

# SUMMER Program 2018

## **HOURGLASS FIELD COMMUNITY PARK**

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

## **LOPEZ RIDGE NEIGHBORHOOD PARK**

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

## **MIRA MESA COMMUNITY PARK**

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

**Summer online registration starts 10:00am on  
May 12, 2018 at [www.sdreconnect.com](http://www.sdreconnect.com).  
In-house registration hours are printed inside this guide.**

# 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 4-7  
 Lopez Ridge..... pages 9-9  
 Mira Mesa Gil Johnson.....pages 10-12  
 Events Page.....page 13-14



## Holiday Closures

Independence Day: July 4  
 Memorial Day: May 28  
 Labor Day: September 3

## Important Phone Numbers

SDPD (Non-Emergency) (619) 531-2000  
 Ned Baumer Pool (858) 538-8083  
 County Animal Control (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 picnic shelters.

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 picnic shelters 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 centers 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](http://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

Summer Registration Starts:  
SATURDAY, MAY 12, 2018

**Online registration** begins at **10:00am**.

**In-house registration** hours can be obtained by calling the local recreation centers.

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.SDRECCONNECT.com](http://www.SDRECCONNECT.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.

## Payment Policy for Classes

- Payment is required at the time of registration.
- Please pay with EXACT cash, check (payable to **City of San Diego**), or credit card (non-refundable 3% processing fee charged per credit card transaction).
- 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. Appointment should be made at least 10 days prior to the 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.

Checks are made 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**

## Youth Sports

**Mira Mesa Little League:**  
**Mira Mesa Youth Baseball:**  
**Mira Mesa Youth Football:**  
**Mira Mesa AYSO:**  
**Mira Mesa Girls Softball League:**

[www.eteam2.com/mmwill](http://www.eteam2.com/mmwill)  
[www.mmyb.org](http://www.mmyb.org)  
[www.mmchargers.org](http://www.mmchargers.org)  
[www.miramesaysso.com](http://www.miramesaysso.com)  
[www.leaguelineup.com](http://www.leaguelineup.com)

## Adult Sports

**Co-Ed & Men's Softball:**  
**Adult Basketball League:**  
**Softball:**  
**Senior Softball:**

**John Grondona**  
[www.Softballsd.com](http://www.Softballsd.com)  
**Rob Powell**  
[www.Sandiegobasketball.com](http://www.Sandiegobasketball.com)  
**Vavi**  
[www.Govavi.com](http://www.Govavi.com)  
**Jerry Hemes (619) 697-1083**

## Ned Baumer Pool

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

## Summer Dates

June 18-August 24



# HOURGLASS FIELD

10440 Black Mountain Rd. San Diego, CA 92126

Welcome (858) 538-8153

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
Eric Brown	Recreation Leader I
Gina Broy	Recreation Leader I
Omar Harrison	Recreation Leader I
Paul Lee	Recreation Leader I
Mimi Le	Recreation Leader I
Kevon Mitchell	Recreation Leader I
Lenae Plosczynski	Recreation Leader I
Jose Cecena	Grounds Maintenance Worker II
Victor Dean	Grounds Maintenance Worker II

## Hours Of Operation

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

## Game Room Hours

Tuesday	3:00pm-7:00pm
Wednesday	3:00pm-7:00pm

(Hours vary. Call office for more info)

## Registration

Monday	3:00pm -7:00pm
Wednesday	3:00pm -7:00pm
Saturdays	9:00am -1:00pm

**Note:** Permits are processed by appointment only. Exact cash, credit cards, & checks are accepted. All hours and activities are subject to change without prior notice.  
All hours & activities subject to change without prior notice.

## Facility

Hourglass Field House has three meeting rooms, kitchen, game room, gym, seven multi-purpose fields, sports equipment, a dance room with mirrors and

# Summer Dayz

Join us for Summer-Dayz! This exciting program offers your child 4 full days of indoor/outdoor games and activities, cooking crafts, arts & crafts, group games, swimming and best of all...an exciting field trip each week!

(20 children max)

**Day:** Monday-Thursday

**Age:** 8-12 years

**Fee:** \$20.00/day

\$60.00/4 days

**Time:** 9:00am-4:00pm

**Date:** Monday 6/25 (#49299)

Tuesday 6/26 (#49445)

Wednesday 6/27 and fr (#49446)

Thursday 6/28 (#49447)

ALL 4 DAYS (#49448)

Monday 7/23 (#49449)

Tuesday 7/24 (#49450)

Wednesday 7/25 (#494571)

Thursday 7/26 (#49452)

ALL 4 DAYS (#49453)



Please be sure to bring a lunch for your child each day. Afternoon snack will be provided. Please inform staff of any allergies or dietary restrictions..

## Young Engineers

# Brick Challenge

## Summer Camp

Young Engineers Bricks Challenge Summer Camp 1(BC1) 2 Young Engineers camp where kids will learn topics in Physics and basic mechanical engineering principles and use motorized Lego® models to reinforce STEM-related topics. Final Project presentation on Friday.

Min. 6/Max. 20

**Day:** Monday-Friday

**Age:** Ages 6-10 years old

**Time:** 9:00am-12:00pm

**Fee:** \$160.00

June 25-29 (#51697)

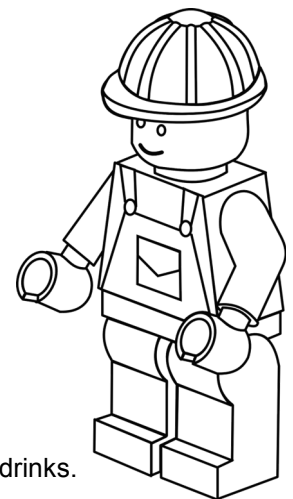
**Time:** 8:30-11:30am

July 30-Aug 3 (#51698)

**Time:** 8:30-11:30am

July 30-Aug 3 (#51699)

**Time:** 12:30-3:30pm



Please bring your own snacks and drinks.  
Independent Contractor

# Hourglass Field Community Park

## Spirit Kids Sports Summer Camp

www.SpiritKidsSports.com  
(858) 229-4462



**Age:** 4 & up  
**Fee:** \$150.00  
**Time:** 9:00am-12:00pm  
**Day:** June 25-29 (#48940)  
July 23-27 (#48942)  
August 6-10 (#48945)

**Age:** 4 & up  
**Fee:** \$150.00  
**Time:** 12:00pm-3:00pm  
**Day:** June 25-29 (#48941)  
July 23-27 (#48943)  
August 6-10 (#48946)

*1/2 Day campers please bring a snack and plenty of water.  
All campers please wear fitted athletic wear and slip on shoes.*

## Dance by Nadine

Instructor: Nadine Phone: (619) 341-1128  
Email: lindsethn@gmail.com

**Day:** Saturday **Dates:** June 30—July 28

**Fee:** \$50.00/5 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 (#39804)

**Time:** 9:10-10:00am

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

**Age:** 6-18 years (#39085)

**Time:** 10:10-11:00am

**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 (#39086)

**Time:** 11:10-12:00pm

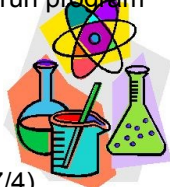
Independent Contractor

## NEW PROGRAM!

### It's not Rocket Science

This class is designed to inspire kids to invent, build, brainstorm, tinker and work together. Children will use their creativity and imaginations to complete fun and exciting science experiments and projects. City staff run program

**Day:** Wednesday  
**Fee:** \$30.00/5 weeks  
**Time:** 5:30-6:30pm  
**Age:** 7-11 years old  
**Dates:** June 20- July 25 (no class 7/4)



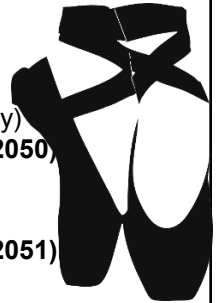
## Irish-Ballet

### 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 & Thursday  
**Fee:** \$30.00  
**Time:** 2:25-3:00pm  
**Age:** 2-5 years (Tuesday only)  
**Dates:** June 19-August 21 (#52050)  
**Time:** 3:00-4:00pm  
**Age:** 6-14 years  
**Dates:** June 19-August 21 (#52051)

\*No class 6/21, 6/26 & 6/28\*



## NEW PROGRAM!

### Ballet for Young Athletes

This class is designed to support young athletes to become flexible, agile and execute port related skills. These ballet exercises are designed to enhance all athletic skills This class is not for performing ballet but to strengthen your athletic abilities.

**Instructor:** Jia Arnell  
**Day:** Tuesday & Thursday  
**Fee:** \$30.00  
**Time:** 5:00-5:45pm  
**Age:** 6-14 years old  
**Dates:** June 19-August 21 (#52052)

## Civic Dance Arts

www.cividdanceart.org  
619-235-5255

In the class your child will begin the passion for dance through Ballet and Jazz.

**Dates:** June 27—September 19 (no class 7/4, 18 & 8/1)

**Intermediate Ballet 3A (#50873)**

**Time:** 4:15-5:15pm  
**Age:** 8-18 years old  
**Fee:** \$41.00

**Advanced Beginner Tap 2A (#50874)**

**Time:** 5:15-6:00pm  
**Age:** 6-17 years old  
**Fee:** \$41.00

**Advanced Beginner Jazz 2A (#50875)**

**Time:** 6:00-6:45pm  
**Age:** 6-17 years old  
**Fee:** \$41.00

**Advance Intermediate Ballet 4A (#50876)**

**Time:** 6:45-8:15pm  
**Age:** 12-18 years old  
**Fee:** \$82.00

City staff run program

# Hourglass Field Community Park Art & Sports Programs

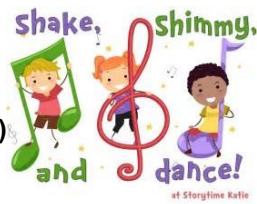
## Summer Basketball League

Season Dates: May 31-August 5. Please contact staff.

### Move 'n Groove

We will be movin' & groovin' to fun music as well as working on the development of fine and gross motor skills with emphasis on improving balance, stamina & agility. We will also be ending each class with a fun artistic activity. Children must be potty trained.

**Day:** Wednesday  
**Ages:** 3-5 years old  
**Fee:** \$40.00/5 weeks  
**Time:** 10:00-11:45  
**Dates:** June 20 -July-25 (#52657)  
Aug 1-Aug-29 (#52659)



City Staff Run Program

### Ice Skating

Students will learn to balance, skate forward & backwards, glide smoothly & stop. As skaters progress they'll learn some neat tricks too!

Classes are held at:

**San Diego Ice Arena**  
**11048 Ice Skate Place SD 92126**

**Instructor:** Wendy Smith  
**Phone #:** (858) 530-1826  
**Day:** Wednesday  
**Fee:** \$50.00

Tot Starter

**Ages:** 3-5 years  
**Time:** 4:00-4:30pm  
Jun 6-27(#51969)  
Jul 11-Aug 1 (#51970) \*No class 7/14  
Aug 8-29 (#51971)



Youth

**Ages:** 6-11 years  
**Time:** 4:30-5:00pm  
Jun 7-28 (#51972)

## Girls Basketball Clinic

This camp is designed for girls that are seriously interested in developing their basketball skills, to prepare them for higher level play. Girls must have at least 2 years of organized play experience to participate. All campers will be issued a free t-shirt as well.

City staff run program

**Day:** Monday-Thursday  
**Ages:** 11-15 years old  
**Fee:** \$45.00 includes t-shirt  
**Time:** 9:30-12:30pm  
**Dates:** July 16-July 19 (#51700)



## Flag Football League

**Day:** Thursday & Friday, Games TBD  
**Ages:** 10 & under (#52292)  
12 & under (#52293)  
14 & under (#52294)  
**Fee:** \$55.00  
**Time:** 5:30-7:30pm  
**Date:** August 23 - Dec 8  
City Staff Run Program



## Fundamentals of Flag Football

This class is intended for players who would like to improve their skill level, build self confidence and self esteem.

**Day:** Thursday  
**Ages:** 8-12 years old  
**Fee:** \$25.00  
**Time:** 5:30-7:30pm  
**Date:** June 21—July 26 6 weeks (#52289)

City Staff Run Program

## Volleyball Skills Clinic

This skills camp/clinic is designed for youth that are serious about increasing their volleyball knowledge and skills. It will run for two hours a day, three times a week for two weeks. This The first hour will be dedicated to **passing & setting** only and the second hour will be dedicated to **hitting & blocking** only. All campers participating in the clinic will receive a t-shirt and volleyball. Please be sure to bring lots of water and wear appropriate athletic clothing & shoes. Knee pads are mandatory. City staff run program

**Day:** M, W & F  
**Fee:** \$55.00 includes T-shirt and ball  
**Dates:** July 9-July 20  
**Time:** 1:00-3:00pm  
**Ages:** 10-12 years old (#51702)  
**Time:** 3:00-5:00pm  
**Ages:** 13-16 years old (#51703)



# Hourglass Field Community Park Sports Programs

A year round series of tennis and fitness training classes, designed to get you started right. From beginning levels and all ages, to highly competitive juniors seeking college scholarships. The **PATHWAY TENNIS** approach will get you to where you want to be (high school team, tournament play and adult league). These classes will teach: learning skills, FORM & FUNCTION for all fundamental tennis strokes, the rules, scoring, court etiquette & more. **REQUIRED:** complete a health assessment questionnaire which will be provided. Tennis racket, tennis shoes, and one tube of unopened **WILSON Extra Duty** tennis balls. For warmer weather days: sunblock, towel, water or sport drink. **NOTE:** Group sizes vary, maximum of 12 and 6 with two courts available. Student's age, skill set, health & fitness, learning curve, are all factors in class placement and reassignment by coaches. **THANK YOU!**

**Instructor: Coach Stan Jefferson**

**Phone #:** (619)770-7187 **E-mail:** dbadamoyttennis@yahoo.com

## Beginners: 5-12 years old

**Fee:** \$144.00/12 weeks

**Day:** Saturday

**Date:** June 9-August 25

**Time:** 8:00-9:00am (#51845)

**Day:** Sunday

**Date:** June 10-August 19

**Time:** 9:00-10:00am (#51846)

## Beginners II: 5-12 years old

**Fee:** \$144.00/12 weeks

**Day:** Saturday

**Time:** 9:00-10:00am (#52461)

**Day:** Sunday

**Time:** 10:00-11:00am (#52462)

## Beginners for Men

**Age:** 18 & up

**Day:** Sunday

**Fee:** \$290.00/12 weeks

**Date:** June 10-August 26

**Time:** 12:00-1:00pm (#51886)

## Beginners for Women

**Time:** 8:00-9:00am (#51879)

**\*6 maximum participants for adult men & women classes\***

## Intermediate: 8-14 years old

**Age:** **Day:** Saturday

**Fee:** \$144.00/12 weeks

**Date:** June 9-August 25

**Time:** 10:00-11:00pm (#51847)

**Day:** Sunday

**Date:** Jun 10-August 26

## Intermediate Competitive: 8-14 years

**Day:** Saturday

**Fee:** \$144.00/12 weeks

**Date:** June 9-August 25

**Time:** 12:00-1:00pm (#51878)

## Advanced Competitive: 8-16 years

**Day:** Saturday

**Fee:** \$144.00/12 weeks

**Date:** June 9-Aug 25

**Time:** 1:00-2:00pm (#51873)

**Day:** Sunday

**Date:** June 10-August 26

**Time:** 10:00-11:00pm (#51874)

## Advanced 8-16 years

**Day:** Saturday

**Fee:** \$144.00/12 weeks

**Date:** June 9-Aug 25

**Time:** 8:00-9:00am (#51877)

## FAST TRACK for Advanced: 8-16 years old

**Dates:** June 11-August 29

**Fee:** \$435/12 weeks

**Time:** 3:30-5:00pm

**Day:** Monday & Wednesday (#51871)

Tuesday & Thursday (#51872)

## **NEW PROGRAM**

### Competitive Mixer: 6-12 years old

**Day:** Monday-Friday

**Fee:** \$120.00/week

**Time:** 8:00-10:00am

**Date:** June 11-15 (#52588)

June 18-22 (#52589)

June 25-29 (#52590)

July 2-6 (#52591)

July 9-13 (#52592)

July 16-20 (#52593)

July 23-27 (#52594)

July 30-Aug 3 (#52595)

Aug 6-10 (#52596)

Aug 13-17 (#52597)

Aug 20-24 (#52598)

**Time:** 10:00am-12:00pm

**Date:** June 11-15 (#52599)

June 18-22 (#52600)

June 25-29 (#52601)

July 2-6 (#52602)

July 9-13 (#52603)

July 16-20 (#52604)

July 23-27 (#52605)

July 30-Aug 3 (#52606)

Aug 6-10 (#52607)

Aug 13-17 (#52608)

Aug 20-24 (#52609)



## **Tennis Refinement** (smaller size classes)

**Day:** Saturday **Ages:** 10-16 years old **Fee:** \$290.00/12 weeks **Days:** June 9-August 25

### Beginners

**Time:** 3:00-4:00pm (#52570)

4:00-5:00pm (#52571)

5:00-6:00pm (#52572)

**Day:** Sunday **Ages:** 10-16 years old **Fee:** \$290.00/12 weeks

### Beginners

**Time:** 2:00-3:00pm (#52579)

3:00-4:00pm (#51880)

4:00-5:00pm (#51881)

### Intermediate:

**Time:** 3:00-4:00 (#52573)

4:00-5:00 (#52574)

5:00-6:00 (#52575)

### Intermediate:

**Time:** 2:00-3:00pm (#52582)

3:00-4:00pm (#52583)

4:00-5:00pm (#52584)

### Advanced:

**Time:** 3:00-4:00 (#52576)

4:00-5:00 (#52577)

5:00-6:00 (#52578)

**Days:** June 10—August 26

### Advanced:

**Time:** 2:00-3:00pm (#52585)

3:00-4:00pm (#52586)

4:00-5:00pm (#52587)



# LOPEZ RIDGE

**Welcome**

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

The staff at Lopez Ridge 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
Macha Rodriguez	Assistant Center Director
Kevin Kintz	Recreation Leader I
Walter Maake	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 meetings, monthly meetings, trainings and more. There is 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 picnic shelters 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	12:00-5:30pm
Wednesday	12:00-4:00pm
Thursday	11:00-5:00pm
Friday	12:00-6:00pm
Saturday	11:00-1:00pm

**Note:** Permits are processed by appointment only. Exact cash, credit cards, & checks are accepted. All hours and activities are subject to change without prior notice.

## Youth Programs

### Family Movie Night

There will be various activities & free popcorn. Please feel free to bring your homework.

**Day:** Friday  
**Age:** All Ages  
**Fee:** FREE  
**Time:** 5:00-7:00pm

Jun 1-29 (#51356)  
 July 6-27 (#51357)  
 Aug 3-31 (#51358)



### Beginners Ukulele

Ukuleles teach kids about music and music theory. Through ukulele lessons, a child learns about beat, harmony, melody, rhythm, and tempo. The ukulele also helps children develop eye-hand coordination. Also, kids who are interested in learning how to play the guitar, ukulele often makes the process easier and less frustrating.

**Day:** Wednesday  
**Age:** 8-15 years  
**Fee:** \$20.00  
**Time:** 4:00-5:00pm

Jun 6-27 (#51588)  
 Jul 4-25 (#51592)  
 Aug 1-29 (#51594)



### Game Room

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

**Day:** Monday- Friday  
**Age:** 6-12 years  
**Fee:** FREE  
**Time:** 9:30-7:45pm

Jun 1-30 (#51359)  
 Jul 2-31 (#51360)  
 Aug 1-31 (#51361)



### 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  
**Time:** 10:00-11:00am

Jun 4-25 (#51362)  
 Jul 2-30 (#51363)  
 Aug 6-27 (#51364)  
 City Staff Run Programs





# Lopez Ridge Neighborhood Park

## Fitness & Sport Programs

### Modern Line Dance

Dance to enhance your cardio vascular system, learn new steps, have fun and make friends while dancing in choreographed line dance steps.

**Day:** Monday & Friday  
**Age:** 55 years  
**Fee:** FREE  
**Time:** Monday: 4:30-5:30pm  
 Friday: 4:30-6:00pm

June 4-29 (#51365)  
 July 2-30 (#51366)  
 August 3-31 (#51367)  
 City Staff Run Program

### Forever Fit for Seniors

This chair-based fitness using seated and standing exercises combining unique Latin moves with rhythms to create an exciting dynamic workout.

**Day:** Tuesday/Thursday  
**Age:** 60 years & Older  
**Fee:** FREE  
**Time:** 10:30-11:30am

June 7-28 (#51368)  
 July 3-31 (#51369)  
 August 2-31 (#51375)  
 City Staff Run Program



### Cardio Fitness Dance

This class is a fun, high energy aerobics, Zumba gold dance workout that is designed to amp up the metabolism to ignite one's weight loss potential.

**Day:** Tuesday  
**Age:** 13 years & Older  
**Fee:** FREE  
**Time:** 6:00-7:00pm

June 5-26 (#51376)  
 July 3-31 (#51377)  
 August 7-28 (#51389)  
 City/Volunteer Run Programs

### Kickboxing, Cardio & HIIT Training

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

**Day:** Thursday  
**Age:** 13 years & Older  
**Fee:** FREE  
**Time:** 6:00-7:00pm  
 June 7-28 (#51395)  
 July 5-26 (#51397)  
 August 2-30 (#51404)



### MELT

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. Come and experience for yourself a Melt class and discover what new science has proven about the benefits of rehydrating your connective tissue and rebalancing your nervous system. This revolutionary approach to self-care can keep you healthy, pain-free, and active for a lifetime.

**Day:** Saturday  
**Age:** 13 years old & Older  
**Fee:** FREE  
**Time:** 9:30-10:30am

June 2-23 (#51557)  
 July 7-21 (#51559)  
 August 4-25 (#51562)  
 City/Volunteer Run Programs



HELLO  
 Summer

#### 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](http://www.SDrecCONNECT.com)



# Lopez Ridge Neighborhood Park

## Youth Sports & Education Programs

### Youth Running Club

#### Come run with us!

This class is intended for beginners and experienced runners who would like to improve their running form, skills, stretching, preventing injury, confidence, self-esteem and proper running form.

**Day:** Saturday  
**Age:** 18 & Under  
**Fee:** FREE  
**Time:** 11:30-12pm  
 June 2-30 (#51574)  
 July 7-28 (#51577)  
 August 4-25 (#51578)  
 City Staff Run Program

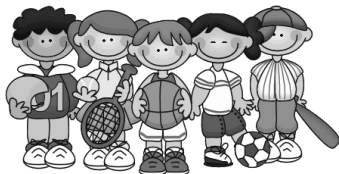


### Kids Softball

### Kickball & Dodge ball

Participating in softball, kickball and dodge ball helps to build strength and focus and allow children to make new friends and develop great team and effort of supporting one another. Softball is great for developing hand and eye coordination as well as Kickball/dodge ball develops foot and eye coordination.

**Day:** Tuesday & Thursday  
**Age:** 4-14 years  
**Time:** 4:30-5:30pm  
**Fee:** FREE  
 June 5-28 (#51579)  
 July 3-31 (#51580)  
 August 2-30 (#51581)  
 City Staff Run Program



### Essential Oils 101

### Educational Class

Do you want to learn more to kick toxic chemicals out of your home? We will walk you through step by step and give easy, simple and affordable tactics that anyone can do with the best essential oils on the planet. This class is totally FREE and will blow your mind! It's time to take control of the yuck in your home and kick it to the curb.

**Day:** Saturdays  
**Age:** 13 years & Older  
**Fee:** FREE  
**Time:** 12:00-1:00pm  
 June 2-30 (#51569)  
 July 7-28 (#51570)  
 August 4-25 (#51571)  
 City/Volunteer Run Programs

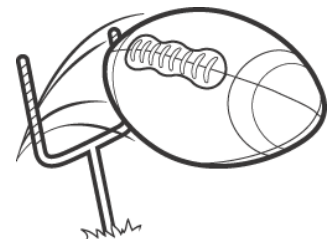


### Fundamental Skills of

### Flag Football

Description: This class is intended for player who would like to improve their skill levels: build character, good sportsmanship, social skills, Leadership skills, build confidence and gain knowledge of the game.

**Day:** Wednesday  
**Time:** 6:00-7:00pm  
**Fee:** \$10.00  
**Age:** 9-16 years  
 June 6-27 (#51582)  
 July 4-25 (#51583)  
 August 1-29 (#51584)



#### 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](http://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
Jia Arnell	Recreation Leader I
Byron Blue	Recreation Leader I
Miesha Walker	Recreation Leader I
Marlon Wells	Recreation Leader I
Jaime Ocampo	Grounds Maintenance Worker II
Anthony Perry	Grounds Maintenance Worker II
Roque Ramirez	Grounds Maintenance Worker II
Zach Skarbic	Grounds Maintenance Worker II

### Hours of Operation

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

### Game Room Schedule

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

*All hours and activities are subject to change without prior notice. Monthly open play calendars are available at the recreation center.*



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

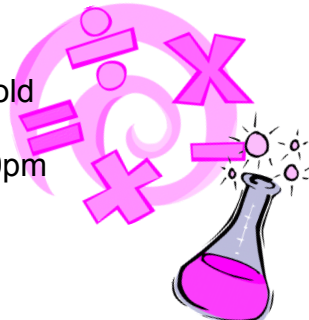
### Hours of Registration

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

## BIZARRE SCIENCE & INCREDIBLE MATH

We will be taking a scientific approach to the incredible world of math through hands on experimentation of the core mathematical concepts such as basic arithmetic, geometry and some algebra. We will also spend a great deal of time gathering information in regards to the history of both these subjects. Come and decipher the codex with us in this fun filled scientific mathematical adventure.

**Day:** Monday  
**Age:** 6-14 years old  
**Fee:** \$35.00  
**Time:** 10:00-12:00pm  
Jul 10-Aug 14 (#50895)  
City Staff Run Program



## Summer Basketball League



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

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

### **8 & under: (#48612)**

**Ages:** 5-8 years  
**Evaluations:** Thurs, May 10 @ 4:30-5:30pm

### **10 & under: (#48613)**

**Ages:** 8-10 years  
**Evaluations:** Thurs, May 10 @ 5:30-6:30pm

### **12 & under: (#48614)**

**Ages:** 10-12 years  
**Evaluations:** Thurs, May 10 @ 6:30-7:30pm

### **14 & under: (#48616)**

**Ages:** 12-14 years  
**Evaluations:** Thurs, May 10 @ 6:30-7:30pm

Games/Practices TBA by coaches.

City Staff Run Program

# Mira Mesa Community Park

## City Staff Run Youth Programs

### Ceramics 4 Kidz

This class is an ideal environment for children to explore their creativity while learning the craft of ceramics. This class will teach children about three dimensional nature that forces them to think about structure, shapes and forms.

**Day:** Wednesday  
**Age:** 7-15 years  
**Fee:** \$25.00  
**Time:** 12:00-1:30pm  
 July 11-Aug 15 (#50893)



### Tiny Tots 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  
**Fee:** \$55.00  
**Time:** 9:30-11:30am  
 June 5-Jul 12 (#50558)  
 July 25-Aug 30 (#50559)



### Art Exploration

Your children will have lots of fun creating many beautiful and creative displays of fine arts and crafts that they will be proud to hang on their fridge.

**Day:** Friday  
**Age:** 5-13 years  
**Fee:** \$10.00  
**Time:** 1:00-2:30pm  
 July 13-Aug 17 (#50891)



### Kitchen Kraziness

Join us while we get messy in the kitchen while making delicious cooking creations. Your children will also learn the importance of kitchen safety.

**Day:** Friday  
**Age:** 6-12 years  
**Fee:** \$15.00  
**Time:** 3:00-4:00pm  
 July 13-Aug 17 (#50892)



### 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:** Wednesday  
**Age:** 7-17 years  
**Fee:** \$10.00  
**Time:** 2:00-3:00pm  
 July 11-Aug 15 (#50894)



## Volleyball Basics

In this program your child will be introduced to the fundamentals of volleyball while emphasizing learning and teamwork over winning or losing. Our volleyball programs are a great way to improve their skills and get ready for high school while making friends with teammates.

### Monday

**Code:** (#50896)  
**Age:** 7-9 years  
**Fee:** \$15.00  
**Time:** 12:30-1:30pm  
**Date:** July 9-Aug 13

### Monday

**Code:** (#50897)  
**Age:** 10-14 year  
**Fee:** \$15.00  
**Time:** 1:30-2:30pm  
**Date:** July 9-Aug 13

### Saturday

**Code:** (#50898)  
**Age:** 10-14 years  
**Fee:** \$10.00  
**Time:** 1:30-2:30pm  
**Date:** July 14, 28  
 Aug 11, 18

# Mira Mesa Community Park

## Youth Programs



# SUMMER CAMP

**\$65 FOR THE WEEK**  
**\$20 FOR THE DAY**

Join us for one week out of the month at our Summer Camp! Campers will enjoy many indoor and outdoor activities including relay races, science crafts, board games and baking some tasty treats! We will also be taking a field trip Wednesday's (Field Trip's TBA). Last day of Camp will include a movie and a pizza party!!

**10:00am-4:30pm**  
**5-12 years old**

## JUNE WEEK

June 18-22 (All 5 Days) (#50900)

Monday, Jun 18 (#50901)

Tuesday, Jun 19 (#50902)

Wednesday, Jun 20 (#50903)

Thursday, Jun 21 (#50904)

Friday, Jun 22 (#50905)

## JULY WEEK

July 16-20 (All 5 Days) (#50913)

Monday, Jul 16 (#50914)

Tuesday, Jul 17 (#50915)

Wednesday, Jul 18 (#50916)

Thursday, Jul 19 (#50917)

Friday, Jul 20 (#50918)

## AUGUST WEEK

August 20-24 (All 5 Days) (#50920)

Monday, Aug 20 (#50921)

Tuesday, Aug 21 (#50922)

Wednesday, Aug 22 (#50923)

Thursday, Aug 23 (#50924)

Friday, Aug 24 (#50925)

Sign up at [www.sdreconnect.com](http://www.sdreconnect.com) or visit our recreation center to register! Please be sure to pack a light and healthy snack and a bagged lunch for your child for Monday-Thursday. Also, let staff know of any allergies or dietary restrictions your child might have. A MTS Bus fee might be required for each child going on the field trips (approx. \$3.00-\$5.00 for each day).  
City Staff Run Programs

# Flag Football

The youth football program is designed to develop and enhance players fundamental skills on blocking, running, and basic football skills in a friendly and team oriented environment.

**Season Dates: Aug 21-Dec 4**

**Start Date: Aug 21**

**Time: 5:30-6:30pm**

**10 & Under (#51289)**

**12 & Under (#53102)**

**Games: TBA**



## Upcoming Events at Mira Mesa

# FREE TEEN NITE PROGRAM



Join us for our annual Teen Night Program at  
Mira Mesa Community Park...

**July 6- August 24**

**Field Trips or Fun Programs**

**Every Friday Night!**

**5:30-8:30pm**

**Ages 12-17 years**

**Weekly schedule will be posted at Rec Center.**



MIRA MESA COMMUNITY PARK  
INVITES YOU TO THEIR ANNUAL...

## SUMMER LUNCH



**WEDNESDAY JULY 25**

**12:00-1:00PM FOOD**

**1:00-2:00PM PLAY**

**FREE for all ages!**

FOR MORE INFORMATION PLEASE VISIT OR CALL  
OUR RECREATION CENTER AT (858)538-8122.

## FREE SUMMER MEALS

FOR  
KIDS

Monday-Friday

0-18 years

FREE

Lunch: 12:00-1:00pm

Play Time: 1:00-2:00pm

Snack: 3:00-3:30pm

# Upcoming Special Events

## Run, walk, swim, golf, skate, bike, hike, or recreate your way to health in 2018.

Visit various recreation centers between June 16 and August 18 to complete designated activities and receive your very own SD Parks Fitness Goal Book to help you establish and achieve your fitness goals.



Participate in the 2 month program with free and easy registration at your local Park and Recreation facility or at [sdreconnect.com](http://sdreconnect.com).

### Calling All Pups!

“Barks Fit” participants will receive a bandana at the events.

Tag your snaps and selfies with #ParksFitSD

### Kickoff Event - 1 Mile Fun

#### Run & Festivities

Saturday, June 16, 2017 at 8:00am  
Dolores Magdaleno Memorial Recreation Center,  
2902 Marcy Ave., San Diego 92113



### Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 18, 2017 at 7:30am  
NTC Park, 2455 Cushing Rd, San Diego 92106  
Stay Fit San Diego!

Visit: [www.sandiego.gov/parksfitsd](http://www.sandiego.gov/parksfitsd) for more information.

Proudly Presented by:



# Upcoming Movies in the Park

Free fun event for the whole family

## SUMMER MOVIE IN THE PARK

Movie will begin at dusk. This is a fun, free and fabulous family event close to home. Early arrival is recommended to get a good location for your blankets and lawn chairs. Enjoy the pre-movie special entertainment for all ages!!!

**SATURDAY  
JULY 28 @ Dusk**

**Feature Film:  
Wonder**

**Location:  
Hourglass Field  
Community Park  
10440 Black Mt Rd,  
San Diego CA 92126**



**SATURDAY  
SEPTEMBER 15 @  
Dusk**

**Feature Film:  
Boss Baby**

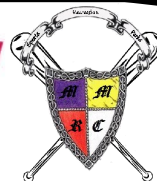
**Location:  
Camino Ruiz  
Neighborhood Park  
11498 Camino Ruiz,  
San Diego CA**



First 5  
San Diego



think BLUE  
SAN DIEGO



The City of

**SAN DIEGO**

Park and Recreation Department