



Painting With Your Valentine

Workshop • Ages 7–Adult*

Looking for something new to do with your Valentine? Get ready to get out of your comfort zones and discover or flex your creativity all with your significant other by your side. In this Paint with Your Valentine workshop, you will tap into your inner-artist as a couple, and create a beautiful painting for the home. You will learn step-by-step brushstroke techniques, including color mixing, brushwork, texture, and most importantly, relaxation in this fun environment.

Instructor: Kari Aellig, experienced art instructor

#2345.100 Sa 1:30–4:00 p.m. 2/9 **\$20 EVCC

**\$5 material fee due at workshop (cash only)

Paint Party

Workshop • Ages 7–Adult*

Are you ready for creative family fun? Paint events have been gaining popularity, but now it is time for the whole family! In this workshop, with step-by-step instructions, you will create a work of art on a canvas. No experience is necessary, just a touch of creative adventure and a good sense of humor. Parent participation is required. There will be snacks provided at class.

Instructor: Kari Aellig, experienced art instructor

#1261.110 Sa 1:30–4:00 p.m. 1/26 **\$20 EVCC

#1261.120 Sa 1:30–4:00 p.m. 2/23 **\$20 EVCC

#1261.130 Sa 1:30–4:00 p.m. 3/23 **\$20 EVCC

#1261.140 Sa 1:30–4:00 p.m. 4/27 **\$20 EVCC

*It is required for ages 7–15 to attend with an observing or enrolled adult

**\$5 material fee due at workshop (cash only)

Say It With Succulents

Workshop • Adults

Sedona and Friends will be back with baskets full of fresh-cut succulents (50+ varieties) and ways to celebrate Valentine’s Day beautifully, ecologically, and economically using succulents. Create a succulents kissing ball or heart topiary in class to hang in a sunny window. You’ll be reminded of your love every day!

Or create easy-to-tend windowsill pots, perfect for Valentine gifting. The class fee includes instruction, a hands on workshop, and a miniature windowsill pot, complete with 3 succulents of your choice.

Instructor: Marcia Zoe Buchalter, Sedona and Friends

#2431.100 Sa 11:00–12:30 p.m. 2/2 \$25 EVCC

*Kissing ball and heart topiary upgrades, extra succulents, and more windowsill pots may be purchased at modest additional cost in class.

Becoming the Ultimate Artist

4 weeks • Adults

Awaken your creativity, imagination, and excitement in this fun, supportive, hands-on class. Grow, discover your artistic style, build confidence (maybe even make new friends) as you create a beautiful work of art to take home. In each class, a fun, enthusiastic, and non-judgmental group of artists will come together, full of inspiration, support and positive feedback. Everyone’s expression of creativity is different and that uniqueness is what creates your “masterpiece.” This is definitely not a class of right or wrong. It’s about being open to the possibilities. The goal is to learn, grow, discover your style, and build your confidence to become the Ultimate Artist. Please come and enjoy the journey and maybe even make some new friends.

Instructor: Suzanna Giles, Experienced teacher and children book illustrator

#2384.100 T 10:00–11:30 a.m. 1/8–1/29 **\$67 EVCC

**Require to bring the following materials: an object on which you chose to paint on (ex: canvas, piece of wood, small furniture, garment, etc.), three different sized paint brushes, at least five of your favorite colored acrylic paints, and a photo or clipping of something you would like to paint.

Write and Illustrate Your Own Children’s Book

4 weeks • Adults

Writing and illustrating a children’s picture book is an opportunity to create an imaginative, colorful, unique and beautiful storybook. There’s an abundance of possibilities for delighting and inspiring a child to read something new and extraordinary. Students will receive support, encouragement and be guided through the process. Please come and have a fun learning experience.

Instructor: Susan Giles, Experienced writer, illustrator, and teacher

#2385.100 W 10:00–11:30 a.m. 3/6–3/27 \$67 EVCC

**Please bring color pencils to class

Adult Ballet

14 weeks • Ages 15–Adult

Ballet is not just for kids! We will practice basic barre exercises, stretches, and center combinations to beautiful music. This class is designed to improve strength, flexibility, coordination, and balance.

Instructor: Cindy Ahler

#2203.111 Beg/Int. W 6:00–7:00 p.m. *1/9–4/17 \$140 EVCC

*No class on 3/13



Learn the Game of Poker

4 weeks • Adults

Learn how to play poker casino style and/or games like Draw Poker, 7-Card Stud, Hold 'em, Twenty-Three, and Omaha. You'll have fun and learn something new, as well as meet new people.

Instructor: Jack Strumpf, experienced poker player and instructor

#2400.100 T 1:00-2:00 p.m. 1/15-2/5 \$40 PACC

Adult Beginning Ice Skating

8 weeks • Ages 16-Adult

Has someone told you that you are too old to ice skate? Let's prove them wrong! Whether you've always wanted to ice skate but never tried, or you used to skate and want to get back into it, join us for some fun. You will learn basic skating skills, gain confidence, and learn to feel comfortable on the ice.

Instructor: Ice-Plex Staff

#2624.100 W 6:30-7:00 p.m. 1/9-2/27 **\$85 ICE

**Includes skate rental & public skating from 3:15-5:15 p.m. on day of class

Easier Walking, the Feldenkrais® Way

5 weeks • Adults

Is walking harder than it used to be? Does a hip, back, knee, or ankle issue interfere with walking or hiking? You can learn to improve your moves, making them easier and more comfortable, using the Feldenkrais Method®. Anyone can learn to identify sub-par movement patterns and make them better, without exercise or stretching. Join us for a fun and relaxing class that can help you feel and move younger. More info at www.anoone.org

Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner

#2162.100 T 10:30-11:30 a.m. 1/29-2/26 \$60 MCC

Posture for Life

Workshop • Adult

This workshop is designed to bring you a new insight into the correlation of your inner and outer posture. You will discover an expanded sense of self-confidence. A simple Flamenco dance routine will be given to bring home this discovery.

Instructor: Juanita Gallardo, Experienced dancer and dance instructor

#2267.101 T 6:00-7:00 p.m. 1/8 \$15 PACC

#2267.102 T 6:00-7:00 p.m. 3/19 \$15 PACC

Basic Flamenco Dance

5 weeks • Adult

Bring your desire and willingness to discover the beautiful movements of Spanish dance. Learn the basics of Flamenco, its various rhythms, and simple choreography. No dance experience or partners needed. Attending the Posture for Life workshop prior to this class is recommended, not required. *Women should wear medium to long length flowing skirts and closed (toe and heel) shoes with short heels.*

Instructor: Juanita Gallardo, Experienced dancer and dance instructor

#2266.110 T 6:00-7:00 p.m. 1/15-2/12 \$75 PACC

#2266.120 T 6:00-7:00 p.m. 3/26-4/23 \$75 PACC

Country Sole Line Dancing

4 weeks • Adults

Learn the classic and newest line dances actively done at dance halls throughout Southern California. Just getting started? Dances are broken down step-by-step. Already have experience? Try incorporating challenging variations. Music ranges from Garth Brooks to Bruno Mars. Goal: To shine a fun light on the line dance world. Boots are not required.

Instructor: Byran Roberson, Country Sole

Beginner:

#2219.111 W 5:30-6:30 p.m. 1/9-1/30 \$45 PACC

#2219.121 W 5:30-6:30 p.m. 2/20-3/13 \$45 PACC

#2219.131 W 5:30-6:30 p.m. 4/3-4/24 \$45 PACC

Experienced:

#2219.112 W 6:40-7:40 p.m. 1/9-1/30 \$45 PACC

#2219.122 W 6:40-7:40 p.m. 2/20-3/13 \$45 PACC

#2219.132 W 6:40-7:40 p.m. 4/3-4/24 \$45 PACC

Aerobic Dance

6 weeks • Ages 16-Adult

This high energy low impact class that focuses on strength, core stamina, and active balance while using forms of dance. Hip-hop, Jazz, Ballet Boogie, Reggae, and morning stretches increase a range of motions and mobility. Join us and start your day with fitness. All fitness levels are welcome.

Instructor: Joni Chong, Certified Group Exercise and Fitness Instructor

#2606.110 T 8:45-9:45 a.m. 1/8-2/12 \$36 EVCC

#2606.120 T 8:45-9:45 a.m. 3/5-4/9 \$36 EVCC

INSTRUCTORS WANTED!

Do you have a special talent or a hobby you would like to share with the community? Escondido Recreation offers a variety of high quality, affordable, and enjoyable programs through Independent Contract Instructors. By sharing your passion and talent, you can make a difference in the lives of others!



**Escondido
Community
Services**

T'ai Chi / Chi Gong

15 weeks • Adult

Reduce stress, increase energy, improve physical and mental health by learning the slow, relaxed movements of T'ai Chi & Chi Gong. Learn how to handle stress and change, obtain higher energy levels, and achieve internal and external balance and harmony in your life. All fitness levels welcome.

Instructor: Nina Deerfield, Certified Martial Arts Master, has taught for recreation for 29 years

#2601.100 W 6:00-6:55 p.m. 1/9-4/17 \$180 MCC

Reality Yoga

15 weeks • Adult

Here is a user-friendly class that combines Hatha Yoga, sports medicine stretches, and simple meditation techniques. You will learn to relax joints and ligaments, increase circulation, improve muscle tone, and calm the emotions. Yoga is a great way to avoid mental, emotional, and physical illness due to stress.

Instructor: Nina Deerfield, Naturopathic Physician, has taught for Escondido Recreation for 29 years

#2600.100 W 5:00-5:55 p.m. 1/9-4/17 \$180 MCC

Zumba / Zumba Toning

5 weeks • Adult

This class creates a party-like atmosphere and incorporates Latin and International music and dance movements. Zumba Toning utilizes an innovative muscle training protocol and the addition of light-weight toning sticks or dumbbells. This combo class is designed to improve cardiovascular health, improve overall performance, and sculpt your muscles. Let's party while getting fit!

Instructor: Angie Adair, Licensed Zumba Instructor

#2643.110 Th 7:00-8:00 p.m. 1/10-2/7 \$30 EVCC
 #2643.120 Th 7:00-8:00 p.m. 2/21-3/21 \$30 EVCC
 #2643.130 Th 7:00-8:00 p.m. 3/28-4/25 \$30 EVCC

Belly Dance Fusion

6 weeks • Ages 16-Adult

High-energy, low impact class that focuses on strength, core stamina, and active balance using Hip-hop, Jazz, Ballet Boogie, Reggae, and stretching to increase range of motion and mobility. All fitness levels are welcome.

Instructor: Joni Chong, Certified Group Exercise and Fitness Instructor

#2264.110 Th 9:15-10:15 a.m. 1/10-2/14 \$60 EVCC
 #2264.120 Th 9:15-10:15 a.m. 3/7-4/11 \$60 EVCC

Pilates Mat Fusion—Body Sculpting with Light Weights

5/4 weeks • Adults

Pilates Mat Fusion is a whole body Pilates workout using light hand weights. It is designed to strengthen and stretch the body through slow, deliberate, and precise movements. Pilates can help improve posture, flexibility, and strength.

Instructor: Kerry Hutchinson, Pilates Mat Certified

#2619.110 M 6:30-7:30 p.m. *1/7-2/11 \$40 EVCC
 #2619.120 M 6:30-7:30 p.m. 2/25-3/18 \$32 EVCC
 #2619.130 M 6:30-7:30 p.m. 3/25-4/22 \$40 EVCC

*No class on 1/21



Shallow Water Aerobics

7 weeks • Adult

Are you looking for a workout that will invigorate and motivate you to come back for more? This program is designed to increase your cardiovascular capacity while firming and toning your muscles. You will leave feeling refreshed and renewed with added flexibility. Foam dumbbells are required for this class (not provided). Deep Water Aerobics are welcome to enroll in this class but class will be focused on Shallow Water routine.

Instructor: Veronica Scheier, CPR, AQUA, AFAA, and FITOUR Certified

Session 1

#2610.111 T/Th-2 days 12:00-12:45 p.m. 1/8-2/21 \$70 JSP
 #2610.112 T/Th-1 day 12:00-12:45 p.m. 1/8-2/21 \$50 JSP

Session 2

#2610.121 T/Th-2 days 12:00-12:45 p.m. 3/5-4/18 \$70 JSP
 #2610.122 T/Th-1 day 12:00-12:45 p.m. 3/5-4/18 \$50 JSP

Deep Water Aerobics

7 weeks • Adult

While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. You will improve your cardiovascular capacity while toning, strengthening, and trimming your entire body. Get ready for an energized workout! A flotation belt, foam dumbbells (not provided), and basic swimming skills are required for this class.

Instructor: Veronica Scheier, CPR, AQUA, AFAA, and FITOUR Certified

#2611.110 F 12:00-12:45 p.m. 1/11-2/22 \$50 JSP
 #2611.120 F 12:00-12:45 p.m. 3/8-4/19 \$50 JSP

REFIT® Revolution

5 weeks • Ages 12-Adult



REFIT® is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. Powered by human connections, we turn boring, have-to workouts into a can't-miss community fitness experience.

Instructor: Cynthia Demorest, REFIT Certified

#2633.110 T 6:30-7:30 p.m. *1/15-2/12 \$32 EVCC
 #2633.120 T 6:30-7:30 p.m. 2/19-3/19 \$32 EVCC
 #2633.130 T 6:30-7:30 p.m. 3/26-4/23 \$32 EVCC

**Free trial class on 1/8

Tennis

5/7 weeks • Ages 15–Adult

Beginners (Beg.): Covers forehand, backhand, service, rules, and court etiquette for the beginning player.

Intermediate (Int.): Focuses on ground strokes and use of spins, volley, footwork, and positioning. Players should be able to rally, play out points, and have some match experience.

Advanced (Adv.): Emphasis is on advanced net play and doubles movement with a partner, for the intermediate player moving toward tournament play.

Instructor: Andre Rerolle, USTA certified and assistant tennis coaches

Session 1

#2401.115 Beg.	W	6:00–7:30 p.m.	1/9–2/6	\$58	KCP 7&8
#2401.116 Int/Adv.	W	7:30–9:00 p.m.	1/9–2/6	\$58	KCP 7&8

Session 2

#2401.125 Beg.	W	6:00–7:30 p.m.	2/13–3/13	\$58	KCP 7&8
#2401.126 Int/Adv.	W	7:30–9:00 p.m.	2/13–3/13	\$58	KCP 7&8

Session 3

#2401.135 Beg.	W	6:00–7:30 p.m.	3/20–4/17	\$58	KCP 7&8
#2401.136 Int/Adv.	W	7:30–9:00 p.m.	3/20–4/17	\$58	KCP 7&8

7 Week Class

#2401.117 Int.	Sa	8:30–10:00 a.m.	1/12–3/2	\$76	MVP 1&2
#2401.127 Int.	Sa	8:30–10:00 a.m.	3/9–4/27	\$76	MVP 1&2

Tae Kwon Do

12 weeks • Ages 6–Adult

Develop physical and mental discipline, strength, endurance, and coordination. Learn the Korean martial arts of Tae Kwon Do (kicks, blocks, punching), Hapkido (joint locking techniques), Judo (throwing and grappling), and basic weapons. Become more confident and learn basic self-defense techniques.

Instructor: Skip Leonard, 6th Degree Black, Certified by WT Federation, City of Escondido instructor for 25 years

Session 1

#2613.112	M/Th	5:00–6:00 p.m.	*1/3–3/28	**\$110	MCC
#2613.113	M/Th	6:15–7:15 p.m.	*1/3–3/28	**\$110	MCC
#2613.114	M/Th	7:30–8:30 p.m.	*1/3–3/28	**\$110	MCC

Session 2

#2613.122	M/Th	5:00–6:00 p.m.	4/1–6/20	**\$110	MCC
#2613.123	M/Th	6:15–7:15 p.m.	4/1–6/20	**\$110	MCC
#2613.124	M/Th	7:30–8:30 p.m.	4/1–6/20	**\$110	MCC

*No class on 1/21, 2/28, & 5/27

**Martial arts uniform is required and may be purchased from the instructor for \$20

POUND™ Rockout Workout

4/5 weeks • Adult



POUND is a full-body cardio jam session, combining light resistance with constant drumming. The workout fuses cardio, pilates, isometric movements, and plyometrics into a 45 minute series. After rocking out to a 45 minute POUND track, you'll have completed 15,000 reps, performed over 30 extended interval peaks, and zipped through 70 techniques without even realizing it!

Instructor: Barbara Fluetsch, Cynthia Demorest, or Kate Silva POUND Certified

Session 1

#2635.111	M	6:00–7:00 p.m.	*1/7–2/11	\$45	EVCC
#2635.112	Sa	9:15–10:00 a.m.	1/19–2/16	\$32	MCC
#2635.113	T	6:30–7:30 p.m.	1/8–2/5	\$45	PACC

Session 2

#2635.121	M	6:00–7:00 p.m.	3/11–4/8	\$45	EVCC
#2635.122	Sa	9:15–10:00 a.m.	2/23–3/23	\$32	MCC
#2635.123	T	6:30–7:30 p.m.	2/12–3/12	\$45	PACC

Session 3

#2635.132	Sa	9:15–10:00 a.m.	3/30–4/27	\$32	MCC
#2635.133	T	6:30–7:30 p.m.	*3/19–4/23	\$45	PACC

*No class on 1/21, 2/18, 4/16, & 4/20

**Free trial on 1/12 & 4/29

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 Escondido may mean "hidden" but it's no secret there's a lot going on here!