



## Paint With Family

Workshop • Ages 7–Adult\*

Are you ready for some 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.*

**Instructor: Kari Aellig, experienced art instructor**

#1261.110	Sa	2:00–4:30 pm	1/28	**\$20	EVCC
#1261.120	Sa	2:00–4:30 pm	2/25	**\$20	EVCC
#1261.130	Sa	2:00–4:30 pm	3/25	**\$20	EVCC
#1261.140	Sa	2:00–4:00 pm	4/22	**\$20	EVCC

\*It is required for ages 5–15 to attend with an observing or enrolled adult

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

## Painting with Your Valentine

Workshop • 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 your 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	Th	6:00–8:00 pm	2/9	**\$20	EVCC
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\*\*\$5 Material Fee due at class (cash only)

## Drawing & Painting from A to Z

4 weeks • Ages 16–Adult

Join us on our journey to self-discovery and fun. Develop your drawing and painting skills in one class. Learn color theory, technique, design, use of materials, and much more. Improve your skills and create a work of art that you are proud to share with friends and family, or even display in a gallery.

**Instructor: Jean Wheat, Professional artist & sculptor**

#2354.110	Sa	11:00–1:00 pm	1/14–2/4	**\$45	EVCC
#2354.120	Sa	11:00–1:00 pm	2/18–3/11	**\$45	EVCC
#2354.130	Sa	11:00–1:00 pm	3/25–4/15	**\$45	EVCC

\*\*\$25 for Drawing or \$45 for Painting material fee due at the first class (cash only)

## Sand Paper Art

4 weeks • Adult

If you're looking for something unique and special, join us for the only class of its kind in San Diego, Sand Paper Collage. Learning a creative and exciting technique that anyone can learn. All you need is imagination, a photo, and a few tools to create a wonderful work of art.

**Instructor: Jean Wheat, professional artist and college instructor**

#2382.110	Sa	2:00–4:00 pm	1/14–2/4	**\$45	EVCC
#2382.120	Sa	2:00–4:00 pm	2/18–3/11	**\$45	EVCC
#2382.130	Sa	2:00–4:00 pm	3/25–4/15	**\$45	EVCC

\*\*\$25 Material Fee due at class (cash only)

## Introduction to Zentangle Basics

Workshop • Ages 15–Adult

Zentangle art is a fun and easy process to learn, no previous art experience needed. Create beautiful images using structured repetitive patterns while increasing your focus and creativity. Students will learn 8 basic patterns and complete two 3½ inch tiles by the end of class. Students will be provided with a starting kit containing all necessary class materials.

**Instructor: Nancy Loomis, Certified Zentangle Instructor**

#2313.110	Sa	9:30–12:00 pm	1/28	**\$25	MCC
#2313.120	Sa	9:30–12:00 pm	3/4	**\$25	MCC

\*\*\$10 Material Fee (cash only)

## Zentangle Beyond the Basics: Duo Tangles

Workshop • Ages 15–Adult

Creating Duo tangles is a great way to expand your tangle repertoire. This fun method takes one or more tangles and merges them together to create a different look. In this class we will learn some new tangles and also combine tangles you are more familiar with. *Prerequisite: Zentangle Basics.*

**Instructor: Nancy Loomis, Certified Zentangle Instructor**

#2360.101	Sa	9:30–12:00 pm	2/18	**\$25	MCC
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\*\*\$10 Material Fee (cash only)

## Zentangle Beyond the Basics: Tangle on Canvas

Workshop • Ages 15–Adult

Tangling on canvas is another medium that is fun and is a great way to embellish a bag, purse, pillow etc. In this class, we will learn to tangle on the canvas bags that you received at your Zentangle basics class (don't worry if you don't have a bag, I can provide). We will be using a pen that is specifically for use on fabric. Learn some new tangles while you decorate your Zentangle® bag. *Prerequisite: Zentangle Basics.*

**Instructor: Nancy Loomis, Certified Zentangle Instructor**

#2360.102 Sa 9:30–12:00 pm 4/1 \*\*\$25 MCC

\*\*\$10 Material Fee (cash only)

## Create Living Succulent Art

Workshop • Adult

Learn more about these beautiful drought-resistant plants and how to enjoy them indoors and out. Create a beautiful dish garden, terrarium, or miniature garden bench using colorful succulents and optional stone and ornament accents. We provide everything you need: baskets of fresh-cut succulents (50+ varieties), plus rooting dishes, glass terrariums, metal benches, gravel, and accent art. You will be provided up to 5 succulents of your choice, eco-friendly rooting dish, gravel, mister, and instructions. Additional succulents, metal bench or glass terrarium upgrades, accent stones, and ornaments are available for modest additional cost in class.

**Instructor: Marcia Buchalter, Sedona and Friends**

#2431.100 Sa 11:00–12:30 pm 1/28 \$25 EVCC

## Makeup 101

Workshop • Ages 16–Adult

Makeup 101 is for people who want to learn the basic steps to be your own makeup artist. This class will educate you in makeup application and foundation selection, including a basic understanding of face shapes, bone structures, hues and what eye shadows to use. The class will cover day and evening looks, plus natural, bold and trendy runway looks. You will learn how to correct and reshape brows. You will learn blending techniques, shading and contouring, baking, color correction to create the most glamorous looks. Step by step application designed to get ultimate supervision from the instructor.

**Instructor: Michelle Jackson, Professional Makeup Artist**

#2188.100 Su 9:30–11:30 am 4/2 \*\*\$39 EVCC

\*\*\$35 Material Fee for makeup and brush set to take home (cash only)

## Functional Walking, the Feldenkrais® Way

5 weeks • Ages 16–Adult

Come use the Feldenkrais® Method to explore and improve the way you walk or run. Through simple guided movement lessons, you will learn how to identify your habitual locomotion patterns and how to easily alter them. Your walking and running can be easier, more comfortable, smoother, and more powerful, without exercise!

**Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner**

#2162.101 T 10:30–11:30 am 1/31–2/28 \$50 MCC

## Improve Your Back & Hips, the Feldenkrais® Way

Workshop • Ages 16–Adult

Learn how to manage and avoid pain using easy, gentle movements that cause no discomfort. This workshop is appropriate for people with or without pain issues.

**Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner**

#2162.102 Sa 11:00–2:00 pm 3/18 \$55 MCC

## Weight Loss Without Calorie Counting

3 weeks • 16–Adult

Make 2017 the year you learn how to eat healthy without counting calories. Proper food choices save you time, money, and hassle of counting calories. Learn scientifically proven ways to lose weight and get healthy without counting calories!

**Instructor: Joanna Daniels/Daily Health Decisions, certified health educator**

#1781.100 T 7:00–8:00 pm 1/24–2/7 \$60 EVCC

## Improve Your Memory

2 weeks • Adult

Do you often think “I have a bad memory” or “I just can't remember names, dates, or information”? That's your critic talking, not your brain! Poor memory is not a condition; it's lack of training. If memory worries are keeping you from learning and achieving more in school, life, or business, join us to learn how the brain works, the power of motivation, and creative, enjoyable techniques that can make you a memory master! You'll practice specific strategies for learning and retaining new information. You will leave knowing that memory is the power within you!

**Instructor: Linda Lee, Ph.D.**

#2155.100 Th 6:30–8:30 pm 3/9–3/16 \$40 PACC

## Make More Time

2 weeks • Adult

What could you do with an extra hour or two every day? How about an 8 day week? Does the very thought of more time make you feel less harried? This workshop is all about reorganizing clock time to create more “ME” time for yourself. You'll discover why you feel you don't have enough time and how you can actually change that. More time awaits you!

**Instructor: Linda Lee, Ph.D.**

#1780.100 Th 6:30–8:30 pm 2/16–2/23 \$40 PACC



### Introduction to Guitar

6 weeks • Ages 8–Adult

Learn to play one of the world’s most popular instruments! Perfect for beginners, this class requires no experience and students will learn to play basic chords and simple melodies in a fun environment. No guitar? No problem. Teacher approved guitars can be rented or purchased from MUSICSTAR® one week before class begins.

**Instructor:** MUSICSTAR® Staff

#1327.110	W	5:30–6:20 pm	1/11–2/15	**\$66	MCC
#1327.120	W	5:30–6:20 pm	3/1–4/5	**\$66	MCC

\*\*\$20 material fee for Student Pack, which includes the Course Book and DVD, due at first class (cash only)

### The Modern Home Movie



2 weeks • Adult

Release your home video footage and photos from their digital prison and turn them into something your friends and family will enjoy as much as you will. This workshop will give you the tools to make a polished home video, using modern editing tools and multimedia content. These modern home movies are perfect for capturing a trip, wedding video, a gift for your valentine, and so much more!

**Instructor:** Jeff Parker, former video/photographer with teaching experience

#2737.100	Th	6:00–7:30 pm	2/2–2/9	\$60	EVCC
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### Belly Dance Fusion

6 weeks • Ages 16–Adult

This high energy, low impact class focuses on coordination, stamina, and strength. What a great way to start your morning, Belly Dance mixed with Latin and even some jazz. Benefits include reduced stress on joints and lower back as well as increased range of motion and mobility for better movement. All ages and fitness levels welcome.

**Instructor:** Joni Chong, Certified Group Exercise and Fitness Instructor

#2264.110	Th	9:15–10:15 am	1/19–2/23	\$36	EVCC
#2264.120	Th	9:15–10:15 am	3/9–4/13	\$36	EVCC

### Adult Ballet

15 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 pm	1/4–4/12	\$135	EVCC
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### Line Dance

6 weeks • Adult

Line Dance isn’t just country anymore! Basically, if it has a beat, we’ll dance to it! Music selection includes but is not limited to Jimmy Buffet, Lady Gaga, Train, El Simbolo, George Strait, Loretta Lynn, Rihanna, and more. No experience or special shoes are required to join this dance class—just a desire to get moving and have fun with good people having a good time.

**Instructor:** Carol Stroecker, 16 years of teaching  
Line Dance

#2200.110	T	7:00–8:30 pm	*1/17–2/28	\$42	PACC
#2200.120	T	7:00–8:30 pm	3/7–4/11	\$42	PACC

\*No class on 2/14

### 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 pm	1/11–3/1	**\$85	ICE
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\*\*Includes skate rental & public skating from 3:15–5:15 pm on day of class

### Fencing for Fitness

4 weeks / 2 days • Adult

Does your dream workout feature wielding a sword or (light) saber like "The Princess Bride" or "Star Wars"? Are you looking for a fitness routine that sharpens your mind as well as your physique? Try Fit Fencing! The Olympic sport of fencing is great for all ages, and it will improve your agility, coordination, flexibility and overall fitness.

**Instructor:** Juan Ignacio Calderon, San Diego Fencing Center

#2427.100	M/W	6:00–7:00 pm	1/23–2/15	**\$65	SDFC
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\*\*\$15 Material fee due at first class (cash only)

## 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 over 24 years

### Session 1

#2613.112	M/Th	5:00–6:00 pm	*1/5–3/30	**\$99	MCC
#2613.113	M/Th	6:15–7:15 pm	*1/5–3/30	**\$99	MCC
#2613.114	M/Th	7:30–8:30 pm	*1/5–3/30	**\$99	MCC

### Session 2

#2613.122	M/Th	5:00–6:00 pm	*4/3–6/28	**\$99	MCC
#2613.123	M/Th	6:15–7:15 pm	*4/3–6/28	**\$99	MCC
#2613.124	M/Th	7:30–8:30 pm	*4/3–6/28	**\$99	MCC

\*No class on 1/16, 2/20, & 5/29

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

## Safety Awareness & Self-Defense 1

Workshop • Ages 13\*–Adult

This two-hour course will teach you the basics to help avoid being the victim of a crime. We will explain danger cues and awareness, and you will learn simple self-defense techniques that can help you escape a physical attack. Other topics will include identity theft, home safety, and legal options for self-defense. There will be no physical participation in this class.

**Instructor:** Retired Lt. Al Owens, police officer for 20 years and Defense Tactics Instructor for 18 years

#2152.100	Th	6:30–8:30 pm	1/12	\$15	EPFH
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\*It is recommended that 13–15 year olds attend with an observing or enrolled adult

## Safety Awareness & Self-Defense 2

Workshop • Ages 13\*–Adult

We begin with a review of the Part 1 course and then move into some practical application of self-defense techniques described in Part 1. Class will concentrate on form, while building confidence and having fun. All techniques will be controlled and performed at low-intensity to avoid injuries. This class is geared toward students who have little or no experience with martial arts, boxing, or grappling.

**Instructor:** Retired Lt. Al Owens, police officer for 20 years and Defense Tactics Instructor for 18 years

#2153.100	Th	6:30–8:30 pm	1/19	\$15	EPFH
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\*It is recommended that 13–15 year olds attend with an observing or enrolled adult

## Tennis

5/8 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 pm	1/4–2/1	\$58	KCP 7&8
#2401.116 Int/Adv.	W	7:30–9:00 pm	1/4–2/1	\$58	KCP 7&8

### Session 2

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

### Session 3

#2401.135 Beg.	W	6:00–7:30 pm	3/15–4/12	\$58	KCP 7&8
#2401.136 Int/Adv.	W	7:30–9:00 pm	3/15–4/12	\$58	KCP 7&8

### 8 Week Class

#2401.117 Int.	Sa	8:30–10:00 am	1/7–2/25	\$87	MVP 1&2
#2401.127 Int.	Sa	8:30–10:00 am	3/4–4/22	\$87	MVP 1&2

## POUND™ Rockout Workout

5/7 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 you are done 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, POUND Certified

### Session 1

#2635.111	M	6:00–6:45 pm	*1/9–2/27	\$32	EVCC
#2635.112	Sa	9:00–9:45 am	1/14–2/25	\$45	MCC

### Session 2

#2635.121	M	6:00–6:45 pm	3/6–4/17	\$45	EVCC
#2635.122	Sa	9:00–9:45 am	3/4–4/15	\$45	MCC

\*No class on 1/16 & 2/20

## Zumba / Zumba Toning

5/6 weeks • Adult

If you love Zumba, come join us for a combination of Zumba and Zumba Toning. Both classes create a party-like atmosphere and incorporate 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 & Zumba Certified Instructor, AFAA & Zumba Certified

#2643.110	Th	7:00–8:00 pm	1/5–2/2	\$30	EVCC
#2643.120	Th	7:00–8:00 pm	2/9–3/9	\$30	EVCC
#2643.130	Th	7:00–8:00 pm	3/16–4/20	\$36	EVCC

## Pilates Mat Class

5 weeks • Adult

Pilates Mat is a great workout for the body, mind, and spirit. It is designed to strengthen while stretching the body through slow, deliberate, and precise movements. Pilates is suitable for everyone and every body type. Pilates can improve posture, strength, and reduce stress.

**Instructor:** Kerry Hutchinson, Pilates Mat Certified

#2622.113	W	6:45-7:45 pm	1/4-2/1	\$40	MCC
#2622.123	W	6:45-7:45 pm	2/8-3/8	\$40	MCC
#2622.133	W	6:45-7:45 pm	*3/15-4/19	\$40	MCC

\*No class on 4/12

## Pilates Cardio Sculpt

4/5 weeks • Adult

If you want a whole body workout then come join us for this fun workout that can be easily modifiable for all fitness levels! This class combines cardio, Pilates Mat, body sculpting with weights, and stretching. We have designed this class to improve your cardiovascular fitness and overall muscle tone.

**Instructor:** Kerry Hutchinson, Pilates Mat Certified

#2660.110	M	7:00-8:00 pm	*1/2-1/30	\$32	EVCC
#2660.120	M	7:00-8:00 pm	*2/6-3/6	\$32	EVCC
#2660.130	M	7:00-8:00 pm	*3/13-4/17	\$40	EVCC

\*No class on 1/16, 2/20, & 4/10

## 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 28 years

#2600.100	W	4:30-5:30 pm	1/11-4/19	\$165	MCC
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## 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 28 years

#2601.100	W	5:30-6:30 pm	1/11-4/19	\$165	MCC
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# Escondido Recreation Adult Softball League

Spring 2017: • 10 week season plus playoffs

### Divisions

All players must be 18 years of age to play in adult leagues unless otherwise posted for + divisions.

- Monday—Coed A, B, C, & D
- Tuesday—Women's Open, Coed E & F
- Wednesday—Men's A & B
- Thursday—Men's 35+ A & B
- Friday—Men's C, D, E, & F

### Fee

- Team Fees—\$400 (late \$30), Spring 2017
- Umpire & Scorekeeper Fees—\$20 per game per team



Season	Game Days	Registration Open	Registration Closes	Schedule Hand-Out	Season Dates
Spring 2017	M-F	January 23, 2017	February 17, 2017	February 22, 2017	February 27-June 2, 2017

Registration packets for coed, men's & women's leagues will be available at Kit Carson Park Softball Complex during the season, City Hall, or on our website at [recreation.escondido.org](http://recreation.escondido.org)