



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

#1261.210	Sa	1:30–4:00 pm	5/19	**\$20	EVCC
#1261.220	Sa	1:30–4:00 pm	6/16	**\$20	EVCC
#1261.230	Sa	1:30–4:00 pm	7/21	**\$20	EVCC
#1261.240	Sa	1:30–4:00 pm	8/18	**\$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)

Improve Back & Hip Function, the Feldenkrais® Way

5 weeks • Adults



Hip and back pain are extremely common among adults in the U.S. In fact, most Americans will suffer from back or hip pain sometime during their lives. If you are interested in learning how to manage and avoid pain yourself, using easy, gentle movements that cause no pain, this is the class for you. This workshop is appropriate for people with or without pain issues. More info is available at anoone.org.

Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner

#2162.200	T	10:30–11:30 am	6/12–7/10	\$60	MCC
-----------	---	----------------	-----------	------	-----

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

#2624.210	W	6:30–7:00 pm	5/2–6/20	**\$85	ICE
#2624.220	W	6:30–7:00 pm	7/11–8/29	**\$85	ICE

**Includes skate rental & public skating from 3:15–5:15 pm on day of class

Adult Ballet

6 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

#2203.211	Beg/Int.	W	6:00–7:00 pm	*5/16–6/27	\$60	EVCC
#2203.221	Beg/Int.	W	6:00–7:00 pm	7/11–8/15	\$60	EVCC

*No class on 6/6

Posture for Life

Workshop • Ages 12–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

#2267.201	T	6:00–7:00 pm	5/8	\$15	PACC
#2267.202	T	6:00–7:00 pm	6/26	\$15	PACC

Basic Flamenco Dance

5 Weeks • Ages 12–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

#2266.210	T	6:00–7:00 pm	5/15–6/12	\$75	PACC
#2266.220	T	6:00–7:00 pm	7/10–8/7	\$75	PACC



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

#2264.210	Th	9:15–10:15 am	5/10–6/14	\$36	EVCC
#2264.220	Th	9:15–10:15 am	*6/21–8/2	\$36	EVCC

*No class on 7/5

POUND™ Rockout Workout

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 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! *Please bring yoga mat/towel to class.*

Instructor: Barbara Fluetsch & Cynthia Demorest, POUND Certified

Session 1

#2635.211	M	6:00–7:00 pm	*5/7–6/11	\$32	EVCC
#2635.214	T	6:15–7:15 pm	5/1–5/29	\$32	PACC
#2635.212	Sa	9:00–10:00 am	5/5–6/2	\$32	MCC

Session 2

#2635.221	M	6:00–7:00 pm	6/18–7/16	\$32	EVCC
#2635.224	T	6:15–7:15 pm	*6/5–7/10	\$32	PACC
#2635.222	Sa	9:00–10:00 am	6/9–7/7	\$32	MCC

Session 3

#2635.231	M	6:00–7:00 pm	7/23–8/20	\$32	EVCC
#2635.234	T	6:15–7:15 pm	7/17–8/14	\$32	PACC
#2635.232	Sa	9:00–10:00 am	*7/14–8/18	\$32	MCC

*No class on 5/28, 7/3, & 7/21

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

#2610.211	T/Th–2 days	12:00–12:45 pm	5/1–6/14	\$70	JSP
#2610.212	T/Th–1 day	12:00–12:45 pm	5/1–6/14	\$50	JSP

Session 2

#2610.221	T/Th–2 days	12:00–12:45 pm	6/26–8/9	\$70	JSP
#2610.222	T/Th–1 day	12:00–12:45 pm	6/26–8/9	\$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

#2611.210	F	12:00–12:45 pm	5/4–6/15	\$50	JSP
#2611.220	F	12:00–12:45 pm	6/29–8/10	\$50	JSP

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

#2600.200	W	4:30–5:25 pm	*5/2–8/15	\$180	MCC
-----------	---	--------------	-----------	-------	-----

*No class on 7/4

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

#2601.200	W	5:30–6:25 pm	*5/2–8/15	\$180	MCC
-----------	---	--------------	-----------	-------	-----

* No class on 7/4

Slow Flow Yoga

6/5 weeks • Ages 16–Adult

Slow Flow focuses on holding posture and breathing, while at the same time creating a supple and tone body. This is a time to reduce stress, gain flexibility and strength, relax and have fun! This class is for beginners, and for those who already have an established practice.

Instructor: Linda Hernandez, Certified Yoga Instructor

#2668.210	Th	5:45–6:45 pm	5/3–6/7	**\$72	EVCC
#2668.220	Th	5:45–6:45 pm	8/2–8/30	**\$60	EVCC

**\$10 Material Fee due at 1st class for Yoga Blocks

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, Licensed Zumba Instructor

#2643.210	Th	7:00–8:00 pm	*5/3–6/14	\$30	EVCC
#2643.220	Th	7:00–8:00 pm	6/21–7/19	\$30	EVCC
#2643.230	Th	7:00–8:00 pm	7/26–8/16	\$24	EVCC

*No class 5/10 & 5/17

Pilates Cardio Express

5 weeks • Adults

Short on time? Want a full body workout? Then come join us for 25 minutes of cardio body sculpting using 1 or 2 pounds hand weights (optional), 5 minutes of core work, and a 5 minute stretch. You will work your entire upper and lower body, cardiovascular system, and core in only 35 minutes! This class is based on Pilates Principals and focuses on the core throughout the entire class.

Instructor: Kerry Hutchinson, Pilates Certified

#2661.210	M	6:30–7:05 pm	*4/30–6/4	\$25	EVCC
#2661.220	M	6:30–7:05 pm	6/11–7/9	\$25	EVCC
#2661.230	M	6:30–7:05 pm	7/16–8/13	\$25	EVCC

*No class on 5/28

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

#2622.213	M	7:10–8:00 pm	*4/30–6/4	\$35	EVCC
#2622.223	M	7:10–8:00 pm	6/11–7/9	\$35	EVCC
#2622.233	M	7:10–8:00 pm	7/16–8/13	\$35	EVCC

*No class on 5/28

ESCONDIDO RECREATION IS HIRING!

After School Program Recreation Leaders Wanted



Join our team and make a difference in the lives of Escondido youth.

After School Education and Safety (ASES) Program • 2018/2019 School Year

Call 760.839.5483 or apply online at www.escondido.org starting May 7, 2018

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

#2401.215 Beg.	W	6:00–7:30 pm	5/2–5/30	\$58	KCP 7&8
#2401.216 Int/Adv.	W	7:30–9:00 pm	5/2–5/30	\$58	KCP 7&8

Session 2

#2401.225 Beg.	W	6:00–7:30 pm	6/6–7/11	\$58	KCP 7&8
#2401.226 Int/Adv.	W	7:30–9:00 pm	6/6–7/11	\$58	KCP 7&8

Session 3

#2401.235 Beg.	W	6:00–7:30 pm	7/18–8/15	\$58	KCP 7&8
#2401.236 Int/Adv.	W	7:30–9:00 pm	7/18–8/15	\$58	KCP 7&8

7 Week Class

#2401.217 Int.	Sa	8:30–10:00 am	5/5–6/23	\$76	MVP 1&2
#2401.227 Int.	Sa	8:30–10:00 am	6/30–8/18	\$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 over 24 years

#2613.212	M/Th	5:00–6:00 pm	*7/2–9/20	**\$110	MCC
#2613.213	M/Th	6:15–7:15 pm	*7/2–9/20	**\$110	MCC
#2613.214	M/Th	7:30–8:30 pm	*7/2–9/20	**\$110	MCC

*No class on 9/3

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

INSTRUCTORS WANTED!

Do you have a special talent or a hobby you would like to share with the community?



Escondido Community Services

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!

- Line Dancing
- Adult Partner Dancing
- Adult Art
- Archery
- Your Specialty
- Youth Art

Escondido Recreation Adult Softball League

Summer 2018 • 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 A, B, & C
- Wednesday—Men's A, B, & C
- Thursday—Men's 35+ A & B
- Friday—Men's A, B, C, & D

Fee

- Team Fees—\$400, Summer 2018
- Umpire & Scorekeeper Fees—\$20 per game per team



Season	Game Days	Registration Open	Registration Closes	Schedule Hand-Out	Season Dates
Summer 2018	M–F	April 30, 2018	June 1, 2018	June 6, 2018	June 11–September 21, 2018

Registration packets for coed, men's & women's leagues will be available by email, at City Hall, or on our website at recreation.escondido.org