



Park & Recreation

The City of San Diego Park and Recreation Department
"To effectively serve and support the communities."
www.sandiego.gov/park-and-recreation
www.miramessarecreationcouncil.org



Spring

PROGRAM

2016



HOURGLASS FIELD COMMUNITY PARK

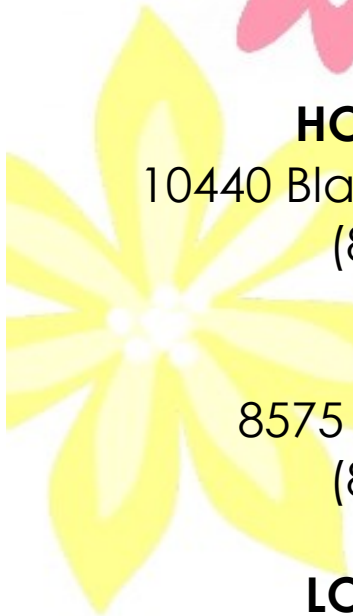
10440 Black Mountain Road, San Diego, CA 92126
(858) 538-8153 Fax: (858) 538-8150

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



PARK & FACILITY INFORMATION

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

Recreation Center & Schedules

Hourglass.....pages 4-6
 Lopez Ridge..... pages 7-8
 Mira Mesa Gil Johnson.....pages 9-10
 Events Page.....pages 11-12



Holiday Closures

Cesar Chavez-March 31
 Memorial Day-May 30

Important Phone Numbers

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

Other Facilities

Verne Goodwin Senior Center

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

Rancho Penasquitos Skate park

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

Individuals with Special Needs

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

Donations

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

Park Use Information

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

Please contact the following Recreation Centers:

Hourglass Field Community Park

(858) 538-8153

Maddox Park

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

7809 Flanders Drive

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

Westview Park

11278 Westview Pkwy

Lopez Ridge Neighborhood Park

(858) 538-8171

Lopez Ridge
 Sandburg Park

7245 Calle Cristobal
 11170 Avenida Del Gato

Mira Mesa Community Park

(858) 538-8122

Breen Park

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

11119 Polaris Drive

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

Mira Mesa Community Park

8575 New Salem Street

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

Recreation Council Information

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

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

Please visit www.miramesarecreationcouncil.org for more info.

Volunteers Needed!

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

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



IMPORTANT INFORMATION
 Recreation Centers are equipped
 with Automated External Defibrillator



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

Registration, Permits & Payment

Online Class Registration is available for ALL CLASSES at **Mira Mesa, 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 for registration hours.

Service fees will apply as follows for all transactions.

For Online Registrations, \$2 transaction fee and 3% processing fee will be charged for every transaction.

For In-house Registrations, \$2 transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable transaction. Rates are established by the service provider and are nonrefundable.

Payment Policy for Classes

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

Refund Policy for Classes

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

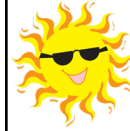
Permits

Permits will be processed on an appointment basis only.

Please make your appointment at least 10 days prior to your desired date to ensure adequate time to complete this process.

Acceptable forms of payment are credit card, check or cash (*exact amount please*). Must provide proof of insurance.

Please make checks payable to:
City Treasurer.



Ned Baumer Pool

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

Spring Hours

Jan 19-June 24
Memorial Day 12:00-3:00pm

Lap Swim:

Mon/Wed/Fri 6:30-1:30pm

*Limited lane and space available; sharing and circle swimming may be required and appreciated.

Saturday (3/26-6/24) 10:00-3:00pm

Rec. Swim/Children's Pool:

Mon/Wed/Fri (4/4-5/20) 1:30-3:30pm

Mon/Wed/Fri (5/23-6/24) 12:00-3:00pm

Saturday (9/8-9/26) 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) - \$100.00 (30 swims)

Adults(16 and older) - \$35.00 (10 swims)

Children/Disabled/Senior - \$45.00 (30 swims)

Children/Disabled/Senior - \$15.00 (10 swims)

***Children's pool opens April 4.

Requirements for

Independent Contractors

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

**** Permit Holder Requirements****

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

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

Youth Sports

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

Adult Sports

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

HOURGLASS

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

Welcome

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

STAFF

Angel Castro	Area Manager II
Denise M. Lamb	Center Director III
Michelle Tucker	Assistant Center Director
Eric Brown	Recreation Leader I
Paul Lee	Recreation Leader I
Omar Harrison	Recreation Leader I
Lorraine Blas	Recreation Leader I

Facility

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

Hours Of Operation

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

Game Room Hours

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

Registration

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

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

Youth Programs

MAD COOKING & Creative Crafts

This class will make creations that are mad, strange, or unordinary but tasty and delicious. The second part of this class will be creating different take home masterpieces.

Time: 4:30-6:00pm
Age: 7-12 years old
Fee: \$15.00/5 week
Day: Tuesday
Mar 1-29 (#22967)
April 5-May 3 (#22968)



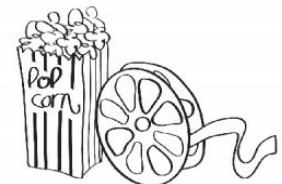
City Staff Run Program

PARENTS NIGHT OUT

Do you need a date night? Or just a night to yourself? Drop off your child with us from 5-10pm to enjoy endless indoor & outdoor activities and games! Dinner will be served and a snack served during the movie. This program is offered on the last Friday of every month!

Please note that we must have a minimum of 5 children pre-registered by 1:00pm the Saturday prior for this program to run.

Time: 5-10 pm
Ages: 4-12 years old
Fee: \$15.00
Mar 25 (#22969)
Apr 29 (#22970)



Contact (858) 538-8153 if you have any questions!
City Staff Run Program

ARE YOU GOING TO REGISTER ONLINE?

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

Log on to www.SDrecCONNECT.com



Hourglass Field Community Park Youth Programs



Spirit Kids Sports Gymnastics

For full schedule visit
www.SpiritKidsSports.com
(858) 229-4462

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.

Monday: 4:00-4:50pm (Ages 4 & up)
Mar 7-Apr 11 (#22918) \$75.00/5 weeks
April 18-May 23 (#22924) \$90.00/6 weeks
5:00-5:50pm (Ages 4 & up)
Mar 7-Apr 11 (#22920) \$75/5 weeks
April 18-May 23 (#22926) \$90.00/6 weeks

Thursday: 3:30-4:20pm (Ages 4 & up)
Mar 3-April 14 (#22938) \$90.00/6 weeks
April 21-May 26 (#22945) \$90.00/6 weeks
4:30-5:20pm (Ages 4 & up)
Mar 3-April 14 (#22944) \$90.00/6 weeks
April 21-May 26 (#22946) \$90.00/6 weeks

Saturday: 9:10-10:00am (Ages 4 & up)
Mar 5-Apr 16 (#22904) \$90.00/6 weeks
Apr 23-May 28 (#22911) \$90.00/6 weeks
10:00-10:50am (Ages 4 & up)
Mar 5-Apr 16 (#22909) \$90.00/6 weeks
Apr 23-May 28 (#22912) \$90.00/6 weeks
11:00-11:50am (Ages: 4 & Up)
Mar 5-Apr 16 (#22910) \$90.00/6 weeks
Apr 23-May 28 (#22913) \$90.00/6 weeks
Independent Contractor

Irish-Ballet Dance Academy

This class consists of the basic fundamentals of both disciplines. 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
Time: 3:30-4:30pm
Day: Tuesday
Age: 4-12years old
Fee: \$30.00/11 weeks
Mar 8-May 17 (#22966)

City Staff Run Program



Dance by Michelle

Instructor: Michelle Fripp
Phone #: (619) 647-5762



First Steps: 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

Apr 16-May 28 (#23127) \$77.00/7 weeks

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

Time: 10:10-11:00am

Age: 6-7 years

Apr 16-May 28 (#23128) \$77.00/7 weeks

Tap & Jazz Combo 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: 12-17 years

Apr 16-May 28 (#23129) \$77.00/7 weeks

(Maximum 15 students per class)

Independent Contractor

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

Instructor: Wendy Smith
Phone #: (858)530-1826
Fee: \$50.00/4 weeks
Day: Wednesday

Tot Starter:

Time: 4:00-4:30pm

Ages: 3-5 years old

Jan 6-27 (#20968)

Feb 3-24 (#20969)

Youth:

Time: 4:30-5:00pm

Ages: 6-12 years old

Jan 6-27 (#20970)

Feb 3-24 (#20971)

Independent Contractor



Hourglass Field Community Park Sports Programs

Hourglass Summer Basketball League

Cal 8: 5-8 years old (#23575)

Evaluations: May 1 5:30-6:30pm or May 14 9:30-10:30am

Practice: Monday or Tuesday 5:00-6:00pm

Games: Wednesday 5:30 or 6:30pm

Cal 10: 10 & under (#23574)

Evaluations: May 1 5:30-6:30pm or May 14 9:30-10:30am

Practice: Monday or Tuesday 6:00-7:00pm

Games: Friday 5:30 or 6:30pm

Cal 13: 13 & under (#23577)

Evaluations: May 1 6:30-7:30pm or May 14 10:30-11:30am

Practice: Wednesday 6:30-8:00pm or Thursday 5:00-6:30pm

Games: Saturday 9:30 or 10:30am

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

***Financial Aid Available**

City Staff Run Program

**Season Dates:
May 31-Aug 6**

Price: \$55.00

(Includes jersey)

**3 Age Divisions
Ages 5 -14**

Call 858 538-8153 for registration information.



Junior Tennis

This course will teach the forehand, backhand and serve. The scoring system and tennis etiquette will be introduced.

Instructor: Coach Stan Jefferson

Phone #: (619)770-7187

E-mail: dbadamoyttennis@yahoo.com

Date: March 5-May 21

Day: Saturday

Fee: \$120.00/12 weeks

1 Beginners:

Time: 8:00-9:00am (#22957)

or

9:00-10:00am (#22962)

Ages: 6-10 years old

2 Intermediate:

Time: 10:00-11:00am (#22963)

or

11:00-12:00 pm (#22964)

Ages: 8-14 years old

3 Advanced:

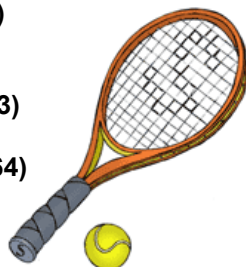
Time: 12:00 pm (#22965)

Ages: 10-16 years old

Tennis racquet and tennis shoes are required.

Each student must bring a can of unopened tennis balls.

Independent Contractor



Co-Ed Volleyball League

Time: 7:00-9:00pm

Age: 10-16 years old

Fee: \$55.00/16 week

Day: Tuesday

Mar 1-Jun 14 (#23577)

Practices on Tuesday. Games will be held at Nobel Recreation Center's on Friday or Saturday TBA.

City Staff Run Program



Fundamentals of Basketball

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

Fee: \$25.00/6 weeks

Beginners: Ages: 5-8 years old

Day: Monday

Time: 5:30-6:30pm

Date: Apr 18-May 23 (#23579)

Intermediate: Ages: 8-10 years old

Day: Tuesday

Time: 5:30-6:30pm

Date: Apr 19-May 24 (#23580)

Advanced: Ages: 9-13 years old

Day: Wednesday

Time: 6:00-7:00pm

Date: Apr 20-May 25 (#23581)

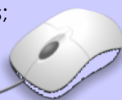
City Staff Run Program

ARE YOU GOING TO REGISTER ONLINE?

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

Log on to

www.SDrecCONNECT.com



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 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.

Please call (858)538-8171 for more information.

Staff

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

Hours Of Operation

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

Hours of Registration

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

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

Youth Programs

LITTLE CHEF 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

Age: 3-8 years old

(Parent/Child class)

Fee: \$10.00

Mar 5-26 (#22417)

Apr 2-30 (#22418)

May 7-28 (#22419)

City Staff Run Program



PEE WEE SPORTS

This class is an introduction to many sports. The kids will learn the basics of sports; develop skills drills, and increase strength and flexibility through free play. Free t-shirt with first time enrollment.

Time: 3:30-4:30pm

Day: Monday

Age: 4-8 years old

Fee: \$12.00

Mar 7-28 (#22420)

Apr 4-25 (#22421)

May 2-23 (#22422)

City Staff Run Program



Lopez Ridge Neighborhood Park

Fitness Programs

Let's get fit together

Cardio Fitness Dance

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!

Time: 6:00-7:00pm

Day: Tuesday

Age: 13 years old & up

Fee: FREE!

Mar 1-20 (#22426)

April 5-26 (#22427)

May 3-31 (22428)

City Volunteer Run Programs

Kickboxing, Cardio & HIIT Training

Nothing short of sweat and energy in this class, which combines boxing drills and high intensity interval training (HIIT). HIIT is exercise comprised of alternating short periods of very vigorous activity and long periods of active recovery time. This class will help you improve endurance and reduce stress.

Time: 6:00-7:00 pm

Day: Thursday

Age: 13 years old & up

Fee: \$10.00

Mar 3-24 (#22423)

April 7-28 (#22424)

May 5-26 (#22425)

City Volunteer Run Programs



Boot Camp

Get back to basic with a fitness boot camp class! This class focusses on military style exercise and functional movements like push-ups, squats, sprints and sit up, provide a Great workout and a chance to sweat outside the gym.

Time: 5:30-6:30 pm

Day: Friday

Ages: 13 years old & up

Fee: \$10.00

Mar 4-25 (#24175)

Apr 1-29 (#24176)

City Volunteer Run Programs

ARE YOU GOING TO REGISTER ONLINE?

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

Log on to: www.SDrecCONNECT.com



MIRA MESA

8575 New Salem Street, San Diego, CA 92126

(858) 538-8122

Welcome

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

Staff

Angel Castro	Area Manager II
Christian Haupt	Center Director III
Viviana Silva	Assistant Center Director
Jia Arnell	Recreation Leader I
John LaChica	Recreation Leader I
Nicole Belcher	Recreation Leader I
Marlon Wells	Recreation Leader I
Roque Ramirez	Grounds Maintenance Worker II

Hours of Registration

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

Permits are by appointment only.

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

Hours of Operation

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

Game Room Schedule

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

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



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

Youth Programs

Ceramics 4 Kidz

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

Time: 3:30-5:30pm

Day: Wednesday

Age: 7-15 years old

Fee: \$25.00

Mar 9-Apr 13 (#22984)

Apr 20-May 25 (#22985)



Homework Help

Homework help is an excellent way to provide your child with the skills to help complete and get assistance with their general studies.

Time: 4:00-5:00pm

Day: Tuesday & Wednesday

Age: 6-13 years old

Fee: \$5.00

Mar 8-30 (#22981)

Apr 5-27 (#22982)

May 3-26 (#22983)



City Staff Run Program

Kitchen Kraziness

Join us and get messy with fun kitchen krafts!!

Time: 4:00-5:00 pm

Day: Friday

Age: 6-12 years old

Fee: \$15.00

Mar 4-Apr 8 (#23007)

Apr 21-May 26 (#23008)



Arts & Crafts

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

Day: Monday

Fee: \$5.00

Time: 3:30-4:30pm

Age: 5-13 years old

Mar 7-28 (#22973)

Apr 4-25 (#22974)

May 2-23 (#22975)

No class on Jan 18 & Feb 15.

City Staff Run Program



Mira Mesa Community Park Youth Programs

Mira Mesa Community Park Basketball League

The youth basketball program is designed to develop and enhance players fundamental skills on passing, dribbling and shooting in a friendly and team oriented environment.

8 & Under/ 5-8 years old (#24202)
10& Under/ 8-10 years old (#24201)
Fee: \$55.00
Season: May 31– Aug 6
Registration Starts: Feb 20



Practices: TBA
Mira Mesa Community Park
8575 New Salem Street, San Diego, CA 92126
Games: TBA
Hourglass Field Community Park.
10440 Black Mountain Road, San Diego, CA 92126

Introduction to Sports

This class will teach children the basic elements of soccer, basketball, baseball and football. Coaches will teach the common techniques of offense and defense.

Time: 4:30-5:30pm
Day: Thursday
Age: 8-10 years
Fee: \$10.00
Mar 3-Apr 14 (#22999)
Apr 21-May 26 (#23001)



Pee Wee Sports

This program is to help kids interact in a fun and safe environment. Your children will participate in sports and other physical activities like tumbling and basketball. First time participants will receive a t-shirt!

Time: 5:00-6:00pm
Day: Wednesday
Age: 3-6 years old
Fee: \$12.00
Mar 9-30 (#22986)
Apr 6-27 (#22987)
May 4-25 (#22988)



City Staff Run Programs

Tiny Tot's Circle Time

Tiny Tot's Circle Time provides a high quality, age appropriate and nurturing environment that your child will flourish. Our focus will be to provide your child with a stimulating early educational experience that will consist of various pre-school like curriculum. This will include, but not limit to, arts and crafts, reading, numbers, music and movement.

Time: 9:30-11:30am
Day: Tuesday & Thursday
Age: 3-5 years old
Fee: \$45.00
Mar 8-Apr 14 (#22977)
Apr 19-May 26 (#22978)



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.

Time: 4:00-5:00 pm
Day: Thursday
Age: 8-17 years old
Fee: \$10.00
Mar 10-Apr 14 (#22989)
Apr 21-May 19 (#22990)



City Run Staff Programs

Fundamentals of Basic Basketball

This class is for beginners as well as the experienced player who wants to improve their skills. An ideal class for youngsters to build their self esteem needed to compete.

Instructor: John Garwood
Time: 4:30-5:30pm
Day: Thursday
Age: 6-8 years old
Fee: \$90.00/10 weeks
Feb 25-May 5 (#24200)



Independent Contractor

For more information please contact John Garwood at
jgarwood@sdmvp.com.

ARE YOU GOING TO REGISTER ONLINE?

MMRC's 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



Upcoming Special Events

MIRA MESA COMMUNITY PARK
(858)538-8122

HOP ON OVER



TO THE SPRING EGG HUNT

FREE!

FAMILY
FUN!

GAMES
&
PRIZES

MARCH 24
1:00PM-3:00PM

EGG HUNT TIMES & AGES

0-3 1:30PM

4-6 1:45PM

7-11 2:00PM

DON'T FORGET TO BRING YOUR BASKETS!

LOPEZ RIDGE NEIGHBORHOOD PARK
(858)438-8171

SPRING EGG HUNT

THURSDAY, MARCH 24

11:00AM - 1:00PM

FACE PAINTER, BALLOON
TWISTER, FUN!!

& MEET THE SPRING BUNNY!

EGG HUNT AGES & TIMES

0-3 11:30AM

3-6 11:45AM



Upcoming Special Events

Hourglass Field Community Park
(858) 538-8153

FREE!!

FUN!

TICKET to Ride

ADMIT ONE

ADMIT ONE

SPRING FAIR

MAY 7

11:00am - 2:00pm

RAFFLE

TICKET to FUN!

TICKET

TICKET

TICKET

GAMES

Parks Fit San Diego 2016

Challenge: Walk, Run, Roll or Swim 30 miles between June 18 & August 13

Reward: Get fit, stay healthy & receive a Parks Fit SD t-shirt!



Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

Kickoff Event - 1 mile Fun Run & Market in the Park
Saturday, June 18, 2016 at 8:00am
Morley Field, 2221 Morley Field Dr., San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration
Saturday, August 13, 2016 at 7:30am
NTC Park, 2455 Cushing Rd, San Diego 92106

For more information: www.sandiego.gov/park-and-recreation

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