

The City of San Diego Park and Recreation Department "To effectively serve and support the communities." www.sandiego.gov/park-and-recreation

Parks and Recreation Department



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

(858) 538-8171 Fax: (858) 689-2618

misa mesa community pask/ 8575 New Salem St., San Diego, CA 92126 (858) 538-8122 Fax: (858) 538-8104

registration begins february 16, 2019 at 10:00 am. see page 3 for more details

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINT ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DESCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER @ 619-235-1132) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

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

Apr 1 - Cesar Chavez Day May 27 - 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 Park7809 Flanders DriveMason Joint Use10340 San Ramon DriveMesa Verde Park8350 Gold CoastHourglass Park10440 Black Mountain RoadWalker Joint Use9125 Hillery DriveWangenheim Joint Use9230 Gold Coast Drive

Wangenheim Joint Use 9230 Gold Coast Drive
Westview Park 9230 Westview Pkwy

Lopez Ridge Neighborhood Park

(858) 538-8171

Lopez Ridge 7245 Calle Cristobal
Sandburg Park 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
Mira Mesa Community Park

11119 Polaris Drive
11498 Camino Ruiz
10810 Parkdale Ave
11174 Westonhill Drive
7540 Winterwood Lane
11278 Westonhill Drive
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.

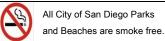
Please visit www.miramesarecreationcouncil.org for more info.

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.





Registration, Permits & Payment

<u>Spring Registration Starts</u>: SATURDAY, FEBRUARY 16

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.

(#123<u>45)</u>.

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

<u>www.SDRECCONNECT.com</u> or visit any local recreation center.

For all <u>Returning Customers</u> (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



Jan 16-June 18

Closed Sundays & 3/2,9 &16, 5/3, 4 & 11, 2019

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

HOURGLASS FIELD

10440 Black Mountain Rd. San Diego, CA 92126 (858) 538-8153

Welcome

The staff at Hourglass Field Community Park would like to welcome you and your family to our facility. We offer a variety of activities for both children and adults. Our goal is to provide you with the best activities possible and be able to fulfill your recreational needs. We welcome any suggestions you may have for new and existing activities.

STAFF

Tim Manion
Denise M. Lamb
Oscar Eusebio
Eric Brown
Gina Broy
Omar Harrison
Paul Lee
Kevon Mitchell
Lenae Plosczynski
Mimi Le
Jose Cecena

Roseanne Arreola

Area Manager II
Center Director III
Assistant Center Director
Recreation Leader I
Grounds Maintenance Worker II
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 TBA

Tuesday 3:30pm-7:00pm Wednesday 3:30pm-7:00pm Thursday 3:30pm-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.*

Youth Camps

Spirit Kids Sports Summer Camp

www.SpiritKidsSports.com (858) 229-4462

Age: 4 years old & up

Fee: \$181.00 **Time:** 9:00am-12:00pm

Day: Jun 24-28 (#59291) Jul 22-26 (#59502)

Aug 5-9 **(#59503**)

Extended Day (8-9am & 1-3pm) See SKS website for details

Extended Day campers please bring a snack, lunch and plenty of water. Non-Extended Day campers please bring a snack and plenty of water. All campers please wear fitted athletic wear and slip on shoes.

Independent Contractor

Summer Dayz

Join us for Summer-Dayz! This exciting program offers your child 4 full days of swimming, games, 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 old
Fee: \$20.00/day

\$80.00/day

Time: 9:00am-4:00pm **Date:** Mon, July 22 (#60039)

Tues, July 23 (#60040) Wed, July 24 (#60041) Thurs, July 25 (#60042)

Thurs, July 25 (#60042) Fri. July 26 (#60347) ALL 5 DAYS (#60043) Mon, Aug 12(#60044) Tues, Aug 13 (#60045) Wed, Aug 14(#60046) Thurs, Aug 15 (#60047)

Fri., Aug 16 (#60348) ALL 4 DAYS (#)60048 Mon, June 25 (#60034) Tues, June 26 (#60035) Wed, June 27 (#60036) Thurs, June 28 (#60037) Fri. June 29 (#60346) ALL 4 DAYS (#60038)

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. City Staff Run Program

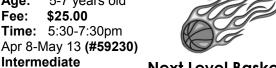
Hourglass Field Community Park Art & Sports Programs

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 Age: 5-7 years old Fee: \$25.00 **Time:** 5:30-7:30pm Apr 8-May 13 (#59230)



Day: Tuesday Age: 8-11 years old

\$25.00 Fee: **Time:** 5:30-7:30pm Apr 9-May 14 (#59232)

Advanced (Max. 12) Day: Wednesday Age: 11-13 years old Fee: \$25.00

Time: 6:00-7:00pm Apr 7-May 19 (**#59234**) Apr 10-May 15 (**#59235**)

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.

Wednesday Day: 9-13 years old Age: \$35.00/6 weeks Fee: **Time:** 6:00-8:00pm

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

3:00pm-4:00pm Time: 6-14 years old Aae:

**Mar 5-May 21 (#59528) Dates:

Ballet for Itty Bits

Day: Tuesday Fee: \$30

Time: 2:00pm-2:30pm or 2-5 years old Aae:

**Mar 5-Apr 16 (#59522) Dates:

Apr 30-May 21 (#59526)

Dav: Tuesday Fee: \$30

Time: 2:30pm-3:00pm or 2-5 years old Age:

Dates: **Mar 5-Apr 16 (#59525)

Apr 30-May 21 (#59527)

Ballet for Athletes

Tuesday and Thursday Day:

Fee: \$50

Time: 3:40pm-4:30pm Age: 6-14 years old

**Mar 5-May 21 (#59528) Dates:

City Staff Run Program **No class on 3/26 and 4/23

Dance by Nadine

Phone: (619) 341-1128 Email: lindsethn@gmail.com Day: Saturday Fee: \$80.00 (Apr 6-May 25) 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 old (#59351)

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 old (#59530)

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. 10-17 years old (#59532) Age:

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: \$60.00

Tot Starter

Ages: 3-5 years old Time: 4:00-4:30pm Mar 7-Mar 28 (#59671) Apr 3-Apr 24 (#59672) May 1-May 22 (#59673) Independent Contractor



Youth

Ages: 6-11 years old

Time: 4:30-5:00pm Mar 7-Mar 28 (#59674) Apr 3-Apr 24 (#59675) May 2-May 23 (#59676)

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

Tennis*

There will be no classes on 4/20 and 4/21

This course will teach the forehand, backhand and serve. Tennis racquet, tennis shoes and a can of unopened tennis balls are required.

Instructor: **Coach Stan Jefferson**

Phone #: (619)770-7187

E-mail: dbadamoytttennis@yahoo.com

Fee: \$144.00

Beginners (Ages: 5-10 years old):

Day: Saturday Date: Mar 2-May 25 *

Time: 8:00am-9:00am (#59620) Day: Sunday Date: Mar 3-May 26*

Time: 8:00-9:00am (#59621)

Beginners (Ages: 8-12 years old): Day: Saturday Date: Mar 2-May 25*

Time: 9:00am-10:00am (#59622) Day: Sunday Date: Mar 3-May 26*

Time: 9:00am-10:00am (#59623) Intermediate (Ages: 8-12 years old):

Day: Saturday Date: Mar 2-May 25*

Time: 10:00am-11:00am (#59626) Day: Sunday Date: Mar 3-May 26* Time: 10:00am-11:00am (#59627)

Monday Date: Mar 4-May 20 Day: Time: 4:00pm-5:00pm (#59628)

Tuesday Date: Mar 5-May 28 Day: Time: 4:00pm-5:00pm (#59629)

Day: Wednesday Date: Mar 6-May 22

Time: 4:00pm-5:00pm (#59630) Thursday Date: Mar 7-May 23 Day: Time: 4:00pm-5:00pm (#59631)

Day: Friday Date: Mar 8-May 24 Time: 4:00pm-5:00pm (#59632)

Intermediate (Ages 12-16 years old):

Saturday Date: Mar 2-May 25* Day: Time: 11:00am-12:00pm (#59633) Sunday Date: Mar 3-May 26* Day: Time: 11:00am-12:00pm (#59634) Advance (Ages 8-12 years old):

Dav: Saturday Date: Mar 2-May 25* Time: 12:00pm-1:00pm (#59635)

Co-Ed Volleyball League

Evaluation Day: Tuesday, Feb 26 12 & Under: @ 6:30pm (#57476) 14 & Under: @ 7:00pm (#57483) 16 & Under: @ 7:30pm (#57491)

Registration starts Tuesday, March 5 (Must bring birth certificate) Learn the basic of the sport or improve your skills to step up to the next level. This will be done through drills, conditioning & games. Game dates, times & locations are TBD. Volleyball teams will be formed through player evaluations.

Day: Tuesdays

Fee: \$55.00/child (including jersey & banquet)

Time: 6:30pm-8:30pm Date: March 5 -June 19 City Staff/Volunteer Run Program Advance (Ages 12-16 years old):

Saturday Date: Mar 2-May 25* Day:

Time: 1:00pm-2:00pm (#59638) Sunday Date: Mar 3-May 26* Day:

Time: 1:00pm-2:00pm (#59639) Monday Date: Mar 4-May 20 Day: Time: 5:00pm-6:00pm (#59640) Day: Tuesday Date: Mar 5-May 28

Time: 5:00pm-6:00pm (#59641)

Wednesday Date: Mar 6-May 22 Day:

Time: 5:00pm-6:00pm (#59642) Thursday Date: Mar 7-May 23 Day: 5:00pm-6:00pm (#59644) Time: Dav: Friday Date: Mar 8-May 24

Time: 5:00pm-6:00pm (#59646)

Competitive Play Mixer (Ages: 12-16 years old):

Saturday Date: Mar 2-May 25* Day:

2:00pm-3:00pm (#59647) 3:00pm-4:00pm (#59649)

Sunday Date: Mar 3-May 26* Day: Time: 2:00pm-3:00pm (#59650)

3:00pm-4:00pm (#59651)

Tennis Refinement—Intermediate (Ages: 8-12 years

old):

Day: Saturday Date: Mar 2-May 25* Time: 4:00pm-5:00pm (#56955) Fee: \$288

Day: Sunday Date: Mar 3-May 26*

Time: 4:00pm-5:00pm (#56957) Fee: \$288

Tennis Refinement—Advance (Ages: 12-16 years old):

Saturday Date: Mar 2-May 25* Day: Time: 4:00pm-5:00pm (#59624) Fee: \$288

Sunday Date: Mar 3-May 26* Dav:

Time: 4:00pm-5:00pm (#59625) Fee: \$288

Summer Youth Basketball League

Season Dates: May-August (Includes jersey, gift & picnic)

Age Divisions (Ages 5-14 years)

Cal 8: 5-8 years (#59164)

Cal 10: 10 & under (#59165) Cal 12: 12 & under (#59166)

Cal 15: 15 & under (#59168)

Evaluations You must attend an evaluation to secure a spot. Being on the waiting list does not secure a spot on a team

Cal 8: Saturday, May 4 at 9:30-10:30am.

Cal 10: Saturday, May 18 at 9:00am for last names

that begin with letters A-L

10:00am for last names with letters M-Z Cal 12: Saturday, May 4 at 11am

Cal 15: Saturday May 18 at 11am

HOURGLASS FIELD COMMUNITY PARK NEW PROGRAMS

Kidz Love Soccer*

Enjoy the world's most popular sport! Learn basic techniques of the game and build self-esteem through participation in fun soccer activities. Perfect for first time players while being fun and engaging for kids with some experience. All participants

Mommy/Daddy & Me (2-3 1/2 years old)

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Adult participation is required.

Day: Wednesdays **Time**: 6:15pm-6:45pm

Cost: \$70

Date: 3/13-4/10 (#59866) Date: 4/24-5/22 (#59870)



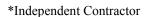
Soccer 1:Techniques & Teamwork (5-6 years old)

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

Day: Wednesdays **Time**: 4:45pm-5:30pm

Cost: \$70

Date: 3/13-4/10 (#59867) Date: 4/24-5/22 (#59871)





Tot/Pre-Soccer (3 1/2-5 years old)

Enjoy running and kicking just like the big kids. Teaches basic techniques of the game and builds self-esteem through participation and fun soccer activities. Shin guards are required after the first meeting.

Day: Wednesdays **Time**: 5:30pm-6:05pm

Cost: \$70

Date: 3/13-4/10 (#59869) Date: 4/24-5/22 (#59873)



Soccer 2: Skillz & Scrimmages (7-11 years old)

Have a great time while developing core soccer skills like dribbling, passing and shooting. Each class will include skill building and scrimmages to develop teamwork and positional play Shin guards are required after the first meeting.

Day: Wednesdays **Time:** 4:00pm-4:45pm

Cost: \$70

Date: 3/13-4/10 (#59868) Date: 4/24-5/22 (#59872)



SPEED & CONDITIONING FOR ATHLETES

Develop explosive speed, agility, stamina, strength, and general well being in a fun interactive training session. This class is for intermediate to elite athletes who are looking to improve their performance and get an edge in their respective sports. Our staff of experienced coaches have several years of coaching high school and/or competitive or travel teams

Day: Tuesdays & Fridays

Cost: \$35 Ages: 10-15 Time: 5:30-6:30pm Date: 4/2 - 5/7 (#60065) Date: 4/5 - 5/10 (#59229)





Pickleball

A new program designed for senior citizens interested in staying fit and making new friends. This sport has elements of tennis, racquetball and table tennis.

Day: Monday Dates: Feb 4-May 27

Cost: Free

Time: 10:00am-12:00pm



NATURE PLAY

Nature is the ideal playscape for climbing, running, pondering and wondering that are essential for healthy child development. Playing outdoors in nature is a high touch alternative o the technology-saturated lifestyle. Nature Play can help guide children to develop a connection to the natural world. This program concludes with a hike through Lopez Ridge Canyon last class.

Ages: 6-10 years old Day: Saturday Time: 10am-11am

Ages: 6-10 years old

Cost: Free but must register due to limited spots available

Date: 4/6-4/27 (#59902)

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

Ukulele for Beginners Youth, Teen & Adult

Ukulele is one of the easiest instruments for beginners to learn. There are only 4 strings and unlike the guitar, fretting is easy to do. Ukulele chords are oversimplified & do not require odd hand and finger movements.

Must bring your own ukulele. \$20.00/4 weeks

| Youth Ukulele | <u>Teen Ukulele</u> |
|----------------------|----------------------|
| Day: Wednesday | Day: Friday |
| Ages: 9-17 years old | Ages: 18-30 |
| Time: 4:00pm -5:00pm | Time: 2:00pm- 3:00pm |
| Mar 6-27 (#59536) | Mar 1-29 (#59539) |
| Apr 3-24 (#59537) | Apr 5-26 (#59540) |
| May 1-29 (#59538) | May3-31 (#59541) |
| | |

Adult Ukulele Day: Friday

Ages: 31 & up

Time: 1:00pm –2:00pm Mar 1-29 (#59542) Apr 5-26 (#59543) May 3-31 (#59544)



Natural Arts in the Park & Crafts

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: Friday
Age: 2 & ups
Fee: FREE

Time: 4:30-5:30pm

Mar 1-29 (#59564) Apr 5-26 (#59565) May 3-31 (#59566)



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 1-29 (#59560) Apr 1-29 (#59562) May 3-31 (#59563)

City /Volunteer 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:** 55 years & Older

Fee: FREE

Time: 10:30-11:30am

Mar 5-28 (#59554) Apr 2-30 (#59555) May 2-30 (#59556) 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 5-26 (#59551) Apr 4-25 (#59552) May 7-28 (#59553)

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 7-28 (#59548) Apr 4-25 (#59549) May 2-30 (#59550)



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 1-29 (#59557) Apr 6-27 (#59558) May 4-25 (#59559)

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.

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: 9:30am-10:30am

Mar 2-30 (#59567) Apr 6-27 (#59568) May 4-25 (#59569) City Staff Run Program

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
Ages: 9-17 years old
Time: 4:00-6:00pm

Fee: \$10.00 Mar 6-27 (#59545) Apr 3-24 (#59546) May 1-29 (#59547)



Nature Play at Lopez Ridge

This class is intended to get kids outdoors in nature. There will be new and seasonal arts, gardening, science and craft projects to help children learn more about their environment.

Day: Saturday

Age: 5 –10 years old

Fee: FREE

Time: 12:30-1:30pm April 6– April 27 **(#60110)**



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.

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 |
| Sylvia Smasal | Recreation Leader I |
| Miesha Walker | Recreation Leader I |
| Roque Ramirez | Grounds Maintenance Worker II |
| Nacho Lucy | Grounds Maintenance Worker II |
| Troy Daluz | Grounds Maintenance Worker II |
| | |

Hours of Registration

Tuesday/Thursday 1:00pm-6:00pm Wednesday 1:00pm-6:00pm 12:00pm-4:00pm Friday Saturday 12:00pm-2:00pm Note: Permits are processed by appointment only. Exact cash, credit cards, & checks are accepted.

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-8:45pm |
| Friday | 12:00pm-6:45pm |
| Saturday | 9:00am-3:45pm |
| Sunday | 10:00am-2:00pm |

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

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

8 & under: (#59884)

Ages: 5-8 years

Evaluations: Thurs, May 16 @ 4:30-5:30pm

10 & under: (#59885)

Ages: 8-10 years

Evaluations: Thurs, May 16 @ 5:30-6:30pm

12 & under: (#59886)

10-12 years Ages:

Thurs, May 16 @ 6:30-7:30pm **Evaluations:**

City Staff/Volunteer Run Program



\$55 / player (includes jersey & banquet) **Season Dates:** May-August 2019

14 & under (#60369)

12-14 years Ages:

Evaluations: Thurs, May 16 @ 7:30-8:30pm

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: Friday Age: 5-15 years Fee: \$25.00 Time: 3:00-4:00pm Mar 8-Apr 12 (#59478) Apr 26-May 31 (#59487)



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—Friday

Age: 3-5 years \$90.00 Fee: Time: 9:30-1:30pm

Mar 12-Apr 19 (#59499) *No class 3/25-3/28*

Apr 23-May 31 (#59500) 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: Monday Age: 7-12 years Fee: \$15.00 4:30-5:30pm Time:

Mar 11-Apr 15 (#59504) *No class 4/1

Apr 22-May 20 (#59505) City Staff Run Programs

Volleyball Basics

In this program your child will be introduce 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 team-

Day: Wednesday Age: 7-12 years old Fee: \$15.00

Time: 4-4:40pm

Mar 6-Apr 10 (#59493)

No class 3/27

Apr 17-May 22 (#59494)





Spring Tea Party

Dress to impress for our first annual Alice in Wonderland Spring Tea Party! There will be English tea and light refreshments provided as well as a variety of games and activities for your child to enjoy! Please register by Friday. 5/10 and be sure include an email address to receive your exclusive tea party invitation! 30 participants max.

Friday, May 17 (#59501) Day:

2-5 years Age: FREE! Fee:

12:00-2:00pm Time:





Mira Mesa Community Park

Youth Camps & Clinics

CPRING 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 25-Thurs. Mar 28

Age: 5-12 years old **Time:** 10:00-4:00 pm

Fee: \$60.00-ALL 4 Days (#59290)

\$20.00-Monday (#59294)

\$20.00-Tuesday (#59295) \$20.00-Wednesday (#59300)

\$20/00-Thursday (#59303)



Coach John N. La Chica 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 25 and Tues. Mar 26 Fee: FREE & Unlimited Participants

Ages/Time:

8U (5-8 years) - 9:00-10:00am (#59268) 11U (9-11 years) - 10:30-11:30am (#59270) 14U (12-14 years) - 12:30-2:00pm (#59271) 18U (15-18 years) - 2:30-4:00pm (#59273)

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 2019.

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 sdrecconnect.com.



"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 15, 2019 at 8:00am Dolores Magdaleno Memorial Recreation Center, 2902 Marcy Ave., San Diego 92113

Finale Event - 5K Run/Walk & Family Celebration Saturday, August 17, 2019 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:







Department

Free Upcoming Spring Events



GAMES & PRIZES

HURS, MARCH 28 1:00-3:00PM

> EGG HUNT TIMES & AGES O-3 1:30PM 4-6 1:45PM 7-11 2:00PM

BASKET!



LOPEZ RIDGE NEIGHBORHOOD PARK

> EGG HUNT TIMES & AGES O-2 11:30AM 3-4 11:45AM 5-6 12:00PM