



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**

registration begins february 17, 2018 at 10:00am. see page 3 for more details.

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

Mar 30 - Cesar Chavez Day
 May 28 - Memorial 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, FEBRUARY 17

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 City of San Diego**), 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 of San Diego.

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
Neighborhood Basketball Program:	www.sdnbp.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

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.

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

Youth Camps

Spirit Kids Sports Summer Camp

www.SpiritKidsSports.com
(858) 229-4462

Registration begins March 3 at 10 a.m.

Age: 4 years & up
Fee: \$150.00
Time: 9:00am-12:00pm
Day: Jun 25-29 (#48940)
 Jul 23-27 (#48941)
 Aug 6-10 (#48942)

Age: 4 years & up
Fee: \$150.00
Time: 12:00pm-3:00pm
Day: Jun 25-29 (#48943)
 Jul 25-29 (#48945)
 Aug 6-10 (#48946)



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.

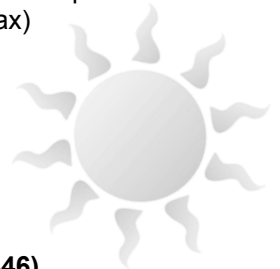
Summer Dayz

Registration begins March 3 at 10 a.m.

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 week Field Trips are TBD! (15 children max)

Day: Monday-Thursday
Age: 8-12 years
Fee: \$20.00/day
 \$50.00/4 days

Time: 9:00am-4:00pm
Date: Monday, June 25 (#49299)
 Tuesday, June 26 (#49445)
 Wednesday, June 27 (#49446)
 Thursday, June 28 (#49447)
ALL 4 DAYS (#49448)
 Monday, July 23 (#49449)
 Tuesday, July 24 (#49450)
 Wednesday, July 25 (#49451)
 Thursday, July 26 (#49452)
ALL 4 DAYS (#49453)



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 (\$4.50 required for each child on field trip days). City Staff Run Program

Hourglass Field Community Park Art & Sports Programs

Fundamentals of Basketball

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

Beginners

Day: Monday or Tuesday

Age: 5-7 years

Fee: \$25.00

Time: 5:30-6:30pm

Apr 2-May 7 (#48368)

Apr 3-May 8 (#48371)

Intermediate

Day: Tuesday

Age: 8-11 years

Fee: \$25.00

Time: 5:30-6:30pm

Apr 3-May 8 (#48373)

Advanced (Max. 12)

Day: Saturday

Age: 11-13 years

Fee: \$25.00

Time: 9:30-10:30am

Apr 7-May 19 (#48374) *No class 5/12



NEW PROGRAM!

Next Level Basketball

This instructional class is by INVITE ONLY. The goal is to emphasize on fine tuning high level skills and conditioning. See staff for details.

Day: Wednesday

Age: 9-13

Fee: \$35.00/6 weeks

Time: 6:00-8:00pm

Apr 4-May 9 (#48525)

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: 12-16 years

Fee: \$30.00

Time: 4:30-6:00pm

Mar 6-April 10 (#48938)

April 17-May 15 (#48939)

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 (#47889)

Ages: 2-5 years

Dates: Mar 13-May 22

Time: 3:30-4:30pm

Age: 6-14 years

Dates: Mar 13-May 22 (#47890)

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 (#47708)

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 (#47709)

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 (#47710)

Time: 11:10-12:00pm

Independent Contractor

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

Mar 7-Mar 28 (#48634)

Apr 4-Apr 25 (#48635)

May 2-May 23 (#48637)

Youth

Ages: 6-11 years

Time: 4:30-5:00pm

Mar 7-Mar 28 (#48638)

Apr 4-Apr 25 (#48639)

May 2-May 23 (#48640)

Independent Contractor



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

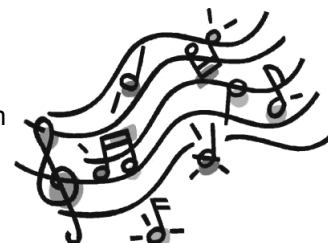
Fee: \$25.00

Time: 11:00am-11:40am

Mar 14-Apr 18 (#48629)

Apr-25-May 30 (#48630)

City Staff Run Program



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: Mar 3-May 26 **No class 5/26**
Time: 8:00-9:00am (#47878)
9:00-10:00am (#47879)
Day: Sunday
Fee: \$144.00
Date: Mar 3-May 26 **No class 5/26**
Time: 9:00-10:00am (#47880)

Adult Beginner

Adult Beginners for Men
Age: 18 & up
Day: Sunday
Fee: \$240.00
Date: Mar 3-May 26 **No class 5/26**
Time: 12:30-1:30pm (#47876)

Adult Beginners for Women
Age: 18 & up
Day: Friday
Fee: \$240.00
Date: Mar 3-May 26 **No class 5/26**
Time: 8:00-9:00am (#47877)

Instructor: Coach Stan Jefferson
Phone #: (619) 770-7187
E-mail: dbadamoyttennis@yahoo.com

Intermediate

Age: 8-15 years
Day: Saturday
Fee: \$144.00
Date: Mar 3-May 26 **No class 5/26**
Time: 10:00-11:00am (#47881)
11:00-12:00pm (#47883)

Age: 8-15 years old
Day: Sunday
Fee: \$144.00
Date: Mar 3-May 26 **No class 5/26**
Time: 10:00-11:00am (#47884)

Advanced

The scoring system and tennis etiquette will be introduced.

Age: 18 & up
Day: Saturday
Fee: \$144.00
Date: Mar 3-May 26 **No class 5/26**
Time: 4:00-5:00pm (#47885)

Competitive

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

Age: 10-18 years
Day: Saturday
Fee: \$144.00
Date: Mar 3-May 26 **No class 5/26**
Time: 12:00-1:00pm (#47886)

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
Fee: \$144.00
Date: Mar 1-May 21 (#47888)

Tennis Refinement

This class is designed for advanced juniors to refine their skills and focus on stroke and competitive concepts.

Age: 10-17 years
Day: Saturday
Fee: \$144.00
Date: Mar 3-May 19
Time: 1:00-2:00pm (#47897)
5:00-6:00pm (#47898)
Day: Sunday
Date: Mar 4-May 20
Time: 1:30-2:30pm (#47899)
2:30-3:30pm (#47900)



Summer Youth Basketball League

Season Dates: May-August

(Includes jersey & banquet)

4 Age Divisions (Ages 5-14 years)

Cal 8: 5-8 years (#48509)

Cal 10: 10 & under (#48518)

Cal 12: 12 & under (#48620)

Cal 15: 15 & under (#48532)

Evaluations

Cal 8: Saturday, May 19 at 9:30-10:30am.

Cal 10: Saturday, May 5 at 9:30am for last names that begin with letters A-L / 10:30am for last names with letters M-Z

Cal 12: Saturday, May 19 at 11-12pm

Cal 15: Friday, May 11 at 6:00-7:30pm

Child must attend their designated evaluation day

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

Family Movie Night

There will be various activities & free popcorn. Please feel free to bring your homework.

Day: Thursday
Age: All Ages
Fee: FREE
Time: 4:30-7:30pm

Mar 1-29 (#48343)

April 5-26 (#48344)

May 3-31 (#48345)



Saturday Morning Story Time & Healthy Cooking

Children 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: 1-9 years
Fee: \$10.00
Time: 10:30-11:30am

Mar 3-31 (#48196)

Apr 7-28 (#48197)

Feb 3-24 (#48198)



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

Mar 5-30 (#48199)

Apr 2-30 (#48200)

May 1-31 (#48201)



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

Mar 5-26 (#48202)

Apr 2-30 (#48203)

May 7-28 (#48204)

City Staff Run Programs



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: 4:30-6:00pm

Mar 2-30 (#48217)

Apr 2-27 (#48218)

May 4-28 (#48219)

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

Mar 1-29 (#48220)

Apr 3-26 (#48221)

May 1-31 (#48222)

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

Mar 6-27 (#48223)

Apr 3-24 (#48224)

May 1-29 (#48225)

City/Volunteer Run Programs

Kickboxing, Cardio & HIIT Training

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

Day: Thursday
Age: 13 years & Older
Fee: FREE
Time: 6:00-7:00pm

Mar 1-29 (#48226)

Apr 5-26 (#48227)

May 3-31 (#48228)



MELT

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. Come and experience for yourself a Melt class and discover what new science has proven about the benefits of rehydrating your connective tissue and rebalancing your nervous system. This revolutionary approach to self-care can keep you healthy, pain-free, and active for a lifetime.

Day: Saturday
Age: 13 years old & Older
Fee: FREE
Time: 9:30-10:30am

Mar 3-31 (#48632)

Apr 7-28 (#48633)

May 5-26 (#48636)

City/Volunteer Run Programs



Happy Spring

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

Mar 6-27 (#48205)

Apr 3-24 (#48206)

May 1-29 (#48207)

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.

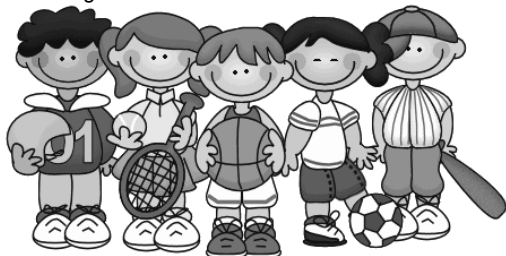
Day: Tuesday & Thursday
Age: 4-14 years
Time: 4:00-5:30pm
Fee: FREE

Mar 6-29 (#48208)

Apr 3-26 (#48209)

May 1-31 (#48210)

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

Mar 3-31 (#48211)

Apr 7-28 (#48212)

May 5-26 (#48213)

City/Volunteer Run Programs

A WHOLE NEW WAY TO CLEAN
FLOORS, TOILETS, SINKS, COUNTER TOPS, BATH TUB, SHOWER, AND EVEN THE DISH WASHER!



THIS NEW HOUSEHOLD CLEANER IS A NATURAL AND HEALTHY CATCH-ALL PRODUCT THAT CAN SERVE AS A REPLACEMENT FOR AT LEAST A HALF-DOZEN TOXIC CLEANERS YOU MAY CURRENTLY HAVE IN YOUR HOME. THIS IS A GREEN, ECOLOGICALLY FRIENDLY, PLANT-BASED CLEANER CONTAINING THESE ESSENTIAL OIL BLEND PLUS ADDITIONAL THERAPEUTIC GRADE LEMON OIL FOR EXTRA CLEANING POWER.

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.

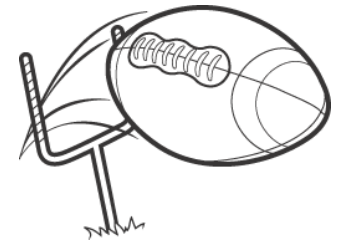
Day: Wednesday
Time: 4:00-6:00pm
Fee: \$10.00

Mar 2-30 (#48214)

Apr 4-27 (#48215)

May 3-30 (#46216)

City/Volunteer Run Programs



HELLO
Spring

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
Mar 3-Apr 4 (#48603)
Apr 18-May 16 (#48605)
City Staff Run Programs



Summer I Basketball League

\$55 / player (includes jersey & banquet)
Season Dates: May-Aug

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: (#48612)

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

10 & under: (#48613)

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

12 & under: (#48614)

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

14 & under: (#48616)

Ages: 12-14 years
Evaluations: Thurs, May 10 @ 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
 Mar 7-Apr 4 (#48581)
 Apr 18-May 16 (#48582)



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: 9:30-12:30pm
 Mar 6-Apr 12 (#48608)
 Apr 17-May 24 (#48609)

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
 Mar 1-29 (#48585)
 Apr 12-May 10 (#48586)
 City Staff Run Programs



Art Exploration

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: Friday
Age: 5-13 years
Fee: \$10.00
Time: 3:00-4:00pm
 Mar 16-Apr 20 (#48578)
 May 4-Jun 1 (#48579)



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
 Feb 23-Mar 30 (#48587)
 Apr 13-May 11 (#48592)



KIDS' 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, arts & crafts, unique adventure, yummy snacks/dinner and more!

Day: Friday
Age: 5-12 years
Fee: \$10.00
Time: 5:00-8:30pm

Themes/Codes:

Mar 23 - Shamrocks & Rainbows (#48889)
 Apr 20 - Spring Bunny (#48890)
 May 18 - Emoji (#48891)
 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

TEEN NITE



Mira Mesa Community Park is hosting a FUN & FREE themed night every first Friday of the month! These teen nites will include a variety of games & activities such as sports, relay races, board games, video games and arts & crafts. Snacks and drinks will be provided to all. Dinner will only be provided to the first 25 teens to enroll for this program.

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

Mar 2 - March Madness (#48935)
Apr 6 - Spring Fling (#48936)
May 4 - Movie Night (#48937)

City Staff Run Programs

1ST FRIDAY OF THE MONTH!

Youth Camps & Clinics

SPRING CAMP

Join us for a couple of days of fun!!! Campers will enjoy many games and activities! We will also be taking a field trip one day out of the week (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 . Mar 26-Wed. Mar 28
Age: 5-12 years old
Time: 10:00-2:30 pm
Fee: \$45.00-ALL 3 Days (#48622)
\$15.00-Monday (#48623)
\$15.00-Tuesday (#48624)
\$15.00-Wednesday (#48628)



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.

COACH JOHN BASKETBALL CLINIC

The John N. La Chica Youth Scholarship Foundation is hosting a free youth basketball clinic this spring at Mira Mesa Community Park. Girls and boys ages 5-18 years old are invited to come learn the basic techniques of basketball in a fun, positive and relaxed environment. The clinic will be led by Coach Gianni La Chica.

Day: Mon. Mar 26 - Wed. Mar 28
Fee: FREE
Ages/Time:

8U (5-8 years) - 9:00-10:00am (#48877)
11U (9-11 years) - 10:30-11:30am (#48878)
14U (12-14 years) - 12:30-2:00pm (#48879)
18U (15-18 years) - 2:30-4:00pm (#48880)

Please be sure to pack a water bottle to stay hydrated and wear appropriate closed toe shoes.

Upcoming Special Events

Run, walk, swim, golf, skate, bike, hike, or recreate your way to health in 2018.

Visit various recreation centers between June 16 and August 18 to complete designated activities and receive your very own SD Parks Fitness Goal Book to help you establish and achieve your fitness goals.

Participate in the 2 month program with free and easy registration at your local Park and Recreation facility or at sdreconnect.com.



Calling All Pups!

"Barks Fit" participants will receive a bandana at the events.

Tag your snaps and selfies with #ParksFitSD

Kickoff Event - 1 Mile Fun Run & Festivities

Saturday, June 16, 2017 at 8:00am
Dolores Magdaleno Memorial Recreation Center,
2902 Marcy Ave., San Diego 92113

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 18, 2017 at 7:30am
NTC Park, 2455 Cushing Rd, San Diego 92106
Stay Fit San Diego!



Visit: www.sandiego.gov/parksfitsd for more information.

Proudly Presented by: CALIFORNIA COAST CREDIT UNION

SPRING FAIR

FREE!

SATURDAY, MAY 12TH

11:00AM- 2:00PM

Hourglass Field Community Park

Inside Gymnasium / Rain or Shine!

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



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!