



THE CITY OF SAN DIEGO

Park & Recreation Department

"We enrich lives through quality parks and programs."

OCEAN AIR RECREATION CENTER

4770 Fairport Way

San Diego, Ca 92130

Office: 858 – 552-1687 Fax: 858-847-9907

www.sandiego.gov



2010
FALL PROGRAM

WELCOME!

PARK & COMMUNITY INFORMATION

On behalf of the Ocean Air Recreation Council,

We welcome your participation in activities and classes at the Ocean Air Recreation Center. We are committed to providing quality services and programming to meet the needs of our community. If you have feedback on recently attended courses or suggestions on future courses to be offered at this facility, we would like to hear from you.

The Ocean Air Recreation Center is located next to Ocean Air Elementary School. **To get to facility, head East on Carmel Mt. Road and North on E. Ocean Air, it ends at the Recreation Center.** For more information on any of the above contact Center Director, Kevin Wiggins at (858) 552-1687 or kwiggins@sandiego.gov.

Looking forward to seeing you at Ocean Air,
The Ocean Air Recreation Council

OCEAN AIR RECREATION COUNCIL?

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, and equipment. They plan, promote, publicize, and help provide recreation opportunities for citizens in the Ocean Air Boundaries. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meeting. Meetings are open to the public. We encourage and welcome your participation. The Ocean Air Recreation Council meets every 4th Tuesday of each month at 7:00pm. If you are interested or have concerns about your neighborhood parks and recreation center, please attend the meetings or join the council.

Requirements for Independent Contractors

1. All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
2. Contractors must submit a business license and proof of insurance.
3. City staff handles all registration for the program.
4. Contractor must provide Worker's Comp. coverage for all employees.

* Permit Holder Requirements

1. Must provide proof of insurance.
2. Must provide own advertisement for program.
3. Registration handled by the permit holder.

Note: Permit Holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors
All Permit Holders are identified with an *asterisk on this program.

HOURS OF OPERATION

Effective: January 20th - December 31, 2010

Monday, Tuesday, Thursday	1:00 - 8:00pm
Wednesday	12:00 - 8:00pm
Friday	1:00 - 7:00pm
Saturday	9:00am - 2:00pm
Sunday	Closed

CLASS REGISTRATION HOURS

MONDAY/TUESDAY/ WEDNESDAY/ FRIDAY

1:00 - 7:00 PM

*SATURDAY 9am - 1pm

(*Only through 2nd week of class registration)

All hours are subject to change without prior notification.

HOLIDAY CLOSURES

SEPTEMBER 6th - LABOR DAY

NOVEMBER 11TH - VETERANS DAY

NOVEMBER 25TH - THANKSGIVING

DECEMBER 24TH & DECEMBER 31ST

FACILITIES AVAILABLE

Ocean Air Park and Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball/volleyball/badminton courts
- Three meeting rooms*
- Age appropriate playground
- Passive picnic areas
- Picnic shelter*
- Barbeques
- Lighted Outdoor basketball court*
- Lighted Multi purpose fields*
- Fitness Area
- Trailhead to Carmel Mountain Preserve

*Open to paid reservation, pending availability.
Contact recreation staff for more information.



NEIGHBORHOOD PARKS

Torrey Hills 4262 Calle Mejilones.

Sage Canyon 5252 Harvest Run Dr.

For other Neighborhood parks in your area stop by the Recreation office and inquire with staff.

For park use and reservations for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps, and special events, please contact Ocean Air Recreation Center (858) 552 - 1687.

Events with 50 or more people **MUST** have a paid permit approved by the Center Director.

PARK & COMMUNITY INFORMATION REGISTRATION INFORMATION

GYMNASIUM USAGE

A monthly gym schedule is available at the recreation center for all free play activities. Times are subject to change without prior notification. **Drinks, food, and black soled shoes are prohibited from the gymnasium, no exceptions!**

OPEN BASKETBALL

Free play basketball is open both inside and outside on a first come, first serve basis. See gym schedule for indoor free play hours. All ages are welcome.

OPEN VOLLEYBALL

Free play volleyball. Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

OPEN BADMINTON

Free play badminton. Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

*** No organized play, practice or instruction is allowed in the gymnasium without approved permit.**

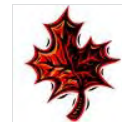
FIELD USAGE

The Ocean Air Joint-Use Field is a partnership between the City of San Diego and the Del Mar Unified School District. The playing fields are closed to public use 1/2 hour before the start of the school day bell and up until a 1/2 hour after the end of the school day bell.

Fields are available to the public Monday-Friday, Weekends, Holidays and when school is not in session. All organized activities including: leagues, classes, instruction and special events require a permit. Field usage is determined by the Park and Recreation Department. For permitting information and availability please contact the Ocean Air Center Director at (858) 552-1687.

REGISTRATION BEGINS:

Monday, August 23, 2010 at 2:00p.m.



CLASSES :

- * Registration is taken on a first come, first serve, walk in basis. Phone or mail registration is not accepted.
- * When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.
- * If classes do not meet minimum enrollment (5) they will be cancelled and a full refund will be issued.

PAYMENT POLICY

- * Payment is required at the time of registration.
- * Registration deadline is the second class meeting. No registrations will be accepted after the second scheduled class meeting.
- * Exact CASH or CHECK payable to OARC are the only methods of payment accepted.
- * A \$30.00 service fee will be charged for ALL returned checks.
- * Class fees are NOT pro-rated/discounted after the beginning of the scheduled session.

REFUND POLICY

- * Refund request forms **MUST** be submitted PRIOR to the 2nd scheduled class meeting.
- * To obtain a refund, a OARC Refund Request Form (obtain at office) must be completed and submitted with your pink receipt.
- * A \$10.00 service fee will be charged for each refund request.
- * All requests take 10 business days to process.
- * No partial refunds or make-ups for missed classes.

GENERAL PARK RULES

- No Field use During School Hours
- No Smoking
- No Glass Containers
- No Littering
- No Golfing
- No Motorized Devices
- No Model or Remote Controlled Devices
- Dogs Must be on Leash
- No Dogs on Playground
- No Dogs on Multi-Use Fields during Permitted Activities.
- No Overnight Camping
- No Open Camp Fires
- No Skateboards, Bikes, Scooters, or Roller Skates

WINTER REGISTRATION DATES

The Winter Ocean Air Activity Program will be available
Monday, November 22nd.
Registration for Winter programs will begin
December 13th
with most programs beginning
January 3rd, 2011 unless otherwise noted.

PARK & COMMUNITY INFORMATION

INDIVIDUALS WITH DISABILITIES

Many Camps and classes can accommodate individuals with disabilities. Upon availability, City of San Diego Therapeutic Services may provide additional support. Please request this service at least three weeks prior to the first day of the program. For more information on Therapeutic Services call (619)525-8247.

AED

Automated External Defibrillator's (AED) are located inside the Ocean Air Recreation Center.

YOUTH SPORTS ORGANIZATIONS

Carmel Valley Lacrosse
(858) 259-1450

C.V. Manchester Soccer
<http://manchestersoccer.net>

Del Mar Little League
www.dml.org



DMCV Sharks
(858) 794-8404

North Shores Girl Softball
(858) 643-9790

Torrey Pines Pop Warner and Cheerleading
info@torreypinespw.com

RECYCLE

The park has marked recyclable containers throughout the park. Keep the park clean by RECYCLING! Please do not overflow the containers. Please let the office know if cans are full. ILLEGAL DUMPING IS PROHIBITED.



YOUTH / FAMILY PROGRAMS

SNEAKY KIDS COOKING

Kids cooking class with an emphasis on Healthy Eating and Nutrition.

This is like no other cooking class your child has taken. Jodie, a registered Dietitian, MS in Nutrition, leads the class creatively cooking with your child while subtly including fun games, taste test and slide shows that teach good nutrition. Lessons and recipes are always included. If you want your child to learn to eat healthier in a safe, fun environment... This class is for you.

Day: Monday

Time: 3:30pm – 4:30pm

Ages: 1st–5th grade

Session I : Sept. 13th - Nov. 1st

Fee: \$128 / 8 weeks

Session II: Nov. 8th - Dec. 13th

Fee:\$80 / 5 Weeks

(No Class on Nov. 22nd)

(5 weeks of additional classes for graduates or 1st timers)

Instructor: Jodie Block, MS, RD, CDN



YOUTH / FAMILY PROGRAMS

TANG SOO DO KOREAN KARATE

This internationally accredited martial arts program will help you Get Fit, Stay Safe, and Have Fun. Age-appropriate classes for Youth & Adults offered simultaneously to maximize your family time.

Tiny Tiger/Little Dragon

Age-appropriate and fun. Safety skills specifically covered.

Ages: 4 to 7 years

Day: Monday's Time: 5:00 – 6:00 pm

Fee: \$135/ 12weeks

Session: September 13th - December 13th
(No classes on 10/25 & 11/22)

YOUTH, 8 (ish)+ years

Enhance fitness, coordination, memory & confidence. Life skills to deal with bullying, strangers, and emergencies.

Day: Monday and Wednesday

Time: Beginning: 6:00 – 7:00pm

Intermediate: 6:00 – 7:30pm

Fee: \$192 / 12weeks

Session: September 13th - December 15th
(No classes on 10/25, 10/27, 11/22 & 11/24)

Chief Instructor: Kelly Goodwin - 4th Degree Black belt accredited with the World Tang Soo Do Association. For more info : <http://coastalcanyontsd.org> or call 858-356-9535.



OPEN MARTIAL ARTS

Our children's Open Martial Arts program provides a comprehensive program for self defense, fitness, and personal development. Open Martial arts combines Tae Kwon Do, Kickboxing, Muay Thai, Judo and self-defense to develop well rounded martial arts students and good citizens in the community.

Day: Tuesdays and Thursdays

Session I : \$96 / 8 weeks

September 28th - November 18th

(No Class 11/11 - Make up 11/12)

Session II: \$42 (7 classes)

November 23rd - December 16th

(No Class on Nov. 25th)

Kids Ages 6-9

5:30 – 6:15pm

Youth/Teens Ages 10-14

6:15 – 7:00pm

Classes On-Going

Instructor: David Delgado - Rucci

Sensei Delgado is accredited by the World Tae Kwon Do Federation and has been certified to teach martial arts through the Cooper Institute.



YOUTH CLASSES

PLEASE REGISTER FOR THESE CLASSES AT THE RECREATION CENTER DURING REGISTRATION HOURS

EvOLvE DANCE CLASSES



Mommy /Daddy & Me (15 months - 2.5yrs)

Come and spend some magical time with your child while they learn to move to music.

Free Trial Class.

Magical Munchkins (2 1/2 - 3 yrs)

A Gentle introductory combination class of tap, ballet, tumbling and dance games. This is a perfect transition class between Mommy and me and the Tiny Movers class. Parents participate as needed. Free Trial Class.

Tiny Movers Combo Class (3 - 4 yrs)

A combination class of tap, ballet, tumbling and dance games. This fun, high-energy, and creative expressive class will have your *Tiny Mover* learning basic dance skills, creativity, coordination, musicality and rhythm. Free Trial Class.

Star Shiners Combo Class (4 1/2 - 6 yrs)

A combination class of tap, ballet, and tumbling to keep your *Star Shiner* moving. This gentle but structured class will include fun movement allowing your child to express themselves while developing dance, listening, and motor skills.

Free Trial Class.

Boys On The Move (But Girls Allowed Too!) (4 1/2 - 7 yrs)

A fun, high -energy hip-hop & tumbling class enabling boys to be boys and girls to let loose while developing creativity, coordination, musicality and listening skills. Free Trial Class.

Hip Hop (8 - 12 yrs)

A fun, high -energy hip-hop class that will definitely have you movin' to the beats. Don't be intimidated...great for those who want to learn hip-hop and have a great workout. Free Trial Class.

The EvOLvE Class (3rd - 8th Grade)

Dance! Design! Direct! Do it all in this unique student - lead class that goes beyond traditional dance classes. The student dancers become the decision makers by exploring choreography, music selection, show management and art and costume design for their end of session performance. Dancers love this fun class.

Director: Brittany White

For more information, please visit

www.dancetoevolve.com or call (858) 876-5327

EvOLvE DANCE CLASSES

FREE TRIAL CLASS!

September 7th - December 18

14- week semester

Discount Price \$193

****Register for the entire Semester and secure your place in class . Classes are designed to be progressive**

September 7th - October 23rd (7 Weeks)

October 25th - December 18th (7 Weeks)

(No Classes Nov. 11th, 23rd, 25th & 27th)

Fee: \$101.50

Mommy/ Daddy & Me

Punch Card

6 Classes - \$87 * 9 Classes - \$126 (Save \$4.50)

EvOLvE Dance Class

September 14th - December 14th

Fee: \$179

(Due to the nature of the class and end of the semester performance, only 13-wk semester offered)

MONDAY (Classes start September 13th)

9:30am: Mommy/Daddy & Me Movement Class
10:15am: Tiny Movers
11:15am: Star Shiners

TUESDAY (No class on November 23rd)

2:00pm: Star Shiners
3:00pm: EvOLvE Dance Program
4:00pm: Hip Hop
5:00pm: Boys on the Move

THURSDAY (No class 11/11, 25)

9:30am: Magical Munchkins
10:15am: Star Shiners
11:15am: Tiny Movers



SATURDAY (No Class on Nov. 27th)

9:15am: Mom/Dad & Me Movement Class - Rm. A
10:05am: Tiny Movers - Room A
11:05am: Star Shiners - Room A
12:05pm: Beginner Ballet/Jazz - Room A
(10-14 yrs old)
9:15am: Star Shiners - Room B
10:15am: Magical Munchkins - Room B
11:05am: Tiny Movers - Room B
12:05pm: Boys On The Move - Room B

YOUTH CLASSES

ROCK AND TUMBLE GYMNASTICS



TUMBLE TODDLERS

Come join the gymnastics fun as our instructors lead warm up exercises, explore on the gymnastics equipment, play parachute games, bubbles, lummi sticks and MORE! This class is parent / child interactive.

Age: Walking to 3 Years Old

Day: **Wednesday**

Time: 10am – 10:45am

Session I \$128 (8 Weeks) September 15th - November 3rd

Session II Fee: \$80 (5 Weeks)

November 10th - December 15th (No Class on 11/24)



GYM KIDS

3 to 5 year olds have a great time while learning gymnastics, the sport of all sports! Instructors use circuits for minimal down time as children learn by doing. Imaginative lesson plans are used to incorporate gymnastics, motor skills, strength and flexibility by use of age appropriate progressions & circuit training. Parents, you are welcome to watch the fun from the viewing area.

Age: 3-5 Years Old

Day: **Wednesday**

Time: 11am – 11:45am

Level II: (Ages 4—5) 12:00pm – 12:45pm

Session I \$128 (8 Weeks)

September 15th - November 3rd

Session II Fee: \$80 (5 Weeks)

November 10th - December 15th (No Class on 11/24)



GYMNASTICS I & II

Gymnastics for boys and girls offering instruction on vault, bars, balance beam and floor exercise. Strength and flexibility are increased as gymnasts learn proper progressions for mastering new skills. Level I is offered for students new to gymnastics, while level II is for students with gymnastics experience. Skills introduced will follow USA Gymnastics pre-competitive levels I-V, preparing the gymnasts for level IV competitive skills.

Age: 5-9 Years Old (7:1 Student/Teacher Ratio)

Day: **Wednesday**

Time: Level I (Ages 5-8) 1:00pm – 2:00pm

Level II (Ages 6-9) 2:00pm – 3:00pm

Introductory Fee

Session I Fee: \$128 (8 Weeks)

September 15th - November 3rd

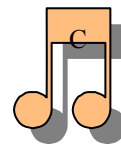
Session II Fee: \$80 (5 Weeks)

November 10th - December 15th (No Class on 11/24)



For more information contact Rock and Tumble at (858) 487-7799 or internet: www.rockntumble.com

LITTLE RASCALZ COACH BETHY'S MUSIC 'N' STUFF CLASS



This program is a different type of music class which breaks away from the more typical music class format. Class is action packed & gets the kids moving rather than the more traditional sitting in a circle setting. Class is a mixture of music, songs, rhymes, stories and games and will be very age appropriate and "kiddie friendly". Parents don't have to sing if they don't want to...(I can hear your sighs of relief from here:)

As (with your sports classes), it will be education disguised as play and the most enjoyable thing your child (and you) will do all week!!

Day: Tuesdays

Age: 2 - 5 Years Old

Time: 9:15 - 9:55am

10:10 - 10:50am

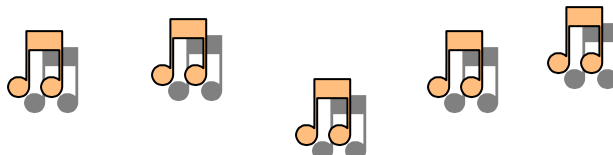
11:05 - 11:45am

Session I: \$98 (7 weeks)

September 14th - October 26th

Session II: \$84 (6 weeks)

November 2nd - December 14th (No Class on 11/23)



Day: Thursdays

Age: 2 - 5 Years Old

Time: 2:00 - 2:40pm

3:00 - 3:40pm

4:00 - 4:40pm

Session I: \$98 (7 weeks)

September 16th - October 28th

Session II: \$84 (6 weeks)

November 4th - December 16th

(No Class on 11/11 & 11/25) Make up class for 11/11 TBA



*** MAX 10 CHILDREN PER CLASS**



For more information contact
Coach Bethy at 619-309-9626
www.littlerascalzsoccer.com

YOUTH CLASSES

THE FOLLOWING CLASSES HAVE ON-LINE REGISTRATION THROUGH THEIR WEB SITES
CITY STAFF WILL NOT ACCEPT ANY CLASS REGISTRATION - NO EXCEPTIONS

* LITTLE RASCALZ CLASSES



NON-COMPETITIVE SOCCER CLASSES LITTLE RASCALZ SOCCER

Classes are unique. There is no substitution to this program and our highly effective methods. Our particular style of fun/teaching is completely one of a kind and we back that up with a *100% money back guarantee!* Our classes are:
*Extremely entertaining (for parents too)!
*A high energy experience & great exercise Plus, they of course promote the development of gross motor skills, social interaction, cooperation with peers, direction following etc.

*Mommy 'n' Me

For curious and energetic little ones aged 18 mo - 2½ ish.

*Regular classes

Suitable for the majority of children aged 2½ - 5½ ish.

*Vets classes

Slightly more challenging for children aged 4-6 yrs.

*Munchkin classes

Advanced with competition introduced for 5-6 yr olds.

Day: Mondays - Sept. 13th - October 25th

9:30am - Mommy 'n' Me soccer/sports

10:20am - Regular class

11:10am - Regular class

Fee - \$120 (7 weeks)

Day: Tuesdays - Sept. 7th - October 26th

3:30pm - Regular class

4:20pm - Vets class

5:10pm - Regular class

Fee - \$135 (8 weeks)

Day: Fridays - Sept. 10th - October 29th

3:30pm - Regular class

3:30pm - Vets class

3:30pm - Munchkin class

4:20pm - Regular class

4:20pm - Vets class

4:20pm - Munchkin class

5:10pm - Regular class

5:10pm - Vets class

5:10pm - Munchkin class

Fee - \$135 (8 weeks)

**YEAR AROUND -
ON-GOING
DATES & FEES
CHECK WEB SITE
FOR CURRENT
CLASSES**



*KID CITY SPORTS CLASSES



PEE WEE SPORTS

Children will learn fundamentals of four (4) different sports. 3 weeks of soccer, 2 weeks of football, 2 weeks of basketball and 3 weeks of t-ball. Our goal is for children to have fun and get exposure to a variety of sports. We emphasize keeping the kids moving and enhanced individualization. For 3-6 year old classes, ages are divided among age groups when necessary.

Day: Monday

Ages: 3 - 5 years

Time: 4:00pm - 4:40pm

Fee: \$140/10 weeks

Session : September 13th - November 15th

Classes on Going

Instructor: Kid City Sports Staff



SOCCER CLINIC

Children will have a ball learning the fundamentals of soccer. Skills covered are kicking, passing and defense. Kids will participate in "Live Games" and mini-stations are incorporated to enhance skills. Your little athlete will be introduced to the concept of set plays and gain soccer experience.

Day: Friday

Ages: 3 - 5 years Time: 3:30pm - 4:10pm

Fee: \$140/10 weeks

Session: September 17th - December 3rd

No class 11/14, 11/26

Classes on Going

Instructor: Kid City Sports Staff



Kid City Sports



For more information and registration contact
Coach Bethy at 619-309-9626
www.littlerascalzsoccer.com

For more information and registration contact
Kid City Sports at
(858) 344-2557 or visit www.kidcitysports.com

YOUTH CLASSES ADULT CLASSES

CIVIC DANCE ARTS



Founded in 1942, the Civic Dance Arts Program of the City of San Diego Park and Recreation. Department has introduced hundreds of thousands of citizens to the art form of dance.

CLASS DAY: WEDNESDAY

2:00pm - Pre-Tap (Age 4 - 5)

2:45pm - Tap beginner (Age 6 - 17)

3:30pm - Jazz Beginner (Ages 6 - 17)

4:15pm - Hip Hop (Ages 6- 17)

5:00pm - Pre-Ballet (Age 4 - 6)

5:45pm - Ballet (Ages 7 - 15)

***Registration: September 22nd**
(Register/Pay with instructor
on day and time of desired class)

Fee: \$48 - Payable to City Treasurer
Classes Start: September 29th – December 15th
(No classes on November 24th).

For more information contact the Dance Department
at (619) 525-8258 or the website:
www.civildancearts.org

KIDARTS

DRAWING AND PAINTING CLASS



Introduction to art with focus on developing natural talents and abilities of artistic expression. Students will learn and practice basic skills of drawing and painting using different tools and techniques. Children will develop their creativity through exposure to art and fun-filled activities. Class includes one visit to the art museum and student art exhibition at the end of session. Basic materials provided except for the sketchbook.

Day: Monday

Ages: 6 - 12 years old

Time: 3:00 - 4:30pm

Instructor: Lech J. Skrzeczkowski

Session I - \$95 (7 Weeks)

September 13th - October 25th



NUTRITION

Parents "Weigh" to Go" ! Lecture Series

Sort through all the hype out there today and learn the correct "Weigh to Go".

Week 1 - What Belongs on your Daily Plate.

Week 2 - The New Landscape of Food Labeling in America: Organic and Food Safety.

Week 3 - Everything You Want to Know About Fluid Needs and Protein.

Week 4 - How to Lose Weight Without Ever Dieting. Yes you Can!

Week 5 - Creative Ideas to get your kids and yourself eating Healthier.

Week 6 - Exercise's effects on weight loss. Calories In Vs. Calories Out/ What that really means.

Week 7 - The Myths and Misconceptions of Fad Diets-Bring Your diets to Analyze and Discuss.

Week 8 - Breaking the Yo Yo Diet.. So You Don't End Up Fatter.

Day: Monday

Time: 7:00 - 8:00pm



Session I - \$128 (8 Weeks)

September 13th - November 1st (8 Weeks)

* Sign up for all classes or one at a time (Individual class registration must be completed).

Session II - \$80 (5 Weeks)

November 8th - December 13th (5 Weeks)

(No Class on November 22nd)

5 weeks of Additional classes for graduates and 1st timers.

Week 1,2,3,4,8 will be repeated and expanded on

Instructor: Jodie Block, MS, RD, CDN

Formally NYC'S "It" Dietitian now living and working in Carmel Valley.

For more info Call Jodi at 858-926-8139

ENJOY LIFE !

ADULT HEALTH AND FITNESS

PLEASE REGISTER FOR THESE CLASSES AT THE RECREATION CENTER DURING REGISTRATION HOURS

TANG SOO DO KOREAN KARATE

Get Ready to sweat! Teens and Adults learn martial arts and practical self-defense. Increase strength & flexibility. Classes include punching, kicking, weapons, forms, & sparring. Join an internationally accredited organization that fosters lifetime training and friendship.

Day: Monday and Wednesday
Time: **Beginning:** 6:00pm – 7:00pm
Intermediate: 6:00pm – 7:30pm
Advanced: 6:00pm – 8:00pm
Ages: Teen and Adult



Fee: \$144 / 12weeks
Session: September 13th - December 15th
(No classes on 10/25, 10/27, 11/22 & 11/24)

Chief Instructor: For more info :
<http://coastalcanyonstd.org> or call
858-356-9535.

PILATES

POSTNATAL EXERCISE CLASS WITH MOM AND BABY

This class will get you back in shape while playing with your baby and meeting other moms. Class is based on principles of Pilates which focuses on stabilizing the core and toning all major muscle groups. Bring a mat for you and a blanket for your baby. Class recommended for Mom or Dad and a pre-walking baby.

Day: Wednesday
Time: 10:00 – 11:00am
Ages: Adult
Session I: \$119/7weeks
September 15th - October 27th
Session II: \$102/ 6 weeks
Nov. 3rd - Dec. 15th



HARD CORE PILATES

This class will energize you, develop core strength, build lean muscle and increase flexibility. Learn how to find the deeper muscles of your core. Pilates can reshape your body through control, precision and balance. Please bring a yoga mat.

Ages: Adult
Day: Wednesday **Time:** 11:05am - 12:05pm
6:45pm - 7:45pm

Session I: \$119/ 7 weeks
September 15th - October 27th
Session II: \$102/ 6 weeks - Nov. 3rd - Dec. 15th

Instructor: Maria Cleary; MFA in Dance UC IRVINE, Pilates Certified - Physical Mind Institute. 20 years experience teaching pilates and dance. For more info: purepilatessandiego.com or call 858-229-0360

MINDFUL HATHA YOGA CLASS

In this Mindful Yoga class, experience the practice of conscious, yogic breathing techniques and integrate the fundamentals of mindfulness and meditative focus within the scope of each yoga (asana) practice session.

Day: Thursday
Time: 6:00 – 7:40pm
Introductory Session: \$48 (4 Weeks)
Sept. 2nd - Sept. 23rd
Session II: \$60 (5 Weeks)
Sept. 30th - Oct. 28th
Session III: \$60 (5 Weeks)
Nov. 4th - Dec. 9th (No class on 11/25th)



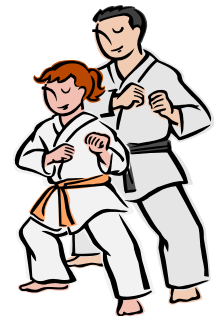
Instructor: Donna Cheema, M.Ed Counseling Psychology, Certified Phoenix Rising Yoga Therapist, Licensed Holistic Health Practitioner, Registered Yoga Teacher, E-500

OPEN MARTIAL ARTS

Our adult's martial arts program provides a comprehensive program for self defense, fitness, and personal development.

Day: Tuesday and Thursday
Ages: Adults
Time: 7:00 – 8:00pm
Session I: \$96 / 8 weeks
September 28th - November 18th
(No Class 11/11 - Make up 11/12)

Session II: \$42 (7 classes)
November 23rd - December 16th
(No Class on Nov. 25th)



Instructor David Delgado - Rucci

Sensei Delgado has been teaching Martial Arts for over 8 years. Sensei Delgado currently holds a first degree black belt and has been certified to teach martial arts through the Cooper Institute.



ADULT HEALTH AND FITNESS AND ATHLETICS

***Register at Recreation Center**

CARDIO KICK BOXING

Aerobic Instruction with a focus on developing rhythm & performing combination techniques that incorporate kicks, punches, blocks, dips, and footwork to music. All levels welcome.

Day: Monday
Time: 5:00 – 6:00pm
Ages: Adult



Session I: \$60/6 weeks
Sept. 13th - Oct. 25th
(No class on Oct. 11th)

Session II: \$60/6 weeks
Nov. 1st - Dec. 13th
(No class on Nov. 15th)

Instructor: Salim Odero

CAPOEIRA

Come experience this Brazilian Martial Art that blends fight, game and dance into a comprehensive system. Capoeira is an intense workout that involves coordination, balance, body inversion and acrobatics.

Day: Friday
Time: 5:30 – 7:00pm
Ages: Adult



Session I: \$60/6 weeks
Sept. 17th - Oct. 29th
(No class on Oct. 15th)

Session II: \$60/6 weeks
Nov. 5th - Dec. 17th
(No class on Nov. 26th)

Instructor: Salim Odero

* MEN'S BASKETBALL LEAGUE

San Diego Basketball will be organizing Adult Men's and Women's Basketball. For more info contact Rob Powell, League Director at (858) 829-8007 or check out the website at:

www.sandiegobasketball.com



***Register at Recreation Center**

OUTDOOR CROSS TRAINING BOOT CAMP

Fresh air and training to develop POWER, SPEED, BALANCE A ENDURANCE. For maximum Sports Performance - or General Fitness, Strength and Core Strength and Flexibility.

Day: Tuesday
Time: 5:45pm - 6:45pm
Ages: Adult
Session: \$152 (8 Weeks)
September 13th - Nov. 2nd

Day: Saturday
Time: 10:30am - 11:30am
Ages: Adult
Session : \$152 (8 Weeks)
September 118th - Nov. 6th



Instructor: Federico De Silva

Since 1989, Federico has dedicated his life to the pursuit of excellence in corrective high performance exercise kinesiology. He is thorough in his biomechanical approach and has worked with elite athletes, post-rehab patients, children, and the elderly. He specializes in authentic Romana's Pilates and Yoga for the mind-body conditioning.

ADULT SOFTBALL LEAGUES

Adult Softball Leagues both Co-Ed and Men's will be held throughout the week. Leagues are forming now. For more information please contact Recreation Staff.
(858) 552-1687.



THE CITY OF SAN DIEGO

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8903) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.