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## OFFICE HOURS FOR CLASS REGISTRATION

MONDAY	2:00 - 6:00pm
TUESDAY	2:00 - 7:00pm
WEDNESDAY	2:00 - 7:00pm
FRIDAY	2:00 - 6:00pm

ONLINE  
REGISTRATION  
INFORMATION  
ON PAGE 8.



## Carmel Valley Community Park & Recreation Center

3777 Townsgate Drive  
San Diego, CA 92130

**Recreation Center Office:**  
(858) 552-1616

**Carmel Valley Pool:**  
(858) 552-1623

**Carmel Valley Tennis:**  
(858) 504-4181

**Recreation Council Information**  
[www.cvsd.com/CVRecCenter](http://www.cvsd.com/CVRecCenter)

# WINTER 2012 PROGRAM



Park Use Permits and Recreation Center Use Permits are taken by appointment only.  
Please contact Center Director Rob Powell @ (858) 552-1616 to make an appointment.

**CLASS REGISTRATION BEGINS DECEMBER 10, 2011 AT 9:00AM**

*See page 8 of this brochure for more details.*

## REGISTRATION INFORMATION

Online Registration will be available this season. See page 8 in this brochure for details. Children under 18 must be registered by their parent/legal guardian. **NO EXCEPTIONS!**

### REGISTRATION BEGINS:

**SATURDAY, December 10, 2011 at 9:00AM**

Registration at the Recreation Center will be done on a first come, first serve basis. (Except for Girls on the Run, Master Sports Programs, Senior Fitness & Tennis)

Historically, only a few classes fill to capacity on the first day of registration; register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. Programs may be cancelled if the minimum enrollment requirement is not met 48 hours prior to the start of the first class. Please register early. All participants must meet age requirements.

### PAYMENT POLICY:

- ◆ Payment is required at the time of registration.
- ◆ Payment methods for registrations taken at the Center are a credit card, EXACT cash or a check payable to CVRC.
- ◆ Online Class registration requires a credit card payment.
- ◆ Credit cards accepted are VISA, MasterCard, American Express and Discover. We are unable to accept debit cards.
- ◆ A \$35 fee will be charged for all returned checks.
- ◆ Financial assistance is available. Please submit the application to Recreation Center office one week prior to the start of registration.
- ◆ Class fees are not prorated/discounted after the beginning of the scheduled session.

**Resident** - Resides in the City of San Diego, property taxes are paid to the City of San Diego

**Non-Resident** - Resides outside the City of San Diego (Solana Beach, Del Mar, Rancho Santa Fe, Cardiff, etc.)

### REFUND POLICY:

*This policy applies to programs offered by the Carmel Valley Recreation Council.* Sorry, no refunds available for programs with less than 4 class meetings. No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). **Sorry, no exceptions!**

If a class is canceled due to class minimums not being met; you will be notified by email. Refunds checks will be issued and mailed to the address on the family account.

A \$20 service fee will be charged per registrant for each refund request. Refunds are processed within 10 business days of request. All approved refund requests will be paid via check. This includes credit card transactions. A CVRC Refund Request Form (available at the Recreation Center) and your registration receipt must be submitted **at least 48 business hours prior to the second scheduled class meeting.**

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and cannot participate in class please contact CVRC staff as soon as possible. **A CVRC Refund Request Form** (available at the Recreation Center) **must be submitted as soon as possible.** Refund or credit will be determined on a case by case basis by the Center Director.

## CARMEL VALLEY PARKS

Ashley Falls Park	13030 Ashley Falls Drive
Carmel Creek Park	4260 Carmel Center Road
Carmel Del Mar Park	12345 Carmel Park Drive
Carmel Valley Park & Rec. Center	3777 Townsgate Drive
Solana Highlands Park	3520 Long Run Drive

### PARK USE INFORMATION

City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

Call for availability and more information. Permits are taken by appointment only. **Please contact Center Director Rob Powell at (858) 552-1616 to schedule.**

### CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

#### FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center is a City of San Diego Park and Recreation facility and is free and open to the public, during designated hours. Facilities and programs available:

- ◆ Indoor multipurpose courts
- ◆ Game room with Table Tennis
- ◆ Passive picnic areas with barbecues
- ◆ Outdoor basketball courts
- ◆ Outdoor Fitness Stations
- ◆ Tennis courts
- ◆ Amphitheater
- ◆ Two Playgrounds
- ◆ Multipurpose fields
- ◆ Horseshoe pits

### CARMEL VALLEY PARKS ADMINISTERED BY THE MAINTENANCE ASSESSMENT DISTRICT:

For information/Permits contact Randy Jones, (619) 685-1366  
[rjones@sandiego.gov](mailto:rjones@sandiego.gov)

**Carmel Knolls Park**, 4850 Carmel Knolls Dr.

**Carmel Mission Park**, Corner of Carmel Country & Carmel Mission Rd.

**Carmel View Park**, Corner of Valley Centre Dr. & Carmel View Rd.

For information/Permits contact George Flores, (619) 685-1335  
[gflores@sandiego.gov](mailto:gflores@sandiego.gov)

**Carmel Grove Park**, Corner of Carmel Grove and Carmel Creek Rd.

**Torrey Highlands Park**, Corner of Del Mar Heights Rd. & Lansdale

**Winwood Park**, Corner of Carmel Creek Rd. & Pasea Montanas

### RECREATION COUNCIL:

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.

### INDIVIDUALS WITH DISABILITIES:

Accommodations are available for persons with disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance. Please contact the Center Director for information.



## Having a Party in the Park?

If you would like to host a birthday or other special occasion party in one of the above listed parks please contact staff at the Recreation Center for availability and information

**(858) 552-1616**

# YOUTH ACTIVITIES

## Are you going to register online?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]



## TINY TOTS by Hopscotch San Diego

Our Tiny Tots program is designed to help preschoolers (ages 3-5) get ready for "real" school. Miss Kim and the Hopscotch staff offer a well-rounded curriculum that includes art, music, movement, science, language arts, pre-math, and pre-reading. The Tiny Tots class provides a \*fun\* atmosphere for children to socialize with others both indoors and outdoors, learn how to stand in line, participate in circle time, and the list continues! Each three-hour session includes instruction, materials for learning activities, art projects, musical instruments, and healthy snacks.

Ages: 3 - 5 years  
Time: 9:00am - 12:00pm  
Location: CVRC Room 2  
Minimum: 8 Maximum: 14



### SESSION 1

Theme: Under the Sea (Jan) and Insects/Birds (Feb)  
Days: **Mon. only: Jan. 9, 23, 30, Feb. 6, 13**  
**No class Monday, Jan. 16**  
**Weds. only: Jan. 11, 18, 25, Feb. 1, 8, 15**  
Cost: [624] Mondays - \$153 or \$166.75 for Non-residents  
[625] Wednesdays - \$184 or \$200.50 for Non-residents

### Session 2

Theme: **Gardening (March) and Down on the Farm (April)**  
Days: **Mon. only: Feb. 27, March 5, 12, 19, 26, April 2**  
**Weds. only: Feb. 29, March 7, 14, 21, 28, April 4**  
Cost: [626] Mondays - \$184 or \$200.50 for Non-residents  
[627] Wednesdays - \$184 or \$200.50 for Non-residents

For more information please visit <http://hopscotchsandiego.com>, email [kimbruch@yahoo.com](mailto:kimbruch@yahoo.com) or call (858) 336-0053.

## CHILD AND BABYSITTER SAFETY

Child and Babysitter Safety class is a community education program for youth ages 11-16, that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children.

Participants receive a booklet and starter first aid kit, and a Babysitter certificate from the American Health & Safety Institute upon completion. Instructor, Sue Lockhart, has been training babysitters in San Diego for 20 years. *Group classes can also be scheduled for Girl Scout groups with a special discounted rate. Contact Sue directly at (858) 344-0475.*

Session 1: [628] **Saturday, March 3**  
from 9:30am - 1:30pm  
Session 2: [629] **Wednesday, March 21 & Thursday, March 22**  
from 4:00 - 6:00pm (both days)  
Ages: 11 - 16 years  
Fee: \$60  
(Refund requests must be submitted 48 business hours prior to start of class.)  
Instructor: Sue Lockhart

Minimum Enrollment: 4 Maximum Enrollment 15

For more information, contact Sue at (858) 344-0475.



## STORIES IN PERFORMANCE with KIDS ACT!

Imagine! Create! Perform! Whether your child is meant to be on stage, or needs a little more confidence speaking in front of their classmates, Kids Act can help motivate, inspire and enrich your child. Students are introduced to improvisational skills through theater games and help to adapt a classic children's story for performance on the last day of class.

Day: Saturday  
Age/Time: [630] 4 - 6 years, 9:30 - 10:30am  
[631] 7 - 11 years, 10:30 - 11:30am  
Cost: \$127/8 weeks or \$149 for Non-residents  
Instructor: Aleta Barthell  
SESSION: **1/14 - 3/10/12 (NO CLASS 2/25)**  
Location: CVRC Room 2



For more information contact Aleta Barthell at (760) 635-3340.  
Email: [Aleta@roadrunner.com](mailto:Aleta@roadrunner.com)  
Internet: [www.aletabarthell.com](http://www.aletabarthell.com)  
Minimum Enrollment: 4 Maximum Enrollment: 12

## FAMILY SELF DEFENSE & SAFETY

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jujitsu, Kenpo, and Chinese Boxing (Kung Fu). Our goal is to increase self confidence, discipline and awareness of surroundings. Students will focus on multiple aspects of the martial arts which includes physical conditioning, forms (movements involving kicks, punches and blocks), and of course, self defense. Join our family environment and get the Martial Arts Advantage!

Day/Time: Thursday, 6:00 - 7:30pm  
Ages: 5 and up - All skill levels are welcome  
Cost: \$75/5 weeks or \$88.75 for Non-residents  
Instructor: Mike Shaw, 3rd Degree Black Belt  
SESSION 1: [632] **1/12 - 2/9/12**  
SESSION 2: [633] **2/16 - 3/22/12 NO CLASS 2/23**  
Location: CVRC Room 2



For more information contact Mike at (858) 531-2508.  
Email: [3shawboys@gmail.com](mailto:3shawboys@gmail.com)  
Internet: [www.kick411.com](http://www.kick411.com)

## CHESS LESSONS FOR KIDS **NEW!**

Want to do better in school? Learn chess! Learning chess facilitates children's cognitive development by providing them with opportunities to practice thinking, analyzing, problem solving, and decision-making. Beginners learn basic concepts and how to move and best use each piece. Intermediate players will learn strategies and tactics through analyzing games of famous chess masters.

Day: Tuesday  
Age/Time: 2nd - 5th grade, 3:00 - 4:00pm (Beginners)  
3rd grade and up, 4:00 - 5:00pm (Intermediate)  
Cost: \$87/6 weeks or \$103.50 for Non-residents  
Instructor: Lam Nguyen  
SESSION 1: **1/10 - 2/14/12,**  
[634] 3:00 - 4:00pm  
[635] 4:00 - 5:00pm  
SESSION 2: **2/28 - 4/3/12,**  
[636] 3:00 - 4:00pm  
[637] 4:00 - 5:00pm  
Location: CVRC Room 2



For more information contact Coach Lam at (858) 215-1753.

# MASTER SPORTS - SPORTS CLASSES

## REGISTER DIRECTLY WITH MASTER SPORTS

### JR. SPORTS

Each session participants will play soccer, basketball, tee-ball, flag football and track and field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are appropriate for each age group and most importantly a lot of fun. Sports gift and class shirt included.

#### MONDAY

2 - 3 years 9:20 - 9:55am (*Parent Participation Required*)  
*Parent and participant receive matching class shirts.*

3 - 4 years 10:00 - 10:50am  
4 - 5 years 11:00 - 11:50am

#### TUESDAY

3 - 4 years 9:30 - 10:20am  
4 - 5 years 10:30 - 11:20am

#### SATURDAY

4 - 5 years 9:00am - 9:50am  
3 - 4 years 10:00 - 10:50am  
2 - 3 years 11:00 - 11:40am (*Parent Participation Required*)

Cost: \$110/8 weeks  
Instructor: Master Sports Staff

**SESSION:** Monday 1/23 - 3/19/12  
Tuesday 1/17 - 3/6/12  
Saturday 1/21 - 3/10/12

**LOCATION:** CVRC Lower Field



### LASER TAG

By combining the exciting game of laser tag with popular games like Capture the Flag, Hide and Seek, and Paintball, we have created a fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Our Taggers are the highest quality equipment on the market with awesome sound effects and feedback. He game is played on a field full of props to run around and hide. Get off the couch and into a "Live Game"! T-shirt provided.

Day: Tuesday  
Time/Age: 3:45 - 5:00pm, ages 8 - 12  
Cost: \$110/8 weeks  
**SESSION:** 1/17 - 3/6/12  
**LOCATION:** CVRC Lower Field



### BASKETBALL

Our staff will help students improve in all aspects of the game. Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games. All participants receive a basketball and a t-shirt.

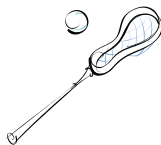
Day: Wednesday  
Time/Age: 3:00 - 4:00pm Grades K - 2  
4:00 - 5:00pm Grades 3 - 6  
Cost: \$110/8 weeks  
Instructor: Master Sports Staff  
**SESSION:** 1/18 - 3/7/12  
**LOCATION:** Carmel Valley Recreation Center Gymnasium



### LACROSSE

This class is designed for the beginner lacrosse player. Basic fundamentals will be taught, such as stick handling, passing, and shooting. Our instructors will use various drills to teach skills, rules and how to play. (Non contact). Protective eyewear and sticks provided. T-shirt provided.

Day: Tuesday  
Time/Age: 3:45 - 4:45pm 8 - 10 years  
4:45 - 5:45pm 10 - 12 years  
Cost: \$110/8 weeks  
Instructor: Master Sports Staff  
**SESSION:** 1/17 - 3/6/12  
**LOCATION:** CVRC Upper Field



### VOLLEYBALL

This volleyball program will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking digging, rotation, sportsmanship and rules will all be covered in this fun class.

Day/Age: Monday, 9 - 13 years  
Time: 4:00 - 5:00pm Beginner  
5:00 - 6:00pm Intermediate  
Cost: \$110/8 weeks  
Instructor: Master Sports Staff  
**SESSION:** 1/23 - 3/19/12 NO CLASS 2/20  
**LOCATION:** Carmel Valley Recreation Center Gymnasium



### SOCCER

Students will improve their ball handling, goal scoring, passing and more in this class. Emphasis is given to improving motor skills, strength and conditioning, and overall awareness of what is occurring on the soccer field. A great opportunity for players to maintain and improve their skills all year round. The class is formatted with games and drills that are perfect for all levels, including beginners and experienced players.

Day: Friday  
Time/Age: 3:00 - 3:45pm 4 - 5 years  
3:45 - 4:45pm Grades K - 2  
4:45 - 5:45pm Grades 3 - 6  
Cost: \$110/8 weeks  
Instructor: Master Sports Staff  
**SESSION:** 1/20 - 3/9/12  
**LOCATION:** CVRC Upper Field



**Don't Wait - Register Online Today at**  
**[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)**

To register for Master Sports programs visit  
[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)

For more information contact Cara Dawson at (858) 945-4889.  
Email: [service@MASTERyourSPORTS.com](mailto:service@MASTERyourSPORTS.com)

Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business. **Please contact them directly for all program inquires.**

# MASTER SPORTS - SPORTS LEAGUES, PARTIES AND CAMPS

## REGISTER DIRECTLY WITH MASTER SPORTS

### XTREME DODGEBALL LEAGUE

Get ready for one of the most fun games your child will ever play. We use soft foam style dodge balls for safety. Games are held in the gym. Teams are made up of 12 players. Bring a friend and play on the same team! We will form teams the first week and teams will play for season long point standings. Team jerseys and awards included. Space is limited. *Team Requests: Up to 3 friends may request to play together on the same team.*

Day: Thursday  
Time: 3:30 - 4:30pm 3 - 4th grade (Rookies)  
4:30 - 5:30pm 5 - 6th grade (Pros)  
Cost: \$125/8 weeks includes jersey.  
Director: Master Sports Staff  
**SESSION: 1/19 - 3/8/12**  
**LOCATION: Carmel Valley Recreation Center Gymnasium**  
**NOTE: When registering online be sure to go to LEAGUES and not classes for this program.**

### SPRING BEGINNER T-BALL LEAGUE

This league is designed for children who miss the cutoff date for little league. It is a non-competitive environment where the score is not kept. There are no outside practices and parents are encouraged to participate in meetings. The goal of the league is to have fun, develop new skills, enjoy wearing a hat and uniform and being part of a team for the very first time. Baseball Jersey, Hat and Trophy and team picture.

Day: Saturday  
Age: 4 & 5 years  
Cost: \$130  
Instructor: Master Sports Staff  
**SESSION: 3/17 - 5/12/12 No game 4/7**  
**LOCATION: CVRC Lower Field**  
**NOTE: When registering online be sure to go to LEAGUES and not classes for this program.**



### LASER TAG BIRTHDAY OR GROUP PARTIES by Master Sports

This is the birthday party that takes the cake – a laser tag birthday party is nonstop fun, whether you're turning 7 or 40. And parents, you can enjoy the celebration - our birthday parties are hassle-free as we handle all the entertainment! Players will enjoy state of the art outdoor laser tag equipment designed for huge fun. Email [info@masteryoursports.com](mailto:info@masteryoursports.com) to reserve your laser tag event.

Included: 5 camouflage tents, inflatable boxes & commercial quality outdoor laser taggers. 90 mins. of game play!  
Day: Sunday  
Age: 7 years to adult  
Time: 11:00am -12:30pm or 1:00pm - 2:30pm  
Cost: \$375 for 15 players or less. \$15 per additional player over 15. Specialty items available for an additional charge. (i.e. full scale F-22 replica jet, etc.)  
**LOCATION: CVRC Lower Field**

### XTREME DODGEBALL CAMPS

By combining some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek, and Paintball, Master Sports has created an incredibly fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Fitness benefits include building speed, agility, coordination and throwing accuracy. The game is played on a court with inflatable obstacles used for ducking, dodging and hiding. Our dodge balls are child friendly soft foam core models to create a safe and Xtremely fun time.

Day: Tuesday - Friday  
Time: 9:00am - 12:00pm  
Cost: \$125  
Director: Master Sports Staff

**WINTER CAMP DATES**  
**SESSION: 12/27 - 12/30/11**

**FEBRUARY CAMP DATES**  
**SESSION: 2/21 - 2/24/12**

**LOCATION: Carmel Valley Recreation Center Gymnasium**  
**NOTE: When registering online be sure to go to CAMPS and not classes for this program.**



### WINTER BREAK BASKETBALL CAMP

Campers will be taught the fundamentals of dribbling, layups, passing, shooting, individual and team defense, moving without the ball, triple threat position, rebounding, boxing-out, fastbreak, and 2-man offense, setting screens, rules, sportsmanship and much more. Students will scrimmage each afternoon.

Day: Monday - Friday  
Time: 9:00am - 3:00pm  
Age: 6 - 12 years  
Cost: \$165  
Director: Master Sports Staff  
**SESSION: 12/19 - 12/23/11**  
**LOCATION: Carmel Valley Recreation Center Gymnasium**  
**NOTE: When registering online be sure to go to CAMPS and not classes for this program.**



**Spring Youth Basketball and Xtreme Dodgeball Leagues coming in late March.**

**Registration begins Feb. 15th.**  
**[www.MASTERYoursSPORTS.com](http://www.MASTERYoursSPORTS.com)**

# GYM KIDS GYMNASTICS

## TODDLERS AND PRESCHOOLERS

In our toddler and preschool program, children ages walking through 5 develop gymnastics skills on all of the apparatus using progressions. Kinesthetic awareness, fine & gross motor skills, hand/eye/foot coordination and crossing the midline activities are packed into a FUN filled active learning experience.

### Tumble Toddlers: walkers - 36 months

#### \*Parent Participation REQUIRED

Parent or Guardian accompanies the young gymnast as he or she, led by our enthusiastic & knowledgeable staff, explores all of the gymnastics stations along with rhythm & movement plus parachute time!

Monday 10:30 - 11:15am [638]

### Gym Kids Pre-Rollers: walkers - 3 years

#### \*Parent Participation REQUIRED

This is a GREAT class for parents with a young toddler as well as a preschool aged child as it is run simultaneously with our Gym Rollers (ages 3-5). The class is structured similarly to our tumble toddler class listed above.

Monday 9:30 - 10:15am [639]  
5:00 - 5:45pm [640]

### Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am [641]	Tuesday	12:00 - 12:45pm [646]
	11:30 - 12:15pm [642]		2:00 - 2:45pm [647]
	3:00 - 3:45pm [643]		3:00 - 3:45pm [648]
	4:00 - 4:45pm [644]		4:00 - 4:45pm [649]
	5:00 - 5:45pm [645]		5:00 - 5:45pm [650]

## SCHOOL AGE PROGRAM

Our school age gymnastics program, designed for children ages 5 - 12, challenges children in a safe and positive way as we teach technically correct gymnastics on the Olympic events: vault, bars, balance beam, floor exercise and trampoline. Our noncompetitive program focuses on the learning process, as we promote the feeling of "I CAN DO IT!" in each child."

### Pre-Jumpers: Girls 4 - 6 years

Tuesday 12:45 - 1:45pm [651]

### Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm [652]	Tuesday	3:00 - 4:00pm [654]
	4:00 - 5:00pm [653]		4:00 - 5:00pm [655]
			4:45 - 5:45pm [656]

### Gym Jammers: Girls 7 - 11 years

Tuesday 3:45 - 4:45pm [657]  
4:45 - 5:45pm [658]

### Gym Jumpers & Jammers Level II: 6 - 11 years

Must have previous gymnastics experience and meet a skill set to be invited into this class.

Monday 5:50 - 6:50pm [659]

### Boys Only: 5 - 7 years

Tuesday 3:00 - 4:00pm [660]

Cost: \$180/11 weeks or \$210.25 for Non-residents

**SESSION: Mon. 1/9 - 4/2/12 NO CLASS 1/16 & 2/20**

**Tues. 1/10 - 4/3/12 NO CLASS 1/17 & 2/21**

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

## Are you going to register online?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]



## GYM KIDS JR. HIGH TUMBLING & TRAMPOLINE

For the middle school aged boy or girl gymnast. Focus is on tumbling and trampoline skills that carry over into cheer as well as ALL sports. Vault, Bars and Beam are incorporated to promote upper body strength and balance.

Day:	Monday
Time:	5:50 - 6:50pm [661]
Age:	6th - 8th Grade
Cost:	\$180/11 weeks or \$210.25 for Non-residents
<b>SESSION:</b>	<b>1/9 - 4/2/12 NO CLASS 1/16 &amp; 2/20</b>



## FOR ALL GYM KIDS CLASSES:

For more information contact Gym Kids at (858) 487-7799.

Email: [info@rockntumble.com](mailto:info@rockntumble.com)

Internet: [www.rockntumble.com/carmelsched.pdf](http://www.rockntumble.com/carmelsched.pdf)

## GIRLS ON THE RUN

Girls on the Run a life-changing program that encourages girls to develop self-respect and healthy lifestyles through running. We combine training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. Our goal is to encourage positive emotional, social, mental, spiritual and physical development.

Day:	M/W or T/Th
Time:	4:00 - 5:15pm
Age:	Grades 3 - 5
Cost:	\$200/12 weeks
<b>SESSION:</b>	<b>M/W 2/27 - 5/23/12</b> <b>T/Th 2/28 - 5/24/12</b>

**Don't Wait!  
Register Directly  
With  
Girls on the Run!**

## GIRLS ON TRACK

Girls on Track is a program for middle school girls that combines training for a 5K running event with activities and experiences which empower girls to honor their bodies, voices and gifts and in doing so, activate their individual power. There are more mature discussions topics like dealing with stress, emotional eating, internet safety, relationships and being good role models.

Day:	T/Th
Time:	4:15 - 5:30pm
Age:	Grades 6 - 8
Cost:	\$200/12 weeks
<b>SESSION:</b>	<b>2/28 - 5/24/12</b>

For more information contact  
Girls on the Run of San Diego at (619) 813-9020.

Email: [info@gotrsd.org](mailto:info@gotrsd.org)

Internet: [www.gotrsd.org](http://www.gotrsd.org)



Girls on the Run rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate it's programs. Distributing registration and program information is the responsibility of Girls on the Run.  
**Please contact them directly for all program inquiries.**

# EvOLvE DANCE

## Are you going to register online?

CVRC Online Registration Activity Numbers are assigned for each class and appear in brackets; e.g. [157]



## MAGICAL MUNCHKINS

Parents presence required. Parents participate as needed in this gentle introductory combination class of tap, ballet, and dance games.

Age: 2 - young 3 years

Time: 9:15 - 10:00am

SESSION 1: [662] 1/11 - 2/15

SESSION 2: [663] 2/29 - 4/4

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 10

## TINY MOVERS TAP/ BALLET COMBO CLASS

A combination class of tap, ballet and dance games. This fun, energetic, and expressive class will have your Tiny Mover learning basic dance skills, creativity, coordination, musicality and rhythm. This is the first 'big girls and boys' class as parents watch from a distance outside of the classroom.

Age: 3 - 4 years

Time: 10:05 - 11:00am OR 3:30 - 4:25pm

SESSION 1: 1/11 - 2/15, [664]10:05am, [665] 3:30pm

SESSION 2: 2/29 - 4/4, [666]10:05am, [667] 3:30pm

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 14

## STAR SHINERS TAP/ BALLET COMBO CLASS

A combination class of ballet and tap 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.

Age: 4.5 - 6 years

Time: 11:05am - 12:00pm OR 4:30 - 5:25pm

SESSION 1: 1/11 - 2/15, [668]11:05am, [669] 4:30pm

SESSION 2: 2/29 - 4/4, [670]11:05am, [671] 4:30pm

LOCATION: CVRC Room 1

Minimum Enrollment: 5 Maximum Enrollment: 14

## HIP HOP

This fun high-energy class enables boys to be boys and girls to let loose while developing creativity, coordination, musicality and listening skills. Depending on age, activities include hip-hop moves and dance games. All music and moves are age appropriate.

Age/Time: 3 - 5 years 4:00 - 4:55pm (max. 12)

6 - 9 years 5:00 - 5:55pm (max. 15)

10 - 14 years 6:00 - 7:00pm (max. 15)

SESSION 1: 1/11 - 2/15, [672] 4:00pm, [673] 5:00pm, [674] 6:00pm

SESSION 2: 2/29 - 4/4, [675] 4:00pm, [676] 5:00pm, [677] 6:00pm

LOCATION: CVRC Room 2

Minimum Enrollment: 4 Maximum Enrollment: See specific Age/Time

### FOR ALL EvOLvE DANCE CLASSES

Day: Wednesday

Cost: \$89/6 weeks or \$105.50 for Non-residents



For more information or to take a TRIAL CLASS, contact EvOLvE Dance at (858) 876-5327 or info@dancetoevolve.com.

Internet: www.dancetoevolve.com

# CARMEL VALLEY TENNIS

## WINTER 2012 JUNIOR CLINIC SCHEDULE

### Pee Wees

Day: Thursdays (No class 2/23)

Time: 1:15 - 2:00pm

Cost: \$150 (12 weeks -12 clinics)

Drop-ins: \$15 per clinic

Don't Wait!  
Register Directly  
With  
CV Tennis!

### Tier I - USTA Quickstart (Beginners 10 & under)

#### Tier II - Beginners/Intermediate

Day: Monday and Wednesday

Time: 3:30 - 5:00pm

Sessions: January 4 - 30, \$140 (7 clinics) No class 1/16

February 1 - 29, \$160 (8 clinics) No class 2/20

March 5 - 28, \$160 (8 clinics)

Drop-ins: \$30 per clinic

#### Tier III - Intermediate/Advanced

Day: Tuesday and Thursday

Time: 3:30 - 5:00pm

Sessions: January 3 - 31, \$180 (9 clinics)

February 2 - 28, \$140 (7 clinics) No class 2/21

March 3 - 29, \$180 (9 clinics)

Drop-ins: \$30 per clinic

#### High Performance I (Novice Tournament Players)

Day: Tuesday and Thursday

Time: 5:00 - 6:30pm

Sessions: January 3 - 31, \$180 (9 clinics)

February 2 - 28, \$140 (7 clinics) No class 2/21

March 3 - 29, \$180 (9 clinics)

Drop-ins: \$30 per clinic

#### High Performance II (Satellite Tournament Players)

##### Elite (Open Tournament Players)

Day: Friday

Time: 4:00-7:00pm (limited spots available)

Session: January 6 - March 30, \$480 (12 clinics)

No class 2/24

Drop-ins: \$50 per clinic

For monthly clinics only: \$20 discount given if registered for monthly clinics 7 days in advance.



For more information contact  
Carmel Valley Tennis at  
(858) 504-4181 or go online at  
www.carmelvalleytennis.net.

# SENIOR ACTIVITIES

## ACTIVE OLDER ADULTS STRENGTH & STRETCH

Senior exercise classes offered through the San Dieguito Adult School. Contact the San Dieguito Adult School for class schedules and registration information.

Phone: (760) 753-7073

Internet: www.sdadulthood.com



## ONLINE REGISTRATION For Recreation Center Programs

You may now register online for Programs offered by the Recreation Council using the Online Activity Registration System. Log onto <http://activenet.active.com/sdparkandrec>

**Returning Customers (registered for Fall 2011 classes)** - Click the **My Account** button. On the Login page click the **Forgotten?** Link. This step is required to setup your password for first-time online users. Enter the email address associated with your account. You will receive an email with a temporary password. Log in with this password to activate your account.

**New Accounts** - Click on the **Create Account** button. Fill out the New Account Request form completely, including all required fields, (Birth date, Gender, Email Address, etc.) and click submit. Please submit your request only once. You will receive an email with a password. After logging in using the new password you will be prompted to change your password.

**\*Please Note:** If you are registering a child for an activity, *please use your own information when completing the New Account Request form*, NOT the information of the child you wish to register for an activity. Once you have an online registration account, you will have the opportunity to add family members.

You may **View Activities** online starting December 1st. **Program Registration opens at 9:00am on December 10, 2011.** If you need help please click the **FAQs (Frequently Asked Questions)** button for information.

### YOUTH BASKETBALL LEAGUES

#### **Association for Athletics CARMEL VALLEY OPEN - SPRING 2012 YOUTH BASKETBALL LEAGUE**

Make your own team, pick a name, and play some basketball. Games are on Mondays and Wednesdays and held in the gyms at Ocean Air and Carmel Valley Recreation Centers.

Cost: \$850 per team (up to 10 players)

Sign up early to guarantee a spot.

Jerseys and awards included.

#### **Divisions:**

1st - 2nd

3rd - 4th

5th - 6th

7th - 8th

9th - 12th

Don't have a team? Individual Players: if there is sufficient interest we will also form a League on Saturdays from individual sign ups.

Please go the web for info.

**DOWNLOAD TEAM REGISTRATION FORM AT  
[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)**



#### **Association for Athletics**

#### **YOUTH BASKETBALL - SPRING 2012 RECREATION LEAGUE**

**ONLINE REGISTRATION BEGINS**

**February 15, 2012 at**

**[www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)**

Ages: Grades K - 12

League Play: March - June, 2012

Registration Fee: \$105

Games are held in the Carmel Valley and

Ocean Air Recreation Center Gyms.

Volunteer coaches are needed.

**PLEASE VISIT [www.MASTERyourSPORTS.com](http://www.MASTERyourSPORTS.com)  
FOR SKILLS ASSESSMENT DATES AND TIMES.**



### ADULT SPORTS LEAGUES

#### **PLEASE CONTACT LEAGUE DIRECTORS**

#### **SOFTBALL LEAGUES: MEN'S & CO-ED**

- Team sign ups only.
- Co-ed: Monday or Wednesday Nights at CVRC
- Men's Slow Pitch: Tuesday or Thursday Nights at CVRC
- Team entry fees to be determined.

**For more information contact League Director,  
Pete McNamera, at (858) 453-6208.**

#### **KICKBALL LEAGUES: CO-ED**

- Individuals and Teams are welcome to sign up.
- Social league: Games played on Monday nights

**For more information visit: [www.govavi.com](http://www.govavi.com) or  
call (858) 273-3485**

#### **INDOOR VOLLEYBALL LEAGUES: CO-ED**

- Individuals and Teams are welcome to sign up.
- 6v6 Intermediate Thursday nights

**For more information visit: [www.govavi.com](http://www.govavi.com) or  
call (858) 273-3485**

#### **BASKETBALL LEAGUES: MEN'S**

- Games played on Tuesday nights.
- B and C divisions available.

**For more information call Lance at (619) 991-8902 or visit:  
[www.sandiegoabl.com](http://www.sandiegoabl.com)**