



Park &
Recreation

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

SUMMER

P R O G R A M

2016

HOURLASS 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.

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

Memorial Day-May 30
 Independence Day-July 4

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
 9225 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

11103 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.**

Registration begins Saturday, May 14 at 10:00am.

Class numbers are located next to class dates for easy access to locating classes online. *Example: (#12345).*

Please visit

www.SDRECONNECT.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

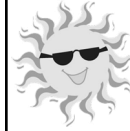
Permits will be processed on an appointment basis only.

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

Summer Hours

Jun 27-Sept 5

Lap Swim:

Mon-Thurs 7:30-10:30am/
12:00-4:30pm

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

Friday/Sunday 12:00-4:00pm

Saturday 10:00-4:00pm

Rec. Swim/Children's Pool:

Mon-Thurs 12:00-3:00pm

Friday-Sunday 12:00-4:00pm

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)

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
Velma Rivera	Recreation Aide

Facility

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

Hours Of Operation

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

Game Room Hours

Monday	3:00-7:00pm
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

Civic Dance Arts

www.cividdanceart.org
619-235-5255

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

Fee: Wednesday
Date: Jun 29-Sep 14
Intermediate Ballet 3A (#26803)

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

Advanced Beginner Tap 2A (#26804)
Time: 5:15-6:00pm
Age: 6-17 years old
Fee: \$41.00

Advanced Beginner Jazz 2A (#26822)
Time: 6:00-6:45pm
Age: 6-17 years old
Fee: \$41.00

Advance Intermediate Ballet 4A (#26825)
Time: 6:45-8:15pm
Age: 12-18 years old
Fee: \$82.00

City Staff Run Program



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
Day: Tuesday

Jun 21-Jul 19 (#25719)
Jul 26-Aug 30 (#25720)

Or
Day: Wednesday
Jun 22-Jul 20 (#25721)
Jul 27-Aug 31 (#25722)

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.

Ages: 4 years old & up

Day: Monday

Fee: \$75.00

Time: 4:00-4:50pm

Jun 6-Jul 11 (#26117)

Jul 18-Aug 15 (#26120)

Time: 5:00-5:50pm

Jun 6-Jul 11 (#26119)

Jul 18-Aug 15 (#26121)

Day: Thursday

Fee: \$90.00

Time: 4:00-4:50pm

Jun 2-Jul 7 (#26122)

Jul 14-Aug 18 (#26124)

Time: 5:00-5:50pm

Jun 2-Jul 7 (#26123)

Jul 14-Aug 18 (#26125)

Day: Saturday

Fee: \$90.00

Time: 9:10-10:00am

Jun 4-Jul 9 (#26126)

Jul 16-Aug 20 (#26129)

Time: 10:10-11:00am

Jun 4-Jul 9 (#26127)

Jul 16-Aug 20 (#26130)

Time: 11:10-12:00am

Jun 4-Jul 9 (#26128)

Jul 16-Aug 20 (#26131)

SKS-Summer Camp

Come join us for a week of gymnastics, cheer, crafts, games and swimming!

Ages: 4 years old and up

Day: Monday-Friday

Time: 9:00am-3:00pm

Fee: \$225.00

Jun 27-Jul 1 (#25439)

Jul 25-29 (#25441)

Aug 8-12 (#25443)

Time: 9:00am-12:00pm

Fee: \$115.00 (No swimming included)

Jun 27-Jul 1 (#25440)

Jul 25-29 (#25442)

Aug 8-12 (#25513)

Independent Contractor

Dance by Michelle

Instructor: Michelle Fripp

Phone #: (619) 647-5762

Fee: \$48.00



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

Jun 18-July 16 (#25808)

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

Jun 18-July 16 (#25809)

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

Jun 18-July 16 (#25810)

(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

Day: Wednesday

Tot Starter:

Time: 4:00-4:30pm

Ages: 3-5 years old

Jun 1-22 (#25984)

Jul 6-27 (#25985)

Aug 3-24 (#25986)

Youth:

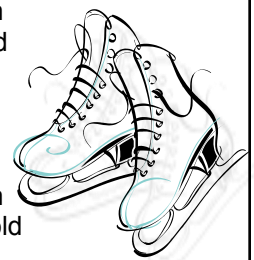
Time: 4:30-5:00pm

Ages: 6-12 years old

Jun 1-22 (#25987)

Jul 6-27 (#25988)

Aug 3-24 (#25989)



Independent Contractor

Hourglass Field Community Park Sports Programs

Summer Basketball League

Season Dates: May 31-Aug 6
Price: \$55.00 (Includes jersey)
Cal 8: 5-8 years old (#23575)
Cal 10: 10 & under (#23574)
Cal 14: 14 & under (#23577)
\$25.00 for parents who volunteer to coach a team.
***Financial Aid Available**



Fundamentals of Flag Football

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.

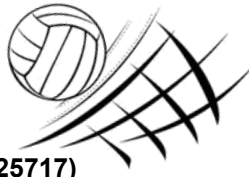
Time: 5:30-7:30pm
Day: Thursday
Ages: 8-12 years old
Fee: \$25.00
 Jun 23-Jul 28 (#25749)

Fundamentals of Volleyball

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

Day: Tuesday
Fee: \$25.00

Time: 6:30-7:30pm
Ages: 10-12 years old
Dates: Jul 19-Aug 23 (#25717)



Time: 7:30-8:30pm
Ages: 13-17 years old
 Jul 19-Aug 23 (#25718)

Apparel Needed: Tennis shoes (*no canvas shoes*), knee pads, spandex, t-shirts only.
 City Staff Run Program

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
Day: Tuesday
Fee: \$30.00
Time: 2:55-3:30pm
Age: 2-5 years old
 May 31-Aug 9 (#27021)
Time: 3:30-4:30pm
Age: 6-14 years old
 May 31-Aug 9 (#26380)



City Staff Run Program

Junior Tennis

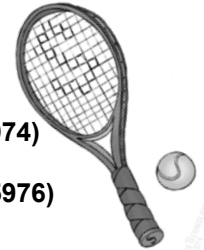
This course will teach the forehand, backhand and serve. The scoring system and tennis etiquette will be introduced.

Instructor: Coach Stan Jefferson
Phone #: (619)770-7187
E-mail: dbadamoyttennis@yahoo.com
Date: Jun 4-Aug 27
Day: Saturday
Fee: \$120.00

1 Beginners:
Time: 8:00-9:00am (#25974)
 or
 9:00-10:00am (#25976)

Ages: 6-10 years old
2 Intermediate:
Time: 10:00-11:00am (#25977)
 or
 11:00-12:00 pm (#25978)

Ages: 8-14 years old
3 Advanced:
Time: 12:00 pm (#25979)
Ages: 10-16 years old



Summer Tennis (Intermediate Level Only)

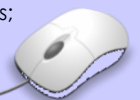
Time: 8:00am-12:00pm
Day: Monday-Friday
Session #1: Jun 22-Jul 15
Hours/Cost: 10 hours: \$150.00 (#25981)
 15 hours: \$180.00 (#25982)
 20 hours: \$200.00 (#25983)
Session #2: Jul 18-Aug 5
Hours/Cost: 10 hours: \$150.00 (#26210)
 15 hours: \$180.00 (#26211)
 20 hours: \$200.00 (#26212)
Session #3: Aug 8-26
Hours/Cost: 10 hours: \$150.00 (#26214)
 15 hours: \$180.00 (#26215)
 20 hours: \$200.00 (#26216)

Tennis racquet and tennis shoes are required.
 Each student must bring a can of unopened tennis balls.
 Independent Contractor

ARE YOU GOING TO REGISTER ONLINE?

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

Log on to
www.SDrecCONNECT.com



Hourglass Field Community Park Summer Programs

Join Us for...

Summer Dayz

When: Monday July 11, July 18 & July 25

Time: 9am-4pm

Ages: 7-12 years old

Join us for SUMMER DAYZ! This exciting program will offer your child a full day of indoor/outdoor activities, games, arts & crafts and best of all...an exciting FIELD TRIP!

See our scheduled field trips below:

July 11 : Pool Day at Ned Baumer Aquatic Center (#25635)

July 18 : Ice Skating Day at San Diego Ice Arena (#25643)

July 25: Movie Day at Edwards Mira Mesa Cinema (#25644)

**\$20/day OR
\$50 for 3 days**

Sign up for all 3 and save! (Use code # 25645)

Young Engineers

LEGO Challenge

Summer Camp

Time: 9:00am-12:00pm

Day: Monday-Friday

Age: Ages 6-11 years old

Fee: \$180.00

July 25-29 (#25775)

Time: 1:00-4:00pm

Day: Monday-Friday

Age: Ages 6-11 years old

Fee: \$180.00

July 25-29 (#25776)

Time: 9:00am-12:00pm

Day: Monday-Friday

Age: Ages 6-11 years old

Fee: \$180.00

Aug 1-5 (#25777)

Time: 1:00-4:00pm

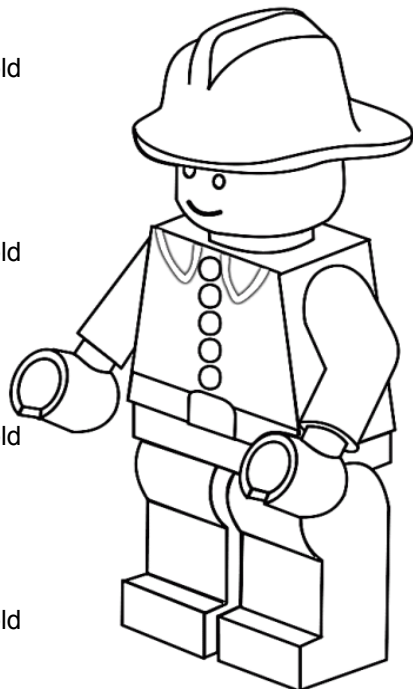
Day: Monday-Friday

Age: Ages 6-11 years old

Fee: \$180.00

Aug 1-5 (#25778)

Independent Contractor



GIRLS SUMMER BASKETBALL CAMP

This 4 day camp is designed for serious intermediate and advanced players who want to improve their skills, compete and gain knowledge of the game. Space is limited!!

Time: 9:00am-12:00pm

Day: Monday-Thursday

Age: 11-15 years old

Fee: \$20.00

Jun 27-30 (#26239)

Requirements:

At least one year of organized play. Must be able to attend all 4 days for the entire duration. Wear basketball shoes, and water/drink to stay hydrated.



City Staff Run Program

Computer Camp CODE TO THE FUTURE

Why just play Minecraft when you can create Minecraft!?

This camp is designed for quick learners or those with some coding experience. Campers will immerse themselves in the language of computers through Minecraft.

Time: 9:00am-12:00pm

Day: Monday-Friday

Ages: 9-13 years old

Fee: \$209.00

July 25-29 (#25914)

August 1-5 (#25915)

VIDEO GAME DESIGN

Come and learn how to speak the language of computers!

Campers will dive into the exciting world of computer programming through a block-based programming tool called Scratch that makes it simple for anyone to learn programming! With Scratch, the possibilities to create are endless! Throughout the camp, new programmers create projects like an epic space battle game or a choose your own adventure story!

Time: 1:00pm-4:00pm

Day: Monday-Friday

Ages: 7-12 years old

Fee: \$150.00

July 25-29 (#25916)

August 1-5 (#25917)

Independent Contractor



LOPEZ RIDGE

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

Welcome

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

Staff

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

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

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.

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.

Youth 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.

Day: Monday
Fee: \$12.00

Time: 3:30-4:30pm
Age: 3-6 years old
Jun 6-27 (#26491)
Jul 11-25 (#22422)
Aug 1-22 (#22427)

Time: 4:30-5:30pm
Age: 7-10 years old
Jun 6-27 (#26491)
Jul 11-25 (#22422)
Aug 1-22 (#22427)

City Staff Run Program



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: 10:30-11:30am
Day: Saturday
Age: 4-8 years old
(Parent/Child class)
Fee: \$10.00
June 3-24 (#25884)
July 1-29 (#25887)
Aug 5-26 (#25890)

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!

Jun 7-28 (#25894)

July 5-26 (#25896)

Aug 2-30 (#25899)

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: 6:00-7:00pm

Day: Thursday

Age: 13 years old & up

Fee: \$10.00

Jun 2-30 (#25901)

Jul 7-28 (#25903)

Aug 4-25 (#25904)

City Volunteer Run Programs



Volleyball Class

Focus is to improve the fundamentals of class participants by teaching them the skills to become great in their abilities and talent. This will include conditioning to become more efficient at passing, serving, setting, attacking, blocking, digging, rotation, sportsmanship and rules will all be covered. Participants will practice fundamentals through a variety of different drills where critiqued by our staff instructors. All participants receive a t-shirt.

Fee: \$12.00

Day: Thursday

Ages: 9-12 years old

Time: 4:30-5:30pm

Jun 2-30 (#26542)

Jul 7-28 (#26552)

Aug 4-25 (#26553)

Ages: 13-16 years old

Time: 5:30-6:30pm

Jun 2-30 (#26555)

Jul 7-28 (#26557)

Aug 4-25 (#26558)

Instructor: Lenae/Staff



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: 5:15-6:15pm

Day: Friday

Ages: 13 years old & up

Fee: \$10.00

Jun 3-24 (#25907)

Jul 1-29 (#25909)

Aug 5-26 (#25911)

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 Operation

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



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

Hours of Registration

Tuesday/Thursday:	1:00-7:00pm
Wednesday:	1:00-6:00pm
Friday:	12:00-4:00pm
Saturday:	12:00-2:30pm

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

Game Room Schedule

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

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

Summer Programs

Summer Lunch Program

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.

Jun 27-Aug 19
Monday-Friday
0-18 years old
Free!

Lunch:
12:00-1:00 pm
Summer Fun Activity:
1:00-2:00pm
Snack:
2:00-3:00pm

City Staff Run Program



BIZARRE SCIENCE

Learn about floating rocks, talented dolphins, cornstarch, fake snot and all kinds of bizarre science. As well as activities there will also be interesting projects and trivia. Enjoy a class scientific mixed with exploration and fun ideas, explore the bizarre world of science.

Time: 2:45-3:45 pm
Day: Friday
Age: 6-13 years old
Fee: \$20.00
Jun 17-Jul 15 (#25844)

City Staff Run Program



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 Community Park Youth Programs

Tiny Tot's Circle Time

Our focus will be to provide a stimulating early educational experience that will consist of various pre-school like curriculum.

Time: 9:30-11:30am
Day: Tuesday & Thursday
Age: 3-5 years old
Fee: \$45.00
 Jun 7-Jul 14 (#25828)
 Jul 19-Aug 25 (#25829)



Chess Club

Lessons and free play from beginner to novice to expert welcome!

Time: 5:00-7:00pm
Day: Tuesday
Age: 12-18 years old
Fee: \$10.00
 Jun 14-Jul 12 (#25848)
 Jul 19-Aug 16 (#25850)
 Aug 23-Sep 20 (#25851)

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
 Jun 3-Jul 1 (#25841)
 Jul 8-Aug 5 (#25842)
 Aug 12-Sep 9 (25843)



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
 Jun 6-27 (#25825)
 Jul 11-Aug 1 (#25826)
 Aug 8-29 (#25827)

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
 Jun 8-Jul 13 (#25830)
 Jul 20-Aug 24 (#25831)



City Staff Run Program

Basketball League

This 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)
 12 & Under/ 11-12 years old (#25239)
 14 & Under/ 13-14 years old (#27027)
Fee: \$55.00

Season: May 31-Aug 6
Register NOW!

For more information about practice and games days and times please call our recreation center at (858)538-8122 or visit the website at www.sdrecconnect.com and enter the 5 digit code e.g.(#12345).

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
 Jun 2-30 (#25837)
 Jul 7-Aug 4 (#25838)
 Aug 11-Sep 8 (#25839)

Pee Wee Sports

Your child will participate in sports and other physical activities like tumbling and basketball.

Time: 5:00-6:00pm
Day: Wednesday
Age: 3-6 years old
Fee: \$12.00
 Jun 8-29 (#25832)
 Jul 6-27 (#25833)
 Aug 3-24 (#25836)



First time participants will receive a t-shirt!
 City Staff 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

Upcoming Special Events

Mira Mesa Community Park
(858)538-8122



SUMMER BARBECUE



WEDNESDAY JULY 13
BBQ BEGINS AT 12 00PM

ACTIVITIES TO FOLLOW!
ADULTS: \$2.00 18&UNDER: FREE!



For more information please visit or call our recreation center!

Parks Fit San Diego 2016

Challenge: Walk, Run, Roll or
Swim 30 miles between June 18 and
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 & Eat Fit in the Park
Saturday, June 18, 2016 at 8:00am
Morley Field, 2221 Morley Field Drive, San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration
Saturday, August 13, 2016 at 7:30am
NTC Park, 2455 Cushing Road, San Diego 92106
ActiveNet Code (#24791) at www.SDRecConnect.com

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

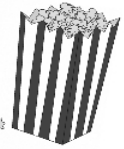
Proudly Presented by:



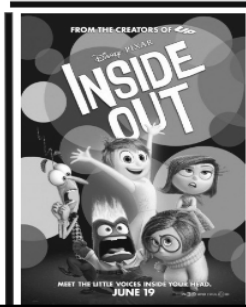
Official financial partner of the City of San Diego



Come join us for...
MOVIE IN THE PARK!
Saturday, July 30
FREE! 7:00-10:00pm
at Hourglass Field
Community Park



Bring your family to enjoy a fun filled event under the stars! Movie in the Park is a perfect chance to relax & enjoy a safe and special night. Bring your own blankets & lawn chairs. Come early to get a good seat!



PosterMyWall.com