

**FALL**

**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

## Holiday Closures

Labor Day - Sep 5  
Veterans Day - Nov 11  
Thanksgiving Day - Nov 24  
Christmas Day Observed - Dec 26

## 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

## 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.

## 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.

## Park Use Information

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

#### 11103 Polaris Drive

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

#### Mesa Viking Park

#### 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](http://www.miramesarecreationcouncil.org) for more info.

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

## Registration, Permits & Payment

Online Class Registration is available for ALL CLASSES at Mira Mesa, Hourglass, and Lopez Ridge Recreation Centers.

Registration begins Saturday, August 20 at 9:00am. Class numbers are located next to class dates for easy access to locating classes online. Example: (#12345).

Please visit

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

**AED** IMPORTANT INFORMATION  
Recreation Centers are equipped with  
Automated External Defibrillator



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

## Permits

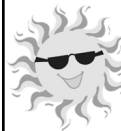
Permits will be processed on an appointment basis only. Please make your appointment at least 10 days prior to your desired date to ensure adequate time to complete this process.

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

### Fall Hours

August 29 - December 17

Pool is closed:

December 18, 2016 - January 16, 2017

And On Holidays and Staff Trainings:

2016: Sept 23, 24, 30; Oct 1; Nov 4, 5, 11, 24; Dec 25, 26.

2017: Jan 1,2; Feb 20; Mar 31; Apr 16; May 5-7,12-14; June 3.

### Lap Swim:

Mon & Wed	6:30-11:00am
Friday	10:00am-1:30pm
Friday	6:30-8:00pm
Sat/Sun (thru Sept 25)	12:00-3:00pm

### Rec. Swim/Children's Pool:

Mon/Wed/Fri	12:00-3:30pm
Saturday/Sunday	12:00-3:00pm
Monday, Sept 5	12:00-4:00pm
November 23, 25	12:00-3:00pm
Monday, May 29	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)

## 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
Wednesday	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.

## Youth Programs

### MAD COOKING & Arts 'n Crafts

This exciting 2-in-1 class provides young children the unique opportunity to make delicious cooking creations & ending the day with a fun craft to take home!

**Tuesdays, Sep 13-Oct 11**  
(#29467)

**Tuesdays, Oct 18-Nov 15**  
(#29468)

**Time:** 4:30-6:00pm  
**Age:** 6-13 years old  
**Fee:** \$15.00



City Staff Run Program

### Civic Dance Arts

www.cividdanceart.org  
619-235-5255

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

**Wednesdays, Sep 28-Dec 7**  
(No class Nov 23)

**Intermediate Ballet 3A (#30807)**

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

**Advanced Beginner Tap 2A (#30808)**

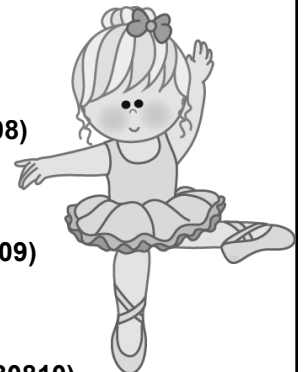
**Time:** 5:15-6:00pm  
**Age:** 6-17 years old  
**Fee:** \$41.00

**Advanced Beginner Jazz 2A (#30809)**

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

**Advance Intermediate Ballet 4A (#30810)**

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



### ARE YOU GOING TO REGISTER ONLINE?

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

Log on to [www.SDrecCONNECT.com](http://www.SDrecCONNECT.com)





# Hourglass Field Community Park Youth Programs

## Ice Skating

Skaters can practice during the public session from 3:00pm to 5:00pm their class. Skate rental is included. Students should dress warmly and wear gloves or mittens. Students will learn to balance, skate forward & backwards, glide smoothly & stop. As skaters progress, they will learn neat tricks too. Classes are held at:

**San Diego Ice Arena 11048 Ice Skate Place SD 92126**  
**Instructor:** Wendy Smith **Phone #:** (858) 530-1826

### Tot Starter

**Day:** Wednesday  
 Sep 7-Sep 28 (#30133)  
 Oct 5-Oct 26 (#30134)  
 Nov 2-Nov 30 (#30135)  
**Time:** 4:00-4:30pm  
**Ages:** 3-5 years old  
**Fee:** \$50.00



### Youth

**Day:** Wednesday  
 Sep 7-Sep 28 (#30136)  
 Oct 5-Oct 26 (#30137)  
 Nov 2-Nov 30 (#30138)  
**Time:** 4:30-5:00pm  
**Ages:** 6-11 years old  
**Fee:** \$50.00  
 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  
**Day:** Tuesday  
**Fee:** \$30.00  
**Time:** 2:55-3:30pm  
**Age:** 2-5 years old  
 Aug 30-Nov 8 (#30952)  
**Time:** 3:30-4:30pm  
**Age:** 6-14 years old  
 Aug 30-Nov 8 (#30953)  
 City Staff Run Program



## Spirit Kids Sports Gymnastics



For full schedule visit:  
[www.SpiritKidsSports.com](http://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.

### Beginning Intermediate (#30271)

**Day:** Monday  
 Sep 12-Nov 28 (No class Oct 31 & Nov 21)  
**Time:** 4:00-4:50pm  
**Ages:** 4 years old & up  
**Fee:** \$150.00

### Intermediate/Advanced (#30273)

**Day:** Monday  
 Sep 12-Nov 28 (No class Oct 31 & Nov 21)  
**Time:** 5:00-5:50pm  
**Ages:** 5 years old & up  
**Fee:** \$150.00

### Intermediate/Advanced (#30275)

**Day:** Saturday  
 Sep 10-Nov 26  
**Time:** 9:10-10:00am  
**Ages:** 5 years old & up  
**Fee:** \$180.00

### Beginning Intermediate

**Day:** Saturday  
 Sep 10-Nov 26  
**Time:** 10:10-11:00am (#30277)  
 11:10-12:00pm (#31976)  
**Ages:** 4 years old & up  
**Fee:** \$180.00

Independent Contractor

## Co-Ed Volleyball League

Learn the basic of the sport or improve your skills to step up to the next level.  
 This will be done through drills, conditioning & games.  
 Game dates, times & locations are TBD.


**Day:** Tuesdays  
**Fee:** \$55.00/child (including jersey)  
**Time:** 6:30-8:30pm  
**Ages:** 10-12 years old (#31853)  
 13-15 years old (#29482)

City Staff/Volunteer Run Program



# Hourglass Field Community Park Sports Programs

## Winter Basketball League

Cal 8: 5-8 years old (#30343)   
 Cal 10: 10 & under (#30345)  
 Cal 13: 13 & under (#30346)

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

ALL PLAYERS MUST ATTEND ONE EVALUATION DAY ON  
 DEC 3 OR DEC 10 @ 9:30am

Season: Jan 9-Mar 29 (#30343)  
 Day: Games on Wednesday  
 5:30pm or 6:30pm  
 Practices either Monday or Tuesday  
 5:00-6:00pm

Fee: \$55.00 (includes jersey)

### Cal 10 (10 years old & under)

ALL PLAYERS MUST ATTEND ONE EVALUATION DAY ON  
 DEC 3 OR DEC 10 @ 10:15am

Season: Jan 9-Mar 31 (#30345)  
 Day: Games on Friday  
 9:30am or 10:30am  
 Practices either Monday or Tuesday  
 6:00-7:00pm

Fee: \$55.00 (includes jersey)

### Cal 13 (13 years old & under)

ALL PLAYERS MUST ATTEND ONE EVALUATION DAY ON  
 DEC 3 OR DEC 10 @ 9:30am

Season: Jan 7-Apr 1 (#30346)  
 Day: Games on Saturday  
 5:30pm or 6:30pm  
 Practices either Wednesday or  
 Thursday  
 6:30-8:00pm

Fee: \$55.00 (includes jersey)

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

\*Financial Aid Available

City Staff Run Program

## Basketball Fundamentals

### Beginners(5-7 years old)

Learn the basic fundamentals of basketball. This class is intended for beginner players who would like to learn the basic skills of the game. Ideal class for youth to build their confidence and self-esteem.

Day: Monday  
 Time: 5:30-6:30pm  
 Fee: \$25.00

Sep 12-Oct 17 (#29572)  
 Oct 24-Dec 12 (#29573)  
 (No class Oct 31 & Nov 21)

### Intermediate (7-9 years old)

Learn the basic fundamentals of basketball. This class is intended for players who would like to improve their skill level. Idea class for youth to build their confidence and self-esteem.

Day: Tuesday  
 Time: 5:30-6:30pm  
 Fee: \$25.00

Sep 13-Oct 18 (#29574)  
 Oct 25-Dec 6 (#29575)  
 (No class Nov 22)

### Advanced (9-13 years old)

This class is intended for players who have the basic skills of basketball but would like to improve their skill level. Ideal class for youth to build their confidence and self-esteem.

Day: Wednesday  
 Time: 6:00-7:00pm  
 Fee: \$25.00

Sep 14-Oct 19 (#29576)  
 Oct 26-Dec 7 (#29577)  
 (No class Nov 23)

**Athletic Shoes and Clothing required**

City Staff Run Program

## Dance by Nadine

Instructor: Nadine

Phone: (619) 341-1128

Email: lindsethn@gmail.com

### Preschool Dance:

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

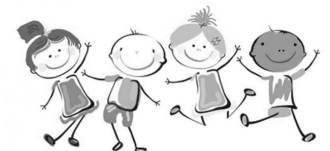
Day: Saturday  
 Time: 9:10-10:00am

Age: 3-5 years old  
 Fee: \$80.00/8 weeks  
 Sept 10-Oct 29 (#31469)  
 Nov 5-Dec 24 (#31471)

### Intro to Tap and Jazz:

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

Day: Saturday  
 Time: 10:10-11:00am  
 Age: 3-5 years old  
 Fee: \$80.00/8 weeks  
 Sept 10-Oct 29 (#31470)  
 Nov 5-Dec 24 (#31472)



Independent Contractor

# Hourglass Field Community Park Sports Programs

## 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](mailto:dbadamoyttennis@yahoo.com)  
**Fee:** \$120.00

### Level 1 Beginners (Ages 6-10 years old):

Sat, Sep 3-Nov 19, 8:00-9:00am (#30378),  
 Sat, Sep 3-Nov 19, 9:00-10:00am (#30379)  
 Sun, Sep 4-Nov 27, 9:00-10:00am (#30954)

### Level 2 Intermediate (Ages 8-15 years old):

**Date:** Sat, Sep 3-Nov 19  
**Time:** 10:00-11:00am (#30382), 11:00-12:00pm (#30383),  
 3:00-4:00pm (#30958), 4:00-5:00pm (#30962)

**Date:** Sun, Sep 4-Nov 27  
**Time:** 10:00-11:00am (#30955), 11:00-12:00 pm  
 (#30956), 3:00-4:00pm (#30960), 4:00-5:00pm (#30963)

### Level 3 Advanced (Ages 10-17 years old):

**Date:** Sat, Sep 3-Nov 19  
**Time:** 12:00-1:00pm (#30386), 3:00-4:00pm (#30959),  
 4:00-5:00pm (#30964)  
**Date:** Sun, Sep 4-Nov 27  
**Time:** 12:00 pm-1:00pm (#30386), 3:00-4:00pm (#30959)  
 4:00-5:00pm (#30965)  
 Independent Contractor

## Flag Football League

Non-tackling league for experienced or beginner players. Practices are held at Hourglass Field Community Park on Thursdays & Fridays. Practice dates are subject to change. 10U and 12U games will be played on Saturdays, 14U games on Friday, TBD.

**Fee:** \$55.00

### 10U (Ages 8-10 years):

**Practices:** Thursday 5:30-7:30pm  
 Friday 5:30-7:30pm  
**Ages:** 8-10 years old  
 Aug 25 - Dec 9 (#29486)  
 (No class Nov 11 & 24)

### 12U (Ages 10-12 years):

**Practices:** Thursday 5:30-7:30pm  
 Friday 5:30-7:30pm  
**Ages:** 10-12 years old  
 Aug 24 - Dec 9 (#29487)  
 (No class Nov 11 & 24)

### 14U (Ages 12-14 years):

**Practices:** Thursday 5:30-7:30pm  
**Ages:** 12-14 years old  
 Aug 25 - Dec 9 (#29488)  
 (No class Nov 11 & 24)

Players need a mouth piece, cleats. Jerseys provided.  
 City Staff Run Program

## Yoga for Managing Stress

Long ago researchers discovered a link between stress and disease. Many of today's most commonly diagnosed chronic disorders including Anxiety, Depression, Digestive problems, Headaches, Heart disease, Sleep problems, Weight gain, TMJ, and Memory and concentration impairment have been found to be affected by stress. Come learn how to better manage stress through the practice of yoga. You will learn simple techniques that can make a huge difference in your ability to be resilient over stress.

**Time:** 7:00-8:00pm  
**Day:** Monday  
**Ages:** 17 years old & up  
**Fee:** \$25.00 / 4 weeks  
 Sept 12-Oct 10 (#31065)  
 Oct 17-Nov 14 (#31434)

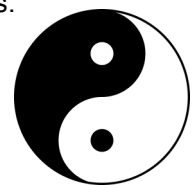


Independent Contractor

## Holistic Yoga for Seniors

Gentle yoga poses, breath-work and meditation. Discover your inner strength and endurance through the practice of hatha yoga, classic yoga and mindfulness.

**Time:** 11:00am-12:00pm  
**Day:** Monday  
**Ages:** 50 years old & up  
**Fee:** \$25.00 / 4 weeks  
 Sept 12-Oct 10 (#30158)  
 Oct 17-Nov 14 (#31431)



## IBHealthy Youth Yoga

Want to learn to focus better, increase your memory, and improve your flexibility? Yes, yoga may help you with all of these and more. Who knew yoga could be so 'phresh'! Come check it out for yourself, and find out how cool and fun yoga really is.

**Time:** 2:30-3:30pm  
**Day:** Monday & Wednesday  
**Ages:** 8-16 years old  
**Fee:** \$40.00 / 4 weeks  
 Sept 12-Oct 10 (#31062)  
 Oct 17-Nov 14 (#31433)



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
Lenae Plosczynski	Recreation Leader I
Eleazar Barcenas	Ground Maintenance Worker II

## Facility

Lopez Ridge Recreation Center has meeting rooms available for rent for birthday parties, board/staff 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

## 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.

## Fitness Programs

### Cardio Fitness Dance

This class is designed for teens and adults with a focus on fat burning cardio workout is a fun, high energy aerobics dance workout that is designed to ramp up the metabolism to ignite your weight – loss potential as you tone the entire body through a series of Polynesian, Caribbean, hip –hop, and Reggae dance steps.

**Time:** 6:00-7:00pm    **Day:** Tuesday  
**Age:** Teens/Adults    **Fee:** FREE!  
Sept 6-27 (#29514) Oct 4-25 (#29515) Nov 1-29 (#29516)

### Kickboxing, Cardio & HIIT Training

Nothing short of sweat and energy, in this class which combines boxing drills and intensity interval training (HIIT) is exercise comprised of alternating short periods of very vigorous activity and longer periods of active recovery time. Improve your balance and reduce stress.

**Time:** 6:00-7:00pm    **Day:** Thursday  
**Age:** Adults/Teens    **Fee:** \$10.00  
Sept 1-29 (#29517) Oct 6-27 (#29518) Nov 3-24 (#29519)

City/Volunteer Run

### 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, sit up, and circuit training, provide a great workout and a chance to sweat outside the gym. Filled with double the fun! Move More, Eat Better. Tools and tips to help you take steps toward better Health!

**Time:** 6:00-7:00pm  
**Day:** Wednesday  
**Ages:** 13 years old & up  
**Fee:** \$10.00  
Sept 3-24 (#29523)  
Oct 7-28 (#29524)  
Nov 4-25 (#29525)

City/Volunteer 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](http://www.SDrecCONNECT.com)



# Lopez Ridge Neighborhood Park 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:** 10:30-11:30am  
**Day:** Saturday  
**Age:** 3-8 years old  
 (Parent/Child class)  
**Fee:** \$10.00  
 Sept 3-24 (#29520)  
 Oct 1-29 (#29521)  
 Nov 5-26 (#29522)



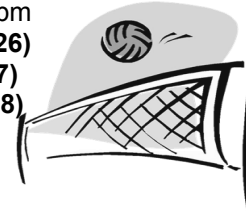
City Staff Run Program

## 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 & sun visor.

**Day:** Thursday  
**Fee:** \$12.00  
**Ages:** 9-12 years old  
**Time:** 4:30-5:30pm  
 Sept 1-29 (#29526)  
 Oct 6-27 (#29527)  
 Nov 3-17 (#29528)

**Ages:** 13-16 years old  
**Time:** 5:30-6:30pm  
 Sept 1-29 (#29529)  
 Oct 6-27 (#29530)  
 Nov 3-17 (#29531)



City Staff Run Program

## Upcoming Special Events

### HALLOWEEN CARNIVAL @ LOPEZ RIDGE!

Thursday October 27

11am-1pm

Ages: 6 & under

Face Painter, Arts & Crafts,

Jumpers, Costume Contest

& Pee Wee Sports

### Costume Contest Schedule

0-3 years old: 11:30am

4-6 years old: 11:45am



Saturday, December 17

Cost: \$5.00/person

Pre-Registration: Dec 1-Dec 14

**Meet & Greet with Santa, Breakfast, Face  
Painting, Craft Activities & much more!**

To register please visit: [www.sdreconnect.com](http://www.sdreconnect.com)  
& enter code: (#31458)

# 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
Erendira Hernandez-Luna	Recreation Leader I
Roque Ramirez	Grounds Maintenance Worker

### 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.

### 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.

### 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.**

# Winter Basketball League

## 8 & under: (#31847)

**Season dates:** Dec 8-Apr 13  
**Day:** Practices are Thursdays from 4:30-5:30pm  
Games day & times are TBD

**Ages:** 5-8 years old

## 10 & under: (#31846)

**Season dates:** Dec 8-Mar 16  
**Day:** Practices are Thursdays from 5:30-6:30pm  
Games day & times are TBD

**Ages:** 8-10 years old

## 12 & under: (#31848)

**Season dates:** Dec 7-Apr 12  
**Day:** Practices are Wednesdays from 4:30-5:30pm  
Game day & times are TBD

**Ages:** 10-12 years old

\$55/player  
(includes jersey)

**Registration Opens  
Saturday,  
Nov 19**

To register online: please visit  
[www.sdreconnect.com](http://www.sdreconnect.com)

or

in-house at Gil Johnson  
Mira Mesa Recreation Center during  
their regular registration hours.

City Staff Run Programs

# 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:** \$55.00

Sept 13-Oct 20 (#28890)

Oct 25-Dec 1 (#28891)

(No class Nov 24)



## Chess Club

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

**Time:** 5:00-7:00pm  
**Day:** Friday  
**Age:** 12-18 years old  
**Fee:** \$5.00

Sept 30-Oct 28 (#28888)

Nov 4-Dec 2 (#28889)

(No class Nov 24)



## 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

Sept 16-Oct 14 (#28913)

Oct 21-Nov 25 (#28914)

(No class Nov 11)



## Arts & Crafts

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

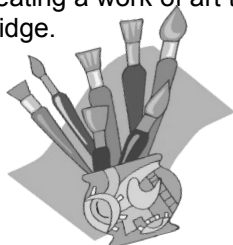
**Day:** Monday  
**Fee:** \$5.00  
**Time:** 3:30-4:30pm

**Age:** 5-13 years old

Sept 12-Oct 10 (#28884)

Oct 24-Nov 28 (#28885)

(No class Oct 31)



## 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

Sept 14-Oct 19 (#28886)

Oct 26-Nov 30 (#28887)

City Staff Run Programs

## Flag Football

The youth flag football program is designed to develop and enhance players fundamental skills on passing, catching and defensive ability in a friendly and team oriented environment. The program is for children ages 8 to 13 years old, and teams are divided into age divisions. All players will be playing a minimum of 10 plays or downs per game. Qualified teams will get a chance to participate in the City Wide tournament hosted by the S.P.O.R.T.S. Committee at the end of the season.

**Registration:** Aug 22-Sep 22

**Time/Ages:** 10 years old & under (#30130)  
 5:30-6:30pm

12 years old & under (#30131)  
 5:30-6:30pm

**Day:** Thursday

**Fee:** \$55.00

**Game Location:** TBA

**Game Time:** TBA

## Pee Wee Sports

Your child 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

Sept 7-Oct 5 (#28893)

Oct 12-Nov 9 (#28894)

Nov 16-Dec 14 (#28895)



## 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

Sept 15-Oct 13 (#28911)

Oct 20-Nov 17 (#28912)

City Staff Run Programs

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# Upcoming Special Events

Mira Mesa Community Park  
**HALLOWEEN CARNIVAL**  
**FRIDAY OCTOBER 28TH**

**FREE!**



**CANDY, GAMES, PRIZES & MORE! ALL AGES WELCOME!**

**COSTUME CONTEST AGES:**

0-4 : 5:45pm

5-8 : 6:10pm

9-12 : 6:25pm

# TOYS FOR TOTS

**Registration Period: TBD**

Please contact Hourglass or Mira Mesa Rec Staff for information.

Registration can be done at the following 2 locations:

**Mira Mesa Community Park**

8575 New Salem St  
(858)538-8122

**OR**

**Hourglass Field Community Park**

10440 Black Mountain Rd  
(858)538-8153

**Toy Pick-Up**

Dec 10 @ 9:00am-1:00pm

**Hourglass Field Community Park**

10440 Black Mountain Rd  
San Diego, CA 92126

(Located on the Miramar College Campus)

\*Program for children ages 0-12 years old, social security number required for all children.

Valid ID with USA address required for persons registering.