



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

www.sandiego.gov
www.miramesarecreationcouncil.org

FALL & WINTER PROGRAM 2014-2015

HOURGLASS PARK AND FIELD HOUSE
10440 Black Mountain Road, San Diego, CA 92126
Direct: (858) 538-8153 Fax: (858) 538-8150

**MIRA MESA GIL JOHNSON COMMUNITY
PARK AND RECREATION CENTER**
8575 New Salem St., San Diego, CA 92126
Direct: (858) 538-8122 Fax: (858) 538-8104

LOPEZ RIDGE NEIGHBORHOOD PARK
7245 Calle Cristobal, San Diego, CA 92126
Direct: (858) 538-8171 Fax: (858) 689-2618

WELCOME!!

Our staff cordially invites you to visit one of three community recreation centers in Mira Mesa; Gil Johnson Recreation Center, Hourglass Park and Field House and Lopez Ridge Neighborhood Park.

RECREATION CENTER & SCHEDULES

Hourglass.....pages 4-7
Lopez Ridge.....pages 8-9
Mira Mesa Gil Johnson.....pages 10-11
Events Page.....page 12

RECREATION COUNCIL INFO

The Recreation Council meets on the Second Tuesday of the month at 7:00 pm at: Lopez Ridge 7245 Calle Cristobal. Public welcome to come share ideas.

For more information please contact your local recreation center.

RULES & REGULATIONS

- A permit is required if you want to reserve a room, field, court, gym, auditorium, have special equipment, or use an area with a group larger than 49 people.
- Bottles and glass containers are prohibited.
- All vehicles must park in marked stalls.
- Vehicles are not allowed on the turf, sidewalks, or non-designated thoroughfare.
- It is illegal to use our dumpsters for your household trash.

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 www.sandiego.gov/park-and-recreational/generalinfor.volunteer.shtml or contact the Volunteer Office at (619)533-4017.

ALL FEES MUST BE PAID IN FULL PRIOR TO TAKING A CLASS.

HOLIDAY CLOSURES

- Labor Day: September 1, 2014
Veteran 's Day: November 11, 2014
Thanksgiving Day: November 27, 2014
Christmas Day: December 25, 2014
New Years Day: January 1, 2015
Martin Luther King Jr. Day: January 19, 2015
Presidents Day: February 16, 2015
Cesar Chavez Day: March 31, 2015

REGISTRATION PROCESS

- Registration is on a first come, first serve basis.
- Register prior to start date of each session/ month, but no later than the second class meeting. Classes will not be prorated.
- Please bring check or money order when registering for classes. All checks payable to MMRC (Mira Mesa Rec. Council) If paying with cash, please bring exact change. No credit or debit cards accepted.
- There will be a \$25 service charge for all returned checks.
- Classes may be cancelled due to lack of enrollment, instructor illness, weather conditions, and changes in operation hours. Refunds must be prior to second class meeting. All refunds will have a \$10 service fee.

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 check or cash (exact amount please). Must provide proof of insurance.

Please make checks payable to: City Treasurer.



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



IMPORTANT INFORMATION

Recreation Centers are equipped with Automated External Defibrillator

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 West Little League:** [spmmail@san.rr.com](mailto:spmail@san.rr.com)
Eteam2.com/mmwill
- Mira Mesa Youth Baseball:** www.mmyb.org
- Mira Mesa Youth Football:** www.mmchargers.org
- Mira Mesa AYSO:** www.miramesayso.com
- Soccer Shots:** Soccershotssandiego.com
- Mira Mesa Girls Softball League:** www.mmgs.org

****Adult Sports****

- Co-Ed & Mens Softball:** **John Grondona**
Softballsd.com
- Adult Basketball League:** **Rob Powell**
Sandiegobasketball.com
Lance Allison
619-991-8902
- Softball:** **Vavi**
Govavi.com
- Senior Softball:** **Jerry Hemes**
(619) 697-1083

Important Phone Numbers

- | | |
|-----------------------|-----------------|
| SDPD (Non-Emergency) | (619)531-2000 |
| Ned Baumer Pool | (858) 538- 8083 |
| Senior Center | (858) 578-7325 |
| Report Off Leash Dogs | (619)767-2675 |

Individuals with Special Needs

All classes can accommodate persons with special needs. Therapeutic Recreation Services staff will provide additional assistance along with Recreation Center staff. For further information, please inquire at the center office or contact
**Therapeutic Services at
(619) 525-8248.**

DONATIONS

By donating to our park systems, you can help the Park and Recreation Department to 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, and special events, and gazebos. Please contact the following Recreation Centers:

Hourglass Park & Field House

(858) 538-8153

Maddox Park
Mason
Mesa Verde Park
Walker Joint Use
Wangenheim Joint Use
Westview Park

7809 Flanders Dr.
10340 San Ramon Dr.
8350 Gold Coast
9125 Hillery Dr.
9230 Gold Coast Dr.
11278 WestView Pkwy

Lopez Ridge Neighborhood Park

(858) 538-8171

Camino Ruiz Park
Sandburg Park

11498 Camino Ruiz
11170 Avenida Del Gato

Gil Johnson Mira Mesa Recreation Center

(858) 538-8122

Breen Park
Carroll Park
Challenger Joint Use
Ericson Joint Use
McAuliffe Park
Mesa Viking Park
Mira Mesa Community Park

11103 Polaris Dr.
9339 Carroll Park
10810 Parkdale Ave
14440 Black Mtn. Rd.
40 Winterwood Lane
11278 Westonhill Dr
8575 New Salem St

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

Hourglass Park & Fieldhouse

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

STAFF

| | |
|--------------------------|----------------------------|
| Angel Castro | Area Manager II |
| Denise M. Lamb | Center Director III |
| Eric Brown | Recreation Leader I |
| Paul Lee | Recreation Leader I |
| Viviana Silva | Recreation Leader I |
| Lenae Plosczynski | Recreation Leader I |
| DeSean Harris | Recreation Leader I |
| Omar Harrison | Recreation Leader I |

Welcome

The staff at Hourglass Park & Field House 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.

Facility

Hourglass Field House has 3 meeting rooms, kitchen, game room, gym, 7 multi-purpose fields, sports equipment, a dance room with mirrors, 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 | 2:00pm-9:00pm |
| Tuesday | 2:00pm -9:00pm |
| Wednesday | 2:00pm - 9:00pm |
| Thursday | 2:00pm - 9:00pm |
| Friday | 2:00pm - 8:00pm |
| Saturday | 9:00am - 3:30pm |
| Sunday | 10:00am - 2:00pm |

Hours subject to change without notice.

Game Room Hours

Monday: 3:00-7:00pm
Thursdays: 3:00-7:00pm
Saturdays: 11:00- 2:00pm
Hours subject to change without notice.

Registration

Monday: 3:00-7:00pm
Wednesday: 3:00-7:00pm
Saturday: 9:00am-2:00pm

Note: Two staff members must be present at time of registration & **permits** are done by **appointment only!!**
Only Exact Cash & Check are taken upon registration.

SEASON DATES

JAN. 5 - MARCH 27, 2015

PLAYER EVALUATIONS:

November 19, 2014
Ages 5 - 8 yrs: 5:30 - 6:30pm
Ages 14 & Under: 6:30 -7:30pm
November 22, 2014
Ages 5 - 8 yrs: 10 - 11am
Ages 14 & Under: 11 - 12pm

MAKE UP EVALUATION:

January 6, 2015 @ 6:00 - 7:00pm

GAME DAYS 3 DIVISIONS

Wednesday: Ages 5-8 & 10 & U
(Practice: Mondays or Tuesdays)
Fridays: Ages 14 & U
(Practice: Saturdays)

City Staff Programs

WINTER BASKETBALL LEAGUE

\$55.00

Includes jersey and banquet

REGISTRATION:

Oct. 22 -Nov. 22, 2014

\$5 fee extra for registration after 11/22/2014



\$25.00 for Parents who volunteer to coach a team. Financial Aid Available

Fundamentals of Basketball

Learn the basic Fundamentals of Basketball. This class is intended for beginners and experience players who would like to improve their skill level. This is an ideal class for youngsters to build their confidence and self-esteem needed to compete.

Fee: \$30/6 weeks

Beginners

Ages: 5-8 yrs
Day: Wednesday
Time: 5:00-6:00pm
Date: 9/24-10/29

Intermediate

Ages: 5-8 yrs
Day: Monday
Time: 5:00-6:00pm
Date: 9/22-10/27

Advanced

Ages: 9-12 yrs
Day: Wednesday
Time: 6:00-7:00pm
Date: 9/24-10/29

City Staff Programs

Girls Volleyball League

Come find out if this sports for you. If you think you may want to play club, or high school Volleyball, this is the place to start. This league will focus on technique, skill development, and the game. If you think you've got what it takes **TRYOUTS** will be on:

Tuesday, February 24th at 6:00-7:30pm.

League Registration:

February 25- March 8, 2014

League Date: March 25- June 10, 2014
 (8 weeks)

Fee: \$50

Age: 10- 14years old

Time: 6:00-7:30pm

Tuesdays

Financial Aid Available.

City Staff Programs

Fundamentals of Volleyball



Date:

Sep. 30- Nov. 4, 2014

Ages: 11-12: 6-7pm

13-14: 7-8pm

Fee: \$30

Day: Tuesdays/6 weeks

Financial Aid Available.

City Staff Programs

Hourglass Programs

Ice Skating

Skaters can practice during the public session from 3:00pm to 5:00 pm before or after their class. Skate rental is included. Students should dress warmly and wear gloves or mittens.

Classes are held at:

San Diego Ice Arena
11048 Ice Skate Place SD 92126
(858) 530-1826

Instructor:

Wendy Smith

Phone #:

(858)530-1826

Fee:

\$50.00 / 4 weeks



Tot Starter:

Day: Wednesday
Time: 4:00-4:30pm
Ages: 3-5 years

Youth:

Day: Wednesday
Time: 4:30-5:00pm
Ages: 6-12 years

Dates:

Sept. 3-24
 Oct. 8-29
 Nov. 5- Dec. 3
 Jan. 7-28
 Feb. 4-25
 Mar. 4-25

Independent Contractor



CRAZY ARTS & CRAFTS

This class will give the children a chance to get messy while creating some creative and unique masterpieces.

Lets get our crazy craft on!!



2NI PROGRAM!!

MAD COOKING

Put your thinking chef hats on as we explore the possibilities of cooking and baking. This class will make creations that are mad, strange, unordinary but tasty and delicious.

Day: Tuesday
Time: 4:30-6:00pm
Ages: 7-12 years old

(Minimum of 8 students per class)

Dates: Sept 2- 30, 2014
 Oct. 7- Nov. 4, 2014
 Jan. 6- Feb. 3, 2015
 Feb. 10- Mar. 10, 2015



**ONLY \$10
 4 BOTH CLASSES**



Some of the tasty treats include puff cinnamon rolls, mini corndogs, pizza rolls, etc.

City Staff Programs

Junior Tennis

This course will teach the forehand, backhand and serve. The scoring system and tennis etiquette will be introduced. Tennis racquet and tennis shoes are required. Each student must bring a can of unopened tennis balls.

Instructor: Coach Stan Jefferson
Phone #: (619)770-7187
E-mail: dbadamoyttennis@yahoo.com
Day: Saturdays or Sundays
Fee: \$100.00/10 weeks

(Maximum 12 students per class)

Sundays available only if Saturdays become full.

Pathway 1 Beginners:

Time: 8:00am - 9:00am
or

9:00am - 10:00am

Ages: 6 – 10 years

Pathway 2 Intermediate:

Time: 10:00am - 11:00pm
or

11:00am - 12:00 noon

Ages: 8 – 14 years

Pathway 3 Advanced:

Time: 12:00 noon

Ages: 10 – 16 years

Dates: August 23– October 25, 2014
November 1– January 3, 2015
January 10– March 14, 2015



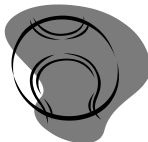
Competitive Tennis & Fitness Training

This course prepares students for competitions in High School and tournaments.

Fee: \$150.00/ 10 weeks
Ages: 10 years old & Up
Times: 1:00-2:30pm (Saturday)
Dates: Same as Junior Tennis

OR

Times: 2:30-4:00pm (Sunday)
Dates: August 24– October 26, 2014
November 2– January 4, 2015
January 11– March 15, 2015
Independent Contractor



Hourglass Programs

Kajukenbo

KAJUKENBO is an eclectic martial arts system derived from Karate, Judo/Jujitsu, Kenpo, and Chinese Boxing. (Independent Contractor)
Ka - Karate Ju - Judo/Jujitsu
Ken - Kenpo Bo - Chinese Boxing



Instructor: Sifu Philip Dang
Contact: (619) 840-6964
kajukenbofighter22@hotmail.com

Youth:

Time: Wednesday: 5:00pm - 6:00pm
Saturday: 9:00am - 10:00am

Ages: 5-14 years

Fee: \$55.00 / 5 weeks

Adult:

Time: Wednesday: 6:00pm - 8:00pm
Saturday: 10:00 -12:00pm

Ages: 15 years and up

Fee: \$65.00 / 5 weeks

Dates: Sept. 17– Oct. 18
Oct. 22– Nov. 22

Off Week: Nov. 24-29
Dec. 3– Jan. 3
Jan. 7– Feb 7
Feb. 11– Mar. 14

Flag Football

Registration Starts: August 2– Sept. 24, 2014

Games: Saturday (8-12 yrs)
Friday Nights (13-14 yrs)
Fee: \$50.00*
Ages: 8-10 yrs
11- 12 yrs
Games: Saturdays
Location: Cadman Rec. Center (4280 Avati Drive)
Ages: 13-14 yrs
Games: Friday Nights
Location: Hourglass Park
Age Cutoff December 14, 2014
Copy of birth certificate REQUIRED for registration
City Staff Programs



will be featured at
Hourglass Field House
in the month of December!!

MISSION:

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted.

To sign up please call or stop by our center!!

10440 Black Mountain Road
San Diego, CA 92126
(858)538-8153
City Staff Programs

Hourglass Programs

Dance Classes

Instructor: Michelle Fripp
Phone #: (619)647-5762
Fee: \$72.00 / 8 weeks
 \$42.50 / 5 weeks
Day: Saturday
 (Maximum 18 students per class)



First Steps in Tap/Ballet:

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

Time: 9:10 - 10:00am
Age: 3 - 5 years

Introduction to Ballet / Tap & Jazz

Introduction to ballet, tap, and jazz encompassing awareness of music, direction, and body discipline.

Time: 10:10 - 11:00am
Age: 6 & up

Jazz / Tap Combo Level II

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

Time: 11:10 - 12:00pm
Age: 12 & up
Dates: Sept. 20- Nov. 8
 Nov. 22- Dec. 20 (Mini Session)
 Jan. 24- Mar. 14, 2015
 April 18- June 6, 2015
 Independent Contractor

City Dance*

Fall Registration: Wednesday, September 18
 (register directly with the dance instructor)

**Fee: \$48.00 payable to
 "City Treasurer"**
 Day: Wednesday

Ballet 2 (7-17yrs): 4:15-5:15pm

(By instructor promotion only)

Tap 2A (6-17yrs): 5:15-6:00pm

(By instructor promotion only)

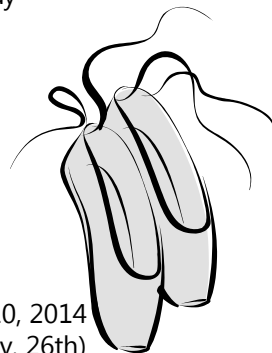
Jazz 2A (6-17yrs): 6:00-6:45pm

(By instructor promotion only)

Ballet 3 (7-17yrs): 6:45-8:15

(By instructor promotion only)

Dates: Oct. 1-Dec. 10, 2014
 (No Class Nov. 26th)



Contact: Andrea Feier (Dance Specialist)
Civic Dance Arts Developed Regional Parks
(619)235-5255 or www.cividdancearts.org
 City Staff Programs

Parents Night Out

Time: 5:00-10:00pm

Age: 4-12 years old

Drop your child off with us for a night out to yourself. Your child will have 5 hours of fun playing indoor & outdoor games & activities.

Did we mention we will be serving yummy dinner and snacks... and ending the night with a MOVIE!!!

City Staff Programs

When?

Oct. 24

Nov. 21

Jan. 30

Feb. 27

March 27

**Only
 \$15!!**



Spirit Kids Sports

Our goal is to help children build self-esteem, have fun and to instill positive attitudes that will set the pace for their future athletic development through gymnastics, dance, and cheerleading.

Gymnastics \$84 (6 weeks)

Thursdays: 3:30-4:20pm (Ages 3-5)

4:30- 5:20pm (Ages 6 & up)

Start Dates: 7/29/14-8/26/14

9/18/14- 10/23/14

10/30/14- 12/11/14

1/8/15- 2/12/15

2/19/15- 3/26/15

Saturdays: 10:00-10:50am (Ages 3-5)

11:00-11:50am (Ages 6 & Up)

Start Dates: 8/2/14-9/6/14

9/20/14- 10/25/14

11/1/14- 12/13/14

1/10/15- 2/7/15

2/21/15- 3/28/15

Hip- Hop \$65 (5 weeks)

Saturday: 12:30-1:20pm (Ages: 6 & Up)

Start Dates: 8/2/14- 9/6/14

9/20/14- 10/25/14

11/1/14- 12/13/14

1/10/15- 2/7/15

2/21/15- 3/28/15

**For Full Schedule visit
 Www.SpiritKidsSports.com**

**or
 call 858-229-4462**
 Independent Contractor

Lopez Ridge

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

STAFF

| | |
|------------------|---------------------------|
| Angel Castro | Area Manager II |
| Trena Bennett | Center Director I |
| Nicole Dewitt | Recreation Leader I |
| Eleazar Barcenas | Ground Maintenance Worker |

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.

Hours Of Operation

| | |
|------------|------------------|
| Monday: | 11:30pm - 7:30pm |
| Tuesday: | 11:30pm - 7:30pm |
| Wednesday: | 11:30pm - 7:30pm |
| Thursday: | 11:30pm - 7:30pm |
| Friday: | 11:30pm - 6:30pm |
| Saturday: | 9:00am - 3:00pm |

Hours of Registration

Wednesdays: 4:00-6:00pm
Saturday: 12:00-3:00pm
Fridays: 12:00 - 4:00pm

*Hours are subject to change without notice.
Appointments must be made with Trena Bennett CD1.*

Facility

Lopez Ridge Park 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.

Please call 858 538-8171 for more Information; reservation required.

Creative Cooking/Arts & Crafts

This 2n1 Program will be filled with fun!! The kids will have a great time getting messy in the art room and in the kitchen as they learn a variety of projects and snacks.

City Staff Programs

| | |
|--------|--------------------------------|
| Fee: | \$10 for 5 weeks |
| Day: | Saturdays |
| Ages: | 4-8 years (Parent/Child Class) |
| Time: | 12:30-1:30pm |
| Dates: | Sep 6- 27 |
| | Oct 4-25 |
| | Nov 1-29 |
| | Dec 6- Jan 3 |
| | Jan 10- Feb 7 |
| | Feb 14- Mar 14 |



**2N1
PROGRAM!!**

**ONLY \$10
4 BOTH CLASSES**

Polynesian Cardio Fitness

This class is designed for teens and adults with a focus on cardio fitness and complete core workout to high-energy Polynesian music. Join us for dynamic and effective interval training with a combination of fast and slow rhythms that will tone your body.

City Staff Programs

| | |
|-------------|--------------------------------|
| Times: | 6:00 - 7:00pm |
| Instructor: | Velma Tajalle-Gajo (Volunteer) |
| Fee: | FREE |
| Dates: | Sep 2-30 |
| | Oct 7-28 |
| | Nov 4- 25 |
| | Dec 2- 30 |
| | Jan 6- 27 |
| | Feb 3- 24 |
| | Mar 3- 31 |

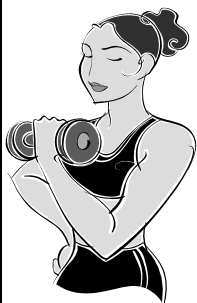
Lets get fit together

Sick and tired of the same **work out** routine?
Join us at Lopez Ridge for a **different** variety of work
outs **4 days a week!!**

Monthly Prices:

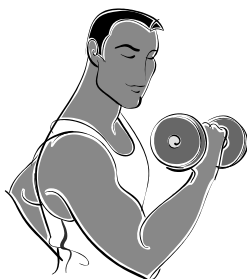
Pick 1- day for \$10.00
Pick 2- days for \$20.00
ALL 4- days for \$30.00!!

Men & Women are welcomed from ages 13 years & up.
No experience needed!!



Monthly Dates:

Sep 3– Mar 25
No Class:
Nov 27
Dec 24, 25, 31
Jan 1, 2015



Daily Class Schedules:

- 1- Wednesday:** Abdominal, Buns, Thighs,
Stretch & Sculpt Training
Time: 6:00-7:00pm
- 2- Thursday:** Kickboxing Abs Strength Training
Time: 6:00-7:00pm
- 3- Friday:** Zumba Cardio
Time: 5:00-6:00pm
- 4- Saturday:** Kickboxing Abs Strength Training
Time: 9:30-10:30am

All Classes are run by volunteers.

Class Descriptions:

1- Abdominal, Buns, Thighs, Stretch & Sculpt Training

This class is designed to improve balance, strength, flexibility, reduce stress, and correct spinal and pelvic alignment.

This class also emphasizes proper breathing.

IT IS A TOTAL BODY WORKOUT!!

2/4- Kickboxing Abs Strength Training

Nothing short of sweat and energy, in this class which combines boxing drills and constant movement for the energy workout you're looking for. Improve balance, flexibility and reduce stress.

3- Zumba Cardio Dance Fit

This class is a fusion of international high-energy musical dance themes that create dynamic and effective interval training with a combination of fast and slow rhythms that will tone your body.

Lopez Ridge Programs

City Dance

Contact: Andrea Feier, Dance Specialist
Civic Dance Arts Developed Regional Parks
(619) 235-5255 www.cividdancearts.org
City Staff Programs

Register with the teacher at the location of the class
on the day and time of class.

Fee: \$48.00 payable to "City Treasurer".

Day: Wednesday
Time: 3:00 pm – Pre-tap
(3-5 years)
3:45pm- Tap 1
(6-17 years)
4:30pm- Jazz 1
(6-17 years)



Dates: October 1-December 10, 2014
(No class November 26th)

Pee Wee Sports

This class is an introduction of many sports.
Children will learn the basics of sports; develop skills
drills, and increase strength and flexibility through
free play.

City Staff Programs

Instructor: Staff
Fee: FREE
Day: Monday
Ages: 3-7 years
Time: 3:30-4:30pm
Dates: Sept 8– 29
Oct 6- 27
Nov 3– 24
Jan 5– 26
Feb 2- 23
Mar 2– 30



Mira Mesa Gil Johnson Recreation Center

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.

Hours Of Operation

| | |
|-----------|------------------|
| Monday | 12:00pm-8:00pm |
| Tuesday | 2:00pm -9:00pm |
| Wednesday | 2:00pm - 9:00pm |
| Thursday | 2:00pm - 9:00pm |
| Friday | 1:00pm - 7:00pm |
| Saturday | 9:00pm - 3:00pm |
| Sunday | 10:00am - 2:00pm |

Hours subject to change without notice.

Game Room Schedule

| | |
|---------------|---------------------------------|
| Monday: | 12:00pm – 4:30pm |
| Tue. & Thurs: | 2:00pm - 8:30pm |
| Wednesday | 2:00pm-4:00pm/ 5:30pm-9:00pm |
| Friday: | 2:00pm - 6:45pm |
| Saturday: | 10:30am - 2:45pm |
| Sundays: | 10:00am - 1:45pm |

Hours subject to change without notice.

Hours of Registration

| | |
|-----------------------|----------------|
| Mondays: | 12:00pm-4:00pm |
| Tuesdays & Thursdays: | 2:00pm-6:00pm |

Permits are by appointment only.
Hours subject to change without notice.

STAFF

| | |
|-----------------|---------------------------|
| Angel Castro | Area Manager II |
| Craig Martin | Center Director III |
| Michelle Tucker | Recreation Leader I |
| Jia Arnell | Recreation Leader I |
| John LaChica | Recreation Leader I |
| Roque Ramirez | Ground Maintenance Worker |

Youth

This class addresses on individual's needs and capabilities at all levels and is designed to improve your child's ability to listen, focus and concentrated, as well as develop skills in balance and coordination.

| | |
|--------------|---|
| Instructor: | Sigung Geoff Alpert/8 th degree Black Belt |
| Day: | Mondays |
| Time: | 4:30-6:30 pm |
| Ages: | 5-15 years |
| Fee: | \$65.00/5 weeks |

Adult

Men and women will benefit greatly from this traditional Chinese style of self defense. The versatility of Ken-Ka-Kung Fu makes it one of the most practical, effective, and energy efficient street defense systems.

| | |
|--------------|--|
| Day: | Mondays |
| Time: | 6:30-7:30 p.m. |
| Ages: | 13 yrs & up (Under 13 must be approved with instructor) |
| Fee: | \$65.00/5 weeks |



| | |
|---------------|-------------------------|
| Dates: | Aug. 4– Sept. 1 |
| | Sept. 8– Oct. 6 |
| | Oct. 13– Nov. 10 |
| | Nov. 17– Dec. 15 |
| | Jan. 5– Feb. 9, 2015 |
| | Feb. 23– Mar.23, 2015 |
| | Mar. 30– April 27, 2015 |

Registration: All classes are in a 5 week session with ongoing registration.

Independent Contractor

Mira Mesa Gil Johnson Programs

Fundamentals of Basic Basketball

Learn the basic fundamentals of basketball. This class is for beginners as well as the experienced player who wants to improve his/her skills. An ideal class for youngsters to build their self-esteem needed to compete. (12 maximum)

Instructor: John Garwood

Ages: 6-8 years old

Thursday

4:30-5:30pm

Ages: 8-12 years

Friday

5:00-6:00pm

Fee: \$85.00/10 weeks

Dates: October 17– December 19, 2014

January 9– March 13, 2015

March 27– May 29, 2015

June 12– August 17, 2015

Independent Contractor



Kitchen Kraziness

Join us & get messy with fun kitchen crafts!!

Days: Fridays

Dates: Sept 5– Oct 3

Oct 10– Nov 7

Nov 14– Dec 19

Jan 9– Feb 6

Feb 13– Mar 13

Time: 4:00-5:00pm

Fee: \$5.00/ 5 weeks

Age: 6 years old & up



Limit 12 children per sessions so sign up FAST!!

Payment is required before attending 1st session.

City Staff Programs

James & Rose

Irish-Ballet Dance Academy

This Dance class consists of the basic fundamentals of both Irish dance and Ballet. A comprehensive class for Beginner's to Intermediate dance levels. This dance class focuses on technique, barre work, safety and core strength for both dance styles. Students will learn how to execute all movement's in both genre's and gain a foundational knowledge of proper body placement and posture. This class will also enhance and build self-esteem, teamwork, communications skills and confidence. No experience Necessary.

Instructor: Jia Arnell

Fee: \$30.00

Beginners: Saturdays

Time: 9:15-10:30am

Ages: 6-12yrs old

***Intermediate:** Wednesdays

Time : 4:30-5:30pm

Ages: 6-14yrs old

By invitation only.



Returning March 2015!!

Please call for more information.

City Staff Programs

Flag Football

Registration Starts: August 2– Sept. 24, 2014

Games: Saturday (12 & under)

Friday Nights (14 & under)

Fee: \$50.00*

Ages: 10 & Under (8-10 yrs)

12 & Under (11- 12 yrs)

Games: Saturdays

Location: Cadman Rec. Center 4280 Avati Dr.

Ages: 14 & Under (13-14 yrs)

Games: Friday Nights

Location: Hourglass Park

Age Cutoff December 14, 2014

Copy of birth certificate REQUIRED for registration

City Staff Programs

HALLOWEEN CARNIVAL

At LOPEZ RIDGE
NEIGHBORHOOD PARK

WEDNESDAY
OCTOBER 29, 2013

TIME: 11AM-1:00PM
FREE!!

COSTUME CONTEST
AGES AND TIMES

3-4 YEARS OLD: 11:30AM

5-6 YEARS OLD: 11:45AM



Breakfast with Santa!



AT LOPEZ RIDGE

NEIGHBORHOOD PARK

Saturday, December 20, 2013

9:00-11:00AM.

\$5.00 per person

Pre-Registration Start Date: December 5, 2014

Bring the whole family and come join us at the meet and greet pancake social breakfast with Santa. There will be picture with Santa, face painting, arts & crafts, and much, much more.

7245 Calle Cristobal, San Diego, Ca 92126

For more information call our office at:

(858)-538-8171

HALLOWEEN CARNIVAL

At the Mira Mesa Gil Johnson
Recreation Center

Tuesday, October 28, 2014

5:00 - 7:00 P.M.

FREE!!!

JOIN US FOR OUR FREAKY FUN FASHION SHOW

FOR CHILDREN UNDER 12:

6:00P.M. 0 TO 4 YEARS

6:20P.M. 5 TO 8 YEARS

6:40P.M. 9 TO 12 YEARS

PRIZES FOR ALL PARTICIPANTS IN EACH AGE GROUP!

ENJOY A "BOO" TIFULL EVENING OF

ACTIVITIES. BRING THE WHOLE FAMILY AND HAVE A "HOWLING" GOOD TIME!

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSEXUAL AND TRANS-GENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 235-1133) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS.