# ESCONDIDO

## Recreation Guide

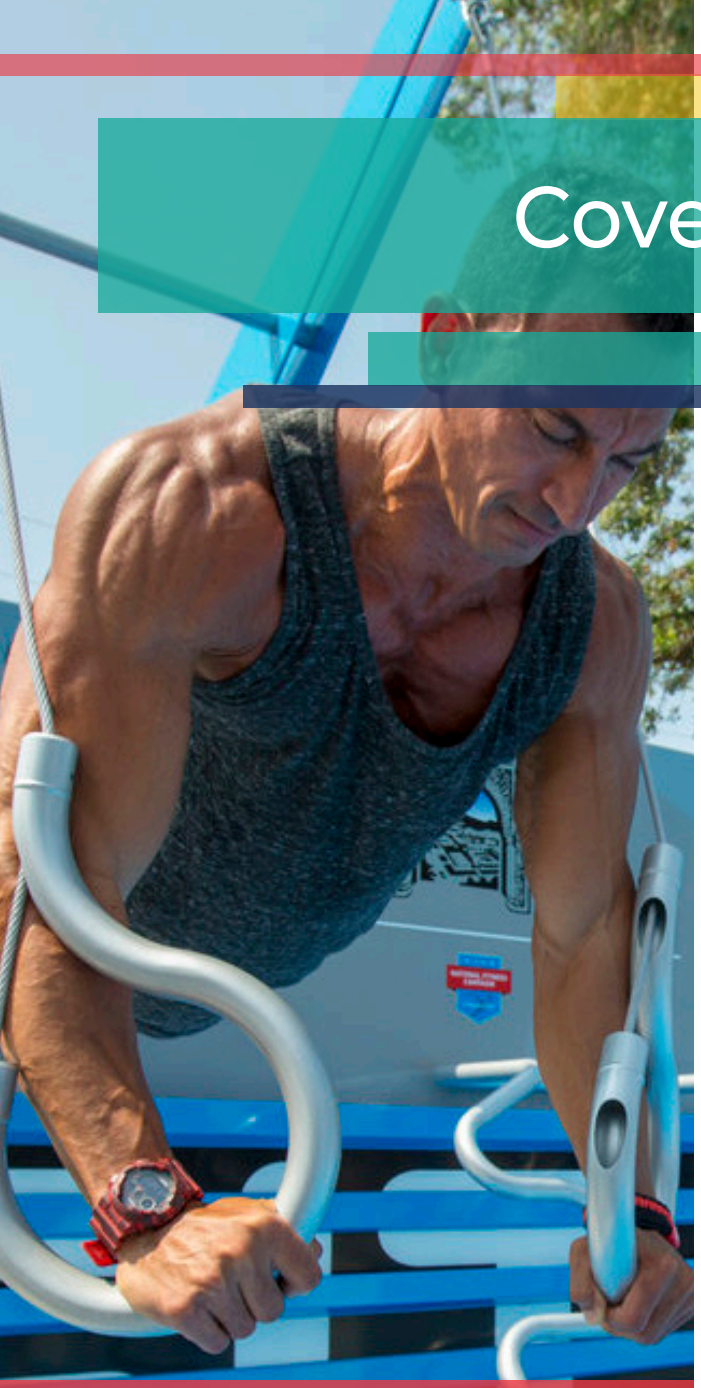
July · August · September

# Summer 2020

Escondido Community Services

recreation.escondido.org

# Cover Close-Up



The City of Escondido was selected by the National Fitness Campaign (NFC) as one of 200 locations nationwide to open the world's best free outdoor gym — the Fitness Court®. The Fitness Court is an outdoor bodyweight circuit training system that provides a full-body workout to people of all ability levels. With 7 functional fitness zones, the Fitness Court can be used in thousands of ways. On top of that, we are thrilled to announce that we have been designated the first Model City in the region, which means we will be installing five fitness courts throughout Escondido, and will be part of a greater network of Fitness Courts across the County and Southern California. The National Fitness Campaign is one of the fastest-growing outdoor health and wellness networks in the country, now operating in over 75 cities and colleges across the Nation. By the end of 2020, the program will be thriving in over 400 communities across 40 states.

Escondido's first Fitness Court, pictured on the cover, is located at Mountain View Park. Although the Grand Opening Launch is delayed, the Fitness Court is expected to open to the public later this summer. The Fitness Court's 7 Station design allows safe distancing while you exercise. Staying healthy and strong is more important now than ever, and we look forward to welcoming everyone back outdoors safely with this new program. Over the course of the next two years, the City has plans to open four additional Fitness Courts in parks throughout Escondido highlighting our commitment to being a health and wellness hub.

In addition, the Fitness Court App features an extensive library of individual workouts from world class trainers guiding users through routines for all ages and ability levels. These programs will support individual usage, and these solo routines will be expanded in the post COVID-19 world for the community. Download the App at recreation.escondido.org/fitness-court.aspx

If you are interested in taking part and becoming a Fitness Ambassador, please visit nationalfitnesscampaign.com/ambassador to register or contact Tyler Lockwood at 760-839-4382 for more information. We look forward to you joining a network of trainers and wellness experts as we encourage healthy lifestyles throughout our community.

ESCONDIDO
City of Choice

Escondido Community Services

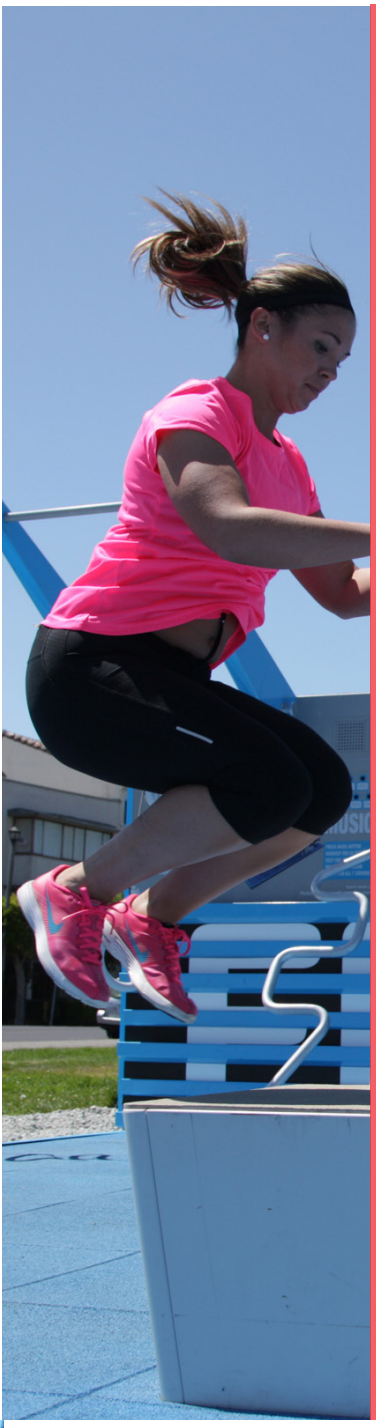
## CONTACT US!

| | |
|---|---|
| Phone | (760) 839-4691 |
| Email | recreation@escondido.org |
| Web | recreation.escondido.org |
| Office | 201 North Broadway, Escondido, CA 92025 |

Follow us on Facebook: @CityofEscondido

Follow us on Instagram: @CityofEscondido

Be in the know about what's happening around Escondido!
www.escondido.org/city-newsletters.aspx



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LIVE WELL SAN DIEGO

The City of Escondido is a recognized partner of Live Well San Diego—an initiative that is committed, through a collective regional effort, to ensuring all residents are supported in making healthy choices, living in safe neighborhoods, and creating opportunities for all communities to grow and connect with one another to enjoy a high quality of life.

Promoting Escondido as the City of Choice by providing healthy, innovative, and educational opportunities to unify our community. Energize Escondido!

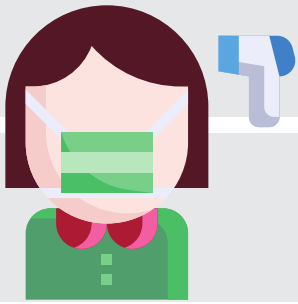
# STOP THE SPREAD

## COVID-19 SAFETY MEASURES

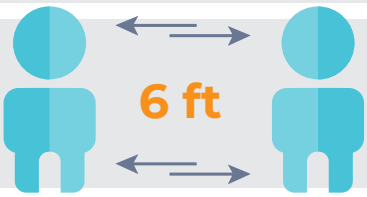
*We are working tirelessly to ensure that our activities are safe for you and your family. Please be aware of our following measures*

**All persons with temperature or flu like symptoms are asked to stay home and will not be allowed to participate.**

**All staff and participants in certain programs will be required to undergo a contactless temperature screening.**



**All staff will be required to wear a facial covering.**




**Social distancing requirements will be adhered to and no more than 12 children will be allowed per group.**

**Sanitation of common use areas done hourly or as needed based on usage.**

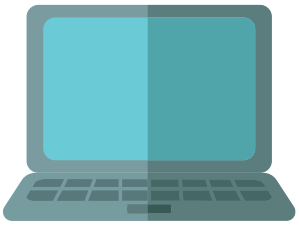
### Notice Regarding Covid-19

Please note that some of the facility information and services listed are **subject to change** as we work within the State and County Health Ordinances to ensure the health and safety of our patrons.

**For the most current COVID-19 related information please visit us at escondido.org/covid-19.aspx**

# REGISTRATION

Preregistration is required for all classes. Classes fill quickly so register early! Registration begins June 29, 2020.



## ONLINE REGISTRATION

- Visit our website recreation.escondido.org and click on the link for Online Registration.
- Complete the online registration information, pay by Visa, MasterCard, American Express, or Discover and receive an instant e-mail confirmation.

## WALK-IN REGISTRATION

- Community Services Department in City Hall, 201 North Broadway
- East Valley Community Center, 2245 East Valley Parkway

**NOTE!**

- A nominal, non-refundable processing fee will be added for all registration transactions.
  Processing Fee subject to change.
- Registration cannot be taken in class.
  Most of our instructors are independent contractors so they cannot process registration; however, they do collect material fees in class (cash only).
- Fees will not be prorated if you register after class has started.
- We no longer accept phone-in registrations due to new credit card laws.
- Unless otherwise requested, refunds will be processed as credit on account by default.
- If requested, check refunds will be mailed within 30 days of receiving confirmation of refund.
- Credit on account expires one year from issue date
- Material Fees are non-refundable

## REQUESTING REFUND OR CREDIT

To request a refund or credit, contact the customer service staff at City Hall or the East Valley Community Center. The registration processing fee and material fees are non-refundable.

- Aquatic classes have a different transfer/refund policy. Call aquatic staff at (760) 839-4382.
- Discovery Kids Camps have a different refund policy. Call Camp staff at (760) 839-5483.

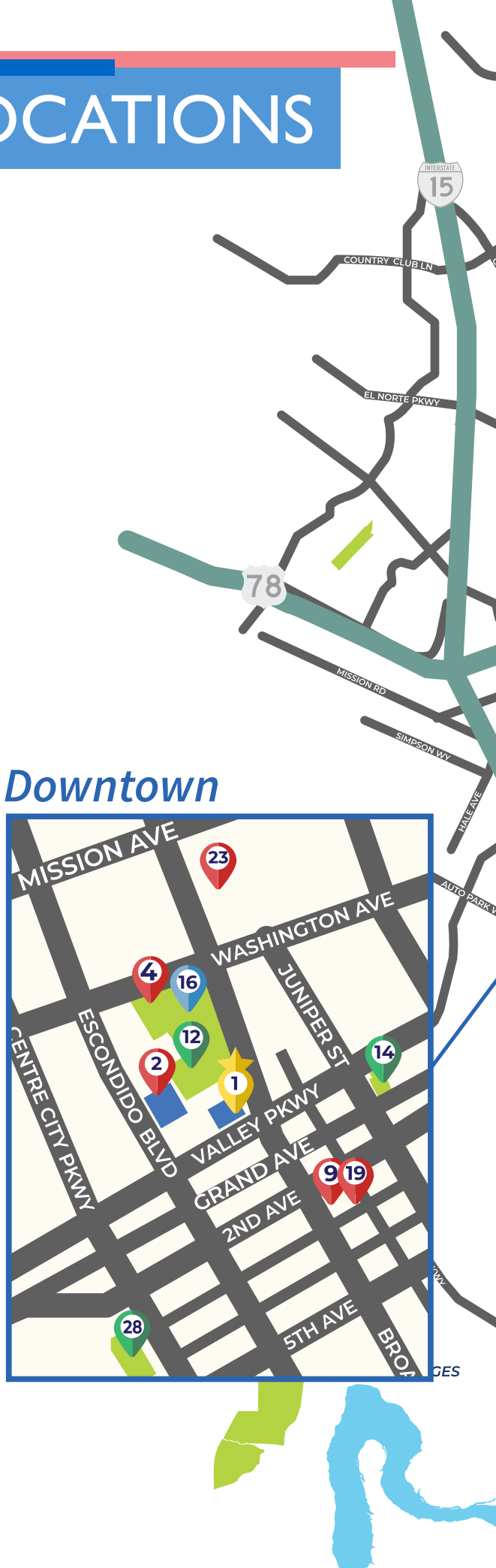
## Your satisfaction is important to us!

Our goal is to provide you with the highest quality recreational programs. If a class doesn't meet your expectations, we want to know about it. Please contact us as soon as possible so we can improve our service.

Escondido Community Services

# FACILITY & PARK LOCATIONS

1. **City Hall Meeting Facilities**
   *201 N Broadway, 92025*
2. **California Center for the Arts, Escondido (CCAE)**
   *340 N. Escondido Blvd, 92025*
3. **Daley Ranch House and Trails**
   *3024 La Honda Drive, 92027*
4. **Don E. Anderson Community Building (DACB)**
   *120 Woodward Avenue, 92025*
5. **East Valley Community Center (EVCC)**
   *2245 East Valley Parkway, 92027*
6. **El Norte Park**
   *1375 East El Norte Parkway, 92027*
7. **Escondido Community Gardens**
   *408 West Lincoln Avenue, 92026*
8. **Escondido Police & Fire Headquarters (EPFH)**
   *1163 North Centre City Parkway, 92026*
9. **Escondido Public Library**
   *239 S Kalmia St, Escondido, CA 92025*
10. **Escondido Sport Center (ESC)**
    *3333 Bear Valley Parkway, 92025*
11. **Felicita Mini Park**
    *1700 S Escondido Blvd, Escondido, CA 92025*
12. **Grape Day Park**
    *321 North Broadway, 92025*
13. **Grove Park**
    *745 North Ash Street, 92027*
14. **Heritage Garden**
    *121 North Juniper Street, 92025*
15. **Ice-Plex (ICE)**
    *555 N Tulip St, Escondido, CA 92025*
16. **James A. Stone Pool (JSP)**
    *131 Woodward Avenue, 92025*
17. **Jesmond Dene Park**
    *2401 North Broadway, 92026*
18. **Kit Carson Park (KCP)**
    *3333 Bear Valley Parkway, 92025*
19. **Mathes Community Center (MCC)**
    *247 South Kalmia Street, 92025*
20. **Mayflower Dog Park (off leash)**
    *3420 Valley Center Road, 92027*
21. **Mountain View Park (MVP)**
    *1160 South Citrus Avenue, 92027*
22. **Oak Hill Activity Center (OHAC)**
    *405 South Midway Drive, 92027*
23. **Park Avenue Community Center (PACC)**
    *210 East Park Avenue, 92025*
24. **Rod McLeod Park**
    *1701 South Iris Lane, 92026*
25. **Ryan Park**
    *390 North Hidden Trails Road, 92027*
26. **Washington Park (WP)**
    *501 North Rose Street, 92027*
27. **Washington Park Pool**
    *Located inside Washington Park Facilities*
28. **Westside Park**
    *333 South Spruce Street, 92025*



## Golf Information

**29 Reidy Creek**
*2300 N Broadway*
*Escondido, CA 92026*

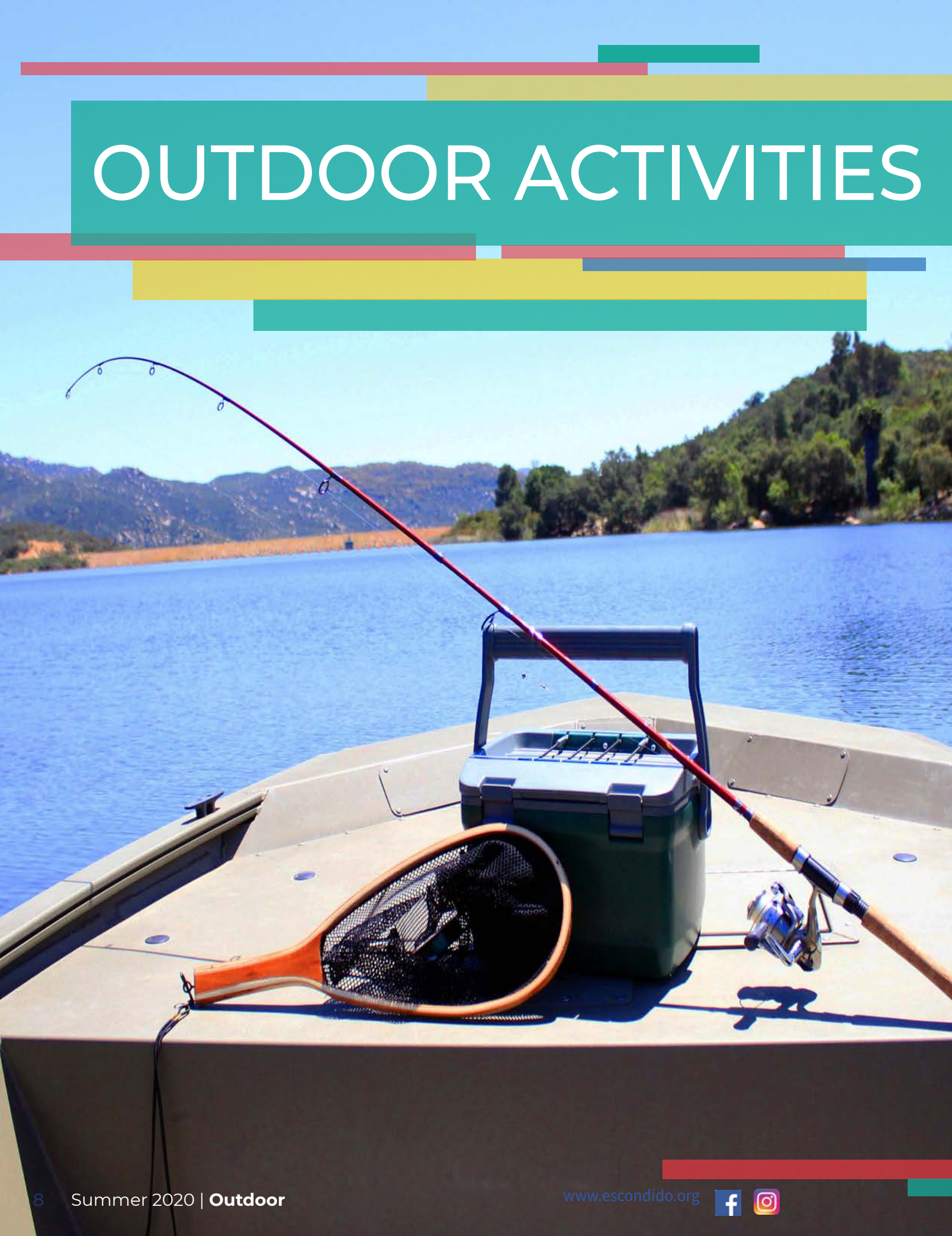
**30 The Vineyard at Escondido**
*925 San Pasqual Rd.*
*Escondido, CA 92025*

## Lake Information

**31 Dixon Lake (DXN)**
*453 Lake Wohlford Road*
*Escondido, CA 92025*

**32 Lake Wohlford**
*1700 La Honda Drive,*
*Escondido, CA 92027*

# OUTDOOR ACTIVITIES



## Dixon Lake Fishing Permit Information

A California fishing license is not required to fish at Dixon Lake, but you must purchase a daily fishing permit each day from the concession stand before you start to fish.

| | |
|---|---|
| Adults (16 and older) | $7 per day |
| Seniors (60 and older) | $5 per day |
| Youth (ages 8-15) | $5 per day |
| Children under 8 | Free (must fish with an adult angler and all fish caught are charged to the adult's permit) |
| 2nd Rod Stamp | $2 per day (2nd rods are not allowed during trout derbies) |

### Boat Rental Fees

| | | | |
|---|---|---|---|
| All Day Motorboat | $35 | All Day Rowboat | $17 |
| 1/2 Day Motorboat | $30 | 1/2 Day Rowboat | $14 |
| Hour Pedal Boat | $12 | | |

For updated fishing reports follow us at:
www.facebook.com/dixonlakecitypark

## Lake Wohlford Fishing Permit Information

Lake Wohlford fishing permit prices are the same as above.

A State of California Fishing License Required for all persons 16 years and older fishing at Lake Wohlford..

## Dixon Lake Camping Information

For information and reservations visit www.camplife.com and enter Dixon Lake in the search field. An A.D.A accessible Cabin is also available for rent during select time periods. Please call the Dixon Lake Reservation Line at (760) 839-4045 Monday through Friday, 7:00 A.M. to 4:00 P.M. Our friendly staff will be glad to help you with your reservations.

## Camping Rates

**Regular Campsite** (Table, Charcoal Grill & Locker - water nearby):

Per night: $25

**Deluxe Campsite** (Table, Charcoal Grill, Locker, Water, 30amp Electric Hookup & Sewer)

Per night: $35

*For more information, visit*
*escondido.org/Dixon-Lake-camping-information.aspx*

## Intro to Outdoor Rock Climbing

**Workshop • Adult**

Experience the great outdoors in a new and fun way! Introduction to Outdoor Rock Climbing will focus on fundamental technique, safety instruction, and equipment overview with professionally trained guides from the American Mountain Guide Association. Climbing Rated Gear is provided in cost of program. Workshop will meet at Trout Cove Parking lot at Dixon Lake. Parking fee not included.

**Instructor: Golden State Guiding Staff**

| | | | | |
|---|---|---|---|---|
| Sa | 10:00 A.M.–12:00 P.M. | 7/11 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 7/25 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 8/8 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 8/22 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 9/5 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 9/19 | $50 | DXN |

*Weather permitting*

# AQUATICS

## ENJOY ESCONDIDO SUMMER AQUATICS AT OUR **TWO** LOCATIONS

### JAMES A. STONE POOL (JSP)

131 Woodward Ave
(760) 839-4810

### WASHINGTON PARK POOL (WP)

501 N. Rose Street
(760) 839-4660

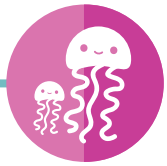
***Cost: $34 per session***

## Covid-19 Safety Measures

- **All persons with temperature or flu like symptoms are asked to stay home and will not be allowed to participate.**
- **All staff and participants will be required to undergo a contactless temperature screening**
- **All Instructors will be required to wear a neck gaiter to cover their mouth and nose.**
- **Pools will be sectioned off into four quadrants to accommodate 4 classes that will maintain proper social distancing.**

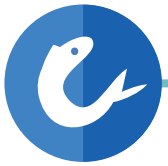
# SWIMMING LESSONS

## What level is your child?



### ME & MY SHADOW (PC) 6 months - 4 years

In these 40 minute classes we emphasize on water adjustment, swimming readiness, & enjoyment in the water. Parent or guardian (16 years or older) required, one child to one guardian ratio. Diaper wearing children must wear a swim diaper or vinyl swim pants. Diapers are sold at the pool for $2.



### GRUNION 1 3-4

This class is for preschool aged children **(ages 3 & 4)** to promote water exploration and comfort in water. Skills include water entry and exit, breath control, and supported glides and floats.

### GRUNION 2 3-4

**For ages 3 & 4**, must have successfully completed Grunion 1to enroll or be very comfortably in the water. Focuses on moving comfortably in the water, supported skills and combined arm and leg action.

### DUCK 5-12

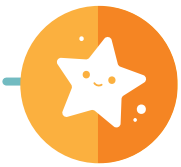
**Level 1** is for children with little to no swimming experience. The focus of this class is to move comfortably in the water, fully submerge the face and supported front and back kicking and floating.

### SEAL 5-12

**Level 5** focuses on stroke coordination and refinement of all strokes for increased distances. Advanced techniques are introduced. Participants must be able to swim front and back crawl 25 yards and breaststroke 15 yards to participate.

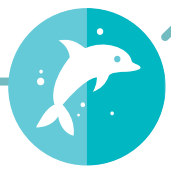
### SEAHORSE 5-12

**Level 4** focuses on stroke improvement, distances in front and back crawl, as well as introduction of additional strokes. Participants must be able to swim front and back crawl for 15 yards independently to participate.



### STARFISH 5-12

**Level 3** is designed to promote stroke development and guided practice in deep water. Skills include rotary breathing, front crawl, elementary backstroke and introduction to diving. Participants must have successfully passed the Dolphin level or be able to swim 5 yards independently.



### DOLPHIN 5-12

**Level 2** focuses on fundamental skills ranging from breath control, unassisted floats and glides, to elementary coordination of the front crawl.

### PRIVATE LESSONS (1on1) AGES 4 - ADULT

**Fee: $120 for four 30 minutes lessons**

Learn to swim, progress from current level, or improve specific techniques with these personalized swim lessons. They are tailored to meet your needs, with one instructor to one student.

**Children drown without a sound. Watch kids around water!**

fire.escondido.org/watersafety

# MORNING LESSO

## JAMES STONE POOL

| | SESSION 1 | | SESSION 2 | |
|---|---|---|---|---|
| | July 6 - July 9 | | July 13 - July 16 | |
| 9:00 - 9:50 A.M. | Grunion 1 | 5210.251 | Duck | 5230.261 |
| | Starfish | 5240.251 | Dolphin | 5232.261 |
| | Seahorse | 5250.251 | Starfish | 5240.261 |
| | Seals | 5260.251 | Seals | 5260.261 |
| 10:00 - 10:50 A.M. | Grunion 2 | 5220.251 | Grunion 1 | 5210.261 |
| | Duck | 5230.251 | Duck | 5230.262 |
| | Dolphin | 5232.251 | Dolphin | 5232.262 |
| | Starfish | 5240.252 | Seahorse | 5250.261 |
| 11:00 - 11:50 A.M. | PC | 5200.251 | PC | 5200.261 |
| | Duck | 5230.252 | Grunion 2 | 5220.261 |
| | Dolphin | 5232.252 | Duck | 5230.263 |
| | 1 on 1 | 5280.251 | 1 on 1 | 5280.261 |

## SATURDAY LESSONS AT JAMES STONE POOL

| | SESSION A | | | | SESSION B | | | |
|---|---|---|---|---|---|---|---|---|
| | July 11 - August 1 | | | | August 8 - August 29 | | | |
| 9:00 - 9:50 A.M. | Grunion 1 | 5310.211 | Seals | 5360.211 | Grunion 1 | 5310.221 | Seal | 5360.221 |
| | Seahorse | 53350.211 | PC | 5300.211 | Seahorse | 5350.221 | PC | 5300.221 |
| 10:00 - 10:50 A.M. | Starfish | 5340.211 | Dolphin | 5332.211 | Starfish | 5340.221 | Dolphin | 5332.221 |
| | Duck | 5330.211 | Grunion 2 | 5320.211 | Duck | 5330.221 | Grunion 2 | 5320.221 |
| 11:00 - 11:50 A.M. | PC | 5300.212 | Seahorse | 5350.212 | PC | 5300.222 | Seahorse | 5350.222 |
| | Grunion 1 | 5310.212 | Dolphin | 5332.212 | Grunion 1 | 5310.222 | Dolphin | 5332.222 |
| 12:00 - 12:50 P.M. | Duck | 5330.212 | Starfish | 5340.212 | Duck | 5300.222 | Starfish | 5340.222 |
| | Grunion 2 | 5320.212 | Seals | 5350.212 | Grunion 2 | 5320.222 | Seals | 5360.222 |

NS

JAMES STONE POOL

| | SESSION 3 | | SESSION 4 | | SESSION 5 | |
|---|---|---|---|---|---|---|
| | July 20 - July 23 | | July 27 - July 30 | | August 3 - August 6 | |
| | Grunion | 1 5210.271 | Duck | 5210.281 | Grunion 1 | 5210.291 |
| | Starfish | 5240.271 | Dolphin | 5232.281 | Starfish | 5240.291 |
| | Seahorse | 5250.271 | Starfish | 5240.281 | Seahorse | 5250.291 |
| | Seals | 5260.271 | Seals | 5260.281 | Seals | 5260.291 |
| | Grunion 2 | 5220.271 | Grunion 1 | 5210.281 | Grunion 2 | 5220.291 |
| | Duck | 5230.271 | Duck | 5210.282 | Duck | 5230.291 |
| | Dolphin | 5232.271 | Dolphin | 5232.282 | Dolphin | 5232.291 |
| | Starfish | 5240.272 | Seahorse | 5250.281 | Starfish | 5240.292 |
| | PC | 5200.271 | PC | 5200.281 | PC | 5200.291 |
| | Duck | 5230.272 | Grunion 2 | 5220.281 | Duck | 5230.292 |
| | Dolphin | 5232.272 | Duck | 5230.283 | Dolphin | 5232.292 |
| | 1 on 1 | 5280.271 | 1 on 1 | 5280.281 | 1 on 1 | 5280.291 |

# Renegade Aquatics Swim Program

The Renegade program has partnered with the City of Escondido to promote the sports of swimming and water polo in a safe, friendly, and educational environment. The experienced coaching staff will focus on technique and skill development, help the athletes improve, and introduce them to competition at meets throughout San Diego county and southern California. There is a wide range of practice groups, from the beginning novice level to the elite high school competitive athletes.

Participants have the option to swim at either the Washington Park pool (501 North Rose Street) or the Boys & Girls Club (835 West 15th Avenue). The teams practice year round, and both pools are heated during the colder months.

For additional information on the Renegade programs, including practice times and fees, please visit the team website at www.renegadeaquatics.com.

# AFTERNOON LES

## JAMES STONE POOL

| | SESSION 1 | | SESSION 2 | |
|---|---|---|---|---|
| | July 6 - July 9 | | July 13 - July 16 | |
| 3:00 - 3:50 P.M. | Grunion 1 | 5210.252 | Grunion 2 | 5220.262 |
| | Duck | 5230.253 | Dolphin | 5232.263 |
| | Dolphin | 5232.253 | Starfish | 5240.262 |
| | Seahorse | 5250.252 | Seals | 5260.262 |
| 4:00 - 4:50 P.M. | Grunion 2 | 5220.252 | Grunion 1 | 5210.262 |
| | Duck | 5230.254 | Duck | 5230.264 |
| | Starfish | 5240.253 | Dolphin | 5232.264 |
| | Seals | 5260.252 | Seahorse | 5250.262 |
| 5:00 - 5:50 P.M. | PC | 5200.252 | PC | 5200.262 |
| | Grunion 1 | 5210.253 | Grunion 2 | 5220.263 |
| | Dolphin | 5232.254 | Duck | 5230.265 |
| | Starfish | 5240.254 | Starfish | 5240.263 |

## WASHINGTON PARK POOL

| | SESSION 1 | | SESSION 2 | |
|---|---|---|---|---|
| | July 6 - July 9 | | July 13 - July 16 | |
| 3:00 - 3:50 P.M. | Grunion 2 | 5220.253 | Grunion 1 | 5210.263 |
| | Duck | 5230.255 | Duck | 5230.266 |
| | Dolphin | 5232.255 | Dolphin | 5232.265 |
| | Starfish | 5240.255 | Seahorse | 5250.263 |
| 4:00 - 4:50 P.M. | Grunion 1 | 5210.256 | Grunion 2 | 5210.264 |
| | Duck | 5230.256 | Duck | 5230.267 |
| | Dolphin | 5232.256 | Starfish | 5240.264 |
| | Seahorse | 5250.253 | Seals | 5260.263 |
| 5:00 - 5:50 P.M. | Duck | 5230.257 | Duck | 5230.268 |
| | Starfish | 5240.256 | Dolphin | 5232.266 |
| | Seals | 5260.253 | Starfish | 5240.265 |
| | 1 on 1 | 5280.252 | 1 on 1 | 5280.262 |

# SONS



## JAMES STONE POOL

| | SESSION 3 | | SESSION 4 | | SESSION 5 | |
|---|---|---|---|---|---|---|
| | July 20 - July 23 | | July 27 - July 30 | | August 3 - August 6 | |
| | Grunion 1 | 5210.272 | Grunion 2 | 5220.282 | Grunion 1 | 5210.292 |
| | Duck | 5230.273 | Dolphin | 5232.283 | Duck | 5230.293 |
| | Dolphin | 5232.273 | Starfish | 5240.282 | Dolphin | 5232.293 |
| | Seahorse | 5250.272 | Seals | 5260.282 | Seahorse | 5250.292 |
| | Grunion 2 | 5220.272 | Grunion 1 | 5210.282 | Grunion 2 | 5220.292 |
| | Duck | 5230.274 | Duck | 5230.284 | Duck | 5230.294 |
| | Starfish | 5240.273 | Dolphin | 5232.284 | Starfish | 5240.293 |
| | Seals | 5260.272 | Seahorse | 5250.282 | Seals | 5260.292 |
| | PC | 5200.272 | PC | 5200.282 | PC | 5200.292 |
| | Grunion 1 | 5210.273 | Grunion 2 | 5220.283 | Grunion 1 | 5210.293 |
| | Dolphin | 5232.274 | Duck | 5230.285 | Dolphin | 5232.294 |
| | Starfish | 5240.274 | Starfish | 5240.283 | Starfish | 5240.294 |

## WASHINGTON PARK POOL

| | SESSION 3 | | SESSION 4 | | SESSION 5 | |
|---|---|---|---|---|---|---|
| | July 20 - July 23 | | July 27 - July 30 | | August 3 - August 6 | |
| | Grunion 2 | 5220.273 | Grunion 1 | 5210.283 | Grunion 2 | 5220.293 |
| | Duck | 5230.275 | Duck | 5230.286 | Duck | 5230.295 |
| | Dolphin | 5232.275 | Dolphin | 5232.285 | Dolphin | 5232.295 |
| | Starfish | 5240.275 | Seahorse | 5250.283 | Starfish | 5240.295 |
| | Grunion 1 | 5220.274 | Grunion 2 | 2510.284 | Grunion 1 | 5210.294 |
| | Duck | 5230.276 | Duck | 5230.287 | Duck | 5230.296 |
| | Dolphin | 5232.276 | Starfish | 5240.284 | Dolphin | 5232.296 |
| | Seahorse | 5250.273 | Seals | 5260.283 | Seahorse | 5250.293 |
| | Duck | 5230.277 | Duck | 5230.288 | Duck | 5230.297 |
| | Starfish | 5240.276 | Dolphin | 5232.286 | Starfish | 5240.296 |
| | Seals | 5260.273 | Starfish | 5240.285 | Seals | 5260.293 |
| | 1 on 1 | 5280.272 | 1 on 1 | 5280.282 | 1 on 1 | 5280.292 |

# EXTENDED LESSONS

## JAMES STONE POOL

| | SESSION 6 | | SESSION 7 | |
|---|---|---|---|---|
| | August 10 - August 13 | | August 17 - August 20 | |
| 9:00 - 9:50 A.M. | Seahorse | 5250.221 | Grunion 1 | 5210.231 |
| | Dolphin | 5232.221 | Starfish | 5240.231 |
| | Starfish | 5240.221 | Seahorse | 5250.231 |
| 10:00 - 10:50 A.M. | Grunion 1 | 5210.221 | Grunion 2 | 5220.231 |
| | Duck | 5230.221 | Duck | 5230.231 |
| | Dolphin | 5232.222 | Dolphin | 5232.231 |
| 11:00 - 11:50 A.M. | PC | 5200.221 | 1 on 1 | 5280.231 |
| | Grunion 2 | 5220.221 | Duck | 5230.232 |
| | 1 on 1 | 5280.221 | Dolphin | 5232.232 |
| 12:00 - 12:50 P.M. | Seals | 5260.221 | Seals | 5260.231 |
| | Duck | 5230.222 | Starfish | 5240.232 |
| | Seahorse | 5250.222 | PC | 5200.231 |
| 2:00 - 2:50 P.M. | Grunion 2 | 5220.222 | Grunion 1 | 5210.232 |
| | Duck | 5230.223 | Seals | 5260.232 |
| | Seahorse | 5250.223 | Dolphin | 5232.233 |
| 3:00 - 3:50 P.M. | 1 on 1 | 5280.222 | Seahorse | 5250.232 |
| | Dolphin | 5232.223 | Duck | 5230.233 |
| | Starfish | 5240.222 | Dolphin | 5232.234 |
| 4:00 - 4:50 P.M. | Grunion 1 | 5210.222 | Grunion 2 | 5220.232 |
| | Seals | 5260.222 | Duck | 5230.234 |
| | Dolphin | 5232.224 | Starfish | 5240.233 |
| 5:00 - 5:50 P.M. | Starfish | 5240.223 | PC | 5200.232 |
| | Grunion 2 | 5220.223 | Starfish | 5240.234 |
| | 1 on 1 | 5280.223 | Seals | 5260.233 |

# ADULT AND TEEN LEARN-TO-SWIM

**Ages 14+ • Fee: $60 • Location: JSP • Days: T/Th**

### Adult and Teen Beginner

Designed for adults and teens with little or no swimming experience. This level teaches basic water skills; front/back floats and glides, breath control, and 3 strokes; Freestyle, Backstroke, and Breaststroke. Skills taught will promote confidence in and around the pool, and relaxation.
Classes held in the shallow end of the pool.

| | | | |
|---|---|---|---|
| Session 2 | #4201.212 | 6:30–7:15 P.M. | 7/7–7/30 |

### Adult and Teen Intermediate

Designed for adults and teens who have taken some swim classes, but want to build their confidence level and skills learned. Focuses on prior swim skill knowledge, rhythmic breathing, treading water, continued stroke refinement, and deep end work (jumping/diving and retrieving objects). Opportunity to advance and refine swim strokes; Freestyle, Backstroke, and Breaststroke with introduction to Butterfly and Sidestroke. Surface diving, open/flip turns, deep end work, and treading water are integrated into the program. Participants must be able to swim 25 yards freestyle independently.

| | | | |
|---|---|---|---|
| Session 2 | #4201.232 | 7:30–8:15 P.M. | 7/7–7/30 |

### Adult and Teen Advanced

Ideal for adults and teens looking for advanced refinement in all 5 strokes; Freestyle, Backstroke, Breaststroke, Sidestroke, and Butterfly for competition, pleasure, or health. Swim exercises will be explained and demonstrated for each stroke. Technique, speed, endurance, and performance are emphasized. Participants will use lane lines, circle swim, and workout plans.

| | | | |
|---|---|---|---|
| Session 2 | #4201.242 | 7:30–8:15 P.M. | 7/7–7/3 |

# OPEN SWIM PROGRAM

**Fee: $4 per person**

Our Open Swim program is designed for recreational swimmers of all ages and abilities! Children under eight years must be accompanied by an adult at all times on the deck, in locker room, and in the pool. Children who are not toilet trained must wear vinyl pants or a swim diaper.
Swim diapers are sold at the pool for $2.

** Both Pools will be closed Saturday July 4th.*

## Washington Park Pool (WP)
**July 3–August 23**

| | |
|---|---|
| Fridays | 12:00–4:00 P.M. |
| Saturdays | 12:00–4:00 P.M. |
| Sundays | 12:00–4:00 P.M. |

## James A. Stone Pool (JSP)
**June 26–August 23**

| | |
|---|---|
| Fridays | 2:00–6:00 P.M. |
| Saturdays | 2:00–6:00 P.M. |
| Sundays | 2:00–6:00 P.M. |

## Pool Rental Information

Host your birthday party or event at one of our aquatic facilities! Private rentals include exclusive use of the facility with outside food permitted. Reservations must be made three weeks in advance.

*For pricing, & reservations, please call (760) 839-4691*

# SUMMER CAMPS

# Discovery Kids Camp

- Ages 5–11
- Monday–Friday
- 7:30 A.M.–5:30 P.M.

**East Valley Community Center**

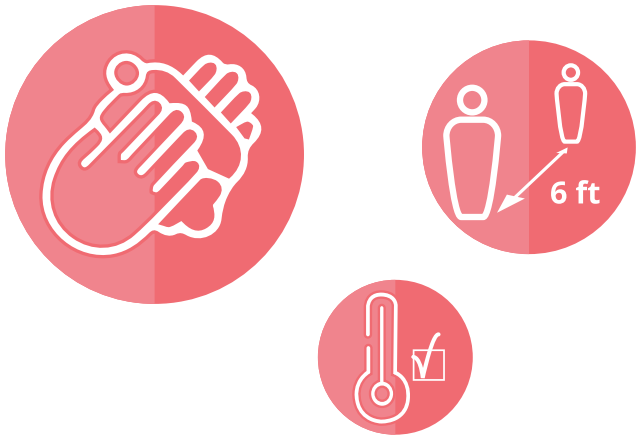
2245 East Valley Parkway
Escondido, CA 92027
$130/Week

## Camp Information

- Must arrive by 9:00 A.M. each morning
- **No field trips will be hosted this summer**
- **Children will need to provide their own lunch**

## Covid-19 Safety Measures

- All persons with temperature or flu like symptoms are asked to stay home and will not be allowed to participate.
- All staff and participants will be required to undergo a contactless temperature screening.
- All staff will be required to wear a facial covering.
- Social distancing requirements will be adhered to and no more than 12 children will be allowed per group.
- Sanitization of common use areas done hourly or as needed based on usage.




## Counselors in Training (CIT)

**1 Week • Ages 12–15**
**East Valley Community Center**

Escondido Community Services is offering an opportunity to gain valuable career skills and experience in working with youth through the Day Camp Program. CIT's will be an integral part of the Day Camp Team by providing program support, partnering with staff on various projects, creating and implementing activities and assisting with the supervision of campers on site as well as on field trips. CIT's will report to an experienced Lead Counselor.

| | | | |
|---|---|---|---|
| M–F | 7:30 A.M.–5:30 P.M. | 7/6–7/10 | $80 |
| M–F | 7:30 A.M.–5:30 P.M. | 7/13–7/17 | $80 |
| M–F | 7:30 A.M.–5:30 P.M. | 7/20–7/24 | $80 |
| M–F | 7:30 A.M.–5:30 P.M. | 7/27–7/31 | $80 |
| M–F | 7:30 A.M.–5:30 P.M. | 8/3–8/7 | $80 |

*CIT's will be assigned a single group and will not intermix*

# *Discovery Camp*

## Summer Pixar Party

You are officially invited to this summer's hottest animation party, the Summer Pixar Party! Join Forky, Joy, and more of your favorite characters in arts and crafts, games, activities, and even swim with Nemo and Dory each week. Bring your own smile and enjoy a summer of Pixar and fun.

### Inside Out | July 6 – 10

Visit Rylie's Emotion Headquarters with Joy, Sadness, Fear, Anger, and Disgust. Together, we will explore our emotions while constructing paper bag emotion characters, play emotions charades, create "I am feeling…" magnets to take home, and more!

### Wall-E | July 13 – 17

Embark on your greatest adventure in Wall-E's galaxy. Paint a Wall-E or Eve Rock Pal, create an anti-gravity bottle project, and brush up on your robot dance moves. Campers will also learn the importance of recycling here on earth.

### Up | July 20 – 24

Come and earn your camp badges with Carl, Russel, Kevin, and Dug. Explore the world of Up when creating your own traveling house, feathered Kevin, and a camp sash with badges. Campers will get to produce clouds in a jar and learn about the science of clouds.

### Coco | July 27 – 31

Join us on the journey of learning more about Miguel's familia. Make some music with your Rubber Band Guitar, get ooey and gooey with Coco inspired slime, design your own sugar skull to take home, and more.

### Finding Nemo/Dory | August 3-7

Just keep swimming, just keep swimming, over to camp Nemo and Dory! Together, campers will create their own paper plate fish tank, Hank the Octopus, and finger-paint a Nemo to take home.

## Jedi Starship Engineering Using LEGOS®

**1 Week • Ages 7–11**

Use tens of thousands of LEGO parts to pilot a B-Wing with the Resistance, Snatch the coaxium with an Imperial Hauler, and Track Kylo Ren's Shuttle to help Rey. Travel to a galaxy far far away as you learn about the designs and engineering behind various starships in the Star Wars Universe.

**Instructor: Play-Well TEKnologies**

| | | | | |
|---|---|---|---|---|
| M–F | 9:00 A.M–12:00 P.M. | 8/3–8/7 | $189 | EVCC |

## Cheerleading, Dance and Tumble Camp

**1 Week • Ages 4–10**

GO! FIGHT! WIN! In this week of team spirit Cheerleaders will mix it up between learning the fundamentals of cheer and dance technique and making cheer themed arts and crafts. On the last day of class participants will demonstrate all they have learned for family and friends!

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| M-F | 9:00 A.M.–12:00 P.M. | 7/6–7/10 | $160 | EVCC |

## Mine, Craft, Build: Survival Game Using LEGOS®

**1 Week • Ages 7–11**

Bring Minecraft to life using LEGO® materials!

Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for the Creepers! Students will have a blast, even without any prior experience with Minecraft or LEGO® materials.

**Instructor: Play-Well TEKnologies**

| | | | | |
|---|---|---|---|---|
| M-F | 1:00-4:00 P.M. | 7/20-7/24 | $189 | EVCC |

## Musical Theater & Dance Camp: Disney's The Descendants 3

**1 Week • Ages 4–12**

Sing! Dance! Act! Join us for all the fun and put on an abridged presentation of the Disney musical "The Descendants!" Participants will be cast parts, learn lines and songs, and dance in preparation for a performance at the end of the week! Costumes to borrow included.

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| M–F | 9:00 A.M. – 12:00 P.M. | 7/27–7/31 | $160 | EVCC |

## Slime Squad

NEW!

**1 Week · Ages 6-12**

Our original bestselling slime experience takes kids into a new slime-filled world every day: From alien ooze to ghostly goo to monster muck to lava, too. No matter how you squish, squeeze or stretch it, this camp promises to be a blockbuster hit!

**Instructor: Challenge Island San Diego**

| | | | | |
|---|---|---|---|---|
| M-F | 9:00 A.M. - 12:00 P.M. | 7/27-7/31 | $189 | EVCC |

*$20 Non- refundable material fee due first day of class (cash only)*

## Slime-Topia

**1 Week · Ages 6-12**

Because you can never have enough slime! Introducing a brand new ooey, gooey, squishy, squashy slime-drenched camp extravaganza! Learn the science behind the slime while you make at least 10 different kinds of the addictively playful polymer: From butter to bubble; from crunchy to munchy; from fluffy to foamy – we've got you and your tribe covered in slime

**Instructor: Challenge Island San Diego**

| | | | | |
|---|---|---|---|---|
| M-F | 1:00 - 4:00 P.M. | 7/27-7/31 | $189 | EVCC |

*$20 Non- refundable material fee due first day of class (cash only)*

## Painting Like the Masters

**1 Week • Ages 6–10**

Explore art materials and techniques while learning about famous artists and their work. Paint on canvas and experiment with mixed media to create your own work. Perfect for the beginning artist of any age. Students will learn and practice in an encouraging, non-judgmental atmosphere.

**Instructor: Vivian Matchett, Get Smart with Art**

| | | | | |
|---|---|---|---|---|
| M–F | 1:00 – 4:00 P.M. | 7/20–7/24 | $125 | EVCC |

# PRESCHOOL

## *LEARN, GROW, PLAY!*

Tiny Tots Preschool prepares your little one for kindergarten by encouraging exploration, academic development, and positive social interaction. Designed with learning in mind, the curriculum is based on California Common Core Standards. Children often learn through play, therefore classroom activities will include a variety of music, creative movement, art, science, social interaction, cultural awareness, language, math, pre-writing, pre-reading, field trips, and dramatic play.

Little Tots and Super Tots are considered a continuous yearlong program that is divided into monthly classes for the ease of payment. Therefore, participants are enrolled for the duration of the 2020/2021 school year provided they maintain their eligibility.

**Dates are subject to change*

## CLASS LOCATION

Don Anderson Community Building (DACB)

120 Woodward Avenue

## REGISTRATION INFORMATION

Registration packets available at

City Hall, EVCC, or online

In-person registration required

Classes 8/24/2020–5/28/2021

Parent participation is  not required at this time

## 2020/2021 SCHOOL-YEAR INFORMATION

- Open registration begins 7/13/2020
- In-person registration required. Registration packets available 7/6/2020 at City Hall, EVCC, or Online.
- Classes  begin 8/24/2020

## PROGRAM  INFORMATION

- Positive, nurturing environment
- California common core standards
- Field Trips and special Events
- Academic Development
- Social Interaction
- Circle time, games, music, arts and crafts

**For more information contact us at recreation@escondido.org or call (760) 839-4691.**

**@CityofEscondido**

Tiny Tots PRESCHOOL

ESCONDIDO RECREATION

### Little Tots • 3-4 years

| | | |
|---|---|---|
| T/TH | 8:30 – 10:30 A.M. | DACB |
| W/F | 8:30 – 10:30 A.M. | DACB |

### Super Tots • 4-5 years (Pre-K)

| | | |
|---|---|---|
| M/W/F | 12:30 – 3:00 P.M. | DACB |
| T/TH | 12:30 – 3:00 P.M. | DACB |

### Wee Tots

### 2/3 weeks • 18 mo.- 3 1/2 years

More than a play group, each class is an opportunity to learn and grow. This class is led by an experienced preschool teacher that develops Activities to inspire creative thinking, encourage social interaction and build academic understanding. Parent participation is required.

**Instructor: Tiny Tots Preschool Staff**

| | | | | |
|---|---|---|---|---|
| M | 9:00–10:30 A.M. | 8/24–8/31 | $22 | DACB |
| M | 9:00–10:30 A.M. | 9/14–9/28 | $33 | DACB |

### Little Sprouts

### 4/5 weeks • 18 mo.- 3 1/2 years

Bring your little sprout and join us for a fun and unique class that is designed to get your little sprout ready for preschool. This hands on class will provide fun and engaging activities. Parent participation required.

**Instructor: Melissa Mayorga**

**Session 1**

| | | | | |
|---|---|---|---|---|
| W | 9:00–10:30 A.M. | 7/8–7/29 | $45 | EVCC |
| F | 9:00–10:30 A.M. | 7/10–7/31 | $45 | EVCC |

**Session 2**

| | | | | |
|---|---|---|---|---|
| W | 9:00–10:30 A.M. | 8/5–8/26 | $45 | EVCC |
| F | 9:00–10:30 A.M. | 8/7–8/28 | $45 | EVCC |

**Session 3**

| | | | | |
|---|---|---|---|---|
| W | 9:00–10:30 A.M. | 9/2–9/30 | $56 | EVCC |
| F | 9:00–10:30 A.M. | 9/4–9/25 | $45 | EVCC |

## Preschool Ballet

**8 Weeks • Ages 0-5 years**

Children will be introduced to the basics of ballet including positions, steps, and terminology in a fun and imaginative atmosphere designed to make learning ballet fun! Children will also learn a ballet dance routine to perform at the end of the session.

**Instructor: Charlene's Dance N Cheer**

| | | | | | **Ages** |
|---|---|---|---|---|---|
| T | 10:00-10:30 A.M. | 8/4–9/22 | $80 | EVCC | 3-5 |
| T | 9:30-10:00 A.M. | 8/4–9/22 | $80 | EVCC | 0-3 |
| T | 4:30-5:00 P.M. | 8/4–9/22 | $80 | EVCC | 0-3 |

## Preschool Cheerleading, Dance & Tumble

**8 Weeks • Ages 2–3**

GO! FIGHT! WIN! Cheerleaders will learn the fundamentals of cheer and dance technique including stretching, jumps/kicks, beginner stunting, voice projection, cheers, arm motions, sideline dances, and a full routine to perform on the last day of class!

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| Th | 4:30-5:00 P.M. | 8/6-9/24 | $80 | EVCC |

## Ninja Tots Karate

**5 Weeks • Ages 2–3**

Preschoolers will begin to learn basic kicks, punches, blocks, & stance. Karate will help in the development of motor skills, balances, and coordination. Children will also be taught to make good choices, listen, and to follow directions.

**Instructor: Jorge Lopez, 4TH Degree black belt**

| | | | | |
|---|---|---|---|---|
| T | 10:00-10:45 A.M. | 7/28-8/25 | $65 | EVCC |
| T | 10:00-10:45 A.M. | 9/1-9/29 | $65 | EVCC |

## Dance with Me!

**8 Weeks · Walking to 3 years**

Introduce your child to preschool songs, dance, music, and movement with the comfort of mom or dad by their side! Engaging props such as instruments, parachute play, and more will get your child moving and grooving.

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| T | 10:30-11:00 A.M. | 8/4–9/22 | $80 | EVCC |

## Preschool Hip Hop

**8 Weeks · Ages 2-3**

Calling all boys and girls! Learn hip hop dance through fun, imaginative warm up games, exercises, and across the floors! Learn a special recital dance routine in preparation for an end of session performance.

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| Th | 4:00-4:30 P.M. | 8/6-9/24 | $80 | EVCC |

## Preschool Pop Stars Dance & Sing

**8 Weeks · Ages 2–3**

Calling all boys and girls! Dance like your favorite pop star in this fun hip/jazz funk dance class! Learn a special dance routine to perform on the last day of class.

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| Sa | 10:30–11:00 A.M. | 8/8–9/26 | $80 | MCC |

## Preschool Acro/Jazz Dance

**8 Weeks · Ages 3–5**

Introduce your little ones to the style of dance often seen in shows like "World of Dance", "So You Think You Can Dance" and "Cirque du Soleil." Children will learn balance work, stretching and tumbling skills, combined with Jazz dance tricks such as turns leaps and more!

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| Sa | 12:00–12:30 P.M. | 8/8–9/26 | $80 | MCC |

## Get Smart With Art—Summer Blast

**5 Weeks · Ages 2–6**

Paint, print, sculpt, and create your own art masterpieces inspired by famous artist and illustrators. Develop fine motor skills, critical thinking, creativity and a love of art through age-appropriate curriculum experiences and create a special bond with your child. Explore exciting art materials and techniques. New lessons each session. Adult helper is required.

**Instructor: Vivian Matchett, Experienced Art Instructor**

| | | | | |
|---|---|---|---|---|
| Sa | 10:00–10:45 A.M. | 7/18–8/15 | $65 | EVCC |
| Sa | 10:00–10:45 A.M. | 8/22–9/19 | $65 | EVCC |

# YOUTH

## Youth Cooking Class

**3 Weeks • Ages 6–13**

During this cooking class , young chefs will have fun while making new friends and learning basic cooking techniques to replicate in their own kitchen under adult supervision. Tentative Menu: Mini French quiche, grissini (thin breadstick) , baked chicken nuggets + zucchini fries with homemade ranch sauce, Greek salad with pita chips and yogurt dressing.

**Instructor: Celine Cossou**

| | | | | | Ages |
|---|---|---|---|---|---|
| Tu | 5:30–7:00 P.M. | 9/8-9/22 | $59 | EVCC | 6-13 |

*$20 Non-refundable material fee due at first class (cash only)*

*Children will need to bring their own apon, food container, disposable gloves, and masks.*

## Youth Baking Class

**3 Weeks • Ages 6–13**

During this baking class young pastry chefs will have fun while making new friends and learning basic baking techniques. Children will learn how to weigh, roll, mix ingredients to make delicious baked goods. Menu: Apple mini tartlet, berries crumble muffins, baked churros with chocolate sauce, French shortbread cookies with fruit yogurt parfait.

**Instructor: Celine Cossou**

| | | | | | Ages |
|---|---|---|---|---|---|
| F | 3:00–4:30 P.M. | 8/7-8/21 | $59 | EVCC | 6-10 |
| F | 5:30–7:00 P.M. | 8/7-8/21 | $59 | EVCC | 9-14 |

*$20 Non-refundable material fee due at first class (cash only)*

*Children will need to bring their own apon, food container, disposable gloves, and masks.*

## Irish Dance

**6/7 Weeks • Ages 6–Adult**

Want to learn how to do an Irish jig? Come and learn jigs, reels, hornpipes and more all while getting in shape and having fun!

We now offer beginner and intermediate classes please check with instructor before enrolling in the intermediate course

**Instructor: Jessica Eaton**

**Session 1**

| | | | | | |
|---|---|---|---|---|---|
| Beg. | T | 4:00–5:00 P.M. | 7/7–8/18 | $56 | EVCC |
| Int. | T | 5:00–6:00 P.M. | 7/7–8/18 | $56 | EVCC |

**Session 2**

| | | | | | |
|---|---|---|---|---|---|
| Beg. | T | 4:00–5:00 P.M. | 8/25–9/29 | $48 | EVCC |
| Int. | T | 5:00–6:00 P.M. | 8/25–9/29 | $48 | EVCC |

## Junior Hip Hop Dance

**8 Weeks • Ages 4–9**

So you think you can dance? Learn hip-hop techniques, combinations, and several dance routines in preparation for an end of session showcase for family and friends in this fun, high-energy, age-appropriate class.

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| Sa | 11:00 A.M.–12:00 P.M. | 8/8–9/26 | $90 | MCC |

## Junior Pop Stars Dance & Sing

**8 Weeks • Ages 4–9**

Let your inner pop star shine in this unique hip hop/ jazz dance and sing along class! Children will learn fun choreographed dance routines to their pop faves while singing along and performing at the end of the session!

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| T | 5:00–6:00 P.M. | 8/4–9/22 | $90 | EVCC |

## Junior Cheerleading & Dance

**8 Weeks • Ages 4–9**

GO! FIGHT! WIN! Cheerleaders will learn the fundamentals of cheer and dance technique including stretching, jumps/kicks, beginner tumbling, voice projection, cheers, arm motions, sideline dances, and a full routine! Cheerleaders will also perform all they have learned for family and friends on the last day of the session.

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| Th | 5:00–6:00 P.M. | 8/6–9/24 | $90 | EVCC |

## Ballet

### 4 Weeks • Ages 6–Adult

Let your child experience the joys of dancing! These ballet classes teach poise, coordination, and classical ballet technique in a positive and imaginative atmosphere.

**Instructor: Cindy Ahler** **Ages**

### Beginning Ballet

| | | | | | |
|---|---|---|---|---|---|
| Sa | 9:30–10:15 A.M. | 8/8–8/29 | $40 | EVCC | 6-10 |
| Sa | 9:30–10:15 A.M. | 9/12–10/3 | $40 | EVCC | 6-10 |

### Ballet 1/2/3 (prerequisite Beginning Ballet)

| | | | | | |
|---|---|---|---|---|---|
| Sa | 10:30 A.M.–11:30 P.M. | 8/8–8/29 | $40 | EVCC | 7-10 |
| Sa | 10:30 A.M.–11:30 P.M. | 9/12–10/3 | $40 | EVCC | 7-10 |

### Advanced Ballet

| | | | | | |
|---|---|---|---|---|---|
| W | 4:30–5:45 P.M. | *7/8–7/29 | $40 | EVCC | 10+ |
| W | 4:30–5:45 P.M. | *8/5–8/26 | $40 | EVCC | 10+ |
| W | 4:30–5:45 P.M. | *9/9–9/30 | $40 | EVCC | 10+ |

### Pointe

| | | | | | |
|---|---|---|---|---|---|
| M | 4:30–5:45 P.M. | *7/6–7/27 | $40 | EVCC | 10+ |
| M | 4:30–5:45 P.M. | *8/3–8/24 | $40 | EVCC | 10+ |
| M | 4:30–5:45 P.M. | *9/14–10/5 | $40 | EVCC | 10+ |

**Instructor approval required*

## Junior Storybook Musical Theatre & Dance: Trolls World Tour

### 8 Weeks • Ages 4–12

Casting all boys and girls! Let your inner star shine! Children will explore fun acting exercises/games and learn a song, acting lines, and dance choreography from a popular musical in preparation for an end of the season performance of an abridged play! Costumes to borrow are included.

**Instructor: Charlene's Dance N Cheer**

| | | | | |
|---|---|---|---|---|
| T | 6:00–7:00 P.M. | 8/4–9/22 | $90 | EVCC |

## Paint Party Workshop

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

**Instructor: Kari Aellig**

| | | | | |
|---|---|---|---|---|
| Sa | 1:30–4:00 P.M. | 8/8 | $20 | EVCC |

*$5 non-refundable material fee due at workshop (cash only)*

## Safety Academy

### Workshop • Ages 6–13

This safety program for children held at Escondido Police Headquarters was developed by Escondido Police Officers. The goal of the workshop is to keep your children safe and motivate them to lead productive and healthy lives. Lunch will be provided.

**Instructors: Retired Lieutenant Al Owens, Seargent Mario Sainz, Officer Adam Martinez, Detective Theresa Ruiz, & EPD volunteers Dee Russell and Joe Olivero**

| | | | | | **Ages** |
|---|---|---|---|---|---|
| Sa | 9:00 A.M.–1:00 P.M. | 8/15 | $32 | EPFH | 6–9 |
| Sa | 9:00 A.M.–1:00 P.M. | 8/22 | $32 | EPFH | 10–13 |

## Little Ninjas Karate

### 5 Week • Ages 4–7

Begin to learn basic kicks, punches, blocks, & stance. Karate will help in the development of motor skills, balances, and coordination. Children will also be taught to make good choices, listen, and to follow direction.

**Instructor: Jorge Lopez, 4th Degree black belt**

| | | | | |
|---|---|---|---|---|
| T | 11:00–11:45 A.M. | 7/28-8/25 | $65 | EVCC |
| T | 11:00–11:45 A.M. | 9/1-9/29 | $65 | EVCC |

*Uniform is required for ages 4–7 ($25)*

## 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 Belt**

| | | | | |
|---|---|---|---|---|
| M/Th | 5:00–6:00 P.M. | *7/6–10/1 | $110 | MCC |
| M/Th | 6:15–7:15 P.M. | *7/6–10/1 | $110 | MCC |
| M/Th | 7:30–8:30 P.M. | *7/6–10/1 | $110 | MCC |

**No class on 9/7*

*Martial arts uniform is required and may be purchased from the instructor for $20 (cash only)*

## Youth Tennis

**5 Weeks • Ages 7–17**

Give your child the opportunity to learn a lifelong sport, develop hand-eye coordination and agility, and build self-confidence. Children will learn basic strokes in a fun and supportive group lesson. Bring tennis racket and one can of new, unopened "extra duty" tennis balls.

**Instructor: Don Pham** **Ages**

**Session 1**

| | | | | | | |
|---|---|---|---|---|---|---|
| Beg. | T | 3:30–4:30 P.M. | 7/14–8/11 | $50 | KCP 1 | 7–10 |
| Int. | T | 4:30–5:30 P.M | 7/14–8/11 | $50 | KCP 1 | 11–17 |
| Beg | Sa | 10:00–11:00 A.M. | 7/18–8/15 | $50 | KCP 1 | 7- 17 |

**Session 2**

| | | | | | | |
|---|---|---|---|---|---|---|
| Beg. | T | 3:30–4:30 P.M. | 8/18–9/15 | $50 | KCP 1 | 7–10 |
| Int. | T | 4:30–5:30 P.M. | 8/18–9/15 | $50 | KCP 1 | 11–17 |
| Beg | Sa | 10:00–11:00 A.M. | 8/22–9/19 | $50 | KCP 1 | 7- 17 |

## Virtual Recreation: Intro to Anime Drawing

**4 Weeks • Ages 8–15**

Are you a fan of Japanese anime? If so, this class is for you! Students explore anime drawing in simple steps and develop their very own anime characters and stories. An access code will be provided to you by the instructor before this class begins.

**Instructor: Creative Brain Learning Staff**

| | | | | |
|---|---|---|---|---|
| Tu | 6:00–7:00 P.M. | 7/7–7/28 | $39 | ZOOM |
| Tu | 6:00–7:00 P.M. | 8/4–8/25 | $39 | ZOOM |
| Tu | 6:00–7:00 P.M. | 9/8–9/29 | $39 | ZOOM |

## Virtual Recreation: Cartoon Drawing

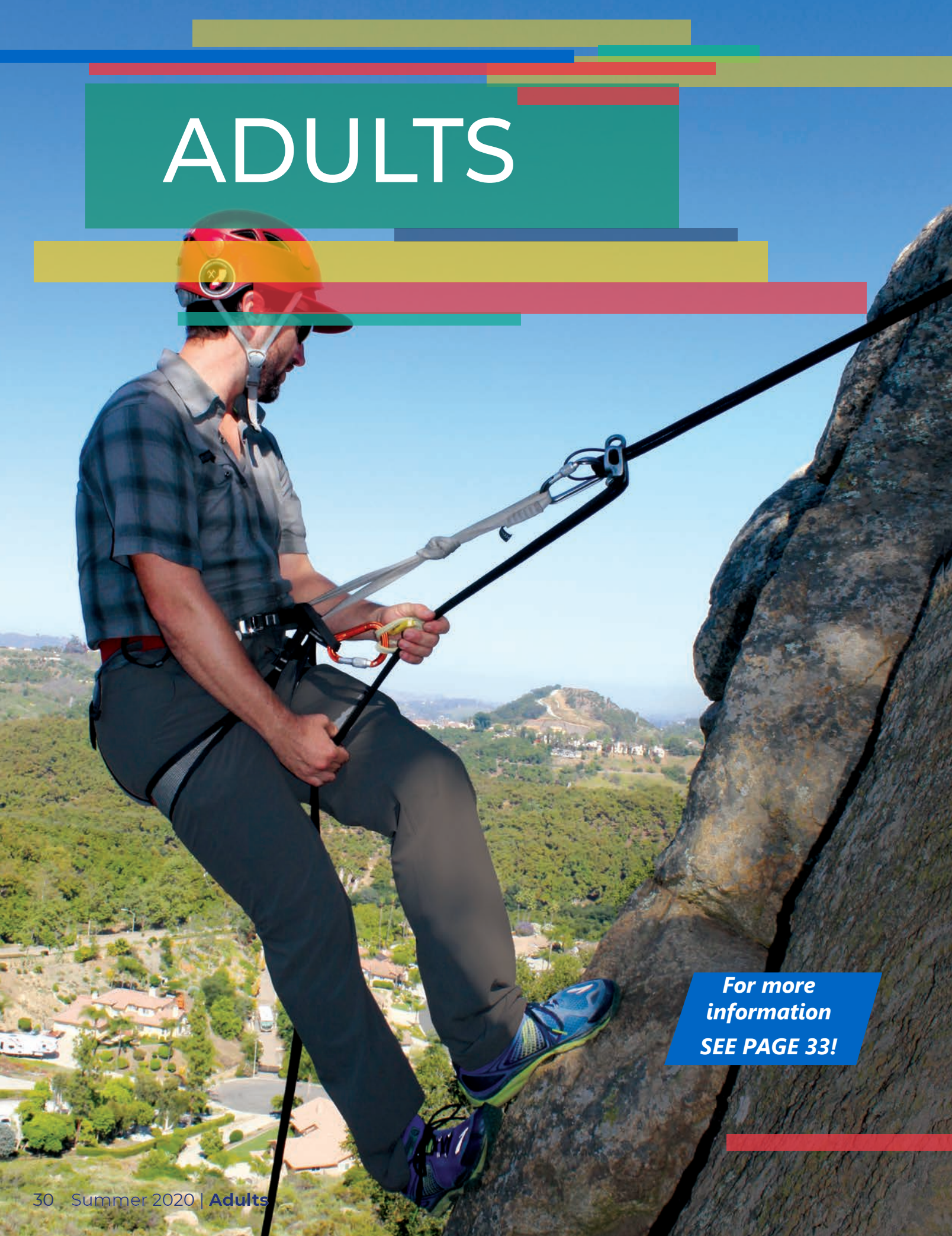
**4 Weeks • Ages 8–15**

Learn the secrets of cartoon drawing and create your own cartoon story in this unique art class. Students will learn to draw cartoon characters and other elements. An access code will be provided to you by the instructor before this class begins.

**Instructor: Creative Brain Learning Staff**

| | | | | |
|---|---|---|---|---|
| Tu | 5:00–6:00 P.M. | 7/7–7/28 | $39 | ZOOM |
| Tu | 5:00–6:00 P.M. | 8/4–8/25 | $39 | ZOOM |
| Tu | 5:00–6:00 P.M. | 9/8–9/29 | $39 | ZOOM |

# ADULTS



*For more information*
*SEE PAGE 33!*

## Virtual Recreation: Pound™ Rockout Workout

**4-7 Weeks • Adult**

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. POUND transforms drumming into an incredibly effective workout! Bring a yoga mat or towel. An access code will be provided to you by the instructor before this class begins..

**Instructor: Barbara Fluetsch, Cynthia Demorest, or Katie Silva,**

**Session 1**

| | | | | |
|---|---|---|---|---|
| M | 6:30–7:30 P.M. | 7/20–8/17 | $30 | Zoom |
| Sa | 9:00–10:00 A.M. | 8/15-9/26 | $42 | Zoom |

**Session 2**

| | | | | |
|---|---|---|---|---|
| M | 6:30–7:30 P.M. | *8/24–9/28 | $30 | Zoom |

** No class on 9/7*

## Virtual Recreation: REV+FLOW

**7/8 Weeks • Adult**

REV+FLOW is a dynamic workout that's easy on your joints without compromising the intensity of your workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music based movements and resistance training. Challenge your body in new and unique ways through easy-to-follow movements and uplifting music. All fitness levels welcome! An access code will be provided to you by the instructor before this class begins.

**Instructor: Cynthia Demorest, REFIT Certified**

| | | | | |
|---|---|---|---|---|
| W | 6:30–7:30 P.M. | 6/24–8/5 | $42 | Zoom |
| W | 6:30–7:30 P.M. | 8/12–9/30 | $48 | Zoom |

## Virtual Recreation: REFIT® Revolution

**5 Weeks • 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. An access code will be provided to you by the instructor before this class begins.

**Instructor: Cynthia Demorest, REFIT Certified**

| | | | | |
|---|---|---|---|---|
| Th | 6:30–7:30 P.M. | 7/23–8/20 | $30 | Zoom |
| Th | 6:30–7:30 P.M. | 8/27–9/24 | $30 | Zoom |

## Pilates Yoga Flow

**4/6 Weeks • Adult**

Pilates Yoga Flow is a fun, energizing, stress reducing workout! It combines the best of Pilates and Yoga into one full body workout. It is designed to build strength, balance, flexibility and awareness by using the breath in combination with a series of precise body movements and poses.

**Instructor: Annette Wander, Yoga Certified Instructor**

| | | | | |
|---|---|---|---|---|
| M | 6:30–7:30 P.M. | 7/13–8/3 | $32 | EVCC |
| M | 6:30–7:30 P.M. | *8/17–9/28 | $48 | EVCC |

**No class on 9/7*

## Yoga Flow—All Levels

**5 Weeks • Adult**

All Levels yoga flow is a fun and stress reducing workout that promotes longevity and mental peace. The focus is on strengthening the body and gaining flexibility all while centering the mind for beginners and advanced students who are looking to deepen their practice. Please bring your own mat to practice on.

**Instructors: Annette Wander, Friday Sessions**
**Peg Lawson Monday and Wednesday Sessions**

**Session 1**

| | | | | |
|---|---|---|---|---|
| M | 10:00-11:00A.M. | 7/6-8/3 | $40 | MCC |
| W | 10:00-11:00A.M. | 7/8-8/5 | $40 | MCC |
| F | 8:30–9:30 A.M. | 7/10–8/7 | $40 | EVCC |

**Session 2**

| | | | | |
|---|---|---|---|---|
| M | 10:00-11:00A.M. | *8/10-9/14 | $40 | MCC |
| W | 10:00-11:00A.M. | 8/12-9/9 | $40 | MCC |
| F | 8:30–9:30 A.M. | 8/14–9/11 | $40 | EVCC |

**No class on 9/7*

## Aikijutsu, Basic Karate & Shoto

**5 Weeks • Adult**

Join us for exciting classes using traditional solid wood weapons, open techniques, meditation, and calligraphy. Each session meets three days a week. Judo Gi will be needed after first week.

**Instructor: Tom Alaniz**

**Session 1**

| | | | | |
|---|---|---|---|---|
| T | 8:00–9:00 P.M. | 7/7-8/7 | $45 | EVCC |
| TH/F | 7:30–8:30 P.M. | | | |

**Session 2**

| | | | | |
|---|---|---|---|---|
| T | 8:00–9:00 P.M. | 8/11–9/11 | $45 | EVCC |
| TH/F | 7:30–8:30 P.M. | | | |

## Adult Ballet

**4 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. Beginner Intermediate levels welcomed.

**Instructor: Cindy Ahler**

**Session 1**

| | | | | |
|---|---|---|---|---|
| W | 6:00–7:00 P.M. | 7/8–7/29 | $40 | EVCC |
| W | 7:00–8:00 P.M. | 7/8–7/29 | $40 | EVCC |

**Session 2**

| | | | | |
|---|---|---|---|---|
| W | 6:00–7:00 P.M. | 8/5–8/26 | $40 | EVCC |
| W | 7:00–8:00 P.M. | 8/5–8/26 | $40 | EVCC |

**Session 3**

| | | | | |
|---|---|---|---|---|
| W | 6:00–7:00 P.M. | 9/9–9/30 | $40 | EVCC |
| W | 7:00–8:00 P.M. | 9/9–9/30 | $40 | EVCC |

## Zumba for Boomers

**6/7 Weeks • Adult**

Zumba for Boomers is a specially designed Zumba class for Baby Boomers and active seniors incorporating easy-to-follow movements that will help increase your cardiovascular health, balance, and flexibility. Lynn has taught dance fitness for over 25 years and her classes are perfect for "those of us a certain age, who want our exercise class to be fun!"

**Instructor: Lynn Morgan**

| | | | | |
|---|---|---|---|---|
| T | 6:15–7:15 P.M. | 7/7–8/18 | $56 | EVCC |
| T | 6:15–7:15 P.M. | 8/25–9/29 | $48 | EVCC |

## Country Sole Line

**4 Weeks • Adult**

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**

**Beginner**

| | | | | |
|---|---|---|---|---|
| W | 5:30–6:30 P.M. | 7/8–7/29 | $45 | MCC |
| W | 5:30–6:30 P.M. | 8/5–8/26 | $45 | MCC |
| W | 5:30–6:30 P.M. | 9/2–9/23 | $45 | MCC |

**Experienced**

| | | | | |
|---|---|---|---|---|
| W | 6:40–7:40 P.M. | 7/8–7/29 | $45 | MCC |
| W | 6:40–7:40 P.M. | 8/5–8/26 | $45 | MCC |
| W | 6:40–7:40 P.M. | 9/2–9/23 | $45 | MCC |

## 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. Women should wear medium to long length flowing skirts and closed (toe and heel) shoes with short heels.

**Instructor: Juanita Gallardo**

| | | | | |
|---|---|---|---|---|
| Th | 6:00–7:00 P.M. | 7/16–8/13 | $75 | PACC |
| Th | 6:00–7:00 P.M. | 8/27–9/24 | $75 | PACC |

## Adult Tennis

**5 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.

**Instructor: Don Pham, Tennis Coach**

### Session 1

| | | | | | |
|---|---|---|---|---|---|
| Int. | M | 6:00–7:30 P.M. | 7/6–8/3 | $60 | KCP 7&8 |
| Beg. | W | 6:00–7:30 P.M. | 7/8–8/5 | $60 | KCP 7&8 |
| Int. | W | 7:30–9:00 P.M. | 7/8–8/5 | $60 | KCP 7&8 |
| Beg. | Sa | 11:00 A.M.–12:00 P.M | 7/18–8/15 | $60 | KCP 1 |

### Session 2

| | | | | | |
|---|---|---|---|---|---|
| Int. | M | 6:00–7:30 P.M. | *8/10–9/14 | $60 | KCP 7&8 |
| Beg. | W | 6:00–7:30 P.M. | 8/12–9/9 | $60 | KCP 7&8 |
| Int. | W | 7:30–9:00 P.M. | 8/12–9/9 | $60 | KCP 7&8 |
| Beg. | Sa | 11:00 A.M.–12:00 P.M | 8/22–9/19 | $60 | KCP 1 |

*No class 9/7

## Irish Dance

**6/7 Weeks • Ages 6–Adult**

Want to learn how to do an Irish jig? Come and learn jigs, reels, hornpipes and more all while getting in shape and having fun!

We now offer beginner and intermediate classes please check with instructor before enrolling in the intermediate course

**Instructor: Jessica Eaton**

### Session 1

| | | | | | |
|---|---|---|---|---|---|
| Beg. | T | 4:00–5:00 P.M. | 7/7–8/18 | $56 | EVCC |
| Int. | T | 5:00–6:00 P.M. | 7/7–8/18 | $56 | EVCC |

### Session 2

| | | | | | |
|---|---|---|---|---|---|
| Beg. | T | 4:00–5:00 P.M. | 8/25–9/29 | $48 | EVCC |
| Int. | T | 5:00–6:00 P.M. | 8/25–9/29 | $48 | EVCC |

## Intro to Outdoor Rock Climbing

**Workshop • Adult**

Experience the great outdoors in a new and fun way! Introduction to Outdoor Rock Climbing will focus on fundamental techniques, safety instruction, and equipment overview with professionally trained guides from the American Mountain Guide Association. Climbing Rated Gear is provided in cost of program. Workshop will meet at Trout Cove parking lot at Dixon Lake. Parking fee not included.

**Instructor: Golden State Guide Staff**

| | | | | |
|---|---|---|---|---|
| Sa | 10:00 A.M.–12:00 P.M. | 7/11 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 7/25 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 8/8 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 8/22 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 9/5 | $50 | DXN |
| Sa | 10:00 A.M.–12:00 P.M. | 9/19 | $50 | DXN |

## Paint Party Workshop

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

**Instructor: Kari Aellig**

| | | | | |
|---|---|---|---|---|
| Sa | 1:30–4:00 P.M. | 8/8 | $20 | EVCC |

*$5 non-refundable material fee due at workshop (cash only)*

## Metalsmithing for Beginners - Sawing

**3 Weeks • Ages 16+**

NEW

In this workshop, you will make a sawn-out pendant and cuff bracelet. You will learn metalsmithing fundamentals, such as texturing, sawing, and filing. I welcome and encourage creativity! Copper materials will be provided. You will have the option to purchase sterling silver in class. Dress comfortably, but no baggy clothing.

**Instructor: Kendria Thompson of Solid Treasures Jewelry**

| | | | | |
|---|---|---|---|---|
| Sa | 11:30A.M.–2:30 P.M. | 8/8-8/22 | $150 | EVCC |
| Sa | 11:30A.M.–2:30 P.M. | 9/5-9/19 | $150 | EVCC |

*Material fee $45 cash only due in class*

## Drone Pilot School

**5 Weeks / 2 Days • Adult**

This class is a grounded course study designed to allow drone pilots to achieve their Part 107 UAS pilot license. Does not include cost for the test.

**Instructor: Steve Esquilin**

| | | | | |
|---|---|---|---|---|
| T/Th | 6:00–9:00 P.M. | 7/21–8/20 | $200 | EVCC |

## 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 Belt**

| | | | | |
|---|---|---|---|---|
| M/Th | 5:00–6:00 P.M. | 7/6–10/1* | $110 | MCC |
| M/Th | 6:15–7:15 P.M. | 7/6–10/1* | $110 | MCC |
| M/Th | 7:30–8:30 P.M. | 7/6–10/1* | $110 | MCC |

**No class on 9/7*

*Martial arts uniform is required and may be purchased from the instructor for $20 (cash only)*

# Instructors Wanted !

**The City of Escondido is looking for instructors in the following areas:**

- **Aqua Aerobics**
- **Pickle Ball Lessons**
- **Dog Obedience**
- **Photography**
- **Arts and Crafts**
- **Archery**

**Click here for more information**

# Escondido Recreation Adult Softball League

## COMING SOON!

***Fall 2020 • 10 Week season plus playoffs***

### Divisions

All players must be 18 years of age to play in adult leagues unless otherwise posted for + divisions. All season dates are subject to change due to Covid-19.

- Monday Coed A, B, C, & D
- Tuesday Coed A & B
- Wednesday Coed 35+
- Thursday Men's 35+ A & B
- Friday Men's A, B, C, & D

### Fee

- Team Fees - $400, Summer 2020
- Umpire & Scorekeeper Fees - $22 per game per team

**Fall registration packets for coed & men's leagues will be available by email, at City Hall, or on our website at recreation.escondido.org. Dates of the fall season are dependent on when the summer season can finish out due to Covid-19 restrictions on play. For more information, call (760) 839-4691.**

# Pickleball at the East Valley Community Center

**Tuesdays, Thursdays & Sundays**

**9:00 A.M.–12:00 P.M.**

Pickleball is also available outdoors at Washington Park, Kit Carson Park and coming soon to Mountain View Park

# SPORTS CENTER

# Escondido Skate Park

*SCOOTER · BIKE · SKATE · INLINE*

**The Skate Park sessions are designed with extreme sports in mind. If you want to ride scooter, skateboard, inline, or bike, this is the place for you! Each session is supervised by staff who can boost skills from beginning to advanced riders.**

**Equipment:** Helmet (required), Knee & elbow pads (optional)

**Annual ESC I.D. Card:** $10 Requires a signed waiver. (If a minor, parent must sign)

+ $5 for each session

**Drop in session:** $10 Requires a one-day waiver. (If a minor, parent must sign)

**All Sessions:** $5 with ESC I.D. card

$10 without ESC I.D. card

| | Summer Hours (Monday - Sunday) | |
|---|---|---|
| Session A (will run from 6/17 - 7/25) | 9:00–11:00 A.M. | |
| Session B & C | 3:00–5:00 P.M. | 5:15–7:15 P.M. |

The Escondido Sports Center is excited to see you back! We have been busy preparing for your return. Here are some new measures we will be taking to ensure your health and safety.

Skate sessions will be limited to 10 people per session. To help ensure that more of the community can enjoy the skate park, each person will be limited to one session per day. Reservations for your spot in the session can be made by calling (760) 839-5426.

Walk-ins are welcome if spaces are available. Skate Park participants are to remain socially distanced at all times. Facial covering are required during the sigh-in process but not required while skating.

For more information, please email sportscenter@escondido.org

## Scooter Summer Camps

**1 Week • Ages 6–17**

The Scooter Summer Camp at the Escondido Skate Park provides an educational and fun approach to the young scooter rider looking to progress their scooter skills. With instruction from some of the top local scooter riders, campers will have a chance to learn from and get extended riding time with the best. Fun games and contests throughout the camp ensure summertime fun!

**Instructor: Scooter Farm Sponsored Riders**

**Camp #1** ***(7/27 – 7/31)***

| | | | |
|---|---|---|---|
| M–F | 9:00 A.M.– 12:00 P.M. | $250 | ESC |

**Camp #2** ***(8/3 – 8/7)***

| | | | |
|---|---|---|---|
| M–F | 9:00 A.M.– 12:00 P.M. | $250 | ESC |

## First Try Sundays

**Join us on the first Sunday of each month from 2:00 – 3:00 p.m.**

Learn how to scooter in a safe, supportive, and comfortable environment with expert instructions from an experienced rider. This program is designed to teach the new rider fundamentals, scooter safety, skate park etiquette and flow, ramp skills, and beginner trick progression. No prior experience needed.

*Contact the SDSF Pro Shop for scooter rental options at sdsfproshop@gmail.com*

## Disc Golf

**Kit Carson Park**

*Open Dawn to Dusk 7 days a week!*

*Want to try something new in one of your favorite parks? Come out for a round of disc golf. Best of all we have a Pro shop on site so if you need to reload or upgrade your set check out @SDSFproshop on social media for our your DisC Golf needs.*

**Call 760.839.5426 or visit sportscenter.escondido.org for more information.**

# Roller Hockey

Join San Diego District Hockey League for another great season of Jr. High and High School Roller Hockey! These leagues are a great way to compete with friends from your area, and against schools and districts throughout San Diego!

**Game Days:** High School—Wednesdays & Thursdays
Junior High—Fridays

**Practice Days:** High School—TBA
Junior High—Mondays or Tuesdays

***For registration and summer league info, visit www.sdinlinehockey.com***

## Roller Hockey Stick Time (Monday-Sunday)

**Schedule is posted online and subject to change.**
**$5.00 per session**

Stick Time sessions will be limited to 10 people per session. Reservations for your spot in a session can be made starting at 12:00 p.m. on Tuesday, June 16, 2020 by calling (760) 839-5426. Walk-ins are welcome if spaces are available. Stick Time participants are to remain socially distanced at all times, no scrimmaging or game play has been approved. Facial covering are required during the sign-in process but not required while skating.

## Roller Hockey Rink Rentals (Monday-Sunday)

**Schedule is posted online and subject to change.**
**$55.00 per hour**

Hockey Rentals are able to welcome a stable group of 12 people at one time (including coach). Reservations for your practices can be made starting at 12:00 p.m. on Tuesday, June 16, 2020 by calling (760) 839-5426. Walk-ins are welcome if spaces are available. Players and coaches are to remain socially distanced at all times, no scrimmaging or game play has been approved. Facial covering are required during the sign-in process but not required while skating.

# EVCC

# East Valley Community Center Gym Activities

## East Valley Community Center

***2245 East Valley Parkway***

Looking to play a little pick-up basketball, spike a volleyball, swat a birdie, or hit a pickleball, then the EVCC gym is the place for you!

**What:** Basketball, Volleyball, Badminton, and Pickleball

**When:** Mondays–Sundays

**Who:** All Ages or Adults Only–depending on open gym schedule
All players under the age of 18 must have an emergency card on file

**Fee:** $3 per person entering the gym, per visit.
No charge for spectators accompanying minors
Ask us about Open Gym Card for cost savings!

**EVCC Hours of Operation**

| | |
|---|---|
| **Monday - Friday** | **9:00 A.M. – 8:30 P.M.** |
| **Saturday** | **8:30 A.M. – 4:30 P.M.** |
| **Sunday** | **Open for private rentals** |

**For the most recent schedule updates, call (760) 839-4382 or visit recreation.escondido.org/open-gym.aspx**

**Gym schedule is subject to change without notice.**

## Pickleball Weekly Schedule

Tuesdays, Thursdays & Sundays

9:00 A.M.–12:00 P.M.

Fee: $3 per session OR $50 for 20 sessions

*Times subject to change without notice

# OLDER ADULTS

# Park Avenue Community Center

*"Home of the Escondido Senior Center"*

210 East Park Avenue, Escondido, CA 92025

Office Hours: Monday–Friday, 8:00 A.M.–3:00 P.M.

Phone Number: (760) 839-4688

For a full calendar of events visit our website at:

escondido.org/older-adult-services.aspx

Escondido is proud to have one of the largest and most visited senior centers in San Diego County. The Park Avenue Community Center, home of the Escondido Senior Center, works with on-site partners—Escondido Senior Enterprises, the Senior Service Council Escondido, OASIS, and Escondido Recreation to offer quality activities, programs, services, and resources for adults 50 years and up!

## Senior Center Nutrition Program

The Nutrition Program is supported by the City of Escondido and the County of San Diego Aging & Independence Services. Nutrition services assist older adult individuals to live independently by promoting better health and reduced isolation through a program of congregate meals, transportation, and supportive services. For more information, call (760) 839-4803.

During the recent closures of our facility due to COVID-19, the California Center for the Arts Escondido (CCAE) partnered with the Park Avenue Community Center (PACC) in order to continue providing meals to current seniors who are in the Senior Nutrition program and have to stay home.

The seniors and Community Services staff would like to express our gratitude and say "THANK YOU" to CCAE and Chef Eric for continuing to deliver this essential service to our community!

CALIFORNIA CENTER FOR THE ARTS ESCONDIDO

*Executive Chef, Eric Ybarra has created healthy and delicious grab & go box meals which get distributed by Community Services staff.*

# Escondido Farmers' Markets

## Weekly Schedule

Join us year-round for the best local farm fresh produce, baked goods, flowers, honey, specialty foods, artisan crafts, and lots of fun!

***Enjoy Escondido!***

## Sunday

**North San Diego Certified Farmers Market**
(at Sikes Adobe Historic Farmstead)

12655 Sunset Drive, Escondido
Weekly, 10:30 A.M. - 3:30 P.M.
*northsdfarmersmarket.com*

## Monday

**Welk Resort Village Farmer's Market**

8860 Lawrence Welk Drive, Escondido
Weekly, 3:00 - 7:00 P.M.

## Tuesday

**Downtown Certified Farmers Market**

N. Juniper Street (at Grand Avenue)
Weekly, 2:30 - 6:00 P.M. (7:00 P.M. in summer)
*escondidoarts.org/farmers-market/*

**Follow us @VisitEscondido**
**or visit us at VisitEscondido.com**

# Escondido Yesterdays

This photograph of the interior of the Escondido, Santa Fe Depot was taken in 1912. Standing center is Clarence (Cal) Ashleigh, Telegrapher; to his left is Whitman Eddy, Station Agent's Helper. Seated is Station Agent, William W. Carpenter The fourth man on the far right remains unidentified.

One of the few original train stations still standing in San Diego County, the Escondido Santa Fe Depot is now part of the Escondido History Center Museum Complex in Grape Day Park. This image was used to help with the Depot interior restoration after the building was moved to the park in 1984. Most of the furnishings seen in the photograph have been replicated in the current Depot exhibit. The map cabinet on the back wall in the photograph, however, is the very same that stands today in our museum.

***The Santa Fe Depot is open to the public every Saturday from 1-4pm.***

ESCONDIDO HISTORY CENTER

# Escondido, Report It!

**Technology and tools for a safe and clean City**

Report It! provides a free and simple way to use your smartphone or computer to report:

- Graffiti
- Potholes
- Abandoned shopping carts
- Code and water violations, and more

*A picture is worth a thousand words and Report It! makes it a snap.*

Download from your app store or start reporting at:
www.escondido.org/report-it.aspx

**Free Graffiti Removal Kits:**
Graffiti removal kits are available by calling the Graffiti Hotline at 760-839-4OFF.

For more information,
visit: www.escondido.org/graffiti-removal.aspx

ESCONDIDO
City of Choice

## BECOME AN OFFICIAL FITNESS COURT® AMBASSADOR

NATIONAL FITNESS CAMPAIGN
FITNESS COURT

### GET THE MOST FROM YOUR FITNESS COURT®

**CURIOUS ABOUT CLASSES?**
This free training program teaches you how to run group classes using the Fitness Court®ecosystem, a refresher on coaching best practices, a simple walk-through of the Fitness Court App, and provides exclusive access to new programming and promotional resources.

**READY TO LEAD?**
You're the expert! Use this healthy platform to lead your community: encourage healthy lifestyles and build a network of friends and clients. Share your expertise and love for fitness!

**WANT TO GET CONNECTED?**
Joining this network of trainers and experts around the country keeps you in the loop with new circuits, challenges from National Fitness Campaign, featured media opportunities, and more!

*REGISTER ON OUR WEBSITE:*
*nationalfitnesscampaign.com/ambassador*

Fitness Court activation@nfchq.com 760 839 4355

# NOW RECRUITING
# COME JOIN OUR TEAM

**If you want to join a hard-working team that shares a commitment to providing top-quality services, consider a career with the City of Escondido.**

ESCONDIDO
City of Choice

**Visit www.governmentjobs.com/careers/escondido**

CITY OF ESCONDIDO

# Join Our New Community Advisory Groups

- HOMELESSNESS AND HOUSING
- ART AND CULTURE
- RECREATION AND YOUTH ACTIVITIES
- CLIMATE ACTION AND ENVIRONMENTAL IMPACTS
- ECONOMIC DEVELOPMENT AND AGRICULTURE

TIME COMMITMENT: 1 HOUR/MONTH

FOR DESCRIPTIONS AND TO SIGN UP VISIT:
www.escondido.org/community-advisory-groups.aspx

**Starting in early 2010, residents brought forward a vision of the Escondido Creek as a linear park!**

**To review the Escondido Creek Trail Master Plan and learn how you can get involved click the link**

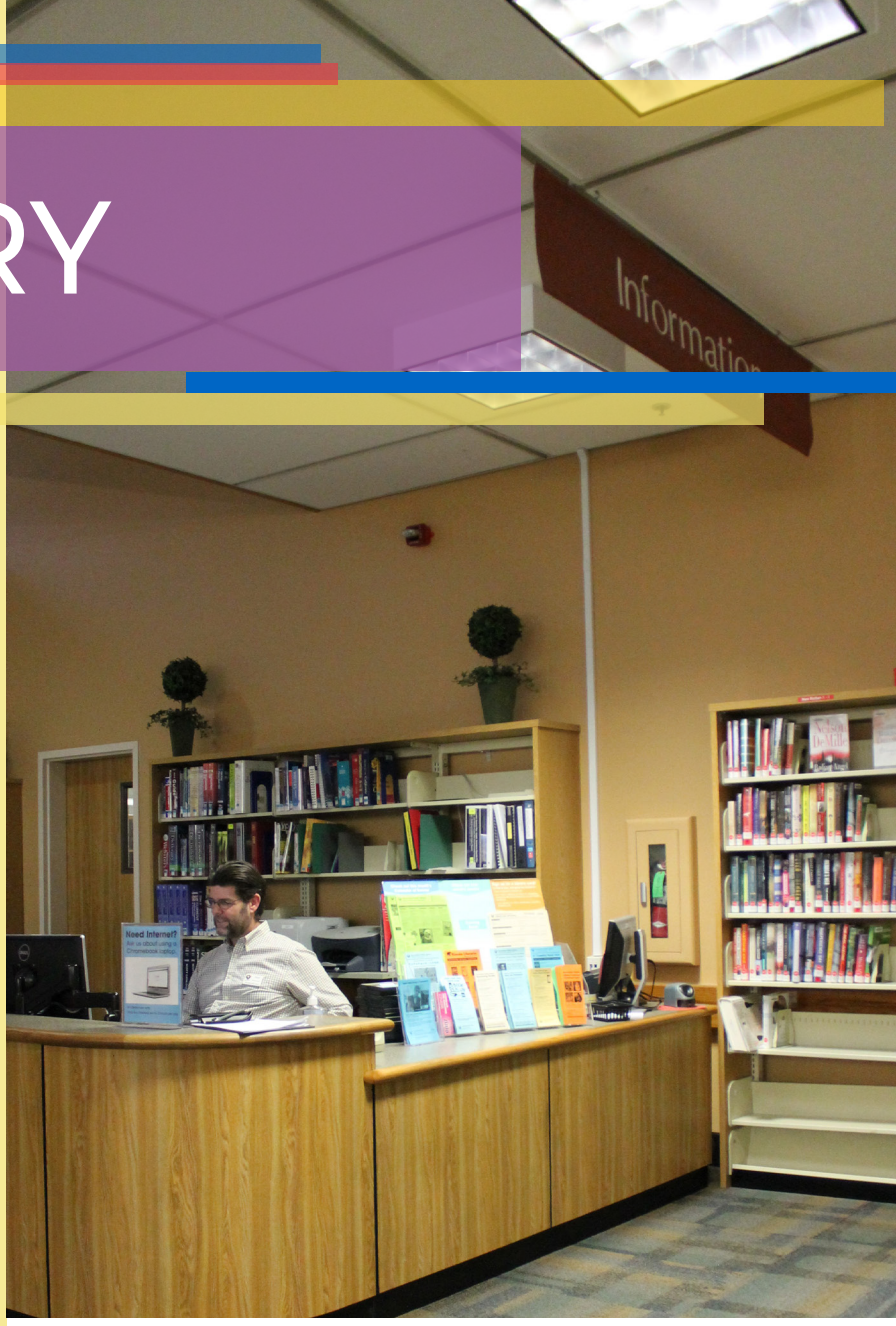
**https://www.escondido.org/ect.aspx**

VISIT: recreation.escondido.org/virtual-recreation.aspx

# DIRECTORY

| | |
|---|---|
| Business License | (760) 839-4659 |
| Building Permits | (760) 839-4647 |
| City Attorney's Office | (760) 839-4608 |
| City Clerk's Office | (760) 839-4617 |
| City Council | (760) 839-4638 |
| City Manager's Office | (760) 839-4631 |
| Code Enforcement | (760) 839-4650 |
| Economic Development | (760) 839-4563 |
| Escondido Community Services | (760) 839-4691 |
| • Before & After School Program | (760) 839-5483 |
| • East Valley Community Center | (760) 839-4382 |
| • Escondido Sports Center | (760) 839-5426 |
| • Park Avenue Community Center/ Senior Center | (760) 839-4688 |
| • Nutrition & Lunch Reservations | (760) 839-4803 |
| • Transportation | (888) 924-3228 |
| • Tiny Tots Preschool | (760) 839-4691 |
| Escondido Public Library | (760) 839-4684 |
| Engineering | (760) 839-4651 |
| Finance | (760) 839-4676 |
| Fire (Non-Emergency) | (760) 839-5400 |
| Housing/Neighborhood Services | (760) 839-4841 |
| Human Resources | (760) 839-4643 |
| Lakes/Ranger Station | (760) 839-4680 |
| Parking Tickets/Citations | (760) 839-4728 |
| Planning | (760) 839-7671 |
| Police (Non-Emergency) | (760) 839-4722 |
| Public Works | (760) 839-4668 |
| Recycling | (760) 839-6216 |
| Report It (Graffiti/Potholes) | (760) 839-4668 |
| Utility Billing (Water, Sewer, Trash, Recycling) | (760) 839-4682 |

# LIBRARY




**In an ongoing effort to protect the health and safety of our staff and community, Escondido Public Library will be closed to the public until further notice. Due dates will be extended and no overdue fees will be accrued until July 1. Returns will be accepted at the outdoor book drops located in the parking lot**

*Have a question, or need us to look up your library card number?*

Please call or text us at 442-777-3799 or email us at library@escondidolibrary.org between 8:30 A.M. and 4 P.M. Monday through Friday, and 1 P.M. through 5 P.M. Saturday and Sunday for assistance.

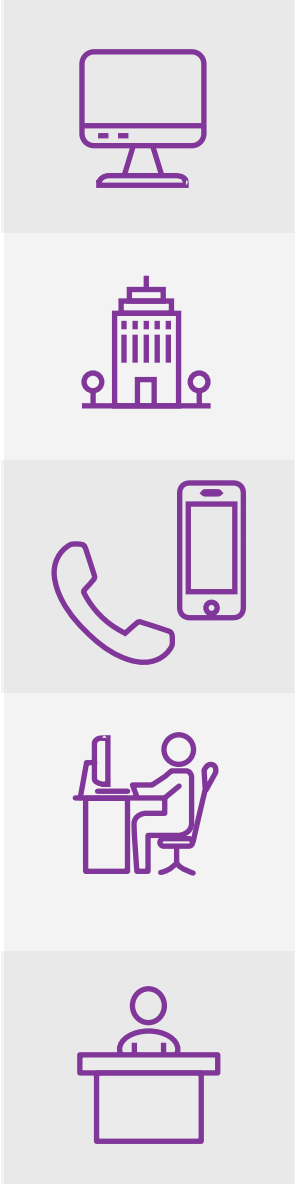
**Escondido Public Library**

239 South Kalmia Street, Escondido, CA 92025
760.839.4684

**www.escondidolibrary.org**

@escondidolibrary @escolibrary @escondidolibrary @escondidolibrary @escolibrary

*Escondido Public Library is excited to offer Curbside Pickup Service for holds from 9:30 a.m. – 4:30 p.m. Monday – Friday, and 1 p.m. – 4:30 p.m. Saturday and Sunday!*



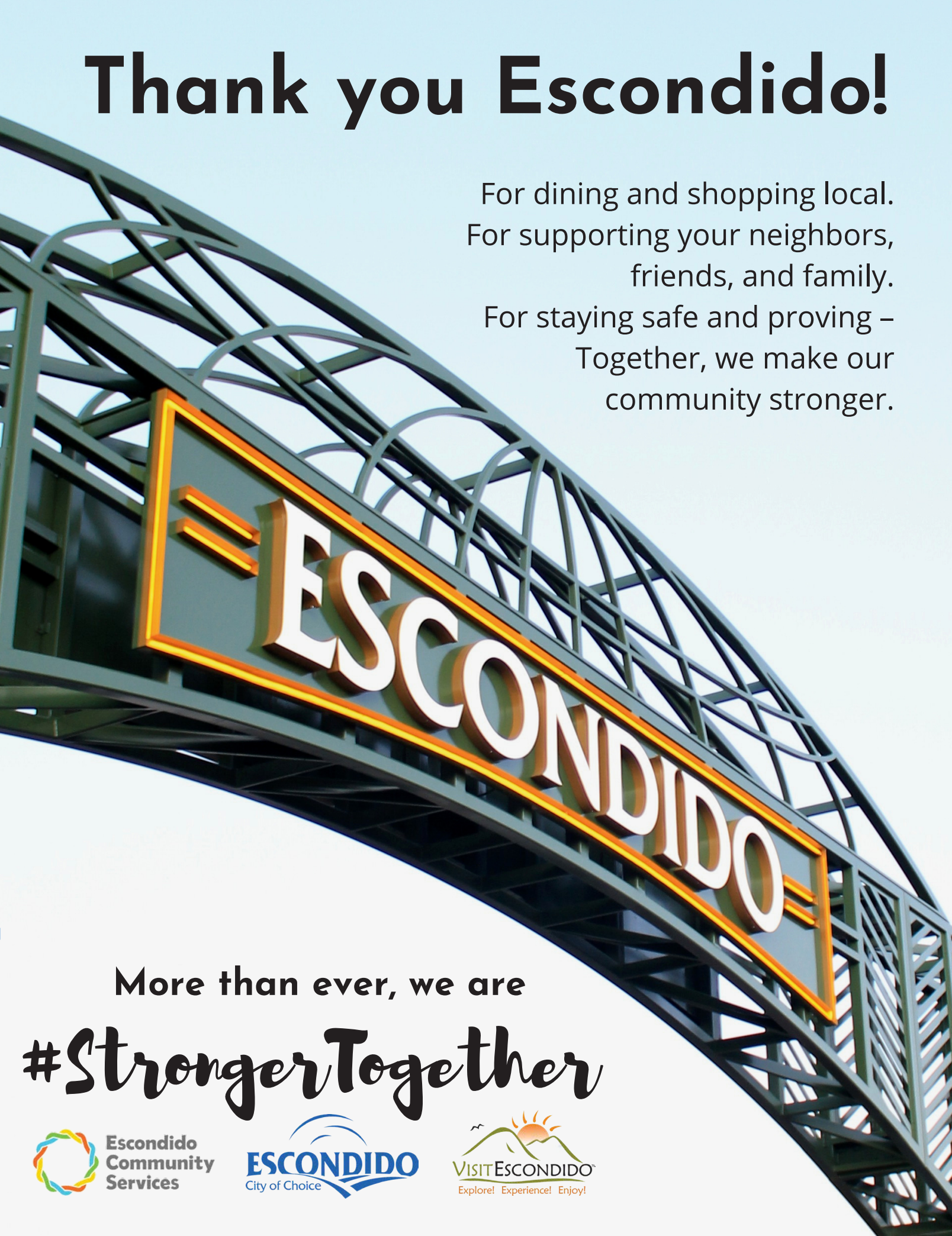
1. Place your hold on an item through the Library's online catalog at escondido.librarycatalog.info/polaris/
2. Once you receive a notification from the Library that your hold is ready, come to the Library's parking lot on 3rd Avenue during the hours listed above.
3. Call or text 760-705-4602 or email us at escondidolibrarycurbside@gmail.com with your library card number and to let us know you have arrived.
4. Staff will verify your account information, then check out your items.
5. Staff will place your checked out items on the table in front of the Library. Once the staff member goes back inside, you will then be able to pick up your holds.
6. If you need special accommodation, or prefer to make an appointment for pickup, please call 760-705-4602.

eBooks, eAudiobooks, and streaming video are all available through Escondido Public Library's website! Use OverDrive or CloudLibrary to read eBooks, or listen to eAudiobooks. Checkout Hoopla to read eComics, listen to eAudiobooks, and stream video! Use Flipster to read eMagazines! All the info on these great resources are available at www.escondidolibrary.org/digital!

Don't have a library card?

No problem! Visit library.escondido.org/librarycard.aspx to sign up for your online library card for free!

# Thank you Escondido!




For dining and shopping local.
For supporting your neighbors,
friends, and family.
For staying safe and proving –
Together, we make our
community stronger.

**More than ever, we are**

## #StrongerTogether

Escondido Community Services

ESCONDIDO City of Choice

VISIT ESCONDIDO
Explore! Experience! Enjoy!