

Winter Program 2018

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

**Winter online registration starts 10:00am on
November 19th at www.sdrecconnect.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 4-6
 Lopez Ridge..... pages 7-9
 Mira Mesa Gil Johnson.....pages 10-12
 Events Page.....page 13-14



Holiday Closures

Dec 25 - Christmas Day
 Jan 1 - New Years Day
 Jan 15 - MLK Jr Day
 Feb 19 - Presidents 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
11278 Westview Pkwy

Westview Park

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

Winter Registration Starts:
SATURDAY, NOVEMBER 19

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/mmwll
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

Pool Open:

Jan 16-June 18

Pool closed Dec 17-Jan 15



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
Eric Brown	Recreation Leader I
Omar Harrison	Recreation Leader I
Mimi Le	Recreation Leader I
Paul Lee	Recreation Leader I
Kevon Mitchell	Recreation Leader I
Jose Ceceana	Grounds Maintenance Worker II
Victor Dean	Grounds Maintenance Worker II

Facility

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

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

Registration

Monday	3:00pm-7:00pm
Wednesday	3:00pm-7:00pm
Saturday	10:00am-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.*
All hours & activities subject to change without prior notice.

Youth Camps

Holi-days Winter Camp

Spend the day or 4 days at our center playing with your friends, having fun! The schedule will include, sports, group games, cooking and arts & crafts. TWO days will be spent going on an exciting field trip! Field Trips are TBD. Children must bring their own lunch, an afternoon snack will be provided.

Days: Mon. Dec 18 (#45161)
Tues. Dec 19 (#45162)
Wed. Dec 20 (#45163)
Thur. Dec 21 (#45164)
All 4 Days (#45165)

Age: 7-13 years old

Time: 9:00am-4:00pm

Fee: \$30.00 for 1 day
\$70.00 for 4 days

An additional MTS bus fare fee will be required for field trips. Please inform staff of any food allergies or dietary needs. restrictions upon registration.



DRAMATIC ARTS AND DANCE CAMP

This class is for aspiring dancers, actors, and all creative talents who want to know how to get into the dramatic arts world. This camp is designed to encompass the foundations of dance skills and genres that are present in all musical theater, hip hop groups, and hit TV shows like:

"So You Think You Can Dance"

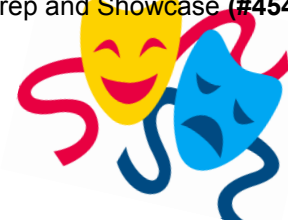
City Staff Run Program

Day: Wed. 12/28: Basics of Ballet, Tap and Jaz (#45489)
Thur. 12/29: Improv, Acting & Script Reading (#45490)
Fri. 12/30: Audition Prep and Showcase (#45491)
All 3 Days (#45492)

Age: 7-15 years old

Time: 12:30-2:30pm

Fee: \$10.00 for 1 day
\$25.00 for 3 days



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 Art & Sports Programs

Cooking with Teens

A new class designed for teens interested in learning how to cook. We will be focusing on the proper kitchen and cooking etiquette and how to complete recipes safely and accurately while of course, having FUN!

Day: Tuesday
Age: 13-18 years
Fee: \$30.00
Time: 4:30-6:00pm
 Jan 9-Feb 13 (#45081)
 City Staff Run Program



Civic Dance Arts

Please Note that our Civic Dance Arts classes & costumes will not be visible on SDRcConnect until November 27th and that you will not be able to enroll in any of them until registration opens on Saturday, December 9th at 10:00 am.

Priority is given to continuing students from Fall semester for enrollment and recitals in these ongoing classes.

Class Fee: \$41 (10+ Weeks)

Costume Fee: Varies by class (approx.. \$45-\$65)

Session: January 10- May 16

Students who were *not* enrolled in classes for Fall 2017, will need to call the dance office for assistance in enrolling in classes/costumes for the Spring.

For more information contact the
Dance Office at (619) 235-5255
 or www.civildancearts.org
 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: Dec 19-Feb 13 (#45493)
Time: 3:30-4:30pm
Age: 6-14 years
Dates: Dec 19-Feb 13 (#45494)
 City Staff Run Program



Dance by Nadine

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

Day: Saturday **Fee: \$80.00** (Jan 6-Feb 24)

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 (#45074)

Time: 9:10-10:00am

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

Age: 6-18 years (#45075)

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 (#45076)

Time: 11:10-12:00pm

Independent Contractors

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, CA 92126

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

Tot Starter

Ages: 3-5 years
Time: 4:00-4:30pm

Jan 10-Jan 31 (#45145)

Feb 7-Feb 28 (#45146)

Youth

Ages: 6-11 years
Time: 4:30-5:00pm

Jan 10-Jan 31 (#45147)

Feb 7-Feb 28 (#45148)

Independent Contractors

Move 'n Groove

We will be movin' & groovin' to fun music as well as working on the development of fine and gross motor skills with emphasis on improving balance, stamina & agility. Children must be potty-trained.

Day: Wednesday
Ages: 3-5 years old
Fee: \$30.00
Time: 11:00am-11:30am

Jan 24-Feb 28 (#45080)

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 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 & competitive courses.



Beginner

Age: 6-10 years
Day: Saturday
Fee: \$144.00
Date: Dec 2-Feb 24 **No class 12/23**
Time: 8:00-9:00am (#45151)
 9:00-10:00am (#45152)
Day: Sunday
Fee: \$144.00
Date: Dec 3-Feb 25 **No class 12/24**
Time: 9:00-10:00am (#45153)

Adult Beginner

Adult Beginners for Men

Age: 18 & up
Day: Sunday
Fee: \$240.00
Date: Dec 3-Feb 18 **No class 12/24**
Time: 12:30-1:30pm (#45149)

Adult Beginners for Women

Age: 18 & up
Day: Friday
Fee: \$240.00
Date: Dec 1-Feb 23 **No class 12/22**
Time: 8:00-9:00am (#45150)

Instructor: Coach Stan Jefferson

Phone #: (619) 770-7187

E-mail: dbadamoyttennis@yahoo.com

Intermediate

Age: 8-15 years
Day: Saturday
Fee: \$144.00
Date: Dec 2-Feb 24 **No class 12/23**
Time: 10:00-11:00am (#45154)
 11:00-12:00pm (#45155)

Age: 8-15 years old

Day: Sunday

Fee: \$144.00

Date: Dec 3-Feb 25 **No class 12/24**

Time: 10:00-11:00am (#45156)

Advanced

The scoring system and tennis etiquette will be introduced.

Age: 18 & up

Day: Saturday

Fee: \$144.00

Date: Dec 2-Feb 24 **No class 12/23**

Time: 4:00-5:00pm (#45157)

Competitive

For serious tennis players interested in advancing to a higher level.

Age: 10-18 years

Day: Saturday

Fee: \$144.00

Date: Dec 2-Feb 24 **No class 12/23**

Time: 12:00-1:00pm (#43986)

Tennis for Tots

Children will work on hand-eye coordination, fine and gross motor skills as well as social interaction with other children. Parent/guardian MUST be present for the duration of the class.

Age: 2-4 years

Day: Monday or Wednesday

Fee: \$144.00

Date: Dec 4-Feb 26 (#45159)

No class 12/25, 1/1,

1/15 & 2/19

Dec 6-Feb 28 (#45160)

Time: 9:00-10:00am

Independent Contractor



Co-Ed Youth Volleyball League

Evaluation Dates

12U: Feb 27 @ 6:30pm (#45495)

14U: Feb 20 @ 6:30pm (#45496)

16U: Feb 20 @ 7:30pm (#45497)

Registration Fee will be collected after Evaluations

Day: Tuesday (Game day & time TBA)

Date: Mar 6-Jun 12

Fee: \$55.00

Time: 6:30-8:30pm



Apparel Required: knee pads

(Game Times and Location TBA)

Volunteer coaches NEEDED! Free registration for parents who want to coach a team.

Financial Aide Available

City Staff Run Program

Winter Youth Basketball League

Season Dates: Jan 8-Mar 28

(Includes jersey & banquet)

4 Age Divisions (Ages 5-14 years)

Cal 8: 5-8 years (#44001)

Cal 10: 10 & under (#44002)

Cal 12: 12 & under (#44003)

Cal 14: 14 & under (#44004)*

(*Practice begins Dec 5)

**\$55.00/
player**

Evaluations

Cal 8: Saturday, Dec 16 at 9:30-10:30am

Cal 10: Saturday, Dec 9 at 9:30am Last names that begin with letters A-L / 10:30am last names with letters M-Z

Cal 12: Saturday, Dec 2 at 9:30-11:00am

Cal 14: Friday, Dec 1 at 6:00-7:00pm

Child must attend their designated evaluation day and parents must present child's birth certificate to register.

Financial Aid Available

Volunteer coaches NEEDED!



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
Macha Rodriguez	Assistant Center Director
Gina Broy	Recreation Aid
Walter Maake	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	11:00-500pm
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

Dec 7-28 (#46518)

Jan 4-25 (#46519)

Feb 1-22 (#46520)



Saturday Morning

Story Time & Healthy Cooking

Children from ages one to nine will enjoy classic and new stories that will be read with many fun and entertaining techniques along with kids partaking in engaging educational lessons, healthy cooking and preparing nutritional meals and snacks.

Day: Saturdays
Age: All ages
Fee: \$10.00
Time: 10:30-11:30am

Dec 2-30 (#46521)

Jan 6-27 (#46522)

Feb 3-24 (#46523)



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: 9:30-7:45pm

Dec 1-29 (#46524)

Jan 2-31 (#46525)

Feb 1-28 (#46526)



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

Dec 4-18 (#46527)

Jan 8-29 (#46528)

Feb 5-26 (#46529)

City Staff Run Program



Lopez Ridge Neighborhood Park

Fitness & Sport Programs

Modern Line Dance

Dance to enhance your cardio vascular system, learn new steps, have fun and make friends while dancing in choreographed line dance steps.

Day: Monday & Friday
Age: 55 years
Fee: FREE
Time: Monday: 4:30-5:30pm
 Friday: 4:30-6:30pm

Dec 4-29 (#46627)
 Jan 5-29 (#46628)
 Feb 5-26 (#46629)
 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: Tuesday/Thursday
Age: 60 years & Older
Fee: FREE
Time: 10:30-11:30am

Dec 5-28 (#46631)
 Jan 2-30 (#46633)
 Feb 1-26 (#46634)
 City Staff Run Program



Cardio Fitness Dance

This class is a fun, high energy aerobics, Zumba gold 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

Dec 5-26 (#46637)
 Jan 2-30 (#46638)
 Feb 6-27 (#46640)

City/Volunteer Run Programs



Cardio Blast

This class is a total body, high-intensity cardio, strength workout that strengthen your abs, oblique's and lower back.

Day: Wednesday
Age: 13 years & Older
Fee: FREE
Time: 6:00-7:00pm
 Dec 6-27 (#46641)
 Jan 3-31 (#46643)
 Feb 6-27 (#46644)



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
 Dec 7-28 (#46646)
 Jan 4-25 (#46647)
 Feb 1-22 (#44065)

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
 Dec 4-18 (#46650)
 Jan 8-29 (#46652)
 Feb 5-26 (#46653)
 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



Lopez Ridge Neighborhood Park

Youth Sport Programs & Education

Youth Running Club

Come run with us!

This class is intended for beginners and experienced runners who would like to improve their running form, skills, stretching, preventing injury, confidence, self-esteem and proper running form.

Day: Tuesday
Age: 18 & Under
Fee: FREE
Time: 6:00-6:45pm
 Dec 5-19 (#46530)
 Jan 2-30 (#46531)
 Feb 6-27 (#46532)
 City Staff Run Program



Kids Softball

Kickball & Dodge ball

Participating in softball, kickball and dodge ball helps to build strength and focus and allow children to make new friends and develop great team and effort of supporting one another. Softball is great for developing hand and eye coordination as well as Kickball/dodge ball develops foot and eye coordination.

Day: Tuesday & Thursday
Age: 4-14 years
Time: 4:00-5:30pm
Fee: FREE
 Dec 5-28 (#46533)
 Jan 2-30 (#46534)
 Feb 6-27 (#46535)
 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.



Essential Oils 101

Educational Class

Do you want to learn more to kick toxic chemicals out of your home? We will walk you through step by step and give easy, simple and affordable tactics that anyone can do with the best essential oils on the planet. This class is totally FREE and will blow your mind! It's time to take control of the yuck in your home and kick it to the curb.

Day: Saturdays
Age: 13 years & Older
Fee: FREE
Time: 12:00-1:00pm
 Dec 2-30 (#46624)
 Jan 6-27 (#46625)
 Feb 6-27 (#46626)
 City/Volunteer Run Programs

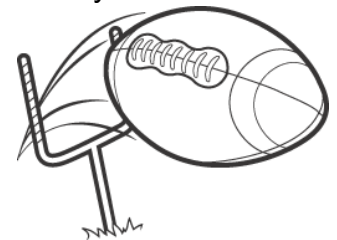


Fundamental Skills of

Flag Football

Description: This class is intended for player who would like to improve their skill levels: build character, good sportsmanship, social skills, Leadership skills, build confidence and gain knowledge of the game.

Day: Wednesday & Friday
Time: 4:00-6:00pm
Fee: \$10.00
 Dec 6-29 (#46667)
 Jan 3-26 (#46684)
 Feb 7-23 (#46686)
 City/Volunteer Run Programs



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
Courtney Owens	Recreational Aide
Jia Arnell	Recreation Leader I
Byron Blue	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
Jan 3-31 (#45171)
Feb 7-Mar 7 (#45172)
City Staff Run Programs



Winter I Basketball League

\$55 / player (includes jersey & banquet)
Season Dates: Dec 21 - Apr 26

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: (#43765)

Ages: 5-8 years
Evaluations: Thurs, Dec 7 @ 4:30-5:30pm

10 & under: (#43767)

Ages: 8-10 years
Evaluations: Thurs, Dec 7 @ 5:30-6:30pm

12 & under: (#43773)

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

Games/Practices TBA by coaches.
City Staff Run Program

Mira Mesa Community Park Youth Programs

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: 4:00-5:30pm
Jan 17-Feb 21 (#45168)



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
Dec 5-Jan 12 (#45183)
Jan 16-Feb 22 (#45184)



Parents Night Out

Enjoy a night out feeling confident that your little ones are safe and having the time of their lives with the Mira Mesa Staff. This incredible themed evening for your children is filled with a variety of fun games, unique adventure, yummy dinner and more!

Day: Friday
Age: 5-12 years
Fee: \$10.00
Time: 5:00-10:00pm
Dec 22 - Holiday Party (#45187)
Jan 19 - Color Wars (#45188)
Feb 16 - Sweetheart Party (#45189)
City Staff Run Programs



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
Jan 18-Feb 15 (#45170)



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: 4:00-5:30pm
Jan 22-Feb 26 (#45166)



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
Dec 1- 29 (#45173)
Jan 12-Feb 9 (#45174)



Cheer 101

Students will strengthen muscles and develop coordination skills, while learning handstands, cartwheels, round offs, and bridge kick overs. The cheer class will also work on proper jump technique and basic jump skills. The cheer class will include motion placement and beginning cheers.

Day: Monday
Time: 4:00-5:00pm
Age: 7-13 years
Fee: \$45.00
Nov 20-Dec 18 (#45185)
Jan 22-Feb 26 (#45186)
City Staff Run Programs
This class includes pompoms and uniform.



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

TEEN NITE

Our FREE themed Teen Nite's will be every 1st Friday of the month during this Winter season. It is a night where teens can indulge in many crafts and activities for their age group. Teens will experience a night to remember with the Mira Mesa Staff and others of their age.

Day: Friday
Age: 12-17 years
Time: 5:30-8:30pm
Fee: FREE

Dec 1 - Dec Night (#45190)
Jan 5 - Tie Dye Party (#45191)
Feb 2 - Valentines Dance (#45192)

City Staff Run Programs

1ST FRIDAY OF THE MONTH!

♥♥♥
valentine's
Dance 2/2

DEC 12/1
NIGHT

Tie Dye
Party 1/5
✌️♥️

Youth Camp

make it a
December
to
Remember



At our kids camp!

Join us for a couple of days of fun!!! December to Remember campers will enjoy many games and activities! We will also be taking a field trip two days out of the week for some fun (Field Trip TBA)! Other days will include some indoor and outdoor activities including crafts, board games and baking some tasty treats! Last day of Camp will include a movie and pizza!!

Day: Mon. Dec 18-Fri. Dec 22
Age: 5-12 years old
Time: 10:00-3:00 pm
Fee: \$65.00-ALL 5 Days (#45176)
\$20.00-Monday (#45177)
\$20.00-Tuesday (#45178)
\$20.00-Wednesday (#45179)
\$20.00-Thursday (#45181)
\$20.00-Friday (#45182)

Please be sure to pack a light and healthy snack and a bagged lunch for your child. Also, let staff know of any allergies or dietary restrictions your child might have.

City Staff Run Programs

Free Upcoming Spring Events

HOP ON OVER

TO OUR TWO FREE!

SPRING EGG HUNTS

FAMILY
FUN!

LOPEZ RIDGE
NEIGHBORHOOD PARK

WED, MARCH 28th
11:00-1:00pm

EGG HUNT TIMES & AGES:

0-2 11:30AM

3-4 11:45AM

5-6 12:00PM

GAMES
&
PRIZES



MIRA MESA
COMMUNITY PARK

THURS, MARCH 29th
1:00-3:00pm

EGG HUNT TIMES & AGES:

0-3 1:30PM

4-6 1:45PM

7-11 2:00PM

DON'T FORGET TO BRING YOUR BASKETS!

Upcoming Special Events

TOYS FOR TOTS



REGISTRATION IS NOW UNTIL NOVEMBER 27TH

Registration can be done at the following 2 locations:

mira mesa community park

8575 New Salem St
(858)538-8122

hourglass field community park

10440 Black Mountain Rd
(858)538-8153

TOY PICKUP:

Dec 16 @ 9:00am-12:00pm
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.
Contact either center for more information. Valid ID with USA address required for persons registering.

SPRING FAIR

FREE!

Saturday May 12th 2017
11am-2pm

Hourglass Field Community Park

Inside Gymnasium

Rain or Shine!

Join us for fun activities including
jumpers, face painting, games, prizes
+ food for the whole family to enjoy!

