

Reviewed by: District Communications



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

APPROVED

By 115248 at 2:07 pm, Apr 30, 2015

www.sandiego.gov

www.miramesarecreationcouncil.org

SUMMER PROGRAM

2015

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



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE 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 UPON REQUEST.

WELCOME!!!

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

Recreation Center & Schedules

Hourglass.....	pages 7 - 9
Lopez Ridge.....	pages 10 - 11
Mira Mesa	pages 12 - 13
Events Page.....	page 14

Holiday Closures

July 3, 2015 Independence Day:
(July 4, 2015 only Gil Johnson
Recreation Center closed)

Important Phone Numbers

Epicenter	(858) 217-5661
SDPD (Non-Emergency)	(619) 531-2000
Report Off Leash Dogs	(619) 767-2675

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.

Individuals with Special Needs

All activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services staff 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 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, special events, and gazebos. Please contact the following Recreation Centers:

Hourglass Field Community Park

(858) 538-8153

Maddox Park (off leash dog park)	7809 Flanders Dr.
Mason Joint Use	10340 San Ramon Dr.
Mesa Verde Park	8350 Gold Coast
Walker Joint Use	9125 Hillery Dr.
Wangenheim Joint Use	9230 Gold Coast Dr.
Westview Park	11278 Westview Pkwy

Lopez Ridge Neighborhood Park

(858) 538-8171

Camino Ruiz Park	11498 Camino Ruiz
Sandburg Park	11170 Avenida Del Gato

Gil Johnson Recreation Center

(858) 538-8122

Breen Park	11103 Polaris Dr.
Challenger Joint Use	10810 Parkdale Ave
Ericson Joint Use	14440 Black Mtn. Rd.
McAuliffe Park	40 Winterwood Lane
Mesa Viking Park	11278 Westonhill Dr
Mira Mesa Community Park	8575 New Salem St

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

Youth Sports

Mira Mesa Little League:	eteam2.com/mmwll
Mira Mesa Youth Baseball:	www.mmyb.org
Mira Mesa Youth Football:	www.mmchargers.org
Mira Mesa AYSO:	www.miramesaayso.com
Mira Mesa Girls Softball League:	www.leaguelineup.com

Adult Sports

Co-Ed & Men's Softball:	John Grondona Softballsd.com (619) 261-0826
Adult Basketball League:	Rob Powell Sandiegobasketball.com
Softball:	Govavi.com
Senior Softball:	Jerry Hemes (619) 697-1083

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 asterisks ** in this program.

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 \$35.00 fee will be charged for all returned checks.
- Class fees are not prorated or discounted after the beginning of the scheduled session.
- Resident: Resides in the City of San Diego. Property taxes are paid to the City of San Diego.
- Non-Resident: Resides outside of the City of San Diego.

Registration & Payment

Online Class Registration is available FOR ALL classes at Gil Johnson, Hourglass, and Lopez Ridge Recreation Centers.

Class Numbers are located next to class dates for easy access to locating classes online.

Example: (#12345).

Please visit www.SDRECCONNECT.com to create an account and get signed up.

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.

For in person registration please call the recreation centers prior for registration hours.

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.
- 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.

Ned Baumer Pool

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

Summer Hours

June 22 - September 7

Lap Swim:

Mon-Thurs	6:30 - 10:30am 12:00 - 4:30pm
Friday	12:00 - 4:00pm
Saturday	10:00 - 3:00pm
Sunday	12:00 - 3:00pm

Rec. Swim/Children's Pool:

Mon-Thurs	12:00 - 3:00pm
Friday	12:00 - 4:00pm
Sat & Sun	12:00 - 3:00pm

Pool is closed

May 30 - June 19
July 10, 12, 19, 26,

Limited hours

July 4 & September, 7 12:00 - 3:00pm

Admission and Fees

Facility Admission:

Adults(16 and older) - \$4.00
Children/Disabled/Senior - \$2.00

Discount Pass Fees:

Adults(16 and older) - \$100 (30 swims)
Adults(16 and older) - \$35.00 (10 swims)
Children/Disabled/Senior - \$45 (30 swims)
Children/Disabled/Senior - \$15 (10 swims)

Recreation Council Information

These groups of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park 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.

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

Persons interested in making a positive impact or who have concerns about local parks and the recreation center should attend these meetings.

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



IMPORTANT INFORMATION
Recreation Centers are equipped with
Automated External
Defibrillator



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

Hourglass

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
DeSean Harris	Recreation Leader I
Omar Harrison	Recreation Leader I
Jai'Vaughn Black	Recreation Aide

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.

Facility

Hourglass Field Community Park has 3 meeting rooms, kitchen, game room, gym, 7 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	2:00 - 9:00pm
Tuesday	2:00 - 9:00pm
Wednesday	2:00 - 9:00pm
Thursday	2:00 - 9:00pm
Friday	2:00 - 8:00pm
Saturday	9:00am - 3:30pm
Sunday	10:00am - 2:00pm

All hours & activities subject to change without prior notice.

Game Room Hours

Monday: 3:00 - 7:00pm
Tuesday: 3:00 - 7:00pm
Saturday: 10am - 1:00pm

All hours & activities subject to change without prior notice.

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 and **permits** are done by **appointment only**.
Exact Cash, Credit Cards, and Checks are accepted.

SEASON DATES May 26 - August 8

Age Divisions & Starting Dates

5 - 8 (Cal 8): May 27
10 and under (Cal 10): May 27
14 and under (Cal 14): May 26

Late Registration & Player Evaluation

May 30, 9:00 - 11:00am
Must come into Field House to register

ARE YOU GOING TO REGISTER ONLINE?

MMRC Online registration Activity Number are assigned for each class and appear in parenthesis; e.g. (#1234)



Basketball League



\$55.00

Includes jersey and picnic

Call staff with any questions and concerns

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

Civic Dance

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

Dance Office: 619-235-5255
www.civildanceart.org

Dates: July 1 - September 9 (no class Aug. 12)
Fees: \$96 for ten weeks

Intro to Ballet 3A (#14999)

4:15 - 5:15pm

Advanced Beginner Tap 2A (#14994)

5:15 - 6:00pm

Advanced Beginner Jazz 2A (#12926)

6:00 - 6:45pm

Advance Intermediate Ballet 4A (#12914)

6:45 - 8:15pm

Parent's Night Out

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, dinner and ending the night with a movie!

When: Friday, May 29 (#12220)

Friday, June 26 (#13588)

Friday, July 31 (#13591)

Time: 5:00 - 10:00 pm

Fee: \$15.00/session

Ages: 6 -12 years old, 20 child maximum



Ice Skating

Skaters can practice during the public session from 3:00pm to 5:00pm 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 old

Dates: June 3-24 (#13571)

July 8-29 (#13578)

August 5-26 (#13581)



Youth:

Day: Wednesday

Time: 4:30-5:00pm

Ages: 6-12 years old

Dates: June 3-24 (#13573)

July 8-29 (#13574)

August 5-26 (#13584)

Independent Contractor



Hourglass Field & Community Park

Junior Tennis

This course will teach forehand, backhand and serving. 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: Saturday or Sunday*

Fee: \$120.00/12 weeks

(Maximum 12 students per class)

*Sunday available only if Saturday become full.

Level 1(Beginner):

Time: 8:00 - 9:00am (#13497)

or

9:00 - 10:00am (#13502)

Ages: 6 - 10 years old

Level 2(Intermediate):

Time: 10:00 - 11:00am (#13503)

or

11:00am - 12:00 pm (#13515)

Ages: 8 - 14 years old

Level 3(Advance):

Time: 12:00 pm(#13519)

Ages: 10 - 16 years old

Dates: June 6 - August 22 2015

Competitive Tennis and Fitness Training

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

Fee: \$180.00/12 weeks

Ages: 10 years old and up

Times: 1:00 - 2:30pm (Saturday) (#12191)

Dates: June 6 - August 22

OR

Times: 2:30 - 4:00pm (Sunday) (#12192)

Dates: June 7 - August 23

Independent Contractor

Summer Camps (Intermediate Level only)

Time: 8am - 12pm Monday - Fridays

Cost: 10 hours = \$150

15 hours = \$180

20 hours = \$200

Sessions: June 15 -July 3

\$150 (#14747) - \$180 (#14466) - \$200 (#14748)

July 6 - 31

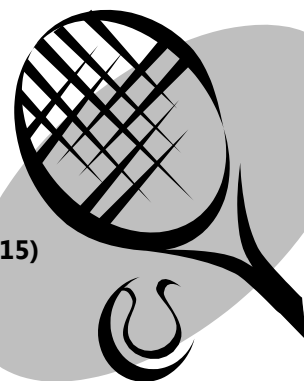
\$150 (#14728) - \$180 (#14760) - \$200 (#14761)

August 3 - 28,

\$150 (#14738) - \$180 (#14762) - \$200 (#14763)

Purchased hours to be used during one session.

Starting times to be scheduled with instructor



Hourglass Field & Community Park

Dance by Michelle

Instructor: Michelle Fripp
Phone #: (619) 647-5762
Fee: \$48.00 / 5 weeks
Day: Saturday
 (Maximum 15 students per class)



First Steps (#13539)

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

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

Introduction to Tap & Jazz (#13568)

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

Time: 10:10 - 11:00am
Age: 6 years old and up

Jazz / Tap Combo II (#13521)

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: 11:10am - 12:00pm
Age: 12 years old and up
Dates: July 11 - August 8
 Independent Contractor



Flag Football League

Learn the basic fundamentals of Flag Football, while competing against other recreation centers. This league is intended for beginners and experienced players who would like to improve their skill level.

Day: Friday
Practice Start Date: September 7
Ages: 8-10 years old (#14657)
Ages: 11-12 years old (#15393)

Fee: \$55.00
Practice Time: 5-7pm
Game Location: TBA
Game Time: TBA
 Registration runs through **September 19**
 City Staff Program



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 \$90 (6 weeks)

Thursday: 4:00 - 5:00pm (4 years old and up)
Start Dates: June 4 - July 16 (#14174)
 July 23 - August 27 (#14175)

Saturday: 9:10-10:00am (4 years old and up)
Start Dates: June 6 - July 18 (#14176)
 July 25 - August 29 (#14179)

10:00-10:50am (4 years old and up)
Start Dates: June 6 - July 18 (#14177)
 July 25 - August 29 (#14178)

SKS SUMMER CAMP

Gymnastics/cheer/swim

Come join us for a week of Gymnastics, Cheer, Crafts, Games and Swimming!

*Ages: 4 years old and up
 10 child max per session*

Monday-Friday 9:00am-3:00 pm - \$195
 June 22-26 (#14166)
 July 13 -17 (#14167)
 August 3-7 (#14169)

Monday-Friday 9:00am-12:00 pm - \$100
No swimming included
 June 22 -26 (#14173)
 July 13 -17 (#14172)
 August 3-7 (#14170)

www.spiritkidssports.com

or

Call (858) 229 - 4462

Independent Contractor

Join our Summer Camp with STEAM emphasis

LEGO® CHALLENGE.

Learning Physics and engineering using motorized Lego models, and physical activities throughout the day!

AGES: 6 - 11 years old, Grades 1 - 5 (16 students max.)

SESSIONS:

Session 1 - June 29 - July 2, Full day \$300 (#14658)

1/2 day \$150 (#14659 am session / #14661 pm session)

Session 2 – July 6-10, Full day \$380(#14660)

1/2 day (#14663 am session / #14662 pm session)

TIME: 9:00AM - 3:00PM (Drop off 8:30 am, Pick-up until 3:30pm)

COST: Full Day \$300 - \$380 (includes a shirt, bring your own lunch)

Half Day \$190 (9:00am 12:00pm or 12:00 - 3:00pm)

john@e2youngengineers.com Independent Contractor

www.sandiegonc.e2youngengineers.com

(858) 275-3777



High School Volleyball Preperation Course

Do you want to play high school volleyball or
are you already on a team?

Do you want to freshen up or prepare
yourself for tryouts?

This course will be a combination of workouts and
drills to prepare you for a high school tryout.

Dates: June 23 - August 4,

Times: Tuesdays 7 – 9:00pm

Ages: 13 -17 years old

Fee: \$30 (#14776)

Apparel Needed:

Tennis shoes
(no canvas shoes)
Knee pads
Spandex
T-Shirts only
City Staff Program



Coming this summer
June 22 - August 20
Contact your local
recreation center to see how
you can earn a free t-shirt by
being fit this summer.

New

BookNook

at all Mira Mesa
Recreation Centers

Take a book or
leave a book for all
ages, free!

Book donations welcomed



MAD COOKING & CRAFTS CREATIONS

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. The second part of the class will be to make fun arts and crafts projects.

Tuesday

June 23 - July 14 (**#15259**)
July 28 - August 18 (**#15261**)

4:30 - 6:00PM

Ages: 7-12 years old

FEE: \$15 per session/4 week

City Staff Program



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.

Facility

Lopez Ridge Park and 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: 11:30am - 7:30pm
Tuesday: 11:30am - 7:30pm
Wednesday: 11:30am - 7:30pm
Thursday: 11:30am - 7:30pm
Friday: 11:30am - 6:30pm
Saturday: 9:00am - 3:00pm

Hours of Registration

Tuesdays: 1:00 - 4:00pm
Fridays: 12:00 - 4:00pm
Saturday: 12:00 - 3:00pm

Permits are by appointment only.

All hours & activities are subject to change without prior notice.

Staff

Angel Castro	Area Manager II
Trena Bennett	Center Director I
Nicole Dewitt	Recreation Leader I
Lenae Plosczynski	Recreation Leader I
Eleazar Barcenias	Ground Maintenance Worker II

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!

When: Tuesday 6:00 - 7:00pm

Fee: FREE!!

Ages: 13 years old and up

June 2 - 30 (#14075)

July 7- 28 (#14076)

August 4 - 25 (#14080)

Lopez Ridge Neighborhood Park

CREATIVE COOKING ARTS & CRAFTS

This 2 in 1 program will be filled with double the fun! The kids will have a great time getting messy with art and in the kitchen as they learn how to do a variety of different art projects and make yummy snacks!

Time: 12:30 - 1:30 pm

Day: Saturday

Ages: 3 - 7 years old
(Parent/Child class)

Fee: \$10.00 per session

June 6 - 27 (#14062)

July 11 - August 1 (#14462)

August 8 - 29 (#14065)

City Staff Program



This class is an Introduction of sports. The kids will develop fine motor skills, increase strength and flexibility. Free t-shirt with first time enrollment

Time: 3:30 - 4:30pm

Day: Monday

Ages: 3 - 8 years old

Fee: \$10.00 per session

June 1 - 29 (#14072)

July 6 - 27 (#14073)

August 3 - 31 (#14074)

City Staff Program

LETS GET FIT TOGETHER!

Sick and tired of the same old work out routine? Join us at Lopez Ridge for a variety of work outs!

Class Descriptions

Stretch & Sculpt Training

This class is designed to improve balance, strength, flexibility, reduce stress, and correct spinal and pelvic alignment. It also emphasizes proper breathing.

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.

Zumba Dance 4 Kids

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!

Fee: \$10.00 per class
No experience necessary!

Class Schedules:

Wednesdays: Stretch & Sculpt Training

Ages: 13 years old and up

Time: 6:00 - 7:00 pm

June 3 - 24, (#14766)

July 8 - 29 (#14767)

August 5 - 26 (#14768)

Thursdays: Kickboxing Abs Strength Training

Age: 13 years old and up

Time: 6:00 - 7:00 pm

June 4 - 25 (#14067)

July 2 - 30, (#14068)

August 6 - 27 (#14069)

Fridays: Zumba Dance 4 Kids

Age 4 - 7 years old

Time: 4:00 - 5:00 pm

June 5 - 26 (#14077)

July 10 - 31 (#14078)

August 7 - 28, (#14079)

ARE YOU GOING TO REGISTER ONLINE?

MMRC Online registration Activity Number are assigned for each class and appear in parenthesis; e.g. (#1234)



Mira Mesa Community Park

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

Welcome

The staff at the Gil Johnson 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	12:00 - 8:00pm
Tuesday	2:00 - 9:00pm
Wednesday	2:00 - 9:00pm
Thursday	2:00 - 9:00pm
Friday	1:00 - 7:00pm
Saturday	9:00am - 3:00pm
Sunday	10:00am - 2:00pm

Hours subject to change without notice.

Game Room Schedule

Monday:	12:00 - 7:45pm
Tue. Wed. & Thurs:	2:00 - 8:45pm
Friday:	1:00 - 6:45pm
Saturday:	11:00am - 2:45pm

All hours and activities are subject to change without prior notice.

Staff

Angel Castro	Area Manager II
Christian Haupt	Center Director III
Michelle Tucker	Recreation Leader I
Jia Arnell	Recreation Leader I
John LaChica	Recreation Leader I
Nicole Belcher	Recreation Leader I
Roque Ramirez	Ground Maintenance Worker II

Hours of Registration

Monday	12:00 - 7:00pm
Tuesday thru Thursday	2:00 - 8:00pm

Permits are by appointment only.

All hours and activities are subject to change without prior notice.

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 child maximum)

Instructor: John Garwood

Date: June 4 – August 6 (#15226)

Ages: 6 - 8 years old

Day: Thursday

Time: 4:30 - 5:30pm

Fee: \$90.00/10 weeks

Independent Contractor

Summer Lunch Program

Date: June 22 - August 28

Ages: 18 year olds and under

Day: Monday - Friday

Time: 12:00 - 1:00pm

Fee: FREE



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



Mira Mesa Community Park

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 movements in both genres 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

Saturday

June 13 - August 15 (#13527)

Time: 9:15 -10:30am

Ages: 6 -12 years old

Maximum of 10 students per session.
City Staff Program

Introduction to Sports w/Coach LaChica

Participants will learn the basic elements of soccer, basketball, baseball and football. Coaches will teach the basic techniques of offense and defense, Thursday

\$10.00/session

June 4 - July 23 4:30 - 5:30pm

(6 - 8 years old) (#13504)

July 2 - August 20 5:30 - 6:30pm

(9-10 years old) (#13505)

City Staff Program

Maximum of 20 students per session.



Flag Football League

\$55.00

Wednesday

September 9 - December 7

10 years old & under (#12226)

4:30 - 5:30pm

12 years old & under (#12230)

4:30 - 5:30pm

14 years old & under (#12231)

6:30 - 7:30pm

City Staff Program

Game Location: TBA

Game Time: TBA

Registration runs through

September 19

Kitchen Kraziness

Join us and get messy with fun kitchen krafft!!

If your child has food allergies, just alert the staff, prior to the first day.

Days: Friday

Dates: June 5 - June 26 (#13493)

July 10 - July 31 (#11843)

August 7 - August 28 (#11853)

Time: 5:00 - 6:00 pm

Fee: \$10.00/session

Ages: 6 -12 years old

Minimum of 5 students per session.
Maximum of 10 students per session.

Location:

MMRC Kitchen & Activity Room

City Staff Program



Ceramics 4 Kidz

Days: Monday

Dates: June 8 - June 29 (#11902)

July 6 - 27 (#13524)

August 3 - 31 (#13525)

Time: 3:30 - 5:00pm

Fee: \$25/session

Ages: 10 -15 years old

Minimum of 5 students per session.

Maximum of 10 students per session.

Location:

MMRC Craft Room

City Staff Program



ARE YOU GOING TO REGISTER ONLINE?

MMRC Online registration Activity Number are assigned



Summer BBQ



FREE

Games and
Arts & Crafts etc.

For ages 18 years old and under * Subject to change

\$2.00 for ages over 18

12:00 – 2:00pm

Mira Mesa Community Park

(858)538 - 8122

Wednesday July 29*

Date: August 1

Time 7:00-10:00pm

Movie: Big Hero 6

**Location: Hourglass Field
Community Park**



MOVIE IN THE PARK!

FREE

Come and join us for a family fun filled night. Bring your own blankets and lawn chairs for your own comfort and pleasure. Summer Movies in the Park is a perfect chance to relax and enjoy a safe and special night under the stars. Come early and get a good seat! (858) 538 - 8153