

SUMMER PROGRAM 2017

HOURGLASS FIELD COMMUNITY PARK

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

LOPEZ RIDGE NEIGHBORHOOD PARK

7245 Calle Cristobal, San Diego, CA 92126
(858) 538-8171 Fax: (858) 689-2618

MIRA MESA COMMUNITY PARK

8575 New Salem St., San Diego, CA 92126
(858) 538-8122 Fax: (858) 538-8104

**Summer online registration starts 10:00am on
May 13, 2017 at www.sdreconnect.com.
In-house registration hours are printed inside this guide.**

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 4-7
 Lopez Ridge..... pages 9-9
 Mira Mesa Gil Johnson.....pages 10-12
 Events Page.....page 13-14



Holiday Closures

July 4: Independence Day

Important Phone Numbers

SDPD (Non-Emergency) (619) 531-2000
 Ned Baumer Pool (858) 538-8083
 County Animal Control (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 picnic shelters.

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 picnic shelters 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 centers 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

Spring Registration Starts:
SATURDAY, MAY 13, 2017

Online registration begins at **10:00am**.

In-house registration hours can be obtained by calling the local recreation centers.

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



To make an account or sign up for classes please visit:

www.SDRECCONNECT.com
or visit any local recreation center.

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.

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. Appointment should be made at least 10 days prior to the 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.

Checks are made payable to: City Treasurer.

Requirements for Independent Contractors

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

**** Permit Holder Requirements****

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

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

Youth Sports

Mira Mesa Little League: www.eteam2.com/mmwill
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**
www.Softballsd.com
Adult Basketball League: **Rob Powell**
www.Sandiegobasketball.com
Softball: **Vavi**
www.Govavi.com
Senior Softball: **Jerry Hemes (619) 697-1083**

Ned Baumer Pool

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

Summer Dates

June 18-August 27



HOURGLASS FIELD

10440 Black Mountain Rd. San Diego, CA 92126

Welcome (858) 538-8153

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

| | |
|-----------------|-------------------------------|
| Tim Manion | Area Manager II |
| Denise M. Lamb | Center Director III |
| Michelle Tucker | Assistant Center Director |
| Lorraine Blas | Recreation Leader I |
| Eric Brown | Recreation Leader I |
| Omar Harrison | Recreation Leader I |
| Paul Lee | Recreation Leader I |
| Velma Rivera | Recreation Aide |
| Jose Cecena | Grounds Maintenance Worker II |
| Victor Dean | Grounds Maintenance Worker II |

Hours Of Operation

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

Game Room Hours

| | |
|-----------|----------------|
| Monday | 3:00pm-7:00pm |
| Wednesday | 3:00pm-7:00pm |
| Saturday | 10:00am-1:00pm |

Registration

| | |
|-----------|---------------|
| Monday | 3:00pm-7:00pm |
| Wednesday | 3:00pm-7:00pm |

Note: Permits are processed by appointment only. Exact cash, credit cards, & checks are accepted. *All hours and activities are subject to change without prior notice.*
All hours & activities subject to change without prior notice.

Facility

Hourglass Field House has three meeting rooms, kitchen, game room, gym, seven multi-purpose fields, sports equipment, a dance room with mirrors and playgrounds. For reservation details of the facility please contact the office.

Summer Dayz Camp

Join us for Summer-Dayz! This exciting "day" camp offers your child 3 full days of indoor/outdoor games and activities, cooking crafts, arts & crafts, group games and best of all...an exciting field trip each day! (15 children max)

Day: Monday
Age: 8-12 years
Fee: \$20.00/day
\$50.00/3 days
Time: 9:00am-4:00pm
Date: July 17 (#38507)
Field Trip: Mira Mesa Lanes
July 24 (#38508)
Field Trip: Rockin' Jump
July 31 (#38509)
Field Trip: Ned Baumer Aquatic Center
July 17, 24 & 31 (#38510)



Please be sure to bring a lunch for your child each day. Afternoon snack will be provided. Please inform staff of any allergies or dietary restrictions. Additional fee for MTS transit (\$3.00-\$5.00 required for each child on field trip days).
City Staff Run Program

Young Engineers

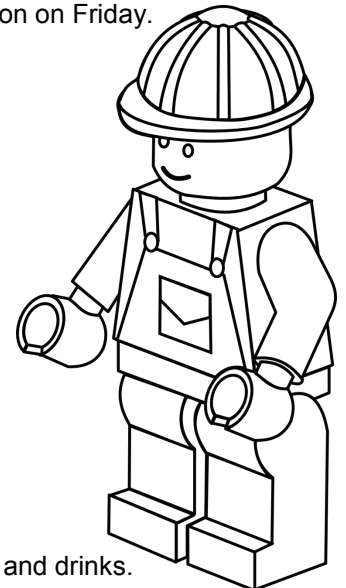
Brick Challenge

Summer Camp

Young Engineers Bricks Challenge Summer Camp 1(BC1) 2 Young Engineers camp where kids will learn topics in Physics and basic mechanical engineering principles and use motorized Lego® models to reinforce STEM-related topics. Final Project presentation on Friday.

Day: Monday-Friday
Age: Ages 6-10 years old
Time: 9:00am-12:00pm
Fee: \$165.00
Jun 19-23 (#37983)
Time: 9:00am-12:00pm
Fee: \$165.00
July 24-28 (#37984)
Time: 9:00am-12:00pm
Fee: \$165.00
Aug 7-11 (#37895)
Time: 1:00-4:00pm
Fee: \$165.00
Aug 7-11 (#37986)
Time: 9:00am-4:00pm
Fee: \$320.00
Aug 7-11 (#37987)

Please bring your own snacks and drinks.
Independent Contractor



Hourglass Field Community Park Art Programs

Spirit Kids Sports Summer Camp

www.SpiritKidsSports.com
(858) 229-4462



Age: 4 & up
Fee: \$150.00
Time: 9:00am-12:00pm
Day: Jun 26-30 (#37175)
Jul 24-27 (#37176)
Aug 7-10 (#37177)

Age: 4 & up
Fee: \$250.00
Time: 9:00am-3:00pm
Day: Jun 26-30 (#37178)
Jul 24-27 (#37179)
Aug 7-10 (#37180)

Full Day campers please bring a snack, lunch and plenty of water. 1/2 Day campers please bring a snack and plenty of water. All campers please wear fitted athletic wear and slip on shoes.

Dance by Nadine

Instructor: Nadine Phone: (619) 341-1128
Email: lindsethn@gmail.com

Day: Saturday **Dates:** Jun 1-29
Fee: \$50.00/5 weeks

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

Age: 3-5 years (#39804)
Time: 9:10-10:00am

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

Age: 6-18 years (#39085)
Time: 10:10-11:00am

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

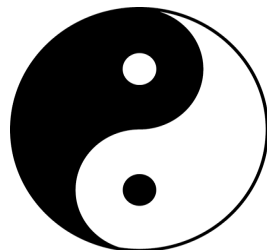
Age: 10-17 years (#39086)
Time: 11:10-12:00pm
Independent Contractor

Yoga for Better Health

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

Day: Saturday
Ages: 18 years & Older
Fee: \$25.00
Time: 10:00am-11:00am
Dates: Jun 3-24 (#39607)
Jul 8-29 (#39608)
Aug 5-26 (#39609)

Independent Contractor



Mad Cooking

Arts & 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!

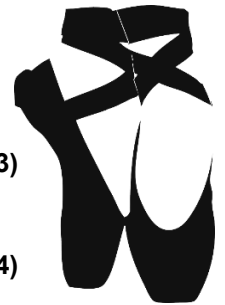
Day: Tuesday
Age: 6-13 years
Fee: \$15.00
Time: 4:30-6:00pm
Jun 6-July 11 (#38511)
Aug 1-Aug 29 (#38512)
City Staff Run Program

Irish-Ballet

Dance Academy

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
Dates: Jun 6-Aug 29 (#38513)
Time: 3:30-4:30pm
Age: 6-14 years
Dates: Jun 6-Aug 29 (#38514)
City Staff Run Program



Civic Dance Arts

www.civictanceart.org
619-235-5255

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

Intermediate Ballet 3A (#39345)

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

Advanced Beginner Tap 2A (#39347)

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

Advanced Beginner Jazz 2A (#39349)

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

Advance Intermediate Ballet 4A (#39350)

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

City Staff Run Program

Hourglass Field Community Park Sports Programs

Summer Basketball League

Season Dates: May 31-August 5

Price: \$55.00

(includes jersey)



4 Age Divisions (Ages 5-15 years)

Cal 8: 5-8 years

Cal 10: 10 & under

Cal 12: 12 & under

Cal 15: 15 & under

Please call the rec center (858)538-8153 to register.

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

*Financial Aid Available

Hoops Camp for Girls

A camp for serious intermediate and advanced players who want to improve their skills, compete and gain knowledge of the game.

SPACE IS LIMITED.



Day: Monday-Thursday

Ages: 11-15 years old

Fee: \$20.00

Time: 9:00am-12:00pm

Dates: Jun 26-Jun 29 (#38216)

-At least one year of organized play

-Able to attend all 4 days for the entire duration

-Wear basketball shoes, two shirts & water/drink to stay hydrated

City Staff Run Program

Flag Football League

Day: Thursday & Friday, Games TBD

Ages: 10 & under (#39087)

12 & under (#39089)

14 & under (#39091)

Fee: \$55.00

Time: 5:30-7:30pm

Date: Aug 24-Dec 9

City Staff Run Program



Fundamentals of Flag Football

This class is intended for players who would like to improve their skill level, build self confidence and self esteem.

Day: Thursday

Ages: 8-12 years old

Fee: \$25.00

Time: 5:30-7:30pm

Date: June 23-July 28 (#38506)

City Staff Run Program

Ice Skating

Students will learn to balance, skate forward & backwards, glide smoothly & stop. As skaters progress they'll learn some neat tricks too!

Classes are held at:

San Diego Ice Arena

11048 Ice Skate Place SD 92126

Instructor: Wendy Smith

Phone #: (858) 530-1826

Day: Wednesday

Fee: \$50.00

Tot Starter

Ages: 3-5 years

Time: 4:00-4:30pm

Jun 7-28 (#38048)

Jul 5-26(#38049)

Aug 2-23 (#38050)

Youth

Ages: 6-11 years

Time: 4:30-5:00pm

Jun 7-28 (#38051)

Jul 5-26 (#38052)

Aug 2-23 (#38053)

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 Sports Programs

Tennis Classes

This course will teach the forehand, backhand and serve. Tennis racket, tennis shoes and a can of unopened tennis balls are required. Now offering small sized classes as well as strictly adult courses.

Instructure: Coach Stan Jefferson

Phone #: (619)770-7187 **E-mail:** dbadamoytttennis@yahoo.com

Independent Contractor **No class June 30-July 4**

Level 1-Adult Group

Age: 18 & up
Day: Sunday
Fee: \$120.00/12 weeks
Date: June 4-Aug 27
Time: 8:00-9:00am (#39138)

Level 1-Adult Beginners

Age: 18 & up
Day: Friday
Fee: \$240.00/12 weeks
Date: June 2-Aug 25
Time: 8:00-9:00am (#39169)

Level 1-Beginners

Age: 6-10 years
Day: Saturday
Fee: \$120.00/12 weeks
Date: June 3-Aug 26
Time: 8:00-9:00am (#39112)
 9:00-10:00am (#39113)
Fee: \$240.00/12 weeks
Time: 9:00-10:00am (#39139)
 5:00-6:00pm (#39122)
Day: Sunday
Fee: \$120.00/12 weeks
 5:00-6:00pm (#39148)

Level 2-Advanced Beginners

Age: 8-15 years
Day: Saturday
Fee: \$120.00/12 weeks
Date: June 3-Aug 26
Time: 10:00-11:00am (#39115)
 11:00-12:00pm (#39118)

Fee: \$240.00/12 weeks
Time: 4:00-5:00pm (#39121)

Age: 8-15 years
Day: Sunday
Fee: \$120.00/12 weeks
Date: June 4-Aug 27
Time: 10:00-11:00am (#39141)
 11:00-12:00pm (#39142)

Fee: \$240.00/12 weeks
Time: 4:00-5:00pm (#39146)

Level 2-Adult Advanced Beginners

Age: 18 & up
Day: Friday
Fee: \$240.00/12 weeks
Date: June 2-Aug 25
Time: 9:00-10:00am (#39201)

Level 3—Intermediate Advanced

Age: 18 & up
Day: Friday
Fee: \$240.00/12 weeks
Date: June 2-Aug 25
Time: 3:30-4:30pm (#39205)
 4:30-5:30pm (#39206)

Day: Saturday
Date: June 3-Aug 26
Time: 3:00-4:00pm (#39120)
Day: Sunday
Date: June 4-Aug 27
Time: 3:00-4:00pm (#39145)

Level 3-Competitive Class

Age: 10-17 years
Day: Saturday
Fee: \$120.00/12 weeks
Date: June 3-Aug 26
Time: 12:00-1:00pm (#39119)
Day: Sunday
Date: June 4-Aug 27
Time: 12:00-1:00pm (#39144)

Volleyball

This two 1 hour class is designed to focus on specific fundamentals of volleyball: Passing & Setting or Hitting & Blocking. Spend 4 weeks with us learning how to properly & effectively pass and set or hit and block, which are two very important components to improve your game!

Day: Tuesday
Fee: \$25.00/per class

Passing & Setting

Time: 6:30-7:30pm
Ages: 10-12 years old
Dates: Jun 27-Aug 1 (#35716)

Hitting & Blocking

Time: 7:30-8:30pm
Ages: 10-12 years old
Dates: Jun 27-Aug 1 (#35717)

Apparel Needed: Tennis shoes (*no canvas shoes*), knee pads, spandex shorts and t-shirts only.

City Staff Run Program



Tennis Summer Camps

Level 2-Advanced Beginners

Day: Monday-Thursday
Ages: 8-15 years
Fee: \$480.00/12 weeks
Date: Jun 19-Jul 27
Time: 9:30-11:30am (#39157)
Date: Jul 24-Aug 24
Time: 9:30-11:30am (#39163)
Fee: \$240.00/5 weeks
Date: Jun 19-Jul 27
Time: 3:00-4:00pm (#39158)

Level 3-Intermediate Advanced

Day: Monday-Thursday
Ages: 10-17 years
Date: Jun 19-Jul 27
Fee: \$480.00/12 weeks
Time: 7:30-9:30am (#39156)
Fee: \$240.00/6 weeks
Time: 4:00-5:00 (#39159)
Date: Jul 24-Aug 24
Fee: \$480.00/12 weeks
Time: 7:30-9:30am (#39160)
Fee: \$240.00/6 weeks
Time: 3:00-4:00pm (#39162)
 4:00-5:00pm (#39161)



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

The staff at Lopez Ridge 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

| | |
|-------------------|------------------------------|
| Tim Manion | Area Manager II |
| Trena Bennett | Center Director I |
| Joe Monsour | Assistant Center Director |
| 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 meetings, monthly meetings, trainings and more. There is 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 picnic shelters available to rent for parties and other special occasions.

Hours Of Operation

| | |
|-----------|----------------|
| Monday | 9:00am-8:00pm |
| Tuesday | 9:00am-8:00pm |
| Wednesday | 9:00am-8:00pm |
| Thursday | 9:00am-8:00pm |
| Friday | 11:00am-7:00pm |
| Saturday | 9:00am-5:00pm |

Hours of Registration

| | |
|-----------|--------------|
| Tuesday | 12:00-5:30pm |
| Wednesday | 12:00-4:00pm |
| Thursday | 11:00-5:00pm |
| Friday | 12:00-6:00pm |
| Saturday | 11:00-1:00pm |

Note: Permits are processed by appointment only. Exact cash, credit cards, & checks are accepted. All hours and activities are subject to change without prior notice.

Youth Programs

Volleyball Class

Participants will practice fundamentals using a variety of different drills to improve their skills.

Day: Thursday
Age: 10-16 years
Fee: \$12.00
Time: 4:30-6:30pm
Jun 1-29 (#38487)
Jul 6-27 (#38488)
Aug 3-31(#38489)



Saturday Morning Story Time

Classic stories and new stories will be read with many fun and entertaining techniques.

Day: Saturdays
Age: All ages
Fee: FREE
Time: 10:00-11:00am
Jun 3-24 (#38484)
Jul 8-29 (#38485)
Aug 5-26 (#38486)
City Staff Run Program



Game Room

Come join in on the fun while playing board games, card games, ping-pong and more.

Day: Monday- Friday
Age: 6-12 years
Fee: FREE
Time: 2:30-5:30pm
Jun 5-30 (#38490)
Jul 1-31 (#38491)
Aug 1-Aug 31 (#38492)



Natural Arts in the Park

Start your week fresh with new and seasonal arts, gardening and crafts projects. Develop your skills working with paints, color markers, pencils or crayons, glue, beads, construction paper, scissors and much more.

Day: Monday
Age: All ages
Fee: FREE
Time: 10:00-11:00am
Jun 5-26 (#38493)
Jul 3-31(#38494)
Aug 7-28 (#38495)
City Staff Run Program



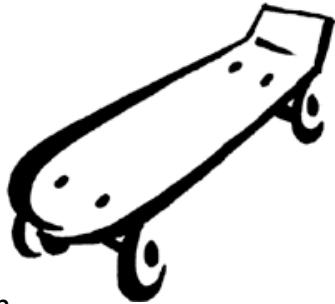
Lopez Ridge Neighborhood Park

Fitness & Sport Programs

Intro to Skateboarding

This class will teach participants about the importance of safety while riding a skateboard. Participants will be required to bring their own helmet and equipment, as rentals are available but limited. Elbow and knee pads are strongly recommended.

Day: Friday
Age: 6-12 years
Fee: \$10.00
Time: 3:15-4:00pm
 Jun 2-30 (#38497)
 Jul 7-28 (#38496)
 Aug 4-25 (#38498)
 City Staff Run Program



Forever Fit for Seniors

This chair-based fitness using seated and standing exercises combining unique Latin moves with rhythms to create an exciting dynamic workout.

Day: Thursday
Age: 60 years & Older
Time: 10:30-11:30am
Fee: FREE
 Jun 1-29 (#38586)
 Jul 6-27 (#38587)
 Aug 3-31 (#38588)
 City Staff Run Program



Cardio Fitness Dance

This class is a fun, high energy aerobics dance workout that is designed to amp up the metabolism to ignite one's weight loss potential.

Day: Tuesday
Age: 13 years & Older
Fee: FREE
Time: 6:00-7:00pm
 Jun 6-27 (#38590)
 Jul 11-25 (#38591)
 Aug 1-29 (#38593)
 City/Volunteer Run Programs



Cardio Blast

This class is a total body, high-intensity cardio, strength workout that strengthens your abs, obliques and lower back.

Day: Wednesday
Age: 13 years & Older
Fee: FREE
Time: 6:00-7:00pm
 June 7-28 (#38594)
 July 5-26 (#38595)
 Aug 2-30 (#38597)



Kickboxing, Cardio & HIIT Training

There is nothing short of sweat and energy, in this class which combines boxing drills and intensity interval training (HIIT).

Day: Thursday
Age: 13 years & Older
Fee: FREE
Time: 6:00-7:00pm
 Jun 1-29 (#38599)
 Jul 6-27 (#38600)
 Aug 3-31 (#38601)

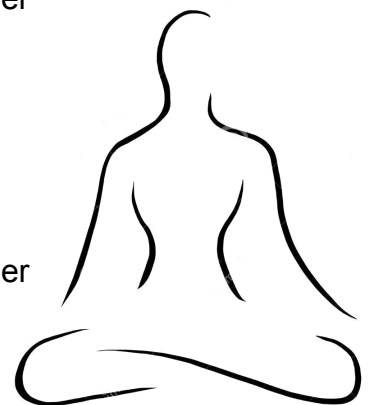
Mediation & PiYO

Participants discover their inner strength, flexibility and endurance through balancing their life.

Participants can practice and learn how to better manage stress through meditation, PIYO Stretch and breathing.

Day: Monday
Age: 13 years old & Older
Fee: FREE
Time: 6:00-7:00pm
 Jun 5-26 (#38602)
 Jul 3-31 (#38604)
 Aug 7-28 (#38601)

Day: Friday
Age: 13 years old & Older
Fee: \$10.00
Time: 5:30-6:30pm
 Jun 2-30 (#38602)
 Jul 7-28 (#38607)
 Aug 4-25 (#38609)
 City/Volunteer Run Programs



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



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

| | |
|-------------------------|-------------------------------|
| Tim Manion | Area Manager II |
| Christian Haupt | Center Director III |
| Viviana Silva | Assistant Center Director |
| Jia Arnell | Recreation Leader I |
| Erendira Hernandez-Luna | Recreation Leader I |
| Marlon Wells | Recreation Leader I |
| Jaime Ocampo | Grounds Maintenance Worker II |
| Anthony Perry | Grounds Maintenance Worker II |
| Roque Ramirez | Grounds Maintenance Worker II |
| Zach Skarbic | Grounds Maintenance Worker II |

Hours of Operation

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

Game Room Schedule

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

All hours and activities are subject to change without prior notice. Monthly open play calendars are available at the recreation center.



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

Hours of Registration

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

Note: Permits are processed by appointment only. Exact cash, credit cards, & checks are accepted.

PEEWEE SPORTS

This program is to help kids interact in a fun and safe environment. Kids will participate in sports and other physical activities like tumbling, relay races and tag. First time participants will receive a T-Shirt!

Day: Wednesday
Age: 3-6 years
Fee: \$12.00
Time: 5:00-6:00pm
 May 17-Jun 14 (#38583)
 Jun 21-Jul 19 (#38584)
 Jul 26-Aug 23 (#38585)
 City Staff Run Programs



Summer Basketball League



\$55 / player
 (includes banquet)
Season Dates:
May 31-Aug 5

To register online: please visit www.sdreconnect.com or in-house at Gil Johnson Mira Mesa Recreation Center during their regular registration hours.

8 & under: (#35160)

Ages: 5-8 years
Evaluations: Thurs, May 4 @ 4:30-5:30pm

10 & under: (#35161)

Ages: 8-10 years
Evaluations: Thurs, May 4 @ 5:30-6:30pm

12 & under: (#35162)

Ages: 10-12 years
Evaluations: Thurs, May 4 @ 6:30-7:30pm

12 & under: (#38350)

Ages: 13-14 years
Evaluations: Thurs, May 4 @ 7:30-8:30pm
 Games/Practices TBA by coaches.
 City Staff Run Program

Mira Mesa Community Park Youth Programs

BIZARRE SCIENCE

& INCREDIBLE MATH

We will be taking a scientific approach to the incredible world of math through hands on experimentation of the core mathematical concepts such as basic arithmetic, geometry and some algebra. We will also spend a great deal of time gathering information in regards to the history of both these subjects. Come and decipher the codex with us in this fun filled scientific mathematical adventure.

Day: Friday
Age: 6-14 years old
Fee: \$35.00
Time: 3:00-4:00pm
 Jun 16-Jul 14 (#38480)
 Jul 21-Aug 18 (#38481)



Ceramics 4 Kidz

This class is an ideal environment for children to explore their creativity while learning the craft of ceramics. This class will teach children about three dimensional nature that forces them to think about structure, shapes and forms.

Day: Wednesday
Age: 7-15 years
Fee: \$25.00
Time: 3:30-5:30pm
 Jun 7-Jul 12 (#38616)
 Jul 19-Aug 23 (#38617)



Tiny Tots Circle Time

Our focus will be to provide a high quality, age appropriate and nurturing environment that your child will flourish within. This will include, but not limit to, arts and crafts, reading, numbers, music and movement.

Day: Tuesday & Thursday
Age: 3-5 years
Fee: \$55.00
Time: 9:30-11:30am
 Jun 6-Jul 13 (#38610)
 Jul 18-Aug 24 (#38611)
 City Staff Run 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.

Date: Jun 19-Aug 18
Day: Monday-Friday
Age: 0-18 years
Fee: FREE
Lunch: 1:00-2:00pm
Play Time: 2:00-3:00pm
Snack: 3:00-3:30pm



Arts & Crafts

Your children will have lots of fun creating many beautiful and creative displays of fine arts and crafts that they will be proud to hang on their fridge.

Day: Monday
Age: 5-13 years
Fee: \$10.00
Time: 3:30-4:30pm
 Jun 6-Jul 13 (#38603)
 Jul 10-Aug 24 (#38612)



Kitchen Kraziness

Join us while we get messy in the kitchen while making delicious cooking creations. Your children will also learn the importance of kitchen safety.

Day: Friday
Age: 6-12 years
Fee: \$15.00
Time: 4:00-5:00pm
 Jun 9-30 (#38613)
 Jul 7-28 (#38614)
 Aug 4-25 (#38615)



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.

Day: Thursday
Age: 7-17 years
Fee: \$10.00
Time: 4:00-5:00pm
 May 25-Jun 22 (#38596)
 Jun 29-Jul 27 (#38598)
 Aug 3-Aug 31 (#38608)
 City Staff Run Programs



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

Mira Mesa Community Park

Adult Programs

Conditioning Fitness Camp

This exercise program is designed to effectively burn calories and increase heart rate safely and efficiently. This is a full body workout that will combine cardio intervals and strength training to boost metabolism, stamina, coordination, agility and fat burning potential.

Day: Monday & Wednesday

Time: 6:00-7:00pm

Day: Saturday

Time: 9:00-10:00am

Age: 14 years & up

Fee: \$15.00

Jun 5-Jul 15 (#38589)

Jul 17-Aug 26 (#38592)

City Staff Run Programs



Beginners Ballet for Seniors & Adults

This class is designed for the Adult and Senior beginner dancers with no previous experience or the mature individual who wants to refine their technique at a basic level. This class will foster the comprehension of basic positions, correct body alignment with both hands on the barre and an introduction to basic ballet terminology.

Day: Every other Saturday

Time: 9:00-10:00am

Age: 14 years & up

Fee: \$10.00

Jun 10, 24, July 8, 22, Aug 5, 19

(#38683)

City Staff Run Programs



Youth Camp



SUMMER CAMP

\$65 FOR THE WEEK
\$20 FOR THE DAY

Join us for one week out of the month at our Summer Camp! Campers will enjoy many indoor and outdoor activities including relay races, science crafts, board games and baking some tasty treats! We will also be taking a field trip Wednesday's (Field Trip's TBA). Last day of Camp will include a movie and a pizza party!!

10:00am-2:00pm
5-12 years old

JUNE WEEK

Jun 19-23 (All 5 Days) (#38619)

Monday, Jun 19 (#38620)

Tuesday, Jun 20 (#38621)

Wednesday, Jun 21 (#38622)

Thursday, Jun 22 (#38623)

Friday, Jun 23 (#38624)

JULY WEEK

Jul 17-21 (All 5 Days) (#38626)

Monday, Jul 17 (#38627)

Tuesday, Jul 18 (#38628)

Wednesday, Jul 19 (#38629)

Thursday, Jul 20 (#38630)

Friday, Jul 21 (#38631)

AUGUST WEEK

Aug 21-25 (All 5 Days) (#38678)

Monday, Aug 21 (#38677)

Tuesday, Aug 22 (#38679)

Wednesday, Aug 23 (#38680)

Thursday, Aug 24 (#38681)

Friday, Aug 25 (#38682)

Sign up at www.sdreconnect.com or visit our recreation center to register! Please be sure to pack a light and healthy snack and a bagged lunch for your child for Monday-Thursday. Also, let staff know of any allergies or dietary restrictions your child might have. A MTS Bus fee might be required for each child going on the field trips (approx. \$3.00-\$5.00 for each day).

City Staff Run Programs

Upcoming Special Events

FREE TEEN NITE PROGRAM



Join us for our very first Teen Night Program at
Mira Mesa Community Park...

July 7- Aug 25

Field Trips or Fun Programs

Every Friday Night!

5:30-8:30pm

Ages 12-17 years

Weekly schedule will be posted at Rec Center.



MIRA MESA COMMUNITY PARK INVITES YOU
TO THEIR ANNUAL...

SUMMER LUNCH



TUESDAY JULY 18

12:00-1:00PM FOOD

1:00-2:00PM PLAY

FREE!

FOR MORE INFORMATION PLEASE VISIT OR CALL OUR
RECREATION CENTER AT (858)538-8122.

Parks Fit

San Diego 2017



Challenge: Walk, Run, Roll or
Swim 30, 90 or 120 miles between
June 12 and August 12

Reward: Get fit, stay healthy and
receive a Parks Fit San Diego bag!

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 San Diego bag!

Kickoff Event - 1 Mile Fun Run & Festivities

Saturday, June 17, 2017 at 8:00am
Morley Field, 2221 Morley Field Dr., San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 12, 2017 at 7:30am
NTC Park, 2455 Cushing Rd, San Diego 92106

Stay Fit San Diego!

Visit: www.sandiego.gov/park-and-recreation

for more information.

Proudly Presented by:



Official financial partner of the City of San Diego

Upcoming Special Events

Free fun event for the whole family

SUMMER MOVIE IN THE PARK

Movie will begin at dusk. This is a fun, free and fabulous family event close to home. Early arrival is recommended to get a good location for your blankets and lawn chairs. Enjoy the pre-movie special entertainment for all ages!!!

**SATURDAY
JULY 29**

**Feature Film:
Secret Life of Pets**

**Location:
Hourglass Field
Community Park
10440 Black Mt Rd,
San Diego CA 92126**



**SATURDAY
SEPTEMBER 16**

**Feature Film:
Trolls**

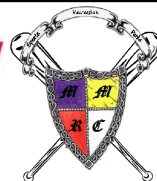
**Location:
Camino Ruiz
Neighborhood Park
11498 Camino Ruiz,
San Diego CA 92126**



First 5
San Diego



think BLUE
SAN DIEGO



The City of

SAN DIEGO

Park and Recreation Department