

# SUMMER Program 2019

## **HOURGLASS FIELD COMMUNITY PARK**

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

## **LOPEZ RIDGE NEIGHBORHOOD PARK**

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

## **MIRA MESA COMMUNITY PARK**

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

**Summer online registration starts 10:00am on  
May 11, 2019 at [www.sdreconnect.com](http://www.sdreconnect.com).**

**In-house registration hours are printed inside this guide.**

# PARK & FACILITY INFORMATION

Our staff cordially invites you to visit all recreation centers in Mira Mesa: Hourglass Field Community Park, Lopez Ridge Neighborhood Park and Mira Mesa Community Park.

## Recreation Center & Schedules

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



## Holiday Closures

Independence Day: July 4  
 Memorial Day: May 27  
 Labor Day: September 2

## Important Phone Numbers

SDPD (Non-Emergency) (619) 531-2000  
 Ned Baumer Pool (858) 538-8083  
 San Diego Humane Society (619) 299-7012

## 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 Advisory Group 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](http://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

Summer Registration Starts:  
SATURDAY MAY 11, 2019

**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](http://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 (non-refundable 3% processing fee charged per credit card transaction).
- 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**

## Youth Sports Organizations

<b>Mira Mesa Little League:</b>	<a href="http://www.eteam2.com/mmwll">www.eteam2.com/mmwll</a>
<b>Mira Mesa Youth Baseball:</b>	<a href="http://www.mmyb.org">www.mmyb.org</a>
<b>Mira Mesa Youth Football:</b>	<a href="http://www.mmchargers.org">www.mmchargers.org</a>
<b>Mira Mesa AYSO:</b>	<a href="http://www.miramesayso.com">www.miramesayso.com</a>
<b>Mira Mesa Girls Softball League:</b>	<a href="http://www.leaguelineup.com">www.leaguelineup.com</a>

## Adult Sports Organizations

<b>Co-Ed &amp; Men's Softball:</b>	<b>John Grondona</b> <a href="http://www.Softballsd.com">www.Softballsd.com</a>
<b>Adult Basketball League:</b>	<b>Rob Powell</b> <a href="http://www.Sandiegobasketball.com">www.Sandiegobasketball.com</a>
<b>Softball:</b>	<b>Vavi</b> <a href="http://www.Govavi.com">www.Govavi.com</a>
<b>Senior Softball:</b>	<b>Jerry Hemes (619) 697-1083</b>

## Ned Baumer Pool

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

## Summer Swim Dates

June 18-August 24



# 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 the facility. A variety of activities for both children and adults is offered. The goal is to provide you with the best activities possible and be able to fulfill your recreational needs. Any suggestions you may have for new and existing activities are always welcome.

## 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
Mimi Le	Recreation Leader I
Kevon Mitchell	Recreation Leader I
Lenae Plosczynski	Recreation Leader I
Jose Cecena	Grounds Maintenance Worker II
Roseanne Arreola	Grounds Maintenance Worker II

## Facility

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

# Summer Dayz

Join the center for Summer-Dayz! This exciting program offers children 5 full days of indoor/outdoor games and activities, cooking crafts, arts & crafts, group games, swimming and best of all...an exciting field trip each week!  
(Maximum enrollment: 20 children)

**Day:** Monday-Friday  
**Age:** 8-12 years  
**Fee:** \$20.00/day  
 \$80.00/5 days  
**Time:** 9:00am-4:00pm  
**Date:** Monday 6/24 (#60034)  
 Tuesday 6/25 (#60035)  
 Wednesday 6/26 (#60036)  
 Thursday 6/27 (#60037)  
 Friday 6/28 (#600346)  
 ALL 5 DAYS (#60038)



Monday 8/12 (#60044)  
 Tuesday 8/13 (#60045)  
 Wednesday 8/14 (#60046)  
 Thursday 8/15 (#60047)  
 Friday 8/16 (#60348)  
 ALL 5 DAYS (#60048)

Monday 7/22 (#60039)  
 Tuesday 7/23 (#60040)  
 Wednesday 7/24 (#60041)  
 Thursday 7/25 (#60042)  
 Friday 7/26 (#60347)  
 ALL 5 DAYS (#60043)

Children should bring their lunch daily and an afternoon snack will be provided. Please inform staff of any allergies or dietary restrictions. City Staff Run Program.

## Hours Of Operation

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

## Game Room Hours

Tuesday	3:00-7:00pm
Wednesday	3:00-7:00pm
Thursdays	3:00-7:00pm

(Hours vary. Call office for more info)

## Registration

Tuesdays	3:00 -7:00pm
Wednesday	3:00 -7:00pm
Saturdays	9:00am -1:00pm

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

## Spirit Kids Gymnastics

### Summer Camp

www.SpiritKidsSports.com  
 (858) 229-4462

**Age:** 4 years and older

**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

### 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](http://www.SDrecCONNECT.com)

# Hourglass Field Community Park

## It's not Rocket Science

This class is designed to inspire kids to invent, build, brainstorm, tinker and work together. Children will use their creativity and imaginations to complete fun and exciting science experiments and projects. City Staff Run Program

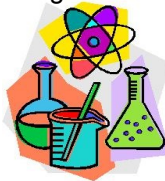
**Dates:** June 19-July 24 (no class 7/3)

**Day:** Wednesday

**Fee:** \$30.00/5 weeks (#62106)

**Time:** 5:30-6:30pm

**Age:** 7-11 years



## 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 to 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 Camino Ruiz Canyon for the last class.

**Ages:** 6-10 years old

**Day:** Saturday

**Time:** 10-11am

**Ages:** 6-10 years

**Cost:** Free but limited spots available

**Date:** 7/13--8/3 (#62341)

City Staff Run Program



## COOKING WITH TEENS

A 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 having fun!

**Dates:** Monday-Thursday, August 5-August 8

**Time:** 11:00am-12:30pm (#62364)

**Age:** 12-15 years

**Fee:** \$30.00

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 and Thursday

**Fee:** \$50

**Time:** 2:00pm-3:00pm

**Age:** 6-14 years

**Dates:** \*\*June 25-Aug 20 (#61848)

### Ballet for Itty Bits

**Day:** Monday

**Dates:** \*\*June 24-Aug 19

**Fee:** \$30

**Age:** 2-5 years

**Time:** 12:30pm-1:00pm (#61846)

1:00pm-1:30pm (#61847)

### Ballet for Athletes

**Day:** Thursday

**Fee:** \$25

**Time:** 3:00pm-4:00pm

**Age:** 6-14 years

**Dates:** \*\*June 27-Aug 22 (#61849)

### Hip Hop Dance Class

**Day:** Tuesday

**Fee:** \$25

**Time:** 3:00pm-4:00pm

**Age:** 6-14 years

**Dates:** \*\*June 25-Aug 20 (#61883)

City Staff Run Program

**\*\*No class on 7/1, 7/2, 7/4, 7/8, 7/9, 7/11, 8/5, 8/6, 8/8 and 8/22**

## Civic Dance Arts

[www.cividdanceart.org](http://www.cividdanceart.org)

619-235-5255

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

**Dates:** Wednesdays, June 26—Sept 18\*

### Intermediate Ballet 3A

**Time:** 4:15-5:15pm (#61015)

**Age:** 8-18 years

**Fee:** \$41.00

### Advanced Beginner Tap 2A

**Time:** 5:15-6:00pm (#61016)

**Age:** 6-17 years

**Fee:** \$41.00

### Advanced Beginner Jazz 2A (#61018)

**Time:** 6:00-6:45pm

**Age:** 6-17 years

**Fee:** \$41.00

### Advance Intermediate Ballet 4A (#61021)

**Time:** 6:45-8:15pm

**Age:** 12-18 years

**Fee:** \$82.00

\* No class on 7/17, 7/31, and 8/28

City Staff Run Program



# Hourglass Field Community Park Art & Sports Programs

## Summer Youth Basketball League

**Season Dates: May-August**  
(Includes jersey, & picnic) **4 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)

\$55.00  
per  
player

**You must attend an evaluation date 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

## 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 at: **San Diego Ice Arena, 11048 Ice Skate Place, San Diego, 92126**

**Instructor:** Wendy Smith  
**Phone #:** (858) 530-1826  
**Day:** Wednesday  
**Fee:** \$60.00



### Tot Starter

**Ages:** 3-5 years  
**Time:** 4:00-4:30pm  
Jun 5-26 (#62334)  
Jul 10-31 (#62335)  
Aug 7-28 (#62336)

### Youth

**Ages:** 6-11 years  
**Time:** 4:30-5:00pm  
Jun 7-28 (#62501)  
Jul 11-Aug 1 (#62502)  
Aug 8-29 (#62503)

## Girls Basketball Clinic

This camp is designed for girls that are seriously interested in developing their basketball skills, to prepare them for higher level play. Girls must have at least 2 years of organized play experience to participate. All campers will be issued a free t-shirt as well.

**Day:** Monday-Thursday  
**Ages:** 11-15 years old  
**Fee:** \$45.00 includes t-shirt  
**Time:** 9:00-12:00pm  
**Dates:** Aug 12-Aug 15 (#61222)  
City Staff Run Program



## Flag Football League

**Day:** Thursday & Friday, Games TBD  
**Ages:** 12 & under (#62107)  
14 & under (#62108)  
**Fee:** \$55.00  
**Time:** 5:30-7:30pm  
**Date:** Sept 5 - Dec 6  
**\*Please bring child's Birth Certificate upon registration\***  
City Staff Run Program



## Fundamentals of Flag Football

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

**Day:** Thursday  
**Ages:** 8-12 years old  
**Fee:** \$30.00  
**Time:** 5:30-7pm  
**Date:** July 18 — Aug 22, 6 weeks (#61845)

City Staff Run Program

## Volleyball Skills Clinic

This skills camp/clinic is designed for youth that are serious about increasing their volleyball knowledge and skills. It will run for two hours a day, three times a week for two weeks. This The first hour will be dedicated to **passing & setting** only and the second hour will be dedicated to **hitting & blocking** only. Please be sure to bring lots of water and wear appropriate athletic clothing & shoes. Knee pads are mandatory. City Staff Run Program

**Day:** Thursdays  
**Fee:** \$30.00 includes  
**Dates:** 7/11, 7/18 and 7/25  
**Time:** 6:30-8:30pm  
**Ages:** 12-16 years old (#62333)



# Hourglass Field Community Park

## 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 receive a soccer jersey! For more information, please visit [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com).

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

The fun happens on the field, it's better to participate than watch from the sidelines! Participants in age-appropriate activities will have fun while parents child to develop their motor and socialization skills. Adult participation is:

**Day:** Wednesdays  
**Time:** 6:15-6:45pm  
**Cost:** \$70  
**Date:** 6/5-6/26 (#59874)  
**Date:** 7/3-7/31 (#62635)



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

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

**Day:** Wednesdays  
**Time:** 5:30-6:05pm  
**Cost:** \$70  
**Date:** 6/5-6/26 (#59877)  
**Date:** 7/3-7/31 (#62366)



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

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:** 4:45-5:30pm  
**Cost:** \$70  
**Date:** 6/5-6/26 (#59875)  
**Date:** 7/3-7/31 (#62367)



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

Participants will 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:** 4:00-4:45pm  
**Cost:** \$70  
**Date:** 6/5-6/26 (#59876)  
**Date:** 7/3-7/31 (#62368)



\*Independent Contractor

## 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:** Wednesdays 6 weeks  
**Cost:** \$35  
**Ages:** 10-15  
**Time:** 11:00am-12:00pm  
**Date:** 6/19 - 7/31 (no class 7/17) (#62369)  
City Staff Run Program



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## Pickleball

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

**Day:** Mondays & Wednesdays  
**Cost:** Free  
**Time:** 10:00am-12:00pm



### 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](http://www.SDrecCONNECT.com)

# Hourglass Field Community Park

## Tennis\*

These classes will teach age appropriate fundamental, intermediate and advance tennis skills and fitness related exercises. Class size max 6 students per court. One tube of unopened tennis balls, tennis shoes, and a racket is required. Make up classes allowed for 3 absences.

**Instructor:** Coach Stan Jefferson  
**Phone #:** (619) 770-7187  
**E-mail:** [dbadamoytttennis@yahoo.com](mailto:dbadamoytttennis@yahoo.com)  
**Fee:** \$144.00

### Beginners (Ages: 5-10 years):

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 8:00-9:00am (#62066)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 8:00-9:00am (#62067)

### Beginners (Ages: 8-12 years old):

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 9:00-10:00am (#62068)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 9:00-10:00am (#62069)

### Intermediate (Ages: 8-12 years):

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 10:00-11:00am (#62072)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 10:00-11:00am (#62073)

**Day:** Monday **Date:** June 3-Aug 19

**Time:** 4:00-5:00pm (#62098)

**Day:** Tuesday **Date:** June 4-Aug 20

**Time:** 4:00-5:00pm (#62099)

**Day:** Wednesday **Date:** June 5-Aug 21

**Time:** 4:00-5:00pm (#62100)

**Day:** Thursday **Date:** June 6-Aug 22\*

**Time:** 4:00-5:00pm (#62101)

**Day:** Friday **Date:** June 7-Aug 23\*

**Time:** 4:00-5:00pm (#62074)

### Intermediate (Ages 12-16 years):

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 11:00am-12:00pm (#62075)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 11:00am-12:00pm (#62076)

### Advance (Ages 8-12 years):

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 12:00-1:00pm (#62033)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 12:00-1:00pm (#62077)

### Advance (Ages 12-16 years):

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 1:00-2:00pm (#62078)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 1:00-2:00pm (#62079)

**Day:** Monday **Date:** June 3-Aug 19

**Time:** 5:00-6:00pm (#62080)

**Day:** Tuesday **Date:** June 4-Aug 20

**Time:** 5:00-6:00pm (#62081)

**Day:** Wednesday **Date:** June 5-Aug 21

**Time:** 5:00-6:00pm (#62082)

**Day:** Thursday **Date:** June 6-Aug 22\*

**Time:** 5:00-6:00pm (#62083)

**Day:** Friday **Date:** June 7-Aug 23\*

**Time:** 5:00-6:00pm (#62085)

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

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 2:00-3:00pm (#62086)

**Time:** 3:00-4:00pm (#62087)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 2:00-3:00pm (#62088)

**Time:** 3:00-4:00pm (#62089)

### Tennis Refinement—Intermediate (Ages: 8-12 years):

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 4:00-5:00pm (#62096)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 4:00-5:00pm (#62097)

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

**Day:** Saturday **Date:** June 1-Aug 24\*

**Time:** 4:00-5:00pm (#62070)

**Day:** Sunday **Date:** June 2-Aug 25\*

**Time:** 4:00-5:00pm (#62071)

## NEW TENNIS CLASSES!

### Beginners Summer Morning Classes (Ages: 8-12 yrs old):

**Days:** Mon & Wed **Date:** June 3-Aug 21

**Time:** 8:00-9:00am (#62102) **Fee:** \$288

**Days:** Tues & Thurs **Date:** June 4-Aug 22\*

**Time:** 8:00-9:00am (#62104) **Fee:** \$288

### Intermediate Summer Morning Classes (Ages: 8-12 yrs old):

**Days:** Mon & Wed **Date:** June 3-Aug 21

**Time:** 9:00-10:00am (#62103) **Fee:** \$288

**Days:** Tues & Thurs **Date:** June 4-Aug 22\*

**Time:** 9:00-10:00am (#62105) **Fee:** \$288

\* There will be no classes July 4-7, 2019

\* Independent Contractor

### ARE YOU GOING TO REGISTER ONLINE?

Online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to [www.SDrecCONNECT.com](http://www.SDrecCONNECT.com)





# LOPEZ RIDGE

## Welcome

7245 Calle Cristobal San Diego, CA 92126  
(858) 538-8171

The staff at Lopez Ridge cordially invites you to visit the park at Lopez Ridge. There are a variety of classes to choose from. Including dance, art, fitness, and sports.

### Staff

Tim Manion	Area Manager II
Trena Bennett	Center Director I
Macha Rodriguez	Assistant Center Director
Walter Maake	Recreation Leader I
Armando Angulo	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



### 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 and do not require odd hand and finger movements. Must bring your own ukulele.

\$20.00/4 weeks

Youth Ukulele		Teen Ukulele	
<b>Day:</b>	Wednesday	<b>Day:</b>	Friday
<b>Age:</b>	9-17 years	<b>Ages:</b>	18-30
<b>Fee:</b>	<b>\$20.00</b>		
<b>Time:</b>	4:00-5:00pm	<b>Time:</b>	2:00-3:00pm
June 5-26	(#61614)	June 7-28	(#61617)
July 3-31	(#61615)	July 5-26	(#61618)
Aug 1-29	(#61616)	Aug 2-30	(#61619)

City Staff Run Programs

### Adult Ukulele

\$20/4weeks

**Day:** Friday  
**Ages:** 31 years and older  
**Time:** 1:00-2:00pm  
**June 7-28 (#61620)**  
**July 3-31 (#61621)**  
**Aug 2-30 (#61622)**

### Natural Arts in the Park

Participants will start their week fresh with new and seasonal arts, gardening and crafts projects. They will develop their skills working with paints, color markers, pencils or crayons, glue, beads, construction paper, scissors and much more.

**Day:** Friday  
**Age:** 5 years and older  
**Fee:** FREE  
**Time:** 4:30-5:30pm  
**June 7-28 (#61623)**  
**July 5-26 (#61624)**  
**Aug 2-30 (#61625)**

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

June 3-28 (#61626)

July 1-29 (#61627)

Aug 2-30 (#61628)

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:** 50 years & Older  
**Fee:** FREE  
**Time:** 10:30-11:30am

June 4-27 (#61629)

July 2-30 (#61630)

Aug 1-29 (#61631)

City Staff Run Program



### Cardio Fitness Dance

This class is a fun, high energy aerobics, 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

June 4-25 (#61632)

July 2-30 (#61633)

Aug 1-27 (#61634)

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

June 6-27 (#61635)

July 4-25 (#61636)

Aug 1-29 (#61637)



### 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

June 1-29 (#61638)

July 6-27 (#61639)

Aug 3-31 (#61640)

City/Volunteer Run Programs



HELLO  
 Summer

#### 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](http://www.SDrecCONNECT.com)



# Lopez Ridge Neighborhood Park

## Youth Sports & Education Programs

### 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:** 5-18 years  
**Fee:** FREE  
**Time:** 9:30-10:30am  
 June 1-29 (#61641)  
 July 6-27 (#61642)  
 Aug 3-31 (#61643)

City Staff Run Program  
 City Staff Run Program



### Youth Sports

This program is designed for children to enhance their self esteem, build strength, skills and confidence in a variety of sports. It will allow children to make new friends and develop a great team and effort of supporting on another.

**Day:** Tuesday & Thursday  
**Fee:** FREE  
**Ages:** 4-14 years  
**Time:** 4:30-5:30pm  
 June 4-27 (#61648)  
 July 2-30 (#61649)  
 Aug 1-29 (#61650)



### 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  
**Fee:** FREE  
**Time:** 11:30am-12:30pm



### Fundamental Skills of Flag Football

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

**Day:** Wednesday  
**Time:** 6:00-7:00pm  
**Fee:** FREE  
**Age:** 9-16 years  
 June 4-27 (#61645)  
 July 2-30 (#61646)  
 Aug 7-28 (#61647)



City/Volunteer Run Programs

#### ARE YOU GOING TO REGISTER ONLINE?

Online registration activity numbers are assigned for each class and appear in parenthesis; e.g. (#1234). See page 3 for more details.

Log on to [www.SDrecCONNECT.com](http://www.SDrecCONNECT.com)



# MIRA MESA

8575 New Salem Street, San Diego, CA 92126

## Welcome

The staff at the Gil Johnson Mira Mesa Recreation Center welcomes you and your family to these facilities. Activities and programs are offered to 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
Victor Dean	Grounds Maintenance Worker II
Roque Ramirez	Grounds Maintenance Worker II
Nacho Lucy	Grounds Maintenance Worker II

### Hours of Operation

Monday	12:00-8:00pm
Tuesday	9:00am-9:00pm
Wednesday	11:00am-9:00pm
Thursday	9:00am-9:00pm
Friday	12:00-7:00pm
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	12:00-6:45pm
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.

## BIZARRE SCIENCE & INCREDIBLE MATH

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

**Day:** Monday  
**Age:** 6-14 years old  
**Fee:** \$35.00  
**Time:** 2:30-3:30pm  
 Jun 24—Aug 19 (#61851)  
**No class 7/8 & 8/5**  
 City Staff Run Program



## SUMMER Basketball League



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

To register online: please visit [www.sdreconnect.com](http://www.sdreconnect.com) or in-house at Gil Johnson Mira Mesa Recreation Center during their 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)**

**Ages:** 10-12 years  
**Evaluations:** Thurs, May 16 @ 6:30-7:30pm

**14 & under: (#60369)**

**Ages:** 12-14 years  
**Evaluations:** Thurs, May 16 @ 6:30-7:30pm  
 Games/Practices TBA by coaches.

# Mira Mesa Community Park

## City Staff Run Youth Programs

### Tiny Tots Circle Time

The class focus will be on providing a high quality, age appropriate and nurturing environment for children to flourish within. This will include, but not limit to, arts and crafts, reading, numbers, music and movement.

**Day:** Tuesday—Friday

**Age:** 3-5 years

**Fee:** \$90.00

**Time:** 9:00am—12:00pm

Jun 25—Aug 30 (#61853)

No class 7/4 & week of 7/9-7/12 & 8/6-8/9



### Art Exploration

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:** 7-13 years

**Fee:** \$10.00

**Time:** 4:30-5:30pm

Jun 24—Aug 19 (#61852)

No class 7/1, 8/5



### Volleyball Basics

Participants will be introduced to the fundamentals of volleyball while emphasizing the importance of teamwork rather than winning or losing. A great class for youth who want to make new friends and improve self confidence and self esteem.

**Day:** Wednesday

**Age:** 7-14 years

**Fee:** \$15.00

**Time:** 12:30-1:30pm

Jun 26—Aug 21 (#61854)

No class 7/3, 7/10 & 8/7



### Kitchen Kraziness

Participants will enjoy making delicious cooking creations. Children will also learn the importance of kitchen safety. 10 students maximum.

**Day:** Tuesday

**Age:** 7-12 years

**Fee:** \$15.00

**Time:** 3:00-4:00pm

Jul 16—Aug 20 (#61885)

No class 8/6



### Volleyball League 12U & 14U Team Building & Practice Only

This class is a team building and practice only class, designed for those interested in participating in Mira Mesa Rec. Center's 12U & 14U team in the Fall of 2019. 12U & 14U teams will be practicing together twice a week this summer in hopes of maintaining as well as improving their volleyball skills needed for competitive play.

**Day:** Monday

**Time:** 9:30-11:30am

**Day:** Friday

**Time:** 1:30-3:00pm

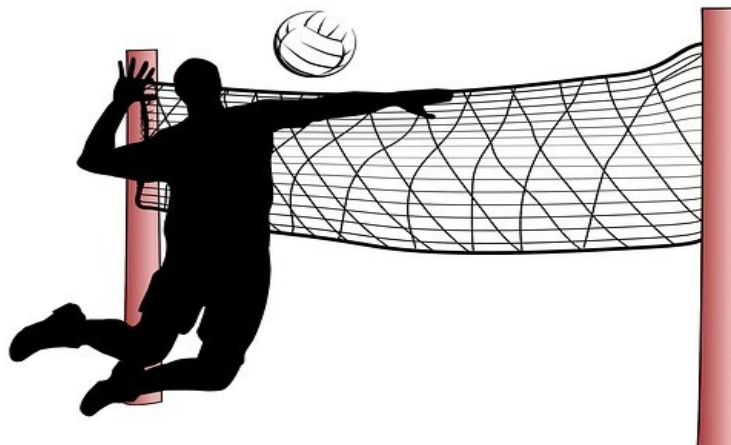
**Age:** 10-12 years (#61855)

12-14 years (#61884)

**Fee:** \$30.00

Jun 24—Aug 23

No class 7/8, 7/12, 8/5 & 8/9



# Mira Mesa Community Park

## Youth Programs & Events

# SUMMER CAMP

**Time: 10:00am–4:00pm**

**Fee: \$60.00 for 4 days**

One week out of the month is our Summer Camp! Campers will enjoy many indoor and outdoor activities including relay races, science crafts, board games and baking some tasty treats! There will be a field trip! Last day of Camp will include a movie and a pizza party!! Additional information is available by calling the recreation center.  
(15 students max.)

### **JUNE WEEK**

**June 17th –June 20th  
(#61856)**

### **JULY WEEK**

**July 8th–July 11th  
(#61857)**

### **AUGUST WEEK**

**August 5th–August 8th  
(#61858)**



## **Summer Fit Fest**

Saturday, June 15 2019

11am-1pm

The 1st annual SUMMER FIT FEST!

Open to the public, a family friendly event to promote and gain more knowledge on how to sustain and maintain a healthy & active lifestyle!

**FREE** booths, games and a fitness workshop!



Reservations are recommended and taken in-person or online at [www.sdreconnect.com](http://www.sdreconnect.com) using code (#62749).

## Upcoming Events at Mira Mesa

# FREE TEEN NITE PROGRAM



The 3rd annual Teen Night Program at  
Mira Mesa Community Park will be  
**July 12 - August 30**  
**Field Trips and Fun Programs**  
**Every Friday Night!**  
**5:30-8:30pm**  
**Ages 12-17 years**

Weekly schedule will be posted at Rec Center.



## FREE SUMMER MEALS

### FOR KIDS

Monday-Friday

0-18 years

6/17-8/16

Lunch: 12:00-1:00pm

Play Time: 1:00-2:00pm

Snack: 3:00-3:30pm

## FREE SUMMER LUNCH

Wednesday, July 10



12:00-1:00PM FOOD

1:00-2:00PM ACTIVITIES

FREE for all children ages 0-18  
years!

# Upcoming Movies in the Park

Free fun event for the whole family

## SUMMER MOVIES IN THE PARK

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

**SATURDAY  
JULY 27 @ Dusk**

**Feature Film:  
Mary Poppins Returns**

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



**SATURDAY  
SEPTEMBER 14 @  
Dusk**

**Feature Film:  
Dumbo**

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



The City of  
**SAN DIEGO**  
Parks and Recreation Department