



Program Guide 2017

HOURGLASS FIELD COMMUNITY PARK

10440 Black Mountain Road, San Diego, CA 92126
(858) 538-8153 Fax: (858) 538-8150

MIRA MESA COMMUNITY PARK

8575 New Salem St., San Diego, CA 92126
(858) 538-8122 Fax: (858) 538-8104

LOPEZ RIDGE NEIGHBORHOOD PARK

7245 Calle Cristobal, San Diego, CA 92126
(858) 538-8171 Fax: (858) 689-2618

**Spring online registration starts 10:00am on February 18th at
www.sdreconnect.com! To sign up in-house please see
registration hours for each individual recreation centers.**

PARK & FACILITY INFORMATION

Our staff cordially invites you to visit all recreation centers in Mira Mesa; Hourglass Field Community Park, Lopez Ridge Neighborhood Park and Mira Mesa Community Park.

Recreation Center & Schedules

Hourglass.....pages 4-6
 Lopez Ridge..... pages 7-8
 Mira Mesa Gil Johnson.....pages 9-11
 Events Page.....page 12



Holiday Closures

Cesar Chavez-March 31
 Memorial Day-May 29

Important Phone Numbers

SDPD (Non-Emergency) (619) 531-2000
 Ned Baumer Pool (858) 538-8083
 Report Off Leash Dogs (619) 767-2675

Other Facilities

Verne Goodwin Senior Center

8460 Mira Mesa Blvd
 San Diego, CA 92126
 (858) 578-7325

Rancho Penasquitos Skate park

10111 Carmel Mountain Rd
 San Diego, CA 92129
 (858) 538-8131

Individuals with Special Needs

All activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services Department will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be determined if one-on-one aide is needed. Therapeutic Recreation Services is a Citywide program that provides recreation opportunities for people with disabilities. More information is available by calling them at (619)525-8247 or (619)525-8249TTD.

Donations

By donating to our park systems, you can help the Park and Recreation Department enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool, or recreation program, please call the Deputy Director Community Parks I Division, (619)235-1130.

Park Use Information

For park use permits and reservations for the listed areas including, but not limited to sports field use, picnic areas, special events, and gazebos.

Please contact the following Recreation Centers:

Hourglass Field Community Park

(858) 538-8153

Maddox Park

Mason Joint Use
 Mesa Verde Park
 Hourglass Park
 Walker Joint Use
 Wangenheim Joint Use

7809 Flanders Drive

10340 San Ramon Drive
 8350 Gold Coast
 10440 Black Mountain Road
 9125 Hillery Drive
 9230 Gold Coast Drive
11278 Westview Pkwy

Westview Park

Lopez Ridge Neighborhood Park

(858) 538-8171

Lopez Ridge
 Sandburg Park

7245 Calle Cristobal
 11170 Avenida Del Gato

Mira Mesa Community Park

(858) 538-8122

Breen Park

Camino Ruiz Park
 Challenger Joint Use
 Ericson Joint Use
 McAuliffe Park
 Mesa Viking Park

11119 Polaris Drive

11498 Camino Ruiz
 10810 Parkdale Ave
 11174 Westonhill Drive
 7540 Winterwood Lane
 11278 Westonhill Drive

Mira Mesa Community Park

8575 New Salem Street

Parks with gazebos in **BOLD** are available for permit.

Recreation Council Information

These groups of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, publicize and help provide recreation opportunities for citizens in the Mira Mesa community. Groups, clubs and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed. Persons interested in making a positive impact or who have concerns about local parks and recreation center should attend these meetings.

The Mira Mesa Recreation Council meets on the second Tuesday of every month at 7:00pm at Lopez Ridge Recreation Center.

Please visit www.miramesarecreationcouncil.org for more info.

Volunteers Needed!

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit:

<http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml> or contact the Volunteer Office at (619)533-4017.



IMPORTANT INFORMATION
 Recreation Centers are equipped
 with Automated External Defibrillator



All City of San Diego Parks
 and Beaches are smoke free.

Registration, Permits & Payment

Spring Registration Starts: SATURDAY, FEBRUARY 18

Online registration begins at 10:00am. For In-house registration hours please call your local recreation center.

Class numbers are located next to class dates for easy access to locating classes online; e.g. (#12345).



To make an account or sign up for classes please visit:

www.SDRECONNECT.com
or visit any local recreation center.

For all **Returning Customers** (previously registered for classes online)- Click the “my account” button. Enter your login (email) and password. Login with this password to activate your account.

For all **New Customers** Click on the “create account” button. Fill out the new account request form completely, including all the required fields (birth date, gender, email etc) and click submit. You will then receive a confirmation email at the address you provided. Please follow directions to activate your account.

FIRST TIME USERS ONLY:

Please note: Parent/Guardian must create their own account first using their own information. Once you have an online registration account you will have the opportunity to add a child as a family member.

For any further assistance please click on the FAQ (frequently asked questions) button.

Ned Baumer Pool

10440 Black Mountain Road
San Diego, CA 92126
(858) 538-8083

Spring Dates

Jan 17-June 17



Payment Policy for Classes

- Payment is required at the time of registration.
- Please pay with EXACT cash, check (payable to MMRC), or credit card.
- A \$25.00 fee will be charged for all returned checks.
- Class fees are not prorated or discounted after the beginning of the scheduled session.

Refund Policy for Classes

No partial refunds or make-ups for missed classes (i.e.: routine illness, vacations, or other schedule conflicts). Sorry, no exceptions!! A \$10.00 service fee will be charged per registrant for each refund request. Online transaction fees and processing fees will not be refundable. 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 does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for your understanding. A refund request form and your registration receipt must be submitted prior to second class meeting.

Permits

Permits will be processed on an appointment basis only. Please make your appointment at least 10 days prior to your desired date to ensure adequate time to complete this process. Acceptable forms of payment are credit card, check or cash (*exact amount please*). Must provide proof of insurance.

Please make checks payable to: *City Treasurer.*

Requirements for Independent Contractors

1. All contractors and volunteers must be fingerprinted by the City of San Diego Live Scan process.
2. Contractors must submit a business license, proof of insurance, and provide workers comp coverage for all employees.
3. City staff handles all registration for the program.
4. Contactor's must provide insurance coverage for all employees and liability insurance for all participants.

**** Permit Holder Requirements****

1. Proof of insurance.
2. Own advertisement of program.
3. Registration is handled by permit holder. Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.

All permit holders are identified with an ****permit holder**** on this program.

Youth Sports

Mira Mesa Little League:	www.eteam2.com/mmwl
Mira Mesa Youth Baseball:	www.mmyb.org
Mira Mesa Youth Football:	www.mmchargers.org
Mira Mesa AYSO:	www.miramesayso.com
Mira Mesa Girls Softball League:	www.leaguelineup.com
Spirits Kids Sports:	www.kidsgymnasticsdancecheer.com

Adult Sports

Co-Ed & Men's Softball:	John Grondona www.Softballsd.com
Adult Basketball League:	Rob Powell www.Sandiegobasketball.com
Softball:	Vavi www.Govavi.com
Senior Softball:	Jerry Hemes (619) 697-1083

HOURGLASS

10440 Black Mountain Rd. San Diego, CA 92126
(858) 538-8153

Welcome

The staff at Hourglass Field Community Park would like to welcome you and your family to our facility. We offer a variety of activities for both children and adults. Our goal is to provide you with the best activities possible and be able to fulfill your recreational needs. We welcome any suggestions you may have for new and existing activities.

STAFF

Tim Manion	Area Manager II
Denise M. Lamb	Center Director III
Michelle Tucker	Assistant Center Director
Eric Brown	Recreation Leader I
Paul Lee	Recreation Leader I
Omar Harrison	Recreation Leader I
Lorraine Blas	Recreation Leader I
Velma Rivera	Recreation Aide

Facility

Hourglass Field House has three meeting rooms, kitchen, game room, gym, seven multi-purpose fields, sports equipment, a dance room with mirrors, playground, and just about anything else to make your visit to the facility enjoyable. If you wish to utilize the facility for a special event or as a regular meeting place, please contact the office for more details.

Hours Of Operation

Monday	10:00-9:00pm
Tuesday	1:00-9:00pm
Wednesday	10:00-9:00pm
Thursday	1:00-9:00pm
Friday	11:00-8:00pm
Saturday	9:00-4:00pm
Sunday	10:00-4:00pm

Game Room Hours

Monday	3:00-7:00pm
Wednesday	3:00-7:00pm
Saturday	10:00-1:00pm

Registration

Monday	3:00-7:00pm
Wednesday	3:00-7:00pm
Saturday	9:00-1:00pm

Note: Two staff members must be present at time of registration & permits are done by appointment only. Exact Cash, Credit Cards, & Checks are accepted.

Summer Basketball League

Cal 8: 5-8 years old (#35300)

Evaluations: Apr 29 9:30-10:15am or May 3 6:00-6:45pm
Practice: Monday or Tuesday 5:00-6:00pm
Games: Wednesday 5:30 or 6:30pm

Cal 10: 10 & under (#35302)

Evaluations: Apr 29 10:15-11:00am or May 3 6:45-7:15pm
Practice: Monday or Tuesday 6:00-7:00pm
Games: Friday 5:30, 6:30 or 7:30pm

Cal 14: 14 & under (#35303)

Evaluations: Apr 29 11:00-11:45am or May 3 7:30-8:15pm
Practice: Wednesday 6:30-8:00pm or Thursday 5:00-6:30pm
Games: Saturday 9:30 or 10:30am

\$25.00 for parents who volunteer to coach a team.

***Financial Aid Available**

City Staff Run Program



Season Dates:
May 31-Aug 5

Price: \$55.00

(Includes jersey)

3 Age Divisions (Ages 5 -14)
Call 858 538-8153 for registration
information.

Hourglass Field Community Park Sports Programs

Tennis

This course will teach the forehand, backhand and serve. Tennis racquet, tennis shoes and a can of unopened tennis balls are required.

Instructor: Coach Stan Jefferson
Phone #: (619)770-7187
E-mail: dbadamoyttennis@yahoo.com
Fee: \$120.00

Level 1 Beginners (Ages 6-10 years old)

Day: Saturday
Date: Mar 4-May 20
Time: 8:00-9:00am (#34427)
 9:00-10:00am (#34428)

Day: Sunday
Date: Mar 5-May 21
Time: 9:00-10:00am (#34433)

Level 2 Intermediate (Ages 8-15 years old)

Day: Saturday
Date: Mar 4-May 20 (No class)
Time: 10:00-11:00am (#34429)
 11:00-12:00pm (#34430)

Day: Sunday
Date: Mar 5-May 21
Time: 10:00-11:00am (#34434)
 11:00-12:00pm (#34435)



Level 3 Advanced (Ages 10-17 years old)

Day: Saturday
Date: Mar 4-May 20
Time: 12:00-1:00pm (#34431)
 3:00-4:00pm (#34437)
 4:00-5:00pm (#34439)

Day: Sunday
Date: Mar 5-May 21
Time: 12:00-1:00pm (#34436)
 3:00-4:00pm (#34438)
 4:00-5:00pm (#34440)

Independent Contractor



Fundamentals of Basketball

This class is intended for beginners and experienced players who would like to improve their skill level. This is an ideal class for children to build their confidence and self-esteem needed to compete.

Fee: \$25.00/6 weeks
Beginners: Ages: 5-8 years old
Day: Monday
Time: 5:30-6:30pm
Date: Apr 10-May 15 (#35297)

Intermediate: Ages: 8-10 years old
Day: Tuesday
Time: 5:30-6:30pm
Date: Apr 11-May 16 (#35298)

Advanced: Ages: 9-13 years old
Day: Wednesday
Time: 6:00-7:00pm
Date: Apr 12-May 17 (#35299)
 City Staff Run Program

Ice Skating

Students will learn to balance, skate forward & backwards, glide smoothly & stop.

Classes are held at:
San Diego Ice Arena
11048 Ice Skate Place SD 92126
Instructor: Wendy Smith
Phone #: (858) 530-1826



Fee: \$50.00
Day: Wednesday

Tot Starter
Ages: 3-5 years old
Time: 4:00-4:30pm

Mar 1-22 (#34418)
 April 5-26 (#34420)
 May 3-24 (#34422)

Youth
Ages: 6-11 years old
Time: 4:30-5:00pm

Mar 1-22 (#34419)
 Apr 5-26 (#34421)
 May 3-24 (#34423)
 Independent Contractor

ARE YOU GOING TO REGISTER ONLINE?

Online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to www.SDrecCONNECT.com

Hourglass Field Community Park Art Programs

Civic Dance Arts

In the class your child will begin the passion for dance through Ballet and Jazz. For more info and activity codes contact the dance department at 619-235-5255 or visit:

www.cividdancearts.org.

Day: Wednesday

Jan 11-May 17 - No class Feb 1, Apr 12 & 19

Fee: \$41.00 / 10+ week session (45-60 minute class) or \$82.00 / 10+ week session (90 minute class)

Intermediate Ballet 3A

Time: 4:15-5:15pm

Age: 8-18 years old

Advanced Beginner Tap 2A

Time: 5:15-6:00pm

Age: 6-17 years old

Advanced Beginner Jazz 2A

Time: 6:00-6:45pm

Age: 6-17 years old

Advance Intermediate Ballet 4A

Time: 6:45-8:15pm

Age: 12-18 years old

Fee: \$82.00



Dance by Nadine

Instructor: Nadine Phone: (619) 341-1128

Email: lindsethn@gmail.com

Day: Saturday

Fee: \$80.00/8 weeks

Preschool Dance: Classes are designed to teach basic tap and ballet combinations along with exercises to enhance rhythm coordination and motor development.

Age: 3-5 years old

Time: 9:10-10:00am

Apr 8-May 27 (#35295)

Intro to Tap and Jazz: Introduction to tap and jazz encompassing awareness of music, direction and body discipline.

Age: 6-18 years old

Time: 10:10-11:00am

Apr 8-May 27 (#35296)

Tap & Jazz Combo II: Classical jazz and tap 'level II' for intermediate dancers by instructor's referral only. Must have basic Jazz & Tap skills to enroll in this class.

Age: 10-17 years old

Time: 11:10-12pm

April 8 – May 27 (#35592)

Independent Contractor

ARE YOU GOING TO REGISTER ONLINE?

Online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to www.SDrecCONNECT.com

Irish-Ballet Dance Academy

Students will learn how to execute movements in both disciplines and gain knowledge of proper body placement and posture. No experience necessary!

Instructor:

Jia Arnell

Day:

Tuesday

Fee:

\$30.00

Time:

2:55-3:30pm

Age:

2-5 years old

Mar 7-May 23 (#34441)

Time:

3:30-4:30pm

Age:

6-14 years old

Mar 7-May 23 (#34442)

City Staff Run Program

Independent Contractor



MAD COOKING & Arts 'n Crafts

This exciting 2-in-1 class provides young children the unique opportunity to make delicious cooking creations & ending the day with a fun craft to take home!

Day:

Tuesday

Age:

6-12 years old

Fee:

\$15.00

Time:

4:30-6:00pm

Mar 14-Apr 18 (#34424)

May 2-30 (#34425)

City Staff Run Program



A Fresh Start Yoga for Better Health

Gentle yoga poses, breath-work and meditation. Discover your inner strength and endurance through the practice of hatha yoga, classic yoga and mindfulness.

Fee: \$25.00

Ages: 18 years & up

Day: Wednesday

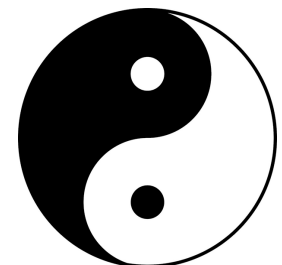
Time: 5:15-6:15pm

Mar 1 – Mar 22 (#36177)

April 5 – April 26 (#36178)

May 10 – May 31 (#36179)

Independent Contractor



LOPEZ RIDGE

7245 Calle Cristobal San Diego, CA 92126
(858) 538-8171

Welcome

Our staff cordially invites you to visit the park at Lopez Ridge. Look through the program for a class you and your family may enjoy. There are a variety of classes to choose from, dance, art, fitness, and sports.

Staff

Tim Manion	Area Manager II
Trena Bennett	Center Director I
Joe Monsour	Assistant Center Director
Lenae Plosczynski	Recreation Leader I
Eleazar Barcenas	Ground Maintenance Worker II

Facility

Lopez Ridge Recreation Center has meeting rooms available for rent for birthday parties, board/staff meeting, monthly meetings, trainings and more. We have an outdoor basketball court, softball field, a beautiful shaded playground and picnic area with a scenic view of native plant life. Nearby Camino Ruiz Neighborhood Park has gazebos available to rent for parties and other special occasions.

Hours Of Operation

Monday	9:00am-8:00pm
Tuesday	9:00am-8:00pm
Wednesday	9:00am-8:00pm
Thursday	9:00am-8:00pm
Friday	11:00am-7:00pm
Saturday	9:00am-5:00pm

Hours of Registration

Tuesday	12:00-4:00pm
Wednesday	12:00-4:00pm
Thursday	12:00-4:00pm
Friday	12:00-4:00pm
Saturday	12:00-3:00pm

Note: Two staff members must be present at time of registration & permits are done by appointment only. Exact Cash, Credit Cards, & Checks are accepted. All hours & activities subject to change without prior notice.

Youth Programs

Volleyball Class

Participants will practice fundamentals through a variety of different drills where critiqued by our staff instructors.

Day: Thursday
Age: 10-16 years old
Fee: \$12.00
Time: 4:30-6:30pm
Mar 2-30 (#35103)
Apr 6-27 (#35104)
May 4-25 (#35105)



Saturday Morning Story Time

Classic stories and new stories will be read with many fun and entertaining techniques.

Day: Saturdays
Age: All ages are welcome
Fee: FREE
Times: 10:00am
Mar 4-25 (#35770)
Apr 1-29 (#35771)
May 6-27 (#35772)
City Staff Run Program



Game Room

Come join in on the fun while playing board games, card games, ping-pong and more.

Day: Monday- Friday
Age: 6-12
Fee: Free registration
Time: 2:30-5:30
March 1-31 (#35773)
April 1-30 (#35774)
May 1-May 31 (#35775)



Natural Arts in the Park

Start your week fresh with new and seasonal arts, gardening and crafts projects. Develop your skills working with paints, color markers, pencils or crayons, glue, beads, construction paper, scissors and much more.

Day: Monday
Age: All ages
Fee: Free registration
Time: 10am
March 6-27 (#35776)
April 3-24 (#35777)
May 1-22 (#35778)
City Staff Run Program



Lopez Ridge Neighborhood Park

Fitness & Sport Programs

Cardio Blast

This class is a total body, high-intensity cardio, strength workout that strengthens your abs, oblique's and lower back.

Day: Wednesday
Age: 13 years old & up
Fee: \$10.00
Time: 6:00-7:00pm
 Mar 4-25 (#35085)
 Apr 1-29 (#35087)
 May 6-27 (#35088)



Kickboxing, Cardio & HIIT Training

Nothing short of sweat and energy, in this class which combines boxing drills and intensity interval training (HIIT).

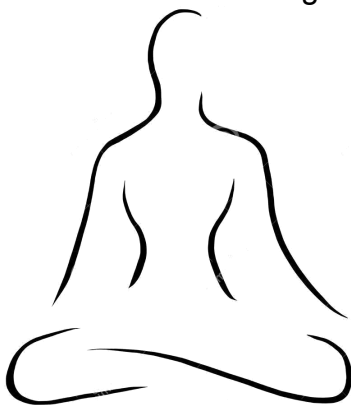
Day: Thursday
Age: 13 years old & up
Fee: \$10.00
Time: 6:00-7:00pm
 Mar 2-30 (#35094)
 Apr 6-27 (#35095)
 May 4-25 (#35301)

Mediation & PiYo

Discover your inner strength, flexibility and endurance through balancing your life. You can practice and learn how to better manage stress through meditation, PIYO Stretch and breathing.

Day: Monday
Age: 13 years old & up
Fee: \$10.00
Time: 7:00-8:00pm
 Mar 6-27 (#35090)
 April 3-24 (#35089)
 May 1-29 (#35091)

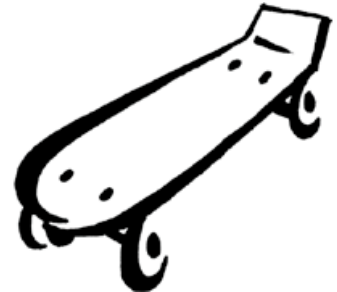
Day: Saturday
Age: 13 years old & up
Fee: \$10.00
Time: 9:30-10:30am
 Mar 4-25 (#35442)
 Apr 1-29 (#35092)
 May 6-27 (#35093)
 City/Volunteer Run Program



Intro to Skateboarding

This class will teach about the importance of safety while riding a skateboard. Helmet, elbow and knee pads are strongly recommended. Participants will be required to bring their own equipment as rentals are available but limited.

Day: Friday
Age: 6-12 years old
Fee: \$40/month
Time: 3:15-4pm
 Mar 3-24 (#35304)
 Apr 7-28 (#35305)
 May 5-26 (#35306)
 City Staff Run Program



Forever Fit for Seniors

Chair-based fitness using seated and standing exercises combines unique Latin moves and rhythms to create an exciting dynamic workout.

Day: Thursday
Age: 60 years & up
Time: 10:30-11:30am
Fee: FREE!
 Mar 2-30 (#35097)
 Apr 6-27 (#35098)
 May 4-25 (#35099)
 City Staff Run Program



Cardio Fitness Dance

This class is a fun, high energy aerobics dance workout that is designed to amp up the metabolism to ignite your weight loss potential.

Day: Tuesday
Age: 13 years old & up
Fee: FREE!
Time: 6:00-7:00pm
 Mar 7-28 (#35100)
 Apr 4-25 (#35101)
 May 2-22 (#35102)
 City/Volunteer Run Program



ARE YOU GOING TO REGISTER ONLINE?

Online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to www.SDrecCONNECT.com



MIRA MESA

8575 New Salem Street, San Diego, CA 92126
(858) 538-8122

Welcome

The staff at the Gil Johnson Mira Mesa Recreation Center would like to welcome you and your family to our facilities. We offer activities and programs for both adults and children. Our goal is to enrich lives through quality parks and programs. Please enjoy all the events, programs, and facilities Mira Mesa has to offer.

Staff

Tim Manion	Area Manager II
Christian Haupt	Center Director III
Viviana Silva	Assistant Center Director
Jia Arnell	Recreation Leader I
Marlon Wells	Recreation Leader I
Erendira Hernandez-Luna	Recreation Leader I
Roque Ramirez	Grounds Maintenance Worker II

Hours of Operation

Monday	12:00-8:00pm
Tuesday	9:00am-9:00pm
Wednesday	11:00am-9:00pm
Thursday	9:00am-9:00pm
Friday	12:00-7:00pm
Saturday	9:00am-4:00pm
Sunday	10:00am-2:00pm



Recycling Bins are located in the parking lot accepting metal, aluminum, plastic bottles, newspapers, magazines, and cardboard.

Hours of Registration

Tuesday/Thursday:	1:00-6:00pm
Wednesday:	1:00-6:00pm
Friday:	12:00-4:00pm
Saturday:	12:00-2:00pm

Permits are by appointment only. All hours and activities are subject to change without prior notice.

Game Room Schedule

Monday	12:00-7:45pm
Tue. & Thurs	9:00am-8:45pm
Wednesday	11:00-3:50pm/ 5:10-8:45pm
Friday	12:00-6:45pm
Saturday	10:00-3:45pm

Note: Two staff members must be present at time of registration & permits are done by appointment only. Exact Cash, Credit Cards, & Checks are accepted.

Summer Basketball League



\$55 / player
(includes banquet)
Season Dates:
May 31-Aug 5

To register online: please visit www.sdreconnect.com or in-house at Gil Johnson Mira Mesa Recreation Center during their regular registration hours.

8 & under: (#35160)

Ages: 5-8 years old
Evaluations: Thurs, Apr 20 @ 4:30-5:30pm

10 & under: (#35161)

Ages: 8-10 years old
Evaluations: Thurs, Apr 20 @ 5:30-6:30pm

12 & under: (#335162)

Ages: 10-12 years old
Evaluations: Thurs, Apr 20 @ 6:30-7:30pm

Games/Practices TBA.
City Staff Run Program



Circle Time

Our focus will be to provide a high quality, age appropriate and nurturing environment that your child will flourish within. This will include, but not limit to, arts and crafts, reading, numbers, music and movement.

Day: Tuesday & Thursday
Age: 3-5 years old
Fee: **55.00**
Time: 9:30-11:30am

Mar 7-Apr 13 (**#35139**)
Apr 18-May 26 (**#35140**)
City Staff Run Program

Mira Mesa Community Park Sports Programs

Hip-Hop Dance Class

This is a high energy, rhythmic form of dance focusing on body isolations and is the latest form of physical expression in today's pop culture.

Day: Thursday
Age: 8-17 years old
Fee: \$10.00
Time: 4:00-5:00 pm
 Mar 9-Apr 6 (#35135)
 Apr 13-May 11 (#35136)

City Staff Run Programs



Pee Wee Sports

Your child will participate in sports and other physical activities like tumbling and basketball. First time participants will receive a t-shirt!

Day: Wednesday
Age: 3-6 years old
Fee: \$12.00
Time: 5:00-6:00pm
 Mar 8-Apr 5 (#35137)
 Apr 12-May 10 (#35138)

City Staff Run Programs



Youth Programs

Ceramics 4 Kidz

This class aims to teach each child the basic principals of ceramics, while providing children the tips and tools they need to create beautiful artwork.

Day: Wednesday
Age: 7-15 years old
Fee: \$25.00
Time: 3:30-5:30pm
 Mar 8-Apr 12 (#35108)
 Apr 19-May 17 (#35109)



Arts & Crafts

Your children will have lots of fun creating a work of art that they will be proud to hang on their fridge.

Day: Monday
Age: 5-13 years old
Fee: \$10.00
Time: 3:30-4:30pm
 Mar 13-Apr 10 (#35106)
 Apr 17-May 15 (#35107)

City Staff Run Programs



Healthy Cooking

Learn healthy and easy recipes while learning about good nutrition!

Day: Saturday
Age: 15 years old & up
Fee: \$15.00
Time: 1:00-2:00pm
 Mar 4-Apr 1 (#35623)
 Apr 15-May 13 (#35625)



Kitchen Kraziness

Join us and get messy with fun kitchen crafts!!

Day: Friday
Age: 6-12 years old
Fee: \$15.00
Time: 4:00-5:00pm
 Mar 3-24 (#35147)
 Apr 7-28 (#35148)
 May 5-26 (#35149)

City Staff Run Programs



ARE YOU GOING TO REGISTER ONLINE?

Online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to www.SDrecCONNECT.com

Mira Mesa Community Park

Fitness Programs

Conditioning Fitness Camp

This exercise program is designed to effectively burn calories and increase your heart rate safely and efficiently. This is a full body workout that will combine cardio intervals and strength training to boost your metabolism, stamina, coordination, agility and fat burning potential.

Day: Monday & Wednesday
Time: 6:00-7:00pm
Age: 14 years old & up
Fee: \$10.00
 Mar 13-Apr 19 (#35133)
 Apr 24-May 31 (#35134)
 No class May 29

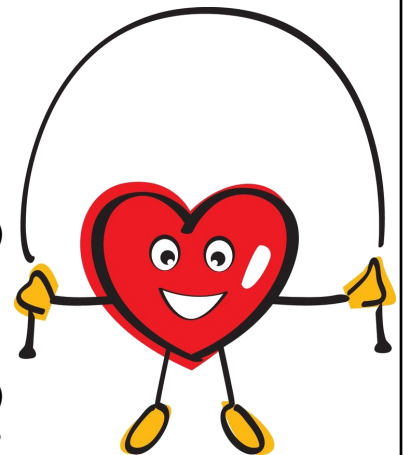
City Staff Run Programs

GET
 EXCITED
 ABOUT
 GETTING
 HEALTHY

Youth Sports Conditioning Class

Training principles to create a conditioning program that focuses on the development of functional movement, sport-specific, strengthening and endurance. Your child will gain confidence, agility, coordination, balance and develop their mental and social skills.

Day: Saturday
Age: 5-7 years old
Time: 9:00-10:00pm
Fee: \$10.00
 Mar 4-Apr 1 (#35604)
 Apr 15-May 13 (#35605)
Ages: 8-12 years old
Time: 11:00-12:00pm
 Mar 4-Apr 1 (#35606)
 Apr 15-May 13 (#35607)
 City Staff Run Programs



Youth Camp



Spring Break campers will enjoy many games and activities! We will also be taking a field trip Tuesday, Mar 28 to Boomers Park for some fun! Other days will include some indoor and outdoor activities including crafts, board games and baking some tasty treats! Last day of Camp will include a movie and pizza party!!

Time: 10:30-2:30 pm
Age: 5-12 years old
Day: Monday, Dec 19-Thursday, Dec 22
 Pay daily or for the whole week and save!
Fee: \$15.00-Per Day
 Mon, Mar 27 (#35142)
 Tues, Mar 28 (#35143)
 Wed, Mar 29 (#35144)
 \$35.00-ALL 4 Days (#35145)

Please be sure to pack a light and healthy snack and a bagged lunch for your child. Also, let staff know of any allergies or dietary restrictions your child might have.
 City Staff Run Programs

Upcoming Special Events



SPRING EGGSTRAVAGANZA

Mira Mesa
Community Park

**THURSDAY
MARCH 30TH**

1:00-3:00pm

EGG HUNT TIMES & AGES:

0-3 1:30pm

4-6 1:45pm

7-11 2:00pm

Don't forget your baskets!

SPRING EGG HUNT

Lopez Ridge
Neighborhood Park

**THURSDAY
APRIL 13TH**

11:00am-1:00pm

EGG HUNT TIMES & AGES:

0-2 11:30am

3-4 11:45am

5-6 12:00pm



Hourglass Field
Community Park

MAY 6TH

11:00am-2:00pm

Fun for the
whole family!

**FREE GAMES
& CRAFTS!**



Parks Fit

San Diego 2017



Challenge: Walk, Run, Roll or
Swim 30, 90 or 120 miles between
June 12 and August 12

Reward: Get fit, stay healthy and
receive a Parks Fit San Diego bag!

Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit San Diego bag!

Kickoff Event - 1 Mile Fun Run & Festivities

Saturday, June 17, 2017 at 8:00am
Morley Field, 2221 Morley Field Dr., San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 12, 2017 at 7:30am
NTC Park, 2455 Cushing Rd, San Diego 92106

Stay Fit San Diego!

Visit: www.sandiego.gov/park-and-recreation

for more information.

Proudly Presented by:



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