 **\$88 MCC

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

NEW

Let's Cook 4 weeks

Ages 6-8

Does your child love to cook? In this class, they will learn basic cooking skills and safety while creating healthy meals and snacks. Kids will get to eat what they have created at the end of each class. Let's cook!

Instructor: Sheila Timmons

Registration/refund deadline: 1/9

#1537.400 W 5:30-6:15 pm 1/11-2/1 **\$37 EVCC

**\$10 material fee due at workshop

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

#1345.400 Th 5:00-6:00 pm 1/12-3/1 **\$54 EVCC

**\$10 material fee due at first class

NEW

Be My Valentine!

Ages 6-8

Are you looking for a fun Valentine's Day activity for your child? In this workshop kids will make a healthy Valentine treat and a craft. Of course, our budding chefs will get to eat what they have made!

Instructor: Sheila Timmons

Registration/refund deadline: 2/11

#1538.400 M 5:30-6:30 pm 2/13 **\$13 EVCC

**\$3 material fee due at workshop

Young Actors Workshop 8 weeks Ages 7-12

Watch your child blossom into a confident performer. Students will learn the basics of acting as well as do a short performance of what they have learned in class. 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

#1346.400 Th 4:00-5:00 pm 1/12-3/1 **\$54 EVCC

**\$10 material fee due at first class

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

#1555.400 Sa 9:00-11:00 am 2/11 \$10 EVCC Ages 4-8

#1555.401 Sa 9:00-11:00 am 3/10 \$10 EVCC Ages 9-13

Check out what Escondido Recreation is planning for Spring Break

April 2-6 & April 9-13

On Track Kid's Camps for ages 5-12

- All-day camps, 7 a.m. to 6 p.m.—perfect for working parents
- Affordable prices: \$85 per week
- Optional field trips: \$25, Bowling/Movie Theater (4/6) \$40, Knott's Berry Farm (4/13)

Scholarships Available



E.J.T. Program for ages 13-15

- Teens learn job skills to utilize while helping with the On Track Kid's Camp; plus games, arts & crafts, & team building
- 9 a.m. to 5 p.m.: \$85 per week, includes t-shirt & field trips!



Registration opens late February.

Look for details in the spring brochure and on our Web site at www.recreation.escondido.org

YOUTH

Dance & Fitness



Ballet 10 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

| | | | | | | |
|-----------|----|---------------|-----------|------|------|-----|
| #1310.415 | W | 3:30-4:15 pm | 1/11-3/14 | \$90 | EVCC | 4-5 |
| #1310.402 | Sa | 9:30-10:15 am | 1/14-3/17 | \$90 | EVCC | 4-5 |

Pre Ballet 2 (prerequisite Pre Ballet)

| | | | | | | |
|-----------|----|--------------|-----------|------|------|-----|
| #1310.401 | Th | 3:30-4:30 pm | 1/12-3/15 | \$90 | EVCC | 5-7 |
|-----------|----|--------------|-----------|------|------|-----|

Beginning Ballet

| | | | | | | |
|-----------|----|----------------|-----------|------|------|------|
| #1310.403 | T | 3:30-4:30 pm | 1/10-3/13 | \$90 | EVCC | 6-10 |
| #1310.405 | Sa | 10:15-11:15 am | 1/14-3/17 | \$90 | EVCC | 6-10 |

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

| | | | | | | |
|-----------|----|----------------|-----------|------|------|------|
| #1310.407 | Sa | 11:15-12:15 pm | 1/14-3/17 | \$90 | EVCC | 6-10 |
|-----------|----|----------------|-----------|------|------|------|

Ballet 3/4/5

| | | | | | | |
|-----------|---|--------------|-----------|------|------|----|
| #1310.406 | W | 4:30-5:45 pm | 1/11-3/14 | \$90 | EVCC | ** |
|-----------|---|--------------|-----------|------|------|----|

Advanced Ballet

| | | | | | | |
|-----------|----|--------------|-----------|------|------|----|
| #1310.412 | Th | 4:30-5:45 pm | 1/12-3/15 | \$90 | EVCC | ** |
|-----------|----|--------------|-----------|------|------|----|

Pointe (concurrent enrollment in Advanced required)

| | | | | | | |
|-----------|---|--------------|-----------|------|------|----|
| #1310.410 | T | 4:30-5:45 pm | 1/10-3/13 | \$80 | EVCC | ** |
|-----------|---|--------------|-----------|------|------|----|

**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

| | | | | | |
|-----------|---|----------------|----------|------|-----|
| #1311.411 | W | 10:00-10:45 am | 1/11-2/1 | \$28 | MCC |
| #1311.412 | W | 10:45-11:30 am | 1/11-2/1 | \$28 | MCC |

Session 2

| | | | | | |
|-----------|---|----------------|----------|------|-----|
| #1311.421 | W | 10:00-10:45 am | 2/15-3/7 | \$28 | MCC |
| #1311.422 | W | 10:45-11:30 am | 2/15-3/7 | \$28 | MCC |

Hip Hop 8 weeks

Ages 6-13

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

Instructor: Dance Fitness Inc. staff

| | | | | | |
|-----------|---|--------------|-----------|------|-----|
| #1350.410 | M | 4:00-5:00 pm | *1/9-3/12 | \$64 | MCC |
|-----------|---|--------------|-----------|------|-----|

*No class 1/16 & 2/20

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
#2231.400 Sa 1:00-2:00 pm 1/14-3/17 **\$65 MCC

**\$5 discount each additional family member

Fencing—Sabre

4 weeks/2 days

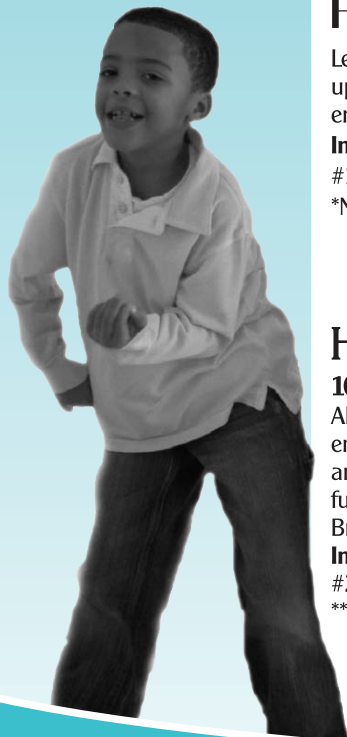
Ages 9-12

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

| | | | | | |
|-----------|-----|--------------|----------|--------|------|
| #1418.400 | M/W | 4:00-5:00 pm | 1/16-2/8 | **\$55 | SDFC |
|-----------|-----|--------------|----------|--------|------|

**\$35 material fee due at first class



Best Friends Ice Skating

8 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: Iceplex staff

#1404.400 T 10:00-10:30 am 1/10-2/28 **\$84 ICE

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



Tiny Tots Ice Skating

8 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: Iceplex staff

#1405.412 T 4:45-5:15 pm 1/10-2/28 **\$84 ICE

#1405.411 F 4:45-5:15 pm 1/13-3/2 **\$84 ICE

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

Beginning Ice Skating

8 weeks

Ages 6-16

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

Instructor: Iceplex staff

#1406.412 T 4:15-4:45 pm 1/10-2/28 **\$84 ICE

#1406.411 F 4:15-4:45 pm 1/13-3/2 **\$84 ICE

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

Kid's Fitness 10 weeks

Ages 5-11

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

#1410.400 T 3:30-4:30 pm 1/10-3/13 \$79 MCC

USA Jump Stars

8 weeks

Ages 6-12

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

#1435.400 Th 4:15-5:00 pm 1/12-3/1 \$48 JSC

Youth Basketball for Boys & Girls

Ages 7-10

Escondido Recreation Youth Basketball is back! Be part of the new, exciting season this winter. 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](#).

WINTER 2012 LEAGUE

Registration: December 5

Regular Season Begins: January 21

Cost: *\$40/player

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

Registration Forms, with more information, will be available December 5 at the East Valley Community Center and online at www.recreation.escondido.org.



YOUTH Dance & Fitness



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. All skill levels welcome. *Bring one can of new, unopened tennis balls and racquet.*

Instructor: Rebecca Schlesinger, USPTA Certified

Session 1

| | | | | | | Ages |
|----------|----|----------------|---------|------|-----|-------|
| #1427411 | Sa | 9:00-10:00 am | 1/7-2/4 | \$45 | MVP | 7-10 |
| #1427412 | Sa | 10:00-11:00 am | 1/7-2/4 | \$45 | MVP | 11-15 |

Session 2

| | | | | | | |
|----------|----|----------------|-----------|------|-----|-------|
| #1427421 | Sa | 9:00-10:00 am | 2/18-3/17 | \$45 | MVP | 7-10 |
| #1427422 | Sa | 10:00-11:00 am | 2/18-3/17 | \$45 | MVP | 11-15 |

Martial Arts/Self-Defense

8 weeks

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

| | | | | | |
|-----------|---|--------------|----------|--------|-----|
| #2642.400 | F | 6:00-7:00 pm | 1/20-3/9 | **\$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.

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 "Extra Duty" tennis balls.*

Instructor: David Parker, USPTA Certified

Session 1

| | | | | | | | Ages |
|----------|----------|----|--------------|----------|------|-----------|-------|
| #1426413 | Beg. | T | 3:30-4:30 pm | 1/10-2/7 | \$45 | KCP 7 & 8 | 7-10 |
| #1426414 | Beg/Int. | T | 4:30-5:30 pm | 1/10-2/7 | \$45 | KCP 7 & 8 | 11-14 |
| #1426415 | Beg. | Th | 3:30-4:30 pm | 1/12-2/9 | \$45 | MVP 1 & 2 | 7-10 |

Session 2

| | | | | | | | |
|----------|----------|----|--------------|-----------|------|-----------|-------|
| #1426423 | Beg. | T | 3:30-4:30 pm | 2/21-3/20 | \$45 | KCP 7 & 8 | 7-10 |
| #1426424 | Beg/Int. | T | 4:30-5:30 pm | 2/21-3/20 | \$45 | KCP 7 & 8 | 11-14 |
| #1426425 | Beg. | Th | 3:30-4:30 pm | 2/23-3/22 | \$45 | MVP 1 & 2 | 7-10 |

New Location

CHEERNASTICS—POMMETTES

5 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 |
|-----------|---|--------------|----------|------|-----|--|------|
| #1448.412 | W | 4:30-5:15 pm | 1/11-2/8 | \$47 | JSC | | 4-7 |
| #1448.413 | W | 6:00-6:45 pm | 1/11-2/8 | \$47 | JSC | | 6-12 |

Session 2

| | | | | | | | |
|-----------|---|--------------|-----------|------|-----|--|------|
| #1448.422 | W | 4:30-5:15 pm | 2/15-3/14 | \$47 | JSC | | 4-7 |
| #1448.423 | W | 6:00-6:45 pm | 2/15-3/14 | \$47 | JSC | | 6-12 |

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

Elementary-Age Gymnastics

8 weeks

Ages 5-12

Come and tumble with us! 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 a fun time!

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

| | | | | | |
|-----------|---|--------------|----------|--------|------|
| #1402.401 | F | 3:15-3:55 pm | 1/13-3/2 | **\$96 | EVCC |
| #1402.402 | F | 4:00-4:40 pm | 1/13-3/2 | **\$96 | EVCC |

**\$4 discount each additional sibling

Mini Gymnastics

7 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

| | | | | | |
|-----------|---|----------------|----------|--------|-----|
| #1401.402 | M | 10:45-11:25 am | *1/9-3/5 | **\$84 | MCC |
|-----------|---|----------------|----------|--------|-----|

*No class 1/16 & 2/20

**\$4 discount each additional sibling

SPORTS CENTER HOLIDAY CAMPS & CLINIC

Roller Hockey Camp

4 days

Ages 8-14

Sports Center hockey staff will incorporate drills, scrimmages, and exciting games to make our hockey camp the best in town. Campers will improve their puck handling, passing, shooting, and team skills.

Instructors: Sports Center Hockey Staff

#4014.100 M-Th 9:00-12 noon 12/27-12/30 \$99 ESC

SOCCER CAMP

3 days

Ages 6-14

Join us for 3 very exciting days of soccer! The Sports Center Soccer staff will lead your child through fun drills, skills, and games that will enhance the overall soccer experience for each camper. Camps are a great way to expose your child to a new sport or to continue to develop the sport they already love!

Instructors: Sports Center Staff

#4023.100 M-W 9:00-12 noon 12/19-12/21 \$75 ESC

Great holiday gifts!

Register at the Escondido Sports Center

Walk-in, mail-in and fax-in registration is accepted only at the Sports Center.

Register early as space is limited!

Ph: 760-839-5425

Fax: 760-739-7019

Online registration also available!

FREE "Learn-to-Play" Roller Hockey Clinic

3 days

Ages 6-10

This free clinic 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!

All equipment and instruction is provided.

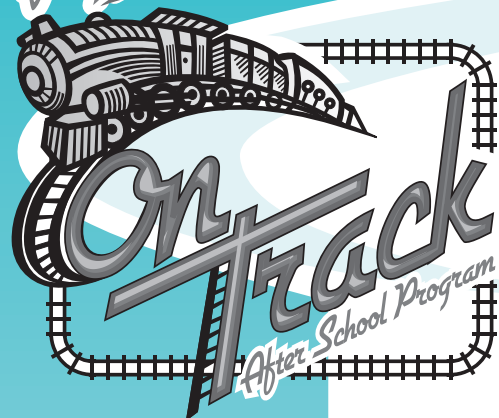
Instructors: HS Varsity Players & Jr. Gulls Players

#4015.100 T-Th 9:00-11:00 am 12/20-12/22 ESC



ESCONDIDO RECREATION

Destination:
Recreation, Education



Building Confidence, Self-Esteem & Friendships!

The *On Track* Before & After School Program provides a safe and enriching environment for the elementary-aged 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.



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

On Track Excursions for ages 5–12

School is out for President's Day weekend!

Be sure to register early for these field trips—spaces will fill quickly.

Excursion 1 ~ Ruben H. Fleet Science Center (Balboa Park)

#3307.400

February 20 • 8:00 a.m.—6:00 p.m.*

Fees: \$30 per child for each excursion; \$10 per registered On Track participant

*All children must be at the East Valley Community Center no later than 9:00 a.m. on the field trip day.

Excursion 2 ~ Birch Aquarium (La Jolla)

#3307.401

February 21 • 8:00 a.m.—6:00 p.m.*



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 water polo athletes to maintain physical conditioning and improve skills. Athletes will practice twice a week with league and tournament play. The club is preparing for a seat in the Junior Olympics.

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

Boys 16U **#4155.410**
12/6-3/1 T 7:00-9:00 pm
Sa 11:30-1:30 pm

Boys 18U **#4155.420**
12/6-3/1 Th 7:00-9:00 pm
Sa 11:30-1:30 pm



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



Grommets Coed Water Polo

Ages 10-14 **Fee: \$175**

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 **#4150.410**
1/2-3/7 M/W 7:00-8:30 pm

Coed 12U **#4150.420**
1/2-3/7 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, club ID# 19580.

ACE Makos Swim Club

The club aims to embrace not only the elite swimmer but the novice swimmer as well. This is an excellent way to improve swimming techniques, get fit, and make new friends in a team environment. 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.

Mondays-Fridays
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: 9/12-3/11
Long Course Season: 3/19-8/19

Club fees are as low as \$60 per month.
For more information call 760.839.4204



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



See pages 28-29
for REGISTRATION INFORMATION

TEEN Scene



Keyboarding—Early Intermediate

6 weeks

Ages 14–Adult

Learn to play the piano! This class is designed for continuing students of Keyboarding 2, or students who have some experience playing the piano and a little sight reading. Come and learn new tunes, improve on your sight reading and improvisation, and play common 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

#2242.400 M 5:30–6:30 pm *1/23–3/5 **\$49 MCC

*No class 2/20

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

NEW

Video Game Design 6 weeks

Ages 9–17

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

Instructor: T3ch Zoom (Gyrodimentsions, Inc.)

#1629.400 F 6:00–7:30 pm 1/27–3/2 **\$117 EVCC

**\$10 material fee due at first class

Babysitter's Training

Ages 11–18

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

Instructor: Blythe Paley

#1604.400 Sa 9:00–3:00 pm 2/11 **\$48 EVCC

**\$26 material fee due at first class

Fencing—Foil 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

#1650.400 W 6:00–7:00 pm 1/11–2/15 **\$48 SDFC

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

NEW

MUSICSTAR® Youth Guitar 8 weeks Ages 7–17

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

#1326.400 W 5:00–6:00 pm 1/25–3/14 **\$88 MCC

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

Teen Makeup & Skin Care Ages 12–17

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

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

#1622.400 Sa 9:00–12:00 pm 1/14 **\$49 EVCC

#1622.401 Sa 9:00–12:00 pm 2/4 **\$49 EVCC

**\$25 material fee for makeup kit

MORE CLASSES FOR TEENS

Clay for All Ages – page 8

Vocal Fundamentals – page 18

Ballet – pages 10 & 20

Ice Skating – page 21 • Taekwondo – page 22

Tennis – pages 12 & 23 • Lap Swim – page 23

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

#2322.400 Sa 9:00–11:00 am 1/21–2/25 **\$45 EVCC

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

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

#2238.410 Sa 1:00–2:30 pm 1/14–2/11 \$61 EVCC

Session 2

#2238.420 Sa 2:30–4:00 pm 2/18–3/17 \$61 EVCC

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

#2152.400 Sa 11:00–1:00 pm 1/21 \$15 EVCC

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

Safety Awareness & Self-Defense

Option 2

Ages *13–Adult

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

Instructor: Sergeant Al Owens, police officer for 15 years and Defensive Tactics Instructor for 13 years

#2153.400 Sa 11:00–1:00 pm 1/28 \$15 EVCC

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

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

#2231.400 Sa 1:00–2:00 pm 1/14–3/17 **\$65 MCC

**\$5 discount each additional family member

Zumba 5 weeks

Ages 12–Adult

Teens can now join the fun! 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.

Instructor: Angie Smith, Zumba certified

Session 1

#2640.403 W 5:30–6:30 pm 1/11–2/8 \$26 MCC

Session 2

#2640.423 W 5:30–6:30 pm 2/15–3/14 \$26 MCC

Boot Camp with a Kick

5 weeks/2 days

Ages 16–Adult

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

Instructor: Angie Smith, AFAA Certified

Session 1

#2609.400 T/Th 6:00–7:00 pm 1/10–2/9 \$43 EVCC

Session 2

#2609.420 T/Th 6:00–7:00 pm 2/14–3/15 \$43 EVCC



ADULT Enrichment

NEW

CREATIVE BRAIN® FotoWorkz

8 weeks

Ages 13-Adult

Learn more about different digital camera functions and how to use them to take pictures like a pro. Digital cameras are easy to use, but it is up to you to apply the fundamental elements of art in producing an image that truly tells a story. Whether you want to use a digital camera for a hobby or professionally, FotoWorkz can improve your craft. Bring your own camera, or borrow one of ours. Computer equipment is provided.

Instructor: CREATIVE BRAIN® LEARNING instructor

#2196.400 W 7:00-8:00 pm 1/18-3/7 **\$80 JSC

**\$15 material fee due at first class

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

#2243.400 M 6:30-7:30 pm *1/23-3/5 **\$49 MCC

*No class 2/20

**\$6 material fee due at first class

Keyboarding—Early Intermediate

6 weeks

Ages 14-Adult

Learn to play the piano! This class is designed for continuing students of Keyboarding 2, or students who have some experience playing the piano and a little sight reading. Come and learn new tunes, improve on your sight reading and improvisation, and play common 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

#2242.400 M 5:30-6:30 pm *1/23-3/5 **\$49 MCC

*No class 2/20

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

Hawaiian Style Ukulele 9 weeks Adults

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

Instructor: Quintinn Holi, Hawaiian Musician

Beginning

#2209.400 Th 6:00-7:30 pm 1/19-3/15 \$98 MCC

Intermediate (Prerequisite Beg. Ukulele)

#2209.401 Th 7:30-9:00 pm 1/19-3/15 \$98 MCC

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

#2187.410 Sa 1:00-4:00 pm 2/4 **\$49 EVCC

**\$25 material fee for makeup kit

Makeup 101

Adults

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

Instructor: Michelle Jackson, Certified Makeup Artist and Medical Esthetician

#2188.400 Sa 1:00-3:30 pm 1/14 **\$49 EVCC

**\$25 material fee for makeup kit

NEW

MUSICSTAR® Adult Guitar

6 weeks

Adults

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

Instructor: MUSICSTAR Staff

#2247.400 W 6:00-7:00 pm 1/25-3/14 **\$88 MCC

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



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
 #2322.400 Sa 9:00–11:00 am 1/21–2/25 **\$45 EVCC
 **\$7 optional material fee due at first class, if you do not have your own materials



NEW

Time Alive for the New Year

Adults

In this fun and interactive class we will explore longevity practices, cleansing diets, liver cleanses, mindfulness practice, chi gong, tapping protocols, and more. Learn simple ideas that will fit into your busy life and enhance your physical and emotional well-being. What small changes can you make to encourage living a healthier life?

Instructor: Nina Deerfield
 #2146.400 Sa 10:00–11:30 am 1/21 \$30 MCC

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
 #2137.400 W 6:00–7:30 pm 1/18–2/22 **\$65 EVCC
 *Ages 6–11 can participate with an adult enrolled in class
 **\$30 material fee due at first class

Orchid Growing—Clearing up the Mystery

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 and you'll learn how to split and repot it.

Instructor: Ethel Warner
 #2120.400 T 6:30–8:30 pm 1/17 \$29 JSC

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
 #2101.400 T 6:30–8:30 pm 1/17–2/7 \$48 EVCC

NEW

Shop Smart—Eat Smart!

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
 #2116.400 W 6:00–7:30 pm *1/11–1/25 **\$44 EVCC
 *Class will meet for a two-hour supermarket tour; place and time TBA.
 **\$5 material fee due at first class

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
 #2152.400 Sa 11:00–1:00 pm 1/21 \$15 EVCC
 *It is recommended that 13 and 14 year-olds attend with an observing adult.

Safety Awareness & Self-Defense

Option 2

Ages *13–Adult

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

Instructor: Sergeant Al Owens, police officer for 15 years and Defensive Tactics Instructor for 13 years
 #2153.400 Sa 11:00–1:00 pm 1/28 \$15 EVCC
 *It is recommended that 13 and 14 year-olds attend with an observing adult.

Adult Dance & Fitness



NEW

BACHATA 5 weeks

Adults

Featuring Latin rhythms from the Dominican Republic, this exciting dance is becoming a worldwide phenomenon! This class is perfect for bringing your partner; however, solos can learn the basic movements too. Leaders will learn to use their cores to move their followers with ease. Have fun and get quick stepping this winter on Saturday afternoons!

Instructor: Fran Kollenborn, 20+ years teaching experience

Session 1

#2239.410 Sa 2:30-4:00 pm 1/14-2/11 \$61 EVCC

Session 2

#2239.420 Sa 1:00-2:30 pm 2/18-3/17 \$61 EVCC

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

#2238.410 Sa 1:00-2:30 pm 1/14-2/11 \$61 EVCC

Session 2

#2238.420 Sa 2:30-4:00 pm 2/18-3/17 \$61 EVCC

East Coast Swing 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. East Coast Swing is fun and easy to learn. 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

#2235.400 Th 7:00-8:00 pm *1/26-3/8 \$49 JSC

*No class 2/16



NEW

Beginning Cha Cha 6 weeks

Adults

Cha-cha-cha, an off-shoot of the Mambo, continues to be popular in Latin music today! This dance consists of three quick steps, *cha-cha-cha*, and two slower steps on the 1 + 2 beat. SIMPLE! Come join us on the dance floor and learn how to move those hips. Have fun with a partner or solo. A rotating partner system will be used to ensure that everyone gets to dance with a partner.

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

#2236.400 Th 8:00-9:00 pm *1/26-3/8 \$49 JSC

*No class 2/16

LINE DANCE 10 weeks

Adults

Want to have fun? Learn the Electric Slide, Cowboy Boogie, Strait Cha-Cha? We dance to Train, Lady Gaga, George Strait, and lots of others. Learn the old and new dances happening in local venues. If you've never line danced or it was a long time ago, come on out and learn some new dances and refresh the old. We focus on fun!

Instructor: Carol Stroecker, 10 years teaching line dance

#2200.400 T 7:00-8:30 pm 1/10-3/13 \$51 JSC

Adult Ballet 10 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

#2203.401 Beg/Int. W 7:10-8:10 pm 1/11-3/14 \$90 EVCC

Belly Dance 5 weeks

Adults

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

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

Instructor for 28 years

Session 1

#2618.400 F 6:45-7:45 pm 1/13-2/10 \$45 EVCC

Session 2

#2618.420 F 6:45-7:45 pm 2/17-3/16 \$45 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

#2231.400 Sa 1:00-2:00 pm 1/14-3/17 **\$65 MCC

**\$5 discount each additional family member

Get fit while having fun!

Mom & Tot Boot Camp

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
#2637400 T 11:00-12:00 pm 1/10-3/13 \$89 MCC

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: Iceoplex staff
#2624.400 W 6:05-6:35 pm 1/11-2/29 **\$84 ICE
**Includes skate rental and public skating from 1:30-5:15 p.m. on day of class

NEW
Day/Time

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'Neil. 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 [View the founder of hoop dance, click here.](#)
#2177.400 T 7:15-8:00 pm *1/10-2/21 **\$42 JSC
*No class 2/14
**\$15 material fee due at first class for adult-sized hoop

Martial Arts/Self-Defense

8 weeks

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
#2642.400 F 6:00-7:00 pm 1/20-3/9 **\$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

| | | | | | |
|-----------|--------------|----------------|----------|------|-----|
| #2610.410 | M/W/F 3 days | 12:00-12:45 pm | 1/9-2/17 | \$57 | JSP |
| #2610.411 | M/W/F 2 days | 12:00-12:45 pm | 1/9-2/17 | \$45 | JSP |
| #2610.412 | M/W/F 1 day | 12:00-12:45 pm | 1/9-2/17 | \$32 | JSP |

Session 2

| | | | | | |
|-----------|--------------|----------------|-----------|------|-----|
| #2610.420 | M/W/F 3 days | 12:00-12:45 pm | 2/20-3/30 | \$57 | JSP |
| #2610.421 | M/W/F 2 days | 12:00-12:45 pm | 2/20-3/30 | \$45 | JSP |
| #2610.422 | M/W/F 1 day | 12:00-12:45 pm | 2/20-3/30 | \$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

| | | | | | |
|-----------|-------------|----------------|-----------|------|-----|
| #2611.410 | T/Th 2 days | 12:00-12:45 pm | 1/10-2/16 | \$45 | JSP |
| #2611.411 | T/Th 1 day | 12:00-12:45 pm | 1/10-2/16 | \$32 | JSP |

Session 2

| | | | | | |
|-----------|-------------|----------------|-----------|------|-----|
| #2611.420 | T/Th 2 days | 12:00-12:45 pm | 2/21-3/29 | \$45 | JSP |
| #2611.421 | T/Th 1 day | 12:00-12:45 pm | 2/21-3/29 | \$32 | JSP |

Masters/Lap Swimming see page 23

Adult Fitness



NEW

Mat Pilates Method 5 weeks Adults

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

Instructor: Judi Strause

Session 1

#2622.410 W 7:00–8:00 pm 1/11–2/8 \$49 JSC

Session 2

#2622.420 W 7:00–8:00 pm 2/15–3/14 \$49 JSC

Reality Yoga 10 weeks Adults

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

Instructor: Nina Deerfield, Naturopathic Physician

#2600.400 T 5:00–5:55 pm 1/10–3/13 \$100 MCC

#2600.402 Th 12:00–12:55 pm 1/12–3/15 \$100 MCC

#2600.401 Sa 8:00–8:55 am 1/14–3/17 \$100 MCC

T'ai Chi Chuan 10 weeks Adults

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

Instructor: Nina Deerfield, Certified Master Instructor

#2601.400 T 6:00–6:55 pm 1/10–3/13 \$100 MCC

#2601.402 Th 11:00–11:55 am 1/12–3/15 \$100 MCC

#2601.401 Sa 9:00–9:55 am 1/14–3/17 \$100 MCC

Taekwondo 12 weeks/2 days Ages 6–Adult

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

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

#2613.400 M/Th 5:30–6:30 pm *1/5–3/29 \$88 MCC

#2613.401 M/Th 6:45–7:45 pm *1/5–3/29 \$88 MCC

*No class 1/16 & 2/20

Boot Camp with a Kick

5 weeks/2 days

Ages 16–Adult

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

Instructor: Angie Smith, AFAA Certified

Session 1

#2609.400 T/Th 6:00–7:00 pm 1/10–2/9 \$43 EVCC

Session 2

#2609.420 T/Th 6:00–7:00 pm 2/14–3/15 \$43 EVCC

Zumba 5 weeks Adults

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

Instructor: Angie Smith, Zumba certified

Session 1

#2640.401 M 7:15–8:15 pm *1/9–2/13 \$26 EVCC

#2640.400 T 7:10–8:10 pm 1/10–2/7 \$26 EVCC

#2640.403 W 5:30–6:30 pm 1/11–2/8 \$26 MCC**

#2640.402 Th 7:10–8:10 pm 1/12–2/9 \$26 EVCC

Session 2

#2640.421 M 7:15–8:15 pm 2/27–3/26 \$26 EVCC

#2640.420 T 7:10–8:10 pm 2/14–3/13 \$26 EVCC

#2640.423 W 5:30–6:30 pm 2/15–3/14 \$26 MCC**

#2640.422 Th 7:10–8:10 pm 2/16–3/15 \$26 EVCC

**New! Mathes Center class open to ages 12+. *No class 1/16

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2245 E. Valley Pkwy.

Monday–Friday ~ 8:30–9:30 a.m.

Monday & Wednesday ~ 6:00–7:00 p.m.

Friday ~ 5:30–6:30 p.m.

Saturday ~ 8:15–9:15 a.m.

New classes at Joslyn Center (210 Park Ave.)

Tuesday & Thursday ~ 8:45–9:45 a.m.

Friday ~ 8:45–9:45 a.m.

Friday ~ 4:45–5:45 p.m. (Starting 2012)

Saturday ~ 8:00–9:00 a.m. (Starting 2012)

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

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



Adult Sports

Tennis 5/10 weeks

Ages 15-Adult

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

Instructor: David Parker, USPTA Certified

Session 1

| | | | | | | |
|-----------|----------|---|--------------|----------|------|---------|
| #2401.415 | Beg. | W | 6:00-7:30 pm | 1/11-2/8 | \$58 | KCP 7&8 |
| #2401.416 | Int/Adv. | W | 7:30-9:00 pm | 1/11-2/8 | \$58 | KCP 7&8 |

Session 2

| | | | | | | |
|-----------|----------|---|--------------|-----------|------|---------|
| #2401.425 | Beg. | W | 6:00-7:30 pm | 2/22-3/21 | \$58 | KCP 7&8 |
| #2401.426 | Int/Adv. | W | 7:30-9:00 pm | 2/22-3/21 | \$58 | KCP 7&8 |

10 Week Class

| | | | | | | |
|-----------|------|----|---------------|-----------|-------|---------|
| #2401.405 | Int. | Sa | 8:30-10:00 am | 1/14-3/17 | \$109 | MVP 1&2 |
|-----------|------|----|---------------|-----------|-------|---------|

Fencing—Foil 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

| | | | | | |
|-----------|---|--------------|-----------|--------|------|
| #1650.400 | W | 6:00-7:00 pm | 1/11-2/15 | **\$48 | SDFC |
|-----------|---|--------------|-----------|--------|------|

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

| | | | | | |
|-----------|-------|--------------|-------------|--------|----|
| #4296.410 | M/W/F | 5:30-7:00 am | 12/12-12/30 | **\$40 | WP |
| #4296.420 | M/W/F | 5:30-7:00 am | 1/2-1/30 | **\$60 | WP |
| #4296.430 | M/W/F | 5:30-7:00 am | 2/1-2/29 | **\$60 | WP |
| #4296.110 | M/W/F | 5:30-7:00 am | 3/2-3/30 | **\$60 | WP |

**Drop-in fee: \$8 per day



and

Escondido Recreation



**New Teams
Get \$50 off**

Adult 6 on 6 – Flag Football

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

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

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

EVCC GYM ACTIVITIES

East Valley Community Center
2245 East Valley Parkway

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

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

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

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

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

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



Adult Coed Dodgeball

Escondido Recreation is introducing Adult Coed Dodgeball for players 18 years +. Be part of the new, exciting season this winter! Our league will give players the opportunity to show off their skills from the school yard "back in the day."

Winter 2012 League

#2426.400

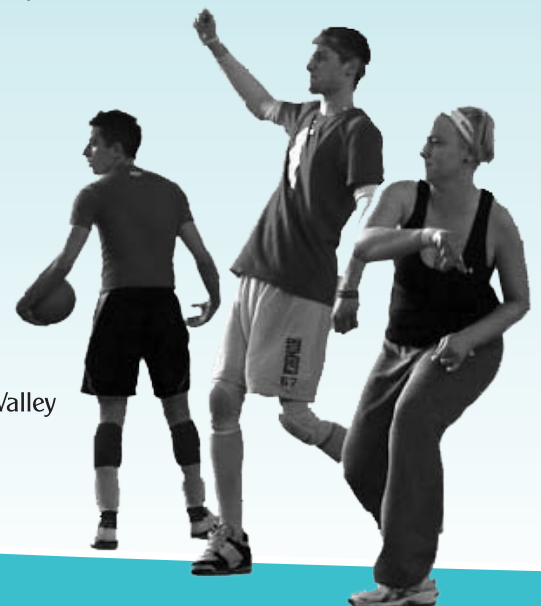
Pre-Season Game
Regular Season

January 18
January 25–February 29
Games played 6:30–9:30 p.m. at the East Valley Community Center*
\$200 per team, includes league & referee fees, and champion team shirt;
\$10 added for late registration

Cost

*Each team will play 7 regular season games, with possible post season play

Registration forms, with more information, will be available in early December at the East Valley Community Center and online at www.recreation.escondido.org



Escondido

SPORTS CENTER

CELEBRATE

Happy Birthday!

SILVER \$250

- 2 Hour Party
- 10-15 Kids
- Inflatable Jumper
- Decorated Party Area
- 1.5 hrs. Skate, Soccer or Hockey Facilities
- Party Supplies
- Cake, Food, Drinks

PLATINUM \$350

- 3 Hour Party
- 10-20 Kids
- Inflatable Jumper
- Decorated Party Area
- 2 hrs. Skate, Soccer or Hockey Facilities
- Gift Bags
- Pinata
- Party Supplies
- Cake, Food, Drinks

BRONZE \$150

- 2 Hour Party
- 5-10 Kids
- Decorated Party Area
- 1 hr. Skate, Soccer or Hockey Facilities
- Party Supplies
- Cake, Food, Drinks



Birthday Parties are available from 12 pm to 4 pm on Saturday and Sunday

All participants must have a signed, valid waiver for birthday party events.

For more information, please contact the Escondido Sports Center,
3315 Bear Valley Parkway . Escondido . CA . 92025 . Ph: 855 . ESC . 4ALL

www.sportscenter.escondido.org

GET YOUR SCOOT ON!

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ESC ID BIKE & SKATEPARK



•EQUIPMENT
Helmet, knee & elbow pads

•AGES
6 yrs. & up

ESC ID card—\$25
includes free
Transworld/Ride
BMX subscription
and t-shirt

| SESSIONS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|--|------------|----------------|------------|----------------|-------------------|------------------------|
| MORNING 9:00–12:00 p.m. | DECEMBER 1–MARCH 31 HOURS <i>3315 Bear Valley Pkwy., Escondido, CA 92025</i> | | | | | SCOOTER ONLY | |
| LUNCH 12:00–3:00 p.m. | | | | | | BIRTHDAY PARTIES | BIRTHDAY PARTIES |
| AFTERNOON 3:00–5:00 p.m. | Combo | Combo | Combo | Combo | Combo | Combo 4-7 p.m. | BIKES ONLY 4-7 p.m. |
| NIGHT 5:00–7:00 p.m. | SKATE & INLINE | BIKES ONLY | SKATE & INLINE | BIKES ONLY | SKATE & INLINE | | |

Weekday sessions – \$3 w/ESC I.D.

Weekend sessions – \$5 w/ESC I.D.

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NOVEMBER 28**

for all youth & adult soccer & hockey programs!

Visit the [Sports Center Web site](http://www.sportscenter.escondido.org) for all league details.

www.sportscenter.escondido.org



Registration Information

5

easy ways to register NOW for Escondido Recreation classes and activities

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



Online

Internet Registration

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

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

Phone-in

Begins December 19

- 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. Tues. & Thurs. 11:00 a.m.-5:00 p.m.

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



Requests for ADA Accommodation

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

Share a Dream Scholarship Program

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



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

How do I request a refund or credit?

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

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

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 (First and Last) | BIRTHDATE | M / F | FEE |
| 1st Choice | 2nd Choice (optional) | | | | | |
| . | . | | | / / | | |
| . | . | | | / / | | |
| . | . | | | / / | | |
| . | . | | | / / | | |

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

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

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

ALL MAJOR CREDIT CARDS ACCEPTED

PRINT NAME AS IT APPEARS ON CARD _____

Signature: _____ Expiration Date: _____

Card # _____ - _____ - _____ - _____

I hereby authorize the use of my Credit card

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

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

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

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

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

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

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

Participant/
 Parent or Guardian
 Signature x _____

Date _____

Mature Adult Services

Serving adults 50 and over!

Joslyn SENIOR CENTER ESCONDIDO

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

Location 210 Park Avenue, Escondido, CA

Office Hours M–F 8 a.m. to 3 p.m.

Contact us 760.839.4688

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

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

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

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

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

For details on monthly activities see our monthly bulletin and the Services & Programs Guide, or go to www.escondido.org/facilities/joslyn/index.html.



Facility Rentals

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

Facility Highlights

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

Please call the Escondido Joslyn Senior Center at 760.839.4688 to discuss your upcoming event.

ESCONDIDO Public Library Serves You!



<http://library.escondido.org>

Renew materials on-line or by phone: 760-738-0249

CITY LIBRARY

239 S. 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 S. 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**
- **Download FREE E-books & E-Audio to your computer or mobile device**
- **Print and Media**
Bestsellers, fiction & non-fiction, magazines, DVDs, & CDs
- **Book Discussion Groups**
2nd Tuesday Book Club
Rincón Literario Bilingual Book Club
- **Culture Connection**
Programs featuring authors, speakers and entertainment
- **2nd Saturday Concerts**
Classical, Cajun bluegrass, Latin sounds, & more
- **Literacy Services: Adult, Family & ESL**
- **Career Workshops & Job Center Resources**



HelpNow!

powered by brainfuse

On-line homework tutoring
1:00–10:00 p.m. daily

Elementary, Middle, &
High School ages



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

Just For Kids

- **Preschool StoryTimes**
- **Knight's Realm Chess Club**
every Monday, 3:30 p.m.
- **Homework Computers**

Teens

- **In BeT(w)een Book Club**
- **Anime & Manga Collection**
- **Teen Service Opportunities**
- **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



Recycle Your Christmas Tree!

In Escondido,
it's **EASY** to recycle



Curbside

December 26–January 13

Set the tree at the curb with your regular greens collection.

Multi-Family

January 2–January 13

Ask your manager for the tree collection site at your complex.

Drop-Off Site

December 26–January 16

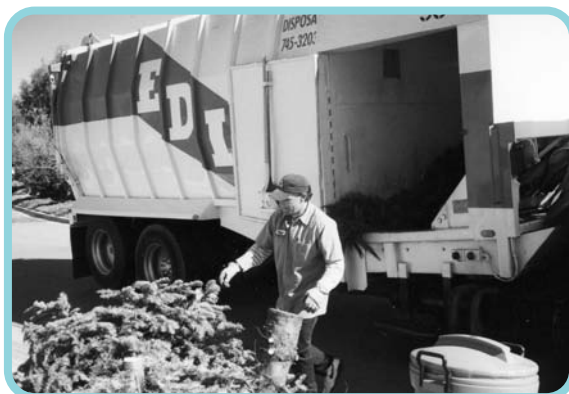
Look for signs and place trees in the large recycling containers.

★ Kit Carson Park ~

South entrance, first parking lot on right, across from adult softball complex

★ Jesmond Vene Park ~

Parking lot next to ball fields



- ★ Flocked Trees Accepted
- ★ No Tinsel or Ornaments
- ★ No Nails
- ★ No Tree Stands
- ★ Trees must be cut to 4-foot lengths for curbside pick-up. All lengths are accepted at drop-off locations.

Questions? Call Escondido Disposal at 760-745-3203 or the Recycling Hotline at 760-839-4818
www.escondidodisposal.com or www.escondido.org



“Use Less Stuff” This Holiday Season



“Gift Shopping Ideas”

Reduce Packaging & Waste

- ★ Give movie or concert tickets
- ★ Buy gift cards for groceries or other necessities
- ★ Give the gift of health—a gym membership or yoga class
- ★ How about the best gift of all? Your time. Make your own gift certificates to take a sports fan to a ballgame or a nature lover on a hike.
- ★ Reduce the number of greeting cards you send in the mail. Maybe attach your annual family newsletter to an e-card and send over the Internet?
- ★ Give GREEN gifts like cloth napkins, reusable batteries and charger, a gift basket of non-toxic cleaners, a tire pressure gauge to save gas, recycled office supplies for a home office, or stainless steel reusable water bottles.
- ★ Shop locally. Support Escondido merchants while saving money on gas.

Learn to Compost!

The next free composting workshop at the Escondido Community Garden is scheduled for Saturday, January 28, 2012 from 8:30 a.m.–10:00 a.m. Learn to build and maintain a backyard compost pile and worm bin. No reservations required. Rain cancels. The garden is located on Centre City Parkway just north of Highway 78. Park near the garden in the parking lot for the Escondido Police & Fire Headquarters.

Too Much Junk Mail?

When you receive an unwanted gift catalog, call the company and ask to be removed from their mailing list. For instructions on how to stop other unwanted junk mail, go to www.calrecycle.ca.gov/ReduceWaste/Home/JunkMail.htm.

Did You Know? If each household canceled 10 mail-order catalogs, the stack of canceled catalogs would be 2,000 miles high!



Energy Workshops

Interested in solar panels for your home or electric vehicles? Sign up for a workshop with the California Center for Sustainable Energy at www.energycenter.org. Click on the "Outreach and Education" tab.

Electronics Disposal

Most electronics (batteries, computers, televisions, fluorescent lights, etc.) require special disposal and may not be placed in your trash or recycling container. Call Escondido Disposal to make an appointment to drop off your household hazardous waste for free. Open two Saturdays per month.

RECYCLE!

Break down cardboard boxes to fit inside your recycling cart.

Wrapping paper is recyclable. Recycle used wrapping paper if it cannot be reused.



Questions? Call Escondido Disposal at 760-745-3203 or the Recycling Hotline at 760-839-4818
www.escondidodisposal.com or www.escondido.org or www.calrecycle.ca.gov/PublicEd/Holidays/



Thank You to our Sponsors for their generous support of the 2nd Annual

FAMILIES ON FOOT

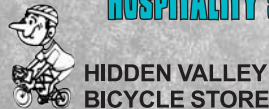
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California Center for the Arts, Escondido
Escondido Education Foundation
The Farm Stand

VENDORS

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City of Escondido, Police
City of Escondido, Lakes & Open Space
City of Escondido, Utilities
CrossFit Kids by CrossFit Xystum
Culligan Water Conditioning of North County
Escondido Wellness Center
Gluten Not Included
Girls Running Strong
KDKC Photography

Kids Care Dental Group
KinderCare
LA Fitness
North County Jumpers
Palomar Pomerado Health
San Diego Aces Disc Golf Association
San Diego Children's Discovery Museum
Seven-A Signature Salon
Silva's Dog Training
Snacktown
Southern Contracting
The Conscious Cook





City of Escondido's 18TH ANNUAL CHARITY GOLF TOURNAMENT

May 8, 2012 • The Vineyard at Escondido

Hosted by **SDGE** A Sempra Energy utility®

This tournament is a four-player scramble with a shot gun start. It is a unique opportunity to contribute to the community while playing a sport you enjoy.



Proceeds will be distributed to Escondido Recreation's Share a Dream Scholarship and Youth Programs.

WHAT'S INCLUDED

- Green Fees and Cart
- Delicious dinner following tournament, served on the green under a spacious banquet tent. Guests are welcome for an additional fee.
- Awards: Individual & Team
- Tee Package, Silent Auction, & Raffle Prizes

SCHEDULE OF EVENTS

- 11:00 a.m.Check-in
- 11:00 a.m.-1:00 p.m. Free Driving Range Available
- 1:00 p.m. Shot Gun Start
- 6:00 p.m. Dinner and Awards

Sponsorship Opportunities

Exclusive and Premium sponsorship opportunities are still available for this upcoming event. This established event provides businesses and individuals with a prime opportunity to support Escondido Recreation and the youth it serves. All contributions are tax deductible and will receive recognition based on the sponsorship level selected.

For more information, please call 760-839-4382 • fore.escondido.org

MUSICSTAR[®] Kidz
see page 5



Mat Pilates Method
see page 22

**Engineering Fundamentals
with LEGOs[®]**
see page 8



Video Game Design
see page 16



Holiday Roller Hockey Camp
see page 13

Register now!

**Winter classes
begin the week
of January 9**

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

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