

# Carmel Valley Recreation Center

3777 Townsgate Dr. San Diego, CA 92130

Phone: (858) 552-1616



## Winter 2023 Program

### HOURS OF OPERATION

Monday	9:00 a.m. - 8:00 p.m.
Tuesday	9:00 a.m. - 6:00 p.m.
Wednesday	9:00 a.m. - 8:00 p.m.
Thursday	9:00 a.m. - 9:00 p.m.
Friday	9:00 a.m. - 8:00 p.m.
Saturday	9:00 a.m. - 3:00p.m.
Sunday	Closed





# RECREATION CENTER INFORMATION



## OUR MISSION

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

## HOLIDAY CLOSURES

Monday, December 26, 2023	Christmas Day
Monday, January 2 2023	New Years Day
Monday, January 16 2023	Martin Luther King Jr. Day
Monday, February 20 2023	Presidents Day

## FACILITIES

The Carmel Valley Community Park and Recreation Center is a City of San Diego Parks and Recreation facility and is free and open to the public during designated hours. Facilities and programs available:

- Indoor multipurpose courts
- Game room with Table Tennis
- Passive picnic areas with barbecues
- Outdoor basketball courts
- Multipurpose fields
- Outdoor Fitness Stations
- Two Playgrounds
- Tennis courts
- Amphitheater



## PARK RULES

- No Golfing
- No Littering
- Dogs must be on a leash at all times
- No overnight camping or parking
- No open campfires
- No Glass Containers
- No Smoking

## CARMEL VALLEY PARKS

- Ashley Falls Park**  
13030 Ashley Falls Drive
- Carmel Creek Park**  
4260 Carmel Center Road
- Carmel Del Mar Park**  
12345 Carmel Park Drive
- Carmel Valley Park**  
3777 Townsgate Drive
- Solana Highlands Park**  
3520 Long Run Drive
- Solana Ranch Park**  
Pacific Highlands Ranch Parkway
- Carmel Grove Park**  
Corner of Carmel Grove & Carmel Creek Rd.
- Carmel Knolls Park**  
4850 Carmel Knolls Dr.
- Carmel Mission Park**  
Corner of Carmel Country & Carmel Mission Rd
- Carmel View Park**  
Corner of Valley Centre Dr. & Carmel View Rd
- Torrey Highlands Park**  
Corner of Del Mar Heights Rd. & Lansdale
- Windwood Park**  
Corner of Carmel Creek Rd. & Paseo Montanas



## PARK USE INFORMATION

City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

**Call for availability and more information. Permits are taken by appointment only. Please contact the Center Director at (858) 552-1616 to schedule.**

## AED (AUTOMATIC EXTERNAL DEFIBRILLATOR)

An AED is located inside the recreation center lobby

## COMMUNITY RECREATION GROUP

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Community Recreation Group. The Advisory Group meets the first Tuesday of January, April, July and October at 7:00pm at the Recreation Center. Meeting notice and information is posted on the Recreation Center bulletin board.

## BOOK NOOK

*Reading is Recreation!*

BOOK NOOK is a "take a book, leave a book" gathering place where you can share your favorite literature and stories. If you really like a book, you can keep it and then donate a different book to share. If you are looking for something new to read, the Book Nook is the perfect place for children and adults.

If you would like to donate to the Book Nook, please leave any books at the front desk.

## INDIVIDUALS WITH SPECIAL NEEDS

All classes or programs can accommodate individuals with special needs. For programs that are contracted by the City of San Diego Parks and Recreation Department, Therapeutic Recreation Services will provide inclusion aides as additional assistance along with contractual program staff. Inclusion aides will be provided only upon availability. Requests for this service must be made at least three weeks prior to the first day of the program.

For further information, please inquire at the center office or contact Therapeutic Services at (619) 525-8247.

***Rental programs are required to provide reasonable accommodations for individuals with disabilities. Contact program provider to discuss accommodations.***

## CONTRACTUAL VS RENTAL PROGRAM

The Carmel Valley Recreation Center offers a variety of programs for the youth which are provided through the means of two different sources: Contractual programs and Rental programs. Contractual programs consist of independent contractors that have been approved by the City of San Diego as a sponsored program. Rental programs are commercial companies that rent out the facility to offer their programs and activities for the community.

## Requirements for Independent Contractors:

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

## Requirements for Permit Holders/Rental Programs:

Must provide proof of insurance  
Must provide own advertisement for program  
Handles all registration for their programs

**Rental programs are NOT required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.**

**Permit Holders/Rental programs are identified with a \*\*\* triple asterisk in this program.**



# RECREATION CENTER INFORMATION



## REGISTRATION INFORMATION

**Registration Begins: Saturday, November 19, 2022 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 (blank or voided check) 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% 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%) 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.

97% 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.

97% 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\*

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

97% refund - 10 or more calendar days prior to the first scheduled game

50% refund - less than 10 calendar days prior to the first scheduled game

No refund or transfer for requests after the first scheduled game

## 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.*

***As a recipient of Federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, gender, religion, creed, marital status, sexual orientation, ancestry, national origin, age, mental or physical disability, medical condition (including HIV, AIDS, and AIDS related Complex). If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department by contacting the District Manager at (619) 235-1133 or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, DC 20240. This information is available in alternative formats upon request.***



# CINEMATOGRAPHY



**"Picture Perfect, Point, Click and Shoot"**

Minimum: 4 Maximum: 8

**Cinematography 101 (Ages 7 - 12)**

**Cost: \$161.00/session**

**Mondays 5:00 - 6:00 p.m. [103830]**

This course is an introduction to video scene setups and digital photography. Students will explore the importance of camera angles, shot sizes, and movements while grasping the basics of Go-Pros, gimbals and DJI drones. Students will discover the aesthetics of visual arts by telling a story through still-image and short scenes. Participants create a digital, non-narrative work portfolio by learning key cinematography concepts, including composition, lighting, color, and framing. Digital cameras and all equipment will be provided for course use.

**\*Materials Needed: an 8GB or higher USB flash drive\***

**Advanced Cinematography (Ages 9 -14)**

**Cost: \$161.00/session**

**Thursdays : 5:00 - 6:00 p.m. [103825]**

Students will learn the advanced possibilities of cinematography and audio production in advance cinematography. Students will brainstorm and create nonfiction video episodes. Participants can interview, direct, shoot and edit local news topics or ideas. The class will showcase their video segments on the company's YouTube production channel, "CFA Studios." Additionally, students will develop creative talent and technological knowledge. This course will prove to the students they can transfer many of these skills to the real-world adult situations.

**Only students that have taken Cinematography 101 will be allowed in the advanced class.**



**Mondays: January 9 - March 6 (7weeks)**

**Thursdays: January 12 - March 2 (7 weeks)**

**\* No Class January 16, February 20, February 20, & 23**



For more information contact Valente Aranda at 858-345-6872 or email: [info@thechildrensfilmmacademy.com](mailto:info@thechildrensfilmmacademy.com)



# ART CLASS - ARTIST STUDIO



**ARTISTS STUDIO (YOUTH)**

*Ages: 5 - 12 years*

Minimum: 6 Maximum: 16

Children are by nature creative and my job is simply to encourage the natural interest and curiosity that kids display. In this fun and creative, themed art class, children will ignite their imagination, develop concentration, build confidence, develop skills and have fun. Using real artists materials including watercolors, tempera paints, oil pastels, children create masterpieces that are truly unique. Participants bring home a portfolio at the end of each session.

**Thursdays 4:00 - 5:00 p.m.**

**Cost: \$183.00/5 weeks**

Winter Session: January 19 - February 16

**[103827]**

Location: Room 2

**ARTISTS STUDIO (ADULT)**

*Ages: 20 years and up*

Minimum: 5 Maximum: 10

In this fun and creative, themed art class, will ignite your imagination, develop concentration, build confidence, develop skill and have fun. Using materials including watercolors, tempera paints, oil pastels, you will create masterpieces that are truly unique.

(ART MATERIAL INCLUDED IN COST)

**Thursdays 11:00 - 12:00 p.m.**

**Cost: \$190.00/4 weeks**

Winter Session: January 19 - February 9

**[103826]**

Location: Room 1

For more information, contact **Anu Gujral** at **(858) 386-8923**

Email: [gujralanu@gmail.com](mailto:gujralanu@gmail.com)



## SPORTS - GIRLS BASKETBALL



### FOR THE LOVE OF THE GAME - GIRLS BASKETBALL CLINIC

Our staff has a background coaching high school basketball, and will emphasize on respect, teamwork and responsibility as well as focusing on passing, shooting, dribbling, rebounding and other various skills. Your child will develop the skills they need both on and off the court to become a better athlete.

## COMING SOON DATES AND TIMES TO BE DETERMINED

For more information, contact **Coach Michelle** at (858) 552-1616



## SPORTS - BOYS BASKETBALL



### GOLD BAR! - BOYS BASKETBALL CLINIC

Minimum: 5    Maximum: 20

Players will learn the fundamentals of basketball through basic drills and games. Skills including shooting, dribbling, passing and defense will be covered along with improving general knowledge of the game! Coaches will also emphasize sportsmanship, teamwork, and work ethic.

**Tuesdays: January 3 - February 28**

Cost: **\$40.00/9 week session**

Location: CVRC Gymnasium

6-8 years: [103847] 3:00 - 3:45PM // 8-10 years: [103848] 4:00 - 5:00PM // 11-14 years [103849] 5:00 - 6:00PM

For more information, contact **Coach Marcus** at (858) 552-1616



## SPORTS - MIGHTY MITES



### MIGHTY MITES - JR. MULTI-SPORTS CLASSES

NEW

STARTING SPRING 2023

NEW

Mighty Mites gives children ages 5 to 7 years, a fun, active and educational experience tailored to the abilities of their age group. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running and teamwork. Mighty Mites provides structured simple activities, individual and team building exercises to prepare for the next level.

For more information, contact **Coach Taylor** at (858) 552-1616



# TINY TOTS - HOSPCOTCH SAN DIEGO



## Hopscotch San Diego

Ages: 2.5 - 5 years

Minimum: 6 Maximum: 12

Hop into learning and fun at the Hopscotch International Tiny Tots preschool classes! Miss Kim (BA, MA, TEFL) has worked with children from around the world for many years and incorporates art projects, informal music lessons, dancing/movement and super fun educational activities - utilizing both indoor and outdoor facilities. Watch your child grow and learn in an international preschool community that gives them the opportunity to creatively be themselves.

Child must be potty trained to participate in classes.

**Monday - Friday 9:00 a.m. - 12:00 p.m.**

Location: Room 2

### December 1 - December 16

M/W/F - \$259.00 / 7 classes

*"Transportation"*

[103858]

Tu/Th - 185.00 / 5 classes [103859]

### January 9 - 31

M/W/F - \$333.00 / 9 classes

*"Under the Sea"*

[103860]

Tu/Th - \$259.00 / 7 classes [103861]

**No Class January 16**

### February 1 - 28

M/W/F - \$407.00 / 11 classes

*"Insects"*

[103862]

Tu/Th - \$296.00 / 8 classes [103863]

**No Class February 20**

For more information, contact **Kim** at (858) 336-0053

Internet: <http://hopscotchsandiego.com>

Email: [kimbruch@yahoo.com](mailto:kimbruch@yahoo.com)



# SELF DEFENSE - JAPANESE KARATE



## ART CENTER KARATE

Minimum: 2 Maximum: 6

Learning Japanese Karate is not only about self defense, it is rather a way of life. In addition to learning proper Japanese Karate where you will work on physical abilities such as power, speed, agility, skills, flexibility and balance, you will also learn how to improve your emotional and mental well being by learning about respect, discipline, confidence, social manners and how use it all to help others. A new outlook of life is achieved as you develop your physical abilities. This way of living is beneficial to kids, teens and adults.

Session 1: **December 5, 12, 19** (\$98.00 / 3 weeks) Location: Room 2

Session 2: **January 9, 23, 30** (\$98.00 / 3 weeks) Location: Room 2

Session 2: **February 6, 13, 27** (\$98.00 / 3 weeks) Location: Room 2

**Age/Time:** 8 years and up Mondays 5:00 pm - 6:30 pm Session 1 Session 2 Session 3

[103868] [104046] [103867]

For more information, contact **Alireza Talebzadeh** at (858) 405-1465



# CHILD AND BABYSITTER SAFETY



## CHILD AND BABYSITTER SAFETY CLASS - LOCKHART TRAINING

Child and Babysitter Safety class is a community education program for youth ages 11-16, that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children.

Participants receive a booklet and a Babysitter certificate from the American Health & Safety Institute upon completion. Instructor, Sue Lockhart, has been training babysitters in San Diego for 20 years. Group classes can also be scheduled for Girl Scout groups with a special discounted rate. Contact Sue directly at (858) 344-0475.

**Saturday 9:30 a.m. - 1:30 p.m.**

Location: CVRC Room 1

Cost: **\$57.00**

Instructor: Sue Lockhart

Session 1: February 18 [103828]

For more information, contact **Sue** at (858) 344-0475

Internet: [www.lockhart-training.com](http://www.lockhart-training.com)

Email: [sue@lockhart-training.com](mailto:sue@lockhart-training.com)

# Lockhart Training





# SKATEBOARDING CLASS - SD SKATELIFE



## Skateboard Classes

Minimum: 4 Maximum: 20

Come learn to skate at the Carmel Valley Skate Park!

**Helmets, elbow pads, and knee pads are required for all students.**

### Beginner Class:

Saturday 9:00 - 10:00 a.m.

Ages: 5 - 13 years

This class is designed to help beginner skateboarders build balance, coordination, and confidence on a skateboard. Participants will be introduced to the fundamentals of skateboarding, skateboarding safety, and skate park etiquette.

### Intermediate/Advanced Class:

Saturday 10:00 - 11:00 a.m.

Ages: 6 - 13 years

Join us Saturday mornings for our new intermediate skateboarding class! This program is designed to help students develop independent confidence with ledges, stairs, grinds, airs, and flips. Must have at least one year of skateboarding experience.

For more information, contact **Andrew Barbosa** at **(619) 354-7998** Email: [andrew@sdskatelife.com](mailto:andrew@sdskatelife.com)

Cost: <b>\$97.00</b> /session I	Class Times	6 weeks January 7 - February 11
Beginner	9:00 - 10:00 a.m.	<b>103874</b>
Intermediate/Advanced	10:00 - 11:00 a.m.	<b>103877</b>

Cost: <b>\$97.00</b> /session II	Class Times	6 weeks February 25 - April 1
Beginner	9:00 - 10:00 a.m.	<b>103875</b>
Intermediate/Advanced	10:00 - 11:00 a.m.	<b>103876</b>



# SKATEBOARDING CAMP & CONTEST - SD SKATELIFE



## Winter Break Skateboard Camp

[103878]

Cost: **\$206.00**

Date: **Dec. 26 - Dec. 30**

**Camp is from 9:00 a.m. - 12:30 p.m.** - Join in on the fun at our Carmel Valley Skate Camp. Play skateboarding games, make new friends, and learn new tricks at the Carmel Valley Skate Park with expert instructor Andrew Barbosa. The program is for students ages 6-13 years old and would cover the fundamentals of skateboarding, skateboarding safety and etiquette, and trick development.

## Winter Skateboard Contest

Cost: **\$24.00**

Date: **Saturday, December 17**

Participants will be judged on "Best Trick" and a game of SKATE.

Beginner Girls 10:00 a.m.

[103872]

Beginner Boys 10:30 a.m. [103871]

Intermediate 11:00 a.m. [103873]

Advanced 11:30 a.m..

[103870]

Adult (18+) 12:00 p.m. [103869]



# CARMEL VALLEY SKATE PARK INFORMATION



12600 El Camino Real, San Diego, CA 92130

Open Daily: 10AM - Dusk

*\*Subject to closure in rainy weather*

- \* Parent or legal guardian must accompany children under 12 years
- \* The only devices allowed in a skate park facility are skateboards, roller-skates, roller-blades, and in-line skates. Any other devices, including but not limited to bicycles, scooters, and motorized vehicles are unlawful to use in a skate park facility.
- \* Skaters must be in full safety equipment to enter: Helmets, Elbow and Knee Pads designed for skateboarding
- \* Visitors/Spectators not skating are required to remain outside fenced area
- \* No smoking, alcohol, food or drink, or glass containers allowed inside the skate park
- \* Littering and graffiti are not permitted
- \* Unauthorized ramps, jumps or obstacles cannot be used inside or outside the skate park area.



# DANCE CLASSES - DANCE TO EVOLVE



**TRY HIGH-QUALITY, FUN DANCE TO EVOLVE CLASSES WITHOUT OBLIGATION ON JANUARY 10TH AND 11TH. Liability waiver required. Classes are designed to be progressive. All participants are invited to be part of the annual recital in June 2023. Affordable participation fee required; includes a costume participants keep.**

**YOU&me Creative Movement** 14 months - young 2 years (9:00 - 9:45 a.m.) Minimum: 6 Maximum: 12  
Spend a magical time with your kid while they learn to move to music and develop their motor and listening skills in a fun safe environment. This is a parent/child interactive dance class and caregivers and siblings welcome. Dress code and dance shoes are not required for this class.

**Magical Munchkins: Tap / Ballet** 2 - young 3 years (9:50 - 10:35 a.m.) Minimum: 6 Maximum: 12  
This gentle intro class, including tap, ballet and dance games is energetic, expressive and fun. It will have your magical dance learning dance basics in an age appropriate way. This class is a perfect transition between YOU&me and the Tiny Movers dance class for boys and girls. Parents (or caregivers) presence required as parents participate as needed.

**Tiny Movers: Tap/Ballet** 3 - 4.5 years (10:40 - 11:35 a.m.) Minimum: 6 Maximum: 15  
A combination class of tap and ballet with dance games for kids. This energetic and expressive class will have your Tiny Mover learning age-appropriate dance and motor skills, musicality and rhythm to reach class goals in fun, creative ways. This is the first "big kids" class as parents watch from outside of the room. Great for boys and girls!

## TUESDAYS ROOM 1

	Session I \$116.00/6 weeks	Session II \$116.00/6 weeks
YOU&me	[103841]	[103842]
Magical Munchkins	[103833]	[103834]
Tiny Movers	[103839]	[103840]

**Pre-Star Shiners Tap & Ballet** 3- 6 years (3:45 - 4:40 p.m.) Minimum: 6 Maximum: 15  
Keep your Pres-Star Shiner moving in this tap and ballet combo class. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique.

**Beat Breakers Hip Hop** 4 - 7 years (4:45 - 5:40 p.m.) Minimum: 6 Maximum: 16  
This fun, high-energy kid's dance class enables boys to be boys and girls to let loose while developing creativity, coordination, musicality, and listening skills. Activities include hip hop, basic break dancing, and dance games in a nonstop action-packed class that will have you movin' to the beats! All music and moves are age appropriate.

**Pre-Teen Hip Hop** 8 - 12 years (5:45 - 6:40 p.m.) Minimum: 6 Maximum: 17  
This exciting and fast paced kids dance class will leave your dancer feeling fresh! Don't be intimidated... great for dancers who want to be challenged, learn various styles of hip hop, push creativity and boost confidence. All music and moves are age appropriate in this fun and open hip hop dance class for boys and girls.

## WEDNESDAYS ROOM 1

	Session I \$116.00/6 weeks	Session II \$116.00/6 weeks
Pre-Star Shiners Tap & Ballet	[103837]	[103838]
Beat Breakers Hip Hop	[103831]	[103832]
Pre-Teen Hip Hop	[103835]	[103836]

## TUESDAYS

Session I dates: January 10 - February 14  
Session II dates: February 21 - March 28

## WEDNESDAYS

Session I dates: January 11 - February 15  
Session II dates: February 22 - March 29

For more information, contact **Dance To EvOLvE** at (858) 876-5327 or visit: [info@danceto evolve.com](mailto:info@danceto evolve.com)





# ROCK N' TUMBLE



## EARLY CHILDHOOD GYMNASTICS

Rock 'n Tumble toddler and pre school classes cater to children ages walking through 4 years. The program teaches age appropriate gymnastics using fun progressions on our 'kids sized' gymnastics equipment. Our qualified instructors lead action packed classes where your child will learn to swing on the bars, jump on the trampoline, roll on the tumbling mats, and climb our ever popular inflatable mountain!

### Into to Gym Rollers

Age: walking - 36 months

(Parent/Guardian participation required)

Led by our knowledgeable staff, parents accompany their young gymnast as they develop fine/gross motor & reading readiness skills, gymnastics, rhythm & movement. Our young gymnasts especially love the gymnastics stations, bubble play, music sticks and parachute time.

Wednesday	10:15 - 11:00 a.m.	[103866]	Thursday	9:30 - 10:15 a.m.	[103865]
	5:50 - 6:35 p.m.	[103944]		10:30 - 11:15 a.m.	[103864]

### Gym Rollers

Age: 3 - 5 years

Our teacher led gymnastics classes for the young gymnast are full of action and imaginative play. Classes are designed to develop gymnastics using progressions on 'kid sized' equipment: vaults, bars, balance beam, floor, tumble-track, airtrack and trampoline while promoting learning, cooperative play, safety and FUN!

Wednesday	11:15 - 12:00 p.m.	[103854]	Thursday	11:30 - 12:15 p.m.	[103850]
	3:00 - 3:45 p.m.	[103855]		3:15 - 4:00 p.m.	[103851]
	4:00 - 4:45 p.m.	[103856]		4:15 - 5:00 p.m.	[103852]
	5:00 - 5:45 p.m.	[103857]		5:15 - 6:00 p.m.	[103853]

## ACADEMY GYMNASTICS

Rock 'n Tumble Academy classes cater to boys and girls ages 5 - 12. Our non competitive program teaches technically correct gymnastics skills using progressions in a safe environment. Students are divided into small groups by both age and skill level. Classes include warm up and condition plus instruction on vault, bars, balance beam, floor, tumble-track, airtrack and trampoline. Our experienced instructors will develop your child's strength, flexibility, agility, and confidence as a gymnast. Rock 'n Tumble makes learning FUN as gymnasts earn ribbons as they master skills using our specially designed skill cards.

### Academy Gymnastics

Age: 5 - 11 years

Wednesday	2:00 - 2:45 p.m.	[103821]	*ages 4 - 11	Thursday	3:15 - 4:00 p.m.	[103818]
	3:00 - 3:45 p.m.	[103822]			4:15 - 5:00 p.m.	[103819]
	4:00 - 4:45 p.m.	[103823]			5:15 - 6:00 p.m.	[103820]
	5:00 - 5:45 p.m.	[103824]				

*\*\* Students will be divided into small groups based on age and skill level\*\**

### Academy Gymnastics 2

Age: 5 - 11 years

Wednesday 6:00 - 7:00p.m. [103817]

This hour long class is the next level up from our Academy class. It is designed for academy students that have mastered the following skill prerequisites: 3 second handstand, cartwheel/round off, bridge kickover and pull-over on bars. Be sure to check with your teacher to verify this class is a good fit for you.

*\*\* Students will be divided into small groups based on age and skill level\*\**

## SESSION DATES AND PRICING:

Wednesday or Thursdays  
January 11/12- March 22/23 (No class February 22/23)  
\$222.00 (10 lessons)

*No partial refunds or make ups for missed classes  
(i.e. routine illness, vacation or other schedule conflict).*

*Sorry, no exceptions!*

For more information, contact Rock 'n Tumble at (858) 487-7799  
Email: [mary@rockntumble.com](mailto:mary@rockntumble.com)





# YOGA GAL WITH JANICE SHERMAN



## YOGA GAL (MONDAY)

Minimum: 4 Maximum: 10

Build strength and length in this full body slow flow. Class includes core work, standing balance, backbends, twists, side body, modified arm balances and inversions. Class is ideal for participants who need wrist, knees, low back and shoulder modifications.

Age: 8 years and up

Time: Mondays 9:00 - 10:00 a.m.

Cost: \$143.00 / 9 weeks

Winter Session: December 5 - February 27

\*No Class December 26, January 2 & 16, February 20

Location: Room 1

[103879]

## YOGA SCULPT (MONDAY)

Minimum: 4 Maximum: 10

This is a high energy class that includes core work, dumbbell strength exercises, glute/leg work and inversions. Yogis are encouraged to go at their own pace and play with more challenging poses.

Age: 8 years and up

Time: Mondays 6:30 - 7:30 p.m.

Cost: \$143.00 / 9 weeks

Winter Session: December 5 - February 27

\*No Class December 26, January 2 & 16, February 20

Location: Room 1

[104296]

## YOGA GAL (THURSDAY)

Minimum: 4 Maximum: 10

Build strength and length in this full body slow flow. Class includes core work, standing balance, backbends, twists, side body, modified arm balances and inversions. Class is ideal for participants who need wrist, knees, low back and shoulder modifications.

Age: 8 years and up

Time: Thursday 6:30 - 7:30 p.m.

Cost: \$175.00 / 11 weeks

Winter Session: December 1 - February 23

\*No Class December 22 & 29

Location: Room 1

[103880]



## SENIOR CHAIR YOGA (THURSDAYS)

Yoga chair classes are gentle, combining both chair and standing postures to incorporate both flexibility and muscular strengthening. We aim for a good stretch, a bit of a workout, and some valuable mind-quiet time, all to help reinforce that ever important connection between your body and your mind.

**Participate at your own level! Dress In comfortable clothes and bring water.**

Age: 70 years and up Time: Thursdays 12:00 - 1:00 p.m. Location: Room 1

Winter Session:

December 1 - February 23

[104297]

\*No Class December 22 & 29

For more information, contact Janice Sherman

Phone: (858) 735-6166

Email: [yoga\\_mom@me.com](mailto:yoga_mom@me.com)





# UPCOMING SPECIAL EVENT - SPRING EGG HUNT



Bunny

9 -12pm  
APRIL 8, 2023

Arts & Crafts

DJ

Jumper

## CARME VALLEY COMMUNITY PARK



# UPCOMING SPECIAL EVENT - SPRING EGG HUNT



**Borussia Del Mar Soccer Club**  
[www.borussiadelmar.com](http://www.borussiadelmar.com)  
**Carmel Valley Falcons Lacrosse**  
[www.adrln.com/club/carmel-valley-falcons](http://www.adrln.com/club/carmel-valley-falcons)  
**Del Mar American Little League**  
[www.delmaramerican.org](http://www.delmaramerican.org)  
**Del Mar National Little League**  
[www.delmarnational.org](http://www.delmarnational.org)  
**San Diego Youth Rugby Club**  
<https://www.girlsrugbyinc.com/sandiego/>

**Sharks Soccer**  
[www.dmcsharks.com](http://www.dmcsharks.com)  
**North Shore Girls Softball**  
[www.northshoregirlssoftball.com](http://www.northshoregirlssoftball.com)  
**Torrey Pines Pop Warner & Cheer**  
[www.torreypinespw.com](http://www.torreypinespw.com)  
**Friday Night Lights Youth Flag Football**  
[www.cvfnl.com](http://www.cvfnl.com)  
**San Diego Youth Rugby Club**  
[www.sandiegoyouthrugby.org](http://www.sandiegoyouthrugby.org)