

# Fall 2023 Brochure

## OUR MISSION

*"To provide healthy, sustainable, and enriching environments for all."*

## RECREATION CENTERS & SCHEDULES

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# PARK & FACILITY INFORMATION

Our staff cordially invites you to visit all recreation centers in Mira Mesa:

Hourglass Field House, Lopez Ridge Recreation Center and Gil Johnson/Mira Mesa Recreation Center.

## HOLIDAY CLOSURES

Labor Day	September 4
Veterans Day	November 10
Thanksgiving	November 23
Christmas	December 25

## 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

## YOUTH SPORTS ORGANIZATIONS

### **Mira Mesa Little League**

<https://www.miramesalittleleague.org/>

### **Mira Mesa Youth Football**

<https://www.miramesachargers.org>

### **Mira Mesa AYSO**

<https://www.miramesaayso.org>

### **Mira Mesa Girls Softball League**

<https://www.mmgssoftball.com>

## ADULT SPORTS ORGANIZATIONS

### **Co-Ed & Men's Softball**

Peter McNamara [www.socaladultsoftball.com](http://www.socaladultsoftball.com)

### **Adult Basketball League**

Rob Powell [www.sandiegobasketball.com](http://www.sandiegobasketball.com)

### **Senior Softball**

Jim Smith (619) 358-3361

## 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.

## 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 contact the Volunteer Office at:

<https://bit.ly/3ISqfsX> or (619)533-4017.

## 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:

### **HOURLASS FIELD COMMUNITY PARK (858) 538-8153**

<b>Maddox Park*</b>	<b>7809 Flanders Drive</b>
Mason Joint Use	10340 San Ramon Drive
Mesa Verde Park	8350 Gold Coast
Hourglass Park	10440 Black Mountain Rd
Walker Joint Use	9125 Hillery Drive
Wangenheim Joint Use	9230 Gold Coast Drive
<b>Westview Park*</b>	<b>11278 Westview Pkwy</b>

### **LOPEZ RIDGE COMMUNITY PARK (858) 538-8171**

Lopez Ridge	7245 Calle Cristobal
Sandburg Park	11170 Avenida Del Gato

### **MIRA MESA COMMUNITY PARK (858) 538-8122**

<b>Breen Park*</b>	<b>11119 Polaris Drive</b>
<b>Camino Ruiz Park*</b>	<b>11498 Camino Ruiz</b>
Challenger Joint Use	10810 Parkdale Ave
Ericson Joint Use	11174 Westonhill Drive
McAuliffe Park	7540 Winterwood Lane
Mesa Viking Park	11278 Westonhill Drive
<b>Mira Mesa Community Park*</b>	<b>8575 New Salem Street</b>

- parks with picnic shelters that are available for permit

## COMMUNITY RECREATION GROUP

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.



### IMPORTANT INFORMATION

Recreation Centers are equipped with Automated External Defibrillator

All City of San Diego Parks and Beaches are smoke free.



## REGISTRATION INFORMATION

**Registration Begins: Saturday, August 19, 2023 at 10:00 am**

Only a parent or legal guardian can register participants under the age of 18 years.

Cash or paper check is not accepted for registration.

Acceptable payment methods (on-line and in-person) include:

Electronic check - proper ID with proof of checking account required

Credit, debit, or gift cards issued by qualified card service merchants

(Visa, MasterCard, American Express, and Discover only).

A **\$25.00 fee will be charged for declined electronic checks**. All customers must verify that bank routing and account numbers are entered correctly.

All fees must be paid in full prior to attending the first class.

Classes not meeting the minimum number of students may be cancelled.

### PROCESSING FEES ARE INCLUDED

All registration and reservation fees include a non-refundable 3.56% processing fee.

### RECREATIONAL PROGRAMS REFUND AND TRANSFER POLICY

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form (COM-6), in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy:

#### **Refund Policy Exclusions:**

Three percent (3.56%) processing fee will be deducted from all refunds

No refund or transfer for non-attendance at any class

No credits to account

No refunds for costumes or equipment

Activity fees less than \$10.00 will not be refunded

**Classes:** Refund is based on the date that the written application is submitted.

96.5% refund - 3 or more calendar days prior to the first day of the class

75% refund - less than 3 calendar days prior to the first day of class

No refund for requests submitted more than 24 hours after the first day of class

**Camps:** Refund is based on the date that the written application is submitted.

96.5% refund - 10 or more calendar days prior to the first day of camp

50% refund - less than 10 calendar days prior to the first day of camp

No refund or transfer for requests less than 48 hours prior to the first day of camp

**\*For more information, refer to the complete Recreational Programs Refund and Transfer Policy attached to all receipts\***

## ONLINE REGISTRATION INFORMATION

You may register online for all contractual programs offered by using the Online Registration System.

**Log onto: [www.SDRecConnect.com](http://www.SDRecConnect.com)**

**Returning Customers** (previously registered for classes online)

Click the "My Account" button. Enter your Login (email) and password.

**New Customers** - click the "Create Account" button. Fill out the New Account request form completely, including all required fields (Birth date, gender, email address, etc.) and click submit. Please submit your request only once. You will receive a confirmation email at the email address you provided. Please follow directions to activate the account.

**\*Please Note: (For first time users only) Parents/Guardians must create their own account first using their own information. Once you have an online registration account, you can add a child as a family member.**

*If you need help, please click the FAQs (Frequently Asked Questions) button for information.*

# HOURGLASS PARK

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.

Hourglass Park has three meeting rooms, kitchen, game room, gymnasium with two full courts, seven multi-purpose fields, sports equipment, a dance room with mirrors, gymnastic room and a playground.

\*For reservation details of the facility please contact the office.

## STAFF

Claudia Apodaca	Area Manager II
Denise M. Lamb	Center Director III
Troy Daluz	Assistant Center Director
Omar Harrison	Recreation Leader I
Paul Lee	Recreation Leader I
Dane Beasley	Recreation Aide
Elise Dunn	Recreation Aide

## HOURS OF OPERATION

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



# STAFF PROGRAMS

## HG BASKETBALL ACADEMY

### BASKETBALL FUNDMENTALS

Students will be coached the fundamentals of basketball with the Hourglass staff. **Cost: \$25**

#### Beginners Class Ages: 5 - 8 years

**Class Dates:** Sept. 7 - Oct. 5th (#109272)

Oct. 19 - Nov. 16th (#109273)

**Date/Time:** Thursdays 5:00 - 6:00pm

#### Advanced Class Ages: 11-14 years **Cost \$30**

**Class Dates:** Sept. 6 - Oct. 4th (#109277)

Oct. 18 - Nov. 15th (#109276)

**Date/Time:** Wednesdays 6:00-7:30pm



#### Intermediate Class Ages: 9 - 12 years

**Class Dates:** Sept. 6 - Oct. 4th (#109274)

Oct. 18 - Nov. 15th (#109275)

**Date/Time:** Wednesdays 6:00-7:00pm

#### BALL HANDLING Ages: 10-13 years **Cost: \$35**

**Dates:** Sept. 6 - Oct. 4th (#109694)

**Day/Time:** Wednesdays 7:00-8:00pm

#### DEFENSE & FOOTWORK Ages: 10-13 years **Cost: \$35**

**Dates:** Oct. 18 - Nov. 15th (#109695)

**Day/Time:** Wednesdays 7:00-8:00pm

In these two small group training programs, players will be able to improve their defense and footwork ability and enhance their ball handling skills.

## WINTER YOUTH BASKETBALL LEAGUE

**Season Dates: January - March 2023**

**\$65/child** (Includes jersey & champion trophies)

### EVALUATIONS \*\*

**Volunteer coaches  
needed**

**Cal 8:** Saturday Dec. 3 9:30 - 10:30am

**Cal 10:** Friday Dec. 2 6:00 - 7:00pm for last names that begin with letters **A-L**  
7:00 - 8:00pm for last names that begin with letters **M-Z**

**Cal 12:** Wednesday, Nov. 29 6:00 - 8:00pm

**Cal 14:** Friday Dec. 2 6:00 - 8:00pm

Registration is free for  
parents who volun-  
teer as head coach

**\*\*All children must attend their designated evaluation day to be able to register\*\***

#### Cal 8: 5 - 8 years (#109720)

Practice Day/Time: Mon & Wed, 5:00 - 6:00pm

Game Day/Time: Wed 5:30pm

#### Cal 10: 10 & under (#109721)

Practice Day/Time: Mon & Fri, 6:00 - 7:00pm

Game Day/Time: Fri 6:00 & 7:00pm

#### Cal 12: 12 & under (#109722)

Practice Day/Time: Wed, 6:30 - 8:00pm

Game Day/Time: Sat 9:30 & 10:30am

#### Cal 14: 14 & under (#109723)

Practice Day/Time: Wed, 6:30 - 8:30pm

Game Day/Time: Thursdays TBD\*

\*Games held at North Clairemont Recreation  
Center (4421 Bannock Ave.)

# STAFF 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!

Lead by Jia Arnell.

**Ages:** 6-14 years

**Instructor:** City Staff

**Schedule:** Saturdays 3:00 - 3:55pm

**Location:** Dance Room 205

**Dates:** September 9 - November 18, 2023

**Fee:** \$35 (#107386) **NO CLASS 10/28**

## CIVIC DANCE ARTS

In the class your child will begin the passion for dance through, Ballet and Jazz. Program schedule and information will be available at [www.cividdanceart.org](http://www.cividdanceart.org) or by calling 619 235-5255



## TAI CHI INTEGRAL

Integral Tai Chi is a health improvement program, combining Yoga, Tai Chi, Qi Gong, and Meditation in one system that integrates, body, mind, and spirit. This class serves to bring the vision of restoring health, engendering hope, and facilitating a healing process. This program allows you to generate and use or energy effectively, enhance brain functionality, increase physical fitness, reduce stress, increase flexibility, lessen the effects of aging, and improve feelings of wellbeing. Requirements for class include: Yoga mat, t-shirt and sweatpants (no trunks or shorts), bottle water, and yoga mat.

**Age:** 18 years and older

**Instructor:** Binh Phan

**Schedule:** Saturdays & Sundays 10-12:00pm

**Location:** Room J223

**Dates:** Sept. 9 - Dec. 2 (#109466)

**Fee:** FREE

Sept. 10 - Nov. 19 (#109467)

No class 11/25 & 26



# \*Spirit Kids Gymnastics\*

## TINY TOTS

This Tiny Tots class is designed for toddlers to learn basic gymnastics skills, balance and flexibility. The class is focused around building coordination and body awareness while encouraging social and motor skills. This class incorporates lots of movement and play while teaching basic fundamental skills.

**Ages:** 3 - 4 years

**Schedule:** Thursdays 2:00 - 2:45pm

**Dates:** Sept.14 - Oct. 12, 2023

**Fee:** \$125 (#108982)

**Ages:** 3 - 4 years

**Schedule:** Thursdays 2:00 - 2:45pm

**Dates:** Oct. 19 - Nov. 30, 2023

**Fee:** \$150 (#109290) **NO CLASS 11/23**



## HOT SHOTS

This Class is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

**Ages:** 5 - 7 years

**Schedule:** Thursdays 3:00 - 3:50pm

**Dates:** Sept.14 - Oct. 12, 2023

**Fee:** \$125 (#108983)

**Ages:** 5 - 7 years

**Schedule:** Thursdays 3:00 - 3:50pm

**Dates:** Oct. 19 - Nov. 30, 2023

**Fee:** \$150 (#109291) **NO CLASS 11/23**



## ALL-STARS 1

This is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

**Ages:** 6 - 9 years

**Schedule:** Thursdays 4:00 - 4:50pm

**Dates:** Sept.14 - Oct. 12, 2023

**Fee:** \$125 (#108984)

**Ages:** 6 - 9 years

**Schedule:** Thursdays 4:00 - 4:50pm

**Dates:** Oct. 19 - Nov. 30, 2023

**Fee:** \$150 (#109292) **NO CLASS 11/23**



## ALL-STARS 2

This class is by INVITE ONLY; registration will take at the recreation center only. The All-Star class for ages 7-10 year-old is a great class for a variety of skill levels. We are a recreational gymnastic program that focuses on building fundamental gymnastics skills in a fun, friendly, and relaxed environment. Children will gain confidence and build self-esteem, strength, coordination, flexibility, and body awareness.

**Ages:** 7 - 10 years

**Schedule:** Thursdays 5:00 - 5:50pm

**Dates:** Sept.14 - Oct. 12, 2023

**Fee:** \$125 (#109610)

**Ages:** 7 - 10 years

**Schedule:** Thursdays 5:00 - 5:50pm

**Dates:** Oct. 19 - Nov. 30, 2023

**Fee:** \$150 (#108985) **NO CLASS 11/23**



Independent Contractor: spiritkidssports@gmail.com (858) 229-4462

# \*Damoytt Tennis Program\*

These classes will teach age appropriate fundamentals for beginners, intermediate and advance tennis skills and fitness related exercise. Bring one can of unopened tennis balls. Tennis and a racket are required.

Make up classes allowed for three absences. **All classes are \$88**

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

<b>BEGINNER SKILL</b>		<b>Ages: 5 - 7 years</b>	
Saturdays	Sundays		
8:00 - 9:00am	8:00 - 9:00am		
Sept. 9 - 30 (#109519)	Sept. 10 - Oct 1 (#109525)		
Oct. 7 - 28 (#109520)	Oct. 8 - 29 (#109526)		
Nov. 4 - Dec. 2 (#109521)	Nov. 5 - Dec 3 (#109527)		

<b>BEGINNER SKILL</b>		<b>Ages: 8- 12 years</b>	
Saturdays	Sundays		
9:00 - 10:00am	9:00 - 10:00am		
Sept. 9 - 30 (#109528)	Sept. 10 - Oct 1 (#109522)		
Oct. 7 - 28 (#109529)	Oct. 8 - 29 (#109523)		
Nov. 4 - Dec. 2 (#109530)	Nov. 5 - Dec. 3 (#109524)		

<b>INTERMEDIATE SKILL</b>		<b>Ages: 8 - 12 years</b>	
Saturdays	Sundays		
10:00 - 11:00am	11:00 - 12:00pm		
Sept. 9 - 30 (#109533)	(#109541)		
Oct. 7 - 28 (#109531)	(#109543)		
Nov. 4 - Dec. 2 (#109532)	(#109545)		

<b>ADVANCED SKILL</b>		<b>Ages: 10 - 16 years</b>	
Saturdays	12:00 - 1:00pm	Sundays	12:00 - 1:00pm
Sept. 9 - 30 (#109550)		Sept. 10 - Oct.1 (#109553)	
Oct. 7 - 28 (#109551)		Oct. 8 - 29 (#109554)	
Nov. 4 - Dec. 2 (#109552)		Nov. 5 - Dec. 3 (#109555)	

<b>COMPETITIVE PLAY MIXER</b>		<b>Ages: 10-16 years</b>	
Saturdays	1:00 - 2:00pm	Sundays	1:00 - 2:00pm
Sept. 9 - 30 (#109557)		Sept. 10 - Oct. 1 (#109560)	
Oct. 7 - 28 (#109558)		Oct. 8 - 29 (#109561)	
Nov. 4 - Dec. 2 (#109559)		Nov. 5 - Dec. 3 (#109562)	

<b>STROKE REFINEMENT</b>		<b>Ages: 10-16 years</b>	
Saturdays	2:00 - 3:00pm	Sundays	2:00 - 3:00pm
Sept. 9 - 30 (#109563)		Sept. 10 - Oct. 1 (#109566)	
Oct. 7 - 28 (#109564)		Oct. 8 - 29 (#109567)	
Nov. 4 - Dec. 2 (#109565)		Nov. 5 - Dec. 3 (#109568)	

\*Contractual programs consist of independent contractors that have been approved as a sponsored program.

## **Requirements for Independent Contractors:**

- All contractors, sub-contractors and volunteers must be fingerprinted through the Live Scan process.
- Contractors must submit a business license and proof of insurance
- City staff handles all registrations for the program
- Contractors must provide Worker's compensation coverage for all their Employees



# FALL SPORTS LEAGUES

## Co-Ed Volleyball League

Season Dates: September 12 - November 18, 2023

\$65 (includes jersey & banquet)



### 12 & Under \*

Practice Day/Time:

Tuesdays, 6:00 - 8:00pm

Game Day/Time:

Fridays, 5:00 - 8:00pm (#107335) \* Game location TBA

### 15 & Under

Practice Day/Time:

Tuesdays, 6:30 - 8:30pm

Game Day/Time:

Saturdays, 9:30am & 10:30am (#107334)

**\*Volunteer coaches needed**

Registration is free for parents who volunteer as head coach.



### Evaluation Day

12U: Tuesday September 12, 2023 @ 6:00pm

14U: Tuesday September 12, 2023 @ 6:30pm



# MIRA MESA

8575 New Salem Street San Diego, CA 92126

(858) 538-8122



## WELCOME

We'd like to welcome you and your family to the Gil Johnson Recreation Center, located in Mira Mesa Community Park. Here we offer activities and programs for both adults and children. Our goal is to enrich the lives in our community through quality parks and programs. We hope you can come here and enjoy all the events, programs, and activities Mira Mesa has to offer.

## STAFF

**Claudia Apodaca**

**Maria Carriedo**

**John O'Brien**

**Jia Arnell**

**Byron Blue**

**George Atengco**

**Dylan Slack**

**Dabid Angel**

**Armando Angulo**

**Eleazar Barcenas**

**Ismael Llerenas**

**Sami Al Rawi**

**Roque Ramirez**

**Jose Santillan**

**Area Manager II**

**Center Director III**

**Assistant Center Director**

**Recreation Leader I**

**Recreation Leader I**

**Recreation Leader I**

**Recreation Aide**

**Grounds Maintenance Worker II**

**Grounds Maintenance Worker II**

**Grounds Maintenance Worker II**

**Grounds Maintenance Worker II**

**Grounds Maintenance Worker II**

**Grounds Maintenance Worker II**

**Grounds Maintenance Worker II**

## HOURS OF OPERATION

<b>Monday</b>	<b>12:00pm - 8:00pm</b>
<b>Tuesday</b>	<b>9:00am - 9:00pm</b>
<b>Wednesday</b>	<b>11:00am - 8:00pm</b>
<b>Thursday</b>	<b>9:00am - 9:00pm</b>
<b>Friday</b>	<b>12:00pm - 7:00pm</b>
<b>Saturday</b>	<b>9:00am - 4:00pm</b>
<b>Sunday</b>	<b>10:00am - 2:00pm</b>



# STAFF PROGRAMS



## ART EXPLORATION

**Fee: \$20/ participant**

Children will enjoy creating many beautiful and creative art pieces that are influenced by well-known artists like Camille Pissaro, Claude Monet, and Pierre-Auguste Renoir to name a few. This class invites children to explore their world and capture it in art.

**Instructor:** Jia Arnell

**Location:** Craft Room

**Age:** 5 - 13 years

**Day:** Tuesday

**Time:** 5:30 - 6:15pm

**Dates:** September 12, 19, 26  
(#109627)

October 10, 17, 24  
(#109628)

November 7, 14, 28  
(#109629)



## CERAMICS FOR CHILDREN

**Fee: \$36/ participant**

This class is an ideal environment for Children to explore their creativity while learning the craft of ceramics. This class will encourage children to explore three dimensional perspectives, which facilitates thoughts about structure, shapes and forms.

**Instructor:** Jia Arnell

**Location:** Craft Room

**Age:** 7 - 15 years

**Day:** Thursday

**Time:** 5:30-6:45 pm

Dates: September 14, 21, 28  
(#109624)

October 12, 19, 26  
(#109625)

November 9, 16, 30  
(#109626)



## FALL VOLLEYBALL LEAGUE

**Fee: \$65/participant**

### VOLLEYBALL 12U

**Instructor:** Gil Johnson Staff

**Location:** Gymnasium

**Age:** 2U

**Day:** Wednesday

**Time:** 6:00pm to 7:00pm

(109630)

### VOLLEYBALL 14U

**Instructor:** Gil Johnson Staff

**Location:** Gymnasium

**Age:** 14U

**Day:** Wednesday

**Time:** 6:00pm to 7:00pm

(109631)

**Practice Dates:** September (13, 20, 27)      October (4, 11, 18, 25)      November (1, 8, 15)

\* Game dates and location will be announced after enrollments are complete. \*



## FALL FLAG FOOTBALL

**Fee: \$65/participant**

### FLAG FOOTBALL 10U

**Instructor:** Gil Johnson Staff

**Location:** Gymnasium

**Age:** 10U

**Day:** Tuesday

**Time:** 5:00pm to 6:00pm

(109652)

### FLAG FOOTBALL 12U

**Instructor:** Gil Johnson Staff

**Location:** Gymnasium

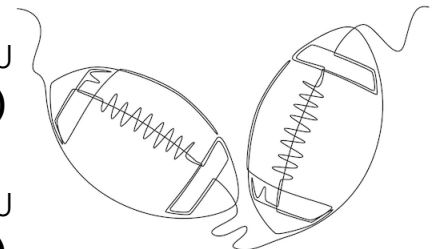
**Age:** 12U

**Day:** Tuesday

**Time:** 6:00pm to 7:00pm

(109653)

**Practice Dates:** September (12, 19, 26)      October (3, 10, 17, 24)      November (7, 14)



\* Flag Football will be ran as a clinic. Games will depend on area enrollment. If we have \* enough participation in the area, we will form a league with other Recreation Centers.

For more information please contact Mira Mesa staff at (858) 538-8122



# STAFF PROGRAMS



## FALL BASKETBALL CLINIC

This clinic offers skill training in the fundamental skills needed to play the game of volleyball. Participants will learn to bump, set, spike, offense, defense, and teamwork. These valuable skills will easily transfer to an upcoming volleyball league.

**Instructor:** Gil Johnson Staff  
**Day:** Monday  
**Dates:** September (109632)

**Location:** Gymnasium  
**Time:** 5:00pm to 5:45pm  
October (109633)

**Age:** 6-7 years  
**Fee:** \$30/participant  
November (109634)

**Instructor:** Gil Johnson Staff  
**Day:** Monday  
**Dates:** September (109635)

**Location:** Gymnasium  
**Time:** 5:45pm to 6:45pm  
October (109636)

**Age:** 8-10 years  
**Fee:** \$36/participant  
November (109637)

**Instructor:** Gil Johnson Staff  
**Day:** Monday  
**Dates:** September (109638)

**Location:** Gymnasium  
**Time:** 6:45pm to 7:45pm  
October (109639)

**Age:** 11-12 years  
**Fee:** \$36/participant  
November (109640)



**Meeting Dates:** September (11, 18, 25)      October (2, 9, 16, 23)      November (6, 13, 27)

## OPEN PLAY



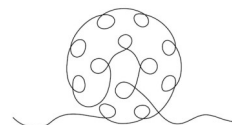
### VOLLEYBALL

**Day:** Wednesday  
**Fee:** Free  
**Location:** Gymnasium  
**Time:** 7:00pm - 8:45pm



### PICKLEBALL

**Day:** Monday through Friday  
**Fee:** Free  
**Location:** Gymnasium  
**Time:** 12:00pm - 3:00pm



### TABLE TENNIS

**Day:** Sunday through Saturday  
**Fee:** Free  
**Location:** Gymnasium  
**Time:** Daily Operating Hours



### BADMINTON

**Day:** Tuesday and Thursday  
**Fee:** Free  
**Time:** 11:00am - 1:00pm  
**Location:** Gymnasium



**Note:** The Game Room is open for Table Tennis during normal operating hours, unless the Game Room is permitted for an event. Calendars for Game Room activities are posted at the Gil Johnson Recreation Center. To receive an update on Table Tennis Open Play hours, please contact staff at the Gil Johnson Recreation Center at 858-538-8122.

\* All Open Play times and dates are subject to change without notice. \*

For more information please contact Mira Mesa staff at (858) 538-8122

# 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.

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.

## STAFF

Claudia Apodaca	Area Manager II
Trena Bennett	Center Director I
Eric Brown	Recreation Leader I
Armando Angulo	Grounds Maintenance Worker II

## HOURS OF OPERATION

Monday	11:00am - 7:00pm
Tuesday	12:00pm - 7:00pm
Wednesday	12:00pm - 7:00pm
Thursday	12:00pm - 7:00pm
Friday	11:00am - 7:00pm
Saturday	9:00am - 5:00pm
Sunday	Closed

# STAFF and VOLUNTEER PROGRAMS

## Arts Class Vision and Goals

**Age:** 6 - 9 years

Participants will experience new and seasonal arts, gardening and crafts projects. They will develop skills working with paints, color markers, pencils or crayons, glue, beads, writing, vision boards, construction paper and scissors, all while exploring your dreams, goals, and much more.

**Instructor:** Lopez Ridge staff

**Location:** Craft Room

**Schedule:** Tuesdays 3:30 - 4:30pm

**Fee:** \$10.00

**Dates:** Sept. 5 - Sept. 26 (#109475)  
Oct. 3 - Oct. 31 (#109476)  
Nov. 7 - Nov. 28 (#109477)



## Craft Circle Café

**Age:** 18 years and up

If you like DIY craft projects AND socializing with other crafters please join us for Craft Circle Café. Bring your own project: scrapbooking, needlework, knitting, coloring or work on the project being presented. Drop in for a short time or stay the entire time. Plenty of table space and some materials/supplies will also be available. What to learn something new? Create family photo albums? Make a special card for someone? Come join us.

**Instructor:** Lopez Ridge staff

**Location:** Craft Room

**Schedule:** Fridays 11:00 - 2:00pm

**Fee:** Free

**Dates:** Sept. 1 - Sept. 29 (#109478)  
Oct. 6 - Oct. 27 (#109479)  
Nov. 3 - Nov. 24 (#109480)



## Virtual/In-House Fitness for Life Older Adults

**Age:** 55 years and better

This chair-based fitness class uses seated and standing exercises combining unique moves with strength training, stretching & mindfulness to maintain a healthy body, mind and active lifestyle!. (in-house is limited to 12 participants)

**Instructor:** Lopez Ridge staff

**Schedule:** Tuesday at 10:30 - 11:30am  
Thursdays at 1:00 - 2:00pm

**Dates:** Sept. 5 - Nov. 30 (#109344)

**Fee:** Free



**Login information for virtual classes will be sent out prior to the start of class.**

If you have any questions or issues, please contact Lopez Ridge staff at (858) 538-8171



# STAFF and VOLUNTEER PROGRAMS

## Play Kids Kickball, Dodgeball & Family Game Room Fun

**Age:** 5 - 10 years

This program is for kids who want to play outside and have fun. Improve balance, flexibility and reduce stress while socializing with peers. Children will learn how to communicate as a team and how to respect one another, even when they are on opposing teams.

**Instructor:** Lopez Ridge staff

**Location:** Outdoor

**Schedule:** Wednesdays 4:00 - 4:45pm

**Fee:** \$10.00

**Dates:**

Sept. 6– Sept. 27 (#109470)

Oct. 4- Oct. 25 (#109471)

Nov. 1– Nov. 29 (#109469)



## Basketball Clinic

**Age:** 9- 14 years

Keep your basketball skills sharp with dribbling, passing, shooting, and defensive drills. Work with one of our experienced coaches with drills, scrimmages, and fitness exercises to help you stay in shape and prepare for upcoming seasons.

**Instructor:** Eric Brown

**Location:** Outdoor courts

**Schedule:** Mondays 5:00 - 5:45pm

**Fee:** \$10.00

**Dates:**

Sept. 11-Sept. 25 (#109481)

Oct. 2 - Oct. 30 (#109482)

Nov. 6-Nov. 27 (#109484)



## Body Pump & Life Style

**Age:** 13 years and up

The key to Health and Fitness

Body Pump is a lifestyle characterized by safe, effective exercise, strength training and nutrition. Body Pump can be used to accomplish any goal, from improved health to weight loss to better performance. The program works for everyone - people who are just starting out and people who have trained for years. The Lifestyle - Off the carbs, off the couch. The Lifestyle - a combination of diet and exercise - is the key to fitness and long-term health. The program is modified for each person to help him or her safely become healthier, stronger and fit.

**Instructor:** Lopez Ridge staff

**Location:** Meeting Room

**Schedule:** Thursdays 6:00 - 7:00pm

**Fee:** Free

**Dates:**

Sept. 7 - Sept. 28 (#109488)

Oct. 5 - Oct. 26 (#1094890)

Nov. 2 - Nov. 30 (#109492)



## Book Nook Saturday Morning Story Time

**Age:** 5 - 10 years

Come join us in a welcoming and educational environment where children can develop their listening skills and be engaged in storybook reading.

**Instructor:** Staff

**Location:** Craft Room

**Schedule:** Saturdays 12:00pm - 1:00pm

**Fee:** Free

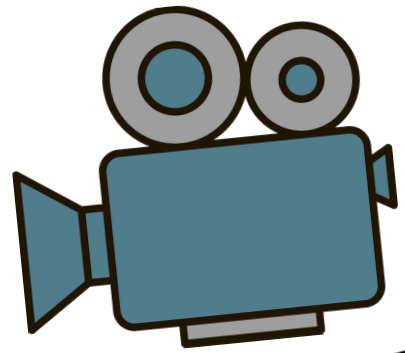
**Dates:**

Sept. 2–Sept. 30 (#109472)

Oct. 7-Oct. 28 (#109473)

Nov. 4 –Nov. 25 (#109474)





# TOYS FOR TOTS

NEED HELP WITH BUYING TOYS FOR YOUR CHILDREN FOR THE HOLIDAYS  
CALL HOURGLASS FIELD COMMUNITY PARK FOR DETAILS AT 858 538-8153

STARTING SEPTEMBER 25, 2023

TOYS DISTRIBUTION WILL BE DECEMBER 16, 2024 PRE-REGISTRATION IS REQUIRED

