

Fall Program 2018

HOURLASS 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

**Fall online registration starts 10:00am on
Aug 18, 2018 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 4-6
 Lopez Ridge..... pages 7-9
 Mira Mesa Gil Johnson.....pages 10-12
 Events Page.....page 13-14



Holiday Closures

Sept 3 - Labor Day
 Nov 12 - Veterans Day
 Nov 22 - Thanksgiving

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

Fall Registration Starts:
SATURDAY, AUG 18, 2018

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.SDRECONNECT.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.

Ned Baumer Pool

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

Fall Registration:
Sept 5-Dec 18



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

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.

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.

STAFF

Tim Manion	Area Manager II
Denise M. Lamb	Center Director III
Oscar Eusebio	Assistant Center Director
Eric Brown	Recreation Leader I
Gina Broy	Recreation Leader I
Omar Harrison	Recreation Leader I
Paul Lee	Recreation Leader I
Kevon Mitchell	Recreation Leader I
Lenae Plosczynski	Recreation Leader I
Mimi Le	Recreation Leader I
Jose Cecena	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.

Flag Football League

- Day:** Thursday & Friday
- Games:** Saturday a.m. at Doyle Rec Center
- Ages:** 10 & under (#52292)
12 & under (#52293)
14 & under (#56287)
- Fee:** \$55.00
- Time:** 5:30-7:30pm
- Date:** August 23 - Dec 8
- *Please bring child's Birth Certificate upon registration***

City Staff Run Program



Hourglass Field Community Park Art & Sports Programs

Civic Dance Arts

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

www.cividdanceart.org

619-235-5255

Day: Wednesday
Dates: Sep 27-Dec 6
Intermediate Ballet 3A (#54676)
Time: 4:15-5:15pm
Age: 8-18 years
Fee: \$41.00

Advanced Beginner Tap 2A (#54677)
Time: 5:15-6:00pm
Age: 6-17 years
Fee: \$41.00

Advanced Beginner Jazz 2A (#54678)
Time: 6:00-6:45pm
Age: 6-17 years
Fee: \$41.00

Advance Intermediate Ballet 4A (#54679)
Time: 6:45-8:15pm
Age: 12-18 years
Fee: \$82.00

City Staff Run Program

City Staff Run Program



Co-Ed Youth Volleyball League

Evaluations:

Sep 11th

12 & Under: 6:30-7:30pm

14 & Under 7:30-8:30pm

16 & Under: 7:30-8:30pm

Dates: Sep 12-Dec 5

Day: Practice on Tuesdays
Games on Fridays

Fee: \$55.00

Time: 6:30-8:30pm

Ages: 10-12 years old (#55142)

13-14 years old (#56288)

15-16 years old (#55143)



Apparel Required: knee pads
(Game Times and Location TBA)

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

Financial Aid Available
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

Dance by Nadine

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

Day: Saturday **Fee: \$80.00** (Sep 9-Oct 28)

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 (#56327)

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 (#56328)

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 (#56329)

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: \$60.00

Tot Starter

Ages: 3-5 years

Time: 4:00-4:30pm

Sep 5-26 (#54922)

Oct 3-24 (#54935)

Nov 7- Dec 5 (#54947) **No class on Nov 21**

Youth

Ages: 6-11 years

Time: 4:30-5:00pm

Sep 6-27 (#55676)

Oct 4-25 (#55677)

Nov 1-29 (#55678) **No class Nov 21**

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. No class 11/21.

Day: Wednesday

Ages: 3-5 years old

Fee: \$30.00

Time: 10:00am-11:15am

Sept 5 -Oct 10 (#56291)

Nov 7 -Dec 19 (#56292)

City Staff Run Program



Hourglass Field Community Park Sports Programs

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 and Thursday
Fee: \$50
Time: 3:30-4:30pm
Age: 6-14 years
Dates: Sept 11-Nov 15 (#55319)

Ballet for Itty Bits

Day: Tuesday
Fee: \$30
Time: 3:00-3:30pm
Age: 2-5 years
Dates: Sept 11-Nov 13 (#55311)

Ballet for Athletes

Day: Tuesday and Thursday
Fee: \$50
Time: 5:00-6:00pm
Age: 6-14 years
Dates: Sept 11-Nov 15 (#55316)

City Staff Run Program



Fundamentals of Basketball

Learn the basic fundamentals of basketball. Ideal program for youth to build their confidence and self-esteem. No class 11/21.

Beginners

Day: Monday
Age: 5-7 years
Fee: \$25.00
Time: 5:30-6:30pm
 Sept 10-Oct 15 (#54616)
 Oct 22-Nov 26 (#54715)

Intermediate

Day: Tuesday
Age: 8-10 years
Fee: \$25.00
Time: 5:30 - 6:30pm
 Sept 11-Oct 16 (#54702)
 Oct 23-Dec 4 (#54704)

Advanced

Day: Saturday
Age: 11-14 years
Fee: \$25.00
Time: 10:00-11:00am
 Sept 8-Oct 6 (#54705)
 Oct 13-Nov 10 (#54706)

Next Level (by invite only)

Day: Wednesday
Age: 10-14 years
Fee: \$35.00
Time: 6:00-7:30pm
 Sept 5-Oct 10 (#55125)
 Oct 17-Dec 5 (#55126)



City Staff Run Program

Winter Youth Basketball League

Season Dates: Jan 4-Mar 30
 (Includes jersey & banquet)

4 Age Divisions (Ages 5-14 years)

Cal 8: 5-8 years (#54785)

Cal 10: 10 & under (#54786)

Cal 12: 12 & under (#54788)

Cal 14: 14 & under (#56289)*

New this year 3 On 3 league for 14 U

(*Practice dates TBA)

Evaluations

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

Cal 10: Saturday, Dec 1 at 9:30am Last names that begin with letters A-L / 10:30am last names with letters M-Z

Cal 12: Saturday, Dec 8 at 11:30am-12:30pm

Cal 14: Saturday, Dec 1 at 12:00-1:00pm

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

Volunteer coaches NEEDED!

Free registration for parents who volunteer as head coach.

Practices and Games:

Cal 8

Practice: 5-6pm, Mondays

Games: 5:30pm, Wednesdays

Cal 10

Practice: 6-7pm, Mondays or Tuesdays

Games: 5:30pm, Fridays

Cal 12

Practice: 6:30-8pm, Wednesdays

Games: 9:30am, Saturdays

Cal 14

Practice: TBA

Games: 11:30am, Saturdays

City Staff Run Program



Hourglass Field Community Park

Tennis Classes

A series of tennis and fitness training classes, designed to get you started right. From beginning levels and all ages, to highly competitive juniors seeking college scholarships. The **PATHWAY TENNIS** approach will get you to where you want to be (high school team, tournament play and adult league). These classes will teach: learning skills, FORM & FUNCTION for all fundamental tennis strokes, the rules, scoring, court etiquette & more. **REQUIRED:** complete a health assessment questionnaire which will be provided. Tennis racket, tennis shoes, and one tube of unopened

WILSON Extra Duty tennis balls. For warmer weather days: sunblock, towel, water or sport drink. **NOTE:** Group sizes vary, maximum of 10 and 6 with two courts available. Student's age, skill set, health & fitness, learning curve, are all factors in class placement and reassignment by coaches. **THANK YOU!**

Instructor: Coach Stan Jefferson

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

Independent Contractor

Beginners: 5-10 years

Fee: \$144.00/12 weeks

Day: Saturday

Date: Sept 8-Nov 24

Time: 8:00-9:00am (#55228)

Day: Sunday

Date: Sept 9-Nov 25

Time: 8:00-9:00am (#55229)

Beginners: 8-12 years

Fee: \$144.00/12 weeks

Day: Saturday

Date: Sept 8-Nov 24

Time: 9:00-10:00am (#55232)

Day: Sunday

Date: Sept 9-Nov 25

Time: 9:00-10:00am (#55234)

Beginners: 6-10 years

Fee: \$290.00/12 weeks

Day: Monday and Wednesday

Date: Sept 5-Nov 28

Time: 4:00-5:00pm (#55301)

Day: Tuesday and Thursday

Date: Sept 4-Nov 27

Time: 4:00-5:00pm (#55304)

Beginners: 8-13 years

Fee: \$290/12 weeks

Day: Monday and Wednesday

Date: Sept 5-Nov 28

Time: 5:00-6:00pm (#55302)

Day: Tuesday and Thursday

Date: Sept 4-Nov 27

Time: 5:00-6:00pm (#55305)

Intermediate: 8-12 years

Fee: \$144.00/12 weeks

Day: Saturday

Date: Sept 8-Nov 24

Time: 10:00-11:00am (#55235)

Day: Sunday

Date: Sept 9-Nov 25

Time: 10:00-11:00am (#55241)

Intermediate: 12-16 years

Fee: \$144.00/12 weeks

Day: Saturday

Date: Sep 8-Nov 24

Time: 11am-12pm (#55242)

Day: Sunday

Date: Sept 9-Nov 25

Time: 11am-12pm (#55243)

Advanced: 8-12 years

Fee: \$144.00/12 weeks

Day: Saturday

Date: Sep 8-Nov 24

Time: 12:00-1:00pm (#55244)

Day: Sunday

Date: Sept 9-Nov 25

Time: 12:00-1:00pm (#55245)

Advanced 12-16 years

Fee: \$144.00/12 weeks

Day: Saturday

Date: Sept 8-Nov 24

Time: 1:00-2:00pm (#55248)

Day: Sunday

Date: Sept 9-Nov 25

Time: 1:00-2:00pm (#55249)

NEW PROGRAM

Competitive Mixer: 10-16 years

Fee: \$144.00/12 weeks

Date: Sept 8-Nov 24

Day: Saturday

Time: 2:00-3:00pm (#55253)

Time: 3:00-4:00pm (#55256)

Date: Sept 9-Nov 25

Day: Sunday

Time: 2:00-3:00pm (#55255)

Time: 3:00-4:00pm (#55263)

Date: Sept 7—Nov 30

Day: Friday

Time: 4:00-5:00pm (#55306)

Time: 5:00-6:00pm (#55307)

Tennis Refinement

(smaller size classes)

Day: Saturday

Ages: 8-12 years

Fee: \$240.00/12 weeks

Date: Sept 8—Nov 24

Time: 4:00-5:00pm (#55271)

5:00-6:00pm (#55276)

Day: Sunday

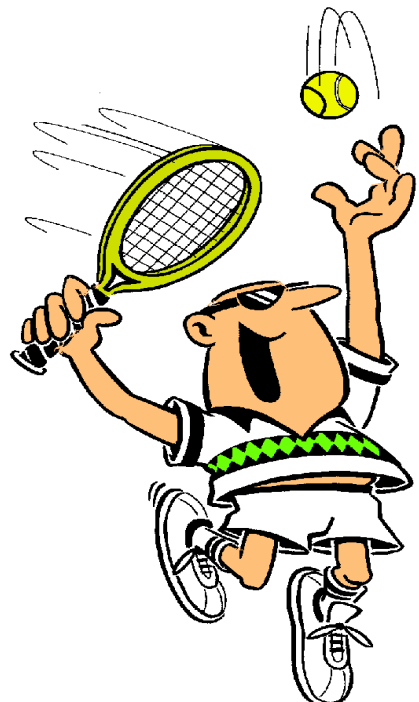
Ages: 12-16 years

Fee: \$240.00/12 weeks

Date: Sept 9-Nov 25

Time: 4:00-5:00pm (#55273)

5:00-6:00pm (#55275)



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
Kevin Kintz	Recreation Leader I
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	11:00-5:00pm
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

Family Movie Night

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

Day:	Friday
Age:	All Ages
Fee:	FREE
Time:	5:00-7:00pm
Sept 7-28	(#55308)
Oct 5-26	(#55309)
Nov 2-30	(#55310)



Beginners Ukulele & Ukulele II

Ukuleles teach kids about music and music theory. Through ukulele lessons, a child learns about beat, harmony, melody, rhythm, and tempo. The ukulele also helps children develop eye-hand coordination. Also, kids who are interested in learning how to play the guitar, ukulele often makes the process easier and less frustrating. Must bring your ukulele instrument.

Day:	Wednesday	Day:	Wednesday
Age:	8-15 years	Age:	17 & up
Fee:	\$20.00	Fee:	\$20.00
Time:	4:00-5:00pm	Time:	5:00-6:00pm
Sept 5-26	(#51588)	Sep 5-26	(#56190)
Oct 3-31	(#55314)	Oct 3-31	(#56191)
Nov 7-28	(#55315)	Nov 7-28	(#56192)

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
Sept 1-30	(#55317)
Oct 1-31	(#55318)
Nov 1-30	(#55320)



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
Sept 3-24	(#55321)
Oct 1-29	(#55322)
Nov 5-26	(#55323)



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
 Sept 3-28 (#55324)
 Oct 1-29 (#55325)
 Nov 2-30 (#55326)

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
 Sept 6-27 (#55327)
 Oct 4-25 (#55328)
 Nov 1-29 (#55329)



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.

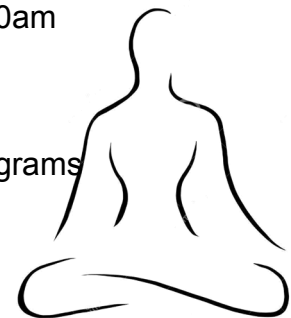
Day: Tuesday/Thursday
Age: 60 years & Older
Fee: FREE
Time: 10:30-11:30am
 Sept 4-28 (#55330)
 Oct 2-30 (#55331)
 Nov 5-30 (#55332)



MELT

Discover how easy it is to feel better, sleep better, stay active, and live a pain-free life. The MELT Method is a simple self-treatment designed to erase pain and tension in your hands, feet, neck and low back. Come and experience for yourself a Melt class and discover this revolutionary approach to selfcare that will keep you healthy, pain-free, and active for a lifetime.

Day: Saturday
Age: 13 years old & Older
Fee: FREE
Time: 9:30-10:30am
 Sept 1-29 (#55336)
 Oct 6-27 (#55337)
 Nov 3-24 (#55338)
 City/Volunteer Run Programs



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
 Sept 4-25 (#55333)
 Oct 2-30 (#55334)
 Nov 6-27 (#55335)



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



City/Volunteer Run Programs

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: Saturday
Age: 7 & up
Fee: FREE
Time: 9:30-10:30am
 Sept 8-29 (#55339)
 Oct 6-27 (#55340)
 Nov 3-24 (#55341)

City Staff Run Program



Kids Softball

Kickball & Dodgeball

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: 4:30-5:30pm
Fee: FREE
 Sept 4-27 (#55342)
 Oct 2-30 (#55343)
 Nov 6-29 (#55344)

City Staff Run Program



Parks Fit Walking Club

Come Walk with us!

Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. So how about joining us for a walking? It's a great way to get exercise into your day and build stronger relationships with family, neighbors or co-workers.

Day: Monday, Wednesday, Friday
Age: 6 & up
Fee: FREE
Time: 4:30-5:30pm
 Sep 3-28 (#55339)
 Oct 1-31 (#56194)
 Nov 2-30 (#56195)

City Staff Run Program



Essential Oils/Meditation/ Stretch & Beauty Tips 101

Educational Class

Do you want to learn more to kick toxic chemicals out of your home and body? We will walk you through step by step and give easy, simple and affordable tactics that anyone can do with the best technics and methods for your mind and body. This class is totally FREE and will blow your mind on how simple it is to care for your health from the inside/out. It's time to take control of YOU! Come join us.

Day: Saturdays
Age: 13 years & Older
Fee: FREE
Time: 12:00-1:00pm
 Sept 8-29 (#55345)
 Oct 6-27 (#55346)
 Nov 3-24 (#55347)

City/Volunteer Run Programs

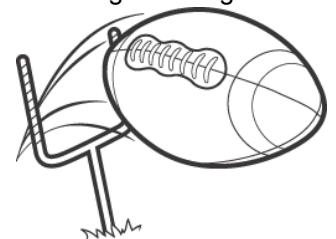


Fundamental Skills of Flag Football

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: 6:00-7:00pm
Fee: FREE
Age: 9-16 years
 Sept 5-26 (#55348)
 Oct 3-31 (#55349)
 Nov 7-28 (#55350)

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.



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
Michelle Tucker	Assistant Center Director
Jia Arnell	Recreation Leader I
Byron Blue	Recreation Leader I
Miesha Walker	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
Ignacio Camacho	Ground 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-3:45pm 5:15pm-7:45pm
Tues & Thurs	9:00am-8:45pm
Wednesday	11:00am-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

Volleyball Basics

In this program your child will be introduced to the fundamentals of volleyball while emphasizing learning and teamwork over winning or losing. Our volleyball programs are a great way to improve their skills and get ready for high school while making friends with teammates. No class 11/22.

Day: Wednesday

Age: 7-10 years

Fee: \$15.00

Time: 3:00-4:00pm

Sep 12-Oct 17 (#54883)

Oct 24-Nov 28 (#54886)

Day: Wednesday

Age: 10-14 years

Fee: \$15.00

Time: 4:00-5:00pm

Sep 12-Oct 17 (#54884)

Oct 24-Nov 28 (#54885)

20 children max.



Winter I Basketball League

\$55 / player

(includes jersey & banquet)

**Season Dates:
Dec 13- Apr 18**

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: (#54891)

Ages: 5-8 years

Evaluations: Thurs, Dec 13 @ 4:30-5:30pm

10 & under: (#54878)

Ages: 8-10 years

Evaluations: Thurs, Dec 13 @ 5:30-6:30pm

12 & under: (#54890)

Ages: 10-12 years

Evaluations: Thurs, Dec 13 @ 6:30-7:30pm

Games/Practices TBA by coaches.

City Staff Run Program

Mira Mesa Community Park Youth/Adult 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. No class 11/23.

Day: Friday
Age: 7-15 years
Fee: \$25.00
Time: 3:00-4:30pm
 Sep 21-Oct 19 (#54879)
 Oct 26-Dec 7 (#54880)



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. No class 11/20-11/23.

Day: Tuesday-Friday
Age: 3-5 years
Fee: \$90.00
Time: 9:30am-1:30pm
 Sep 18-Oct 26 (#54888)
 Oct 24-Nov 30 (#54889)



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. No class 11/12 or 11/19.

Day: Monday
Age: 7-17 years
Fee: \$10.00
Time: 4:00-5:00pm
 Sep 10-Oct 8 (#54881)
 Oct 15-Nov 26 (#54882)



Art Exploration

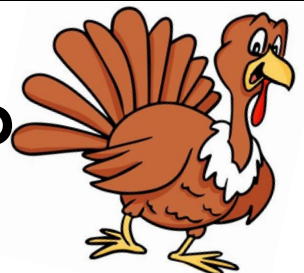
Your children will have lots of fun creating many beautiful and creative displays of fine arts and crafts that they will be proud to hang on their fridge. No class 11/19.

Day: Monday
Age: 5-13 years
Fee: \$10.00
Time: 3:00-4:00pm
 Sep 10-Oct 15 (#55127)
 Oct 22-Nov 26 (#55128)



City Staff Run Programs

Kids Camp



Join us for a couple of days of fun! Campers will enjoy a bunch of games and activities! We will also be going on field trips. Locations TBA. Other days will include some indoor and outdoor activities including crafts, board games and baking tasty treats. Last day of camp will include a movie and pizza!

Day: Monday-Wednesday
Age: 5-12 years
Fee: \$65.00
Time: 10:00am-4:30pm
 Nov 19-Nov 21 (#55136)

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



Upcoming Special Events

TOYS FOR TOTS



Registration Periods: TBA

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 Pick Up

Dec 15 @ 9:00am-1:00pm
Hourglass Field Community Park
10440 Black Mountain Rd
San Diego, CA 92126
(Located on the Miramar College Campus)

*Program for children ages 0-12 years old, social security number required for all children.
Contact either center for more information. Valid ID with USA address required for persons registering.



CALLING ALL

GHOULS & BOYS

Face Painter, Jumper
Arts & Crafts
& Pee Wee Sports

Join us at Lopez Ridge
Neighborhood Park for a
FREE

Halloween Carnival!

Wednesday, Oct 24

11:00am-1:00pm

Ages: 6 years & Under

COSTUME CONTEST:
0-3 years / 11:30am
4-6 years / 11:45am



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
SEPTEMBER 16**

**Feature Film:
Trolls**

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



First 5
San Diego



The City of
SAN DIEGO
Park and Recreation Department

Please Join us at
Mira Mesa Community Park
for a FREE

Spooktacular

Halloween Carnival!
Friday, October 26
5:00-7:00pm

**Face Painting, Jumpys,
Games and Prizes!**

All ages welcomed!

Costume Contest Ages:

0-1 years / 5:45pm

2-4 years / 6:00pm

5-8 years / 6:15pm

9-12 years / 6:30pm

