

Recreation Guide

Escondido

FALL
2019

September • October • November • December

Outdoor
Activities

City News

Facility
Rental
Info

Intro to
Holistic
Health
ADULTS

Drone
Pilot
School
ADULTS

Irish Dance
ALL AGES

ROCK CLIMBING ADVENTURES!



Escondido
Community
Services



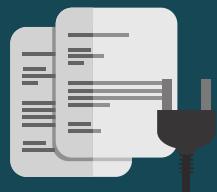


WINTER HOLIDAY SAFETY

Winter holidays are a time for families and friends to get together. But that could also mean a greater risk for fire. Following a few simple tips will ensure a happy and fire safe holiday season.

HOLIDAY DECORATING

- 1** Be careful with holiday decorations! Choose decorations that are flame resistant or flame retardant.
- 2** Keep lit candles away from decorations and other things that can burn.
- 3** Some lights are only for indoor or outdoor use, but not both.
- 4** Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for the maximum number of light strands to connect.
- 5** Use clips, not nails, to hang lights so the cords do not get damaged.
- 6** Keep decorations away from windows and doors.



BEFORE HEADING OUT OR TO BED

Blow out lit candles when you leave the room or go to bed. Turn off all light strings and decorations before leaving home or going to bed.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

City of Escondido Fall 2019 Recreation Guide

Message from the Director

Fall is an amazing time of year... the temperature is moderate, kids are back in school, and family get-togethers weave through the fabric of the season. As you thumb through the pages of the guide, you'll notice a few changes including new sections for Outdoor Activities, City News, and Community Events as well as an expanded format to name just a few. Our goal is to provide you with information and opportunities to explore the diversity of what Escondido has to offer. One of my favorite additions is the Outdoor Activities section. As an outdoor enthusiast, I am excited to help introduce you to the natural wonders that make Escondido a hidden gem.

- Camping at Dixon Lake
- Hiking the trails of Daley Ranch
- Monthly Star Parties (astronomy/star gazing)
- Rock Climbing classes

We continue to offer amazing recreation classes for people of all ages. Here are a few of my picks for the fall:

- Drone Pilot School **NEW!**
- Intro to Aquarium Keeping **NEW!**
- Irish Dance (youth & adult)
- Tennis classes (new weekend times)
- Ice Skating (open skate included)

If you don't see something that piques your curiosity, please contact our team and express your interest in learning about a new class or teaching one. We're always looking for new and innovative ideas. I look forward to having you join us for one or more of our programs.

See you out there!

Joanna Axelrod

Director of Communications
& Community Services



CITY COUNCIL

Paul "Mac" McNamara, Mayor
Consuelo Martinez, Deputy Mayor
Olga Diaz
John Masson
Michael Morasco

CITY MANAGER

Jeffrey R. Epp

CITY TREASURER

Douglas Shultz

DIRECTOR OF COMMUNICATIONS & COMMUNITY SERVICES

Joanna Axelrod



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

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



The City of Escondido is a recognized partner of Live Well San Diego—an organization 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.

Facility Locations	4
Outdoor Activities	6
Recreation Value	8
Community Events	9
Preschool	10
Youth	13
Teens	17
Adults	18
Adult Sports	22
Aquatics	23
Sports	24
Facility Rental Information	27
Older Adults	28
City News	30
Escondido Public Library	32
Registration Information	34
Resource Guide	35

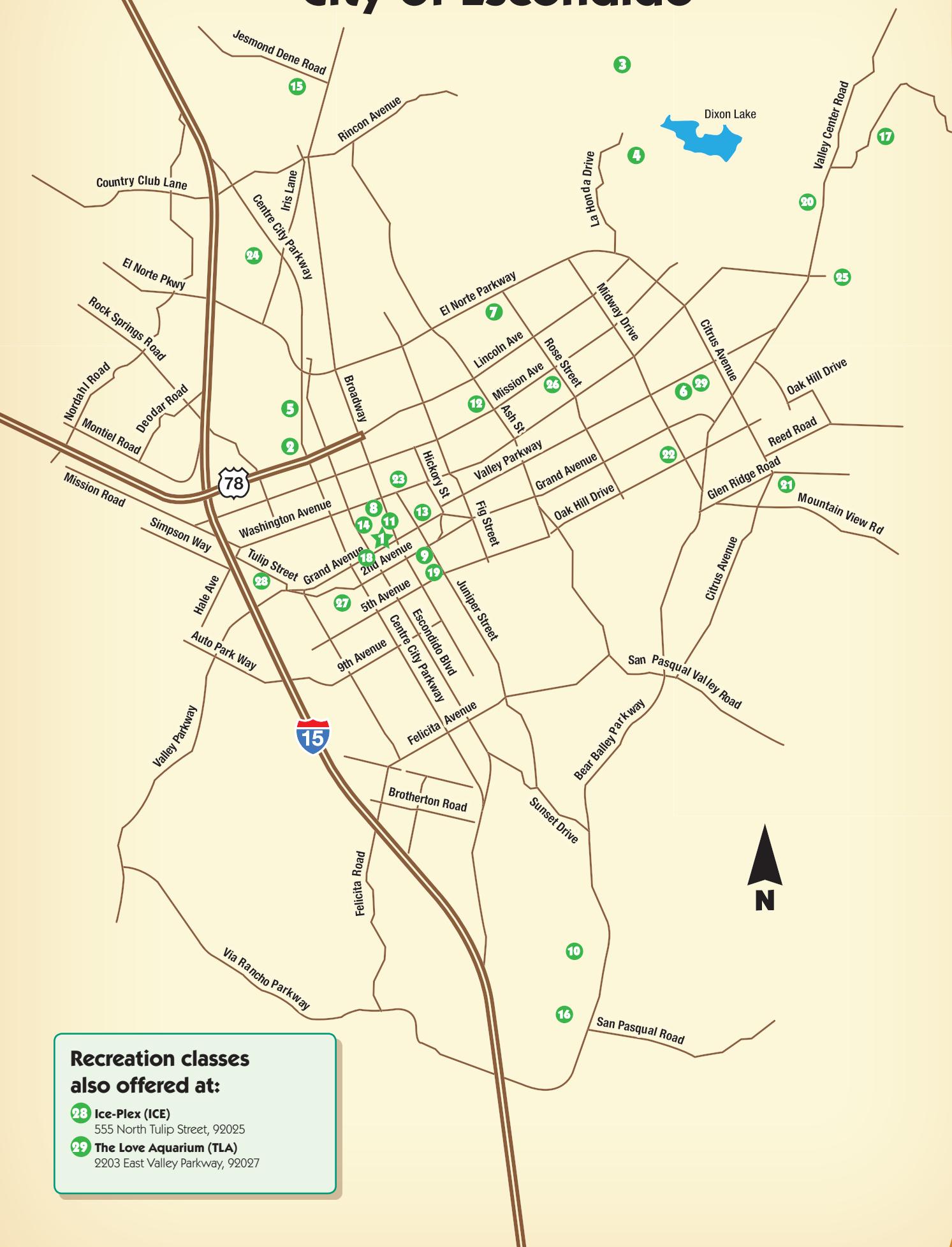
Facility & Park Locations

The Community Services Department offers a wide variety of facilities and parks to rent on a first come, first served basis.

Call (760) 839-4691 for more information.

	Amphitheater	Auditorium	Ball Fields	Barbecue	Basketball Courts	Boating	Campground	Concessions	Dance Room	Disc Golf Course	Dogs Allowed (on leash)	Fishing	Fitness Course	Gymnasium	Hiking Trails	Historical Buildings	Hockey Arenas	Horseshoe Court	Indoor Meeting Spaces	Kitchen	Picnic Tables	Playground/Tot Lots	Restrooms	Skate Park	Soccer Fields	Special Event Possibilities	Swimming Pools	Tennis Court
1																			●	●			●		●			
2																												
3											●				●	●			●				●		●			
4	●			●		●	●	●				●			●					●	●	●						
5																			●				●					
6						●			●					●					●	●	●	●	●			●		
7											●										●	●						
8																						●	●					
9																			●	●		●				●		
10																		●				●	●	●				
11												●					●	●	●		●	●	●			●		
12				●	●						●								●	●	●							
13																												
14																						●						
15				●	●							●		●							●	●	●			●		
16	●			●	●							●	●	●			●				●	●	●	●	●	●	●	
17						●						●					●				●		●					
18												●									●						●	
19												●								●			●					
20													●															●
21				●	●							●									●	●	●	●	●	●	●	
22																				●	●	●	●	●	●	●	●	
23	●										●									●	●		●					
24						●						●									●	●	●	●				
25												●										●			●	●	●	
26						●	●	●				●								●	●	●	●			●	●	
27						●	●					●									●	●	●					

City of Escondido



**Recreation classes
also offered at:**

- 28 **Ice-Plex (ICE)**
555 North Tulip Street, 92025
- 29 **The Love Aquarium (TLA)**
2203 East Valley Parkway, 92027



Star Parties—"Stars in the Park" FREE!

Take in the night sky with your friends and neighbors with educational talks of the constellations, and view the universe as you have never seen before!

Location: Dixon Lake Hilltop Picnic Area Sports Field
(Near Park Entrance)

Parking: Daley Ranch Parking Lot
ADA Parking at Hilltop Picnic Area

Dates/Times*: 2nd Wednesday of each month.
September 11, 8:00–10:00 p.m.
October 9, 7:00–10:00 p.m.
November 13, 6:00–9:00 p.m.
December 11, 6:00–9:00 p.m.

For all ages. In conjunction with San Diego Astronomy Association (SDAA) who will be bringing in telescopes for the event.

*Weather permitting



Daley Ranch Hike With a Ranger FREE!

Location: Daley Ranch
Meet at Daley Ranch Parking Lot

Dates/Times*: 9:00 a.m.

September 14, 2019

Creek Crossing & Chaparral Nature Trail
Easy to Moderate; 1.3 miles total

October 12, 2019

Daley Ranch House & Mallard Pond
Easy to Moderate; 3.2 miles total

November 9, 2019

Boulder Loop Trail
Moderate to Difficult 4.4 miles total

December 7, 2019

Grand Loop Trail
Easy to Moderate 2.5 miles total

*Weather permitting

**For additional organized hikes on Daley Ranch,
please visit escondido.org/daley-ranch-hikes.aspx**



Kit Carson Park Hike With a Ranger FREE!

Location: Kit Carson Park
Meet at Queen Califia Parking Lot

Parking: Queen Califia Parking Lot

Dates/Times*: 1st Saturday of each month
11:00 a.m.–12:00 p.m.
September 7, October 5,
November 2, & December 7

For all ages. Easy hike.

*Weather permitting



Daley Ranch Open House FREE!

Location: Daley Ranch House

Dates/Times*: 2nd Sunday of each month
11:00 a.m.–2:00 p.m.

Parking: Daley Ranch Parking Lot

Approximately 1 mile from the La Honda entry is the Historic Daley Ranch House. On the 2nd Sunday of every month from 11:00 a.m.–2:00 p.m., the Ranch House is open to the public, at which time Ranger Staff and Docents provide information and insights into the history of the ranch. Steady rain cancels.

*Weather permitting



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 and parking is provided in cost of program. Workshop will meet at Trout Cove Parking lot at Dixon Lake.

Instructor: Golden State Guiding Staff

Sa	10:00 a.m.-12:00 p.m.	9/14	\$50	DXN
Sa	10:00 a.m.-12:00 p.m.	9/28	\$50	DXN
Sa	10:00 a.m.-12:00 p.m.	10/12	\$50	DXN
Sa	10:00 a.m.-12:00 p.m.	10/26	\$50	DXN
Sa	10:00 a.m.-12:00 p.m.	11/9	\$50	DXN
Sa	10:00 a.m.-12:00 p.m.	11/23	\$50	DXN
Sa	10:00 a.m.-12:00 p.m.	12/7	\$50	DXN

*Weather permitting



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 (2 nd rods are not allowed during trout derbies)

Boat Rental Fees

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

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

Dixon Lake Camping Information

For information and reservations visit www.camplife.com and enter Dixon Lake in the search field. You can also 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

Check out all the exciting activities the whole family can enjoy for little to no cost!

FREE Recreation Activities & Classes

- Disc Golf Course, KCP, **page 4**
- Tennis Courts, WP, MVP, & KCP, **page 4**
- Pickleball, WP & KCP, **page 4**
- Refit Revolution, free trial class, **page 20**
- Rev+Flow, free trial class, **page 20**
- Pound Rockout Workout, free trial class, **page 21**
- Escondido Skate Park First Try Sundays, **page 25**
- Senior programs, **page 28-29**

Low Cost Recreation Activities

- After School Program, \$12, **page 14**
- Sugar Skull Art, \$15, **page 18**
- Adult Pickup Hockey \$2, **page 22**
- Escondido Skate Park (scooter, bike, inline, skate), \$10, **page 25**
- Pee Wee Playtime, \$3, **page 26**
- EVCC Open Gym (basketball, volleyball, badminton, pickleball), \$3, **page 26**

FREE City-sponsored Community Events

- **Creek to Bay Clean-up Event**
For more information visit www.creektobay.org
- **Eco Life Aquaponic Tours**
Every third Friday of the month. For more information visit ecolifeconservation.org/events
- **Escondido Community Wellness Expo**
September 24, 8:30-11:30 a.m.
See **page 29** for more info.
- **Escondido Public Library**
For more information, see **pages 32-33** or visit www.escondidolibrary.org
- **Free Composting Workshop**
August 10, 8:30-10:00 a.m. at Escondido Community Garden, see **page 30**
- **Free eWaste & Shred Event**
For dates & times, see ad on **page 31**
- **WaterSmart Landscape Makeover Series**
For more information visit:
landscapemakeover.watersmartsd.org/design_workshop

After School Education and Safety (ASES) Program 2019/2020

Applications available at the schools, City Hall, or online.

Schools: Juniper, Oak Hill, and Rock Springs

Grades: Kindergarten-5th Grade

Cost: **FREE!**

Details: Monday-Friday

6:30 a.m.-Start of school

End of school-6:00 p.m.

Program highlights:

- Academic Support Time (homework)
- STEM Activities (Science, Technology, Engineering, & Math)
- Physical & Social Development Activities
- Safe & Supportive Environment
- Enrichment Activities
- Special Events

For more information, visit recreation.escondido.org or call (760) 839-5483



A partnership of



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, 10:30am–3:30pm
northsdfarmersmarket.com

MONDAY

Welk Resort Village Farmers Market
8860 Lawrence Welk Drive, Escondido
Weekly, 3–7pm

TUESDAY

Downtown Certified Farmers Market
N. Juniper Street (at Grand Avenue)
Weekly, 2:30–6pm (7pm in summer)
escondidoarts.org/farmers-market/



VisitEscondido.com

For more community events in Escondido visit
visitescondido.com/full-calendar



Visit this fantastic collection of unique events at the eclectic art galleries of Escondido's historic downtown as well as diverse and interactive experiences in arts, theater, museums, and historical and educational fun all around the area... and all throughout the day.

Escondido History Center

The collections, exhibitions and programs of the Escondido History Center provide a captivating window into the cultural heritage of Escondido.

321 North Broadway • 1:00–4:00 p.m.
escondidohistory.org • (760) 743-8207

California Center for the Arts, Escondido

The (CCAE Education and Museum Departments offer two free art lessons and admission to current museum exhibition when on view.

340 North Escondido Boulevard
Art lessons: 10:00–11:15 a.m.
artcenter.org • (760) 839-4176

Escondido Arts Partnership Municipal Gallery

Enhancing the quality of life in the Southern California region through offering diverse artistic, education, social and entertainment experiences.

262 East Grand Avenue • 11:00 a.m.–8:00 p.m.
escondidoarts.org • (760) 480-4101

For more info and events visit
visitescondido.com/2nd-saturday





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 2019/2020 school year provided they maintain their eligibility.

Class Location

Don Anderson Community Building (DACB)
120 Woodward Avenue
Instructors: Ms. Kathie & Ms. Mani

Program Information

- Registration packets available at EVCC, City Hall, or online
- In-person registration required
- Classes 8/26/2019–5/29/2020
- **Parent participation is required**

Little Tots 3–4 years

Tuesday & Thursday	8:15–10:30 a.m.	DACB
Wednesday & Friday	8:15–10:30 a.m.	DACB

Super Tots 4–5 years (Pre-K)

Monday, Wednesday, & Friday	11:15 a.m.–2:00 p.m.	DACB
Tuesday & Thursday	11:15 a.m.–2:00 p.m.	DACB

Wee Tots 4/5 weeks • Ages 18 months–3½ 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 required.

Instructor: Tiny Tots Preschool Staff

September	M	9:00–10:30 a.m.	9/9–9/30	\$45	DACB
October	M	9:00–10:30 a.m.	10/7–10/28	\$45	DACB
Nov/Dec	M	9:00–10:30 a.m.	*11/4–12/16	\$56	DACB

*No class on 11/11 & 11/25

Instructor Highlight

Ms. Mani

How long have you been teaching Tiny Tots?

I have been teaching here for 21 years.

What made you want to start teaching?

I've always been drawn to children and learning.

What is your favorite part about teaching your classes?

Seeing the expression on the students face when they master a task or experience something for the first time.

What do you enjoy doing in your free time?

Being outdoors, hiking, gardening, and thanks to my husband... raising birds.

What advice do you give parents who are signing up their child into your class for the first time?

This is a wonderful experience for your child to learn and grow in a safe nurturing environment, and you get to be a part of it too!



Ms. Kathie

How long have you been teaching Tiny Tots?

I have been with the Tiny Tots program for 23 years. Total teaching 34 years.

What made you want to start teaching?

Always liked being around little kids and at the time my daughters were about Preschool age.



What is your favorite part about teaching your classes?

Watching the changes in the kids as they go through the program. They go from babies to being truly kindergarten ready. I love when they get excited about learning something in class and then want to share the experience with their families.

What do you enjoy doing in your free time?

I love spending time with my family, reading, traveling and being surrounded by nature.

What advice do you give parents who are signing up their child into your class for the first time?

To come and observe the class. Participate often and to get excited about learning and show you value education.

**For more information,
visit recreation@escondido.org
or call (760) 839-4691.**

[@CityofEscondido](#)



Tiny Tots Gymnastics

4/5 Weeks • Ages 2–4

Bring your little tumblers and join us for some fun group play time. Each week offers new stations for your toddler to explore and develop their large motor skills. Your child will learn beginning gymnastics starting with rolls then moving to handstands. Boys and girls are welcome!

Instructor: Flip to Cheer Staff

Th	4:45–5:20 p.m.	10/3–10/24	\$52	PACC
Th	4:45–5:20 p.m.	*11/7–12/12	\$65	PACC

*No class on 11/28

**Parent participation is required

Tiny Tots Ice Skating

6/8 Weeks • Ages 3–5

This class is designed for little ones who would like to try ice skating. They will learn basic skating skills through games and creative drawings on the ice. The emphasis is fun and building confidence on the ice.

Instructor: Ice-Plex Staff

Session 1

W	5:30–6:00 p.m.	9/4–10/23	**\$85	ICE
F	4:30–5:00 p.m.	9/6–10/25	**\$85	ICE

Session 2

W	5:30–6:00 p.m.	*10/30–12/11	**\$64	ICE
F	4:30–5:00 p.m.	*11/1–12/13	**\$64	ICE

*No class on 11/27 & 11/29

**Includes skate rental & public skating from 3:00–5:00 p.m. on day of class

Little Ninjas Karate

4 Weeks • Ages 2–6

Introduce your little one to the art of self-defense in a fun and engaging way. Children will refine their motor skills and learn the fundamentals of teamwork and respect by practicing basic blocks, punches and kicks.

Instructor: Jorge Lopez, 4th Degree black belt

Session 1

T	10:00–10:45 a.m.	9/3–9/24	**\$65	EVCC	***2–3
T	11:00–11:45 a.m.	9/3–9/24	**\$65	EVCC	4–6

Session 2

T	10:00–10:45 a.m.	10/8–10/29	**\$65	EVCC	***2–3
T	11:00–11:45 a.m.	10/8–10/29	**\$65	EVCC	4–6

Session 3

T	10:00–10:45 a.m.	*11/12–12/10	**\$65	EVCC	***2–3
T	11:00–11:45 a.m.	*11/12–12/10	**\$65	EVCC	4–6

*No class on 11/26

**\$5 optional material fee for belt

***Parent participation is required for ages 2–3

Preschool Cheerleading, Dance & Tumble

7 Weeks • Ages 2–3

GO! FIGHT! WIN! Cheerleaders will use pom poms and 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! 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

T	4:30–5:00 p.m.	9/5–10/17	\$79	EVCC
T	4:30–5:00 p.m.	*10/24–12/19	\$79	EVCC

*No class on 10/31 & 11/28

Tiny Tykes Soccer

8 weeks • Ages 2–5

Tiny Tykes is a new and exciting program that teaches basic soccer skills while developing strength, balance, coordination, listening skills, and teamwork for children. The curriculum has been developed by soccer experts, child development professionals and experienced coaches, ensuring a positive soccer experience for your child!

Instructor: Challenger Sports

			<u>Ages</u>
Th	10:45–11:30 a.m.	9/12–10/31	**\$90
Th	11:45 a.m.–12:30 p.m.	9/12–10/31	**\$90

**\$15 material fee due at first class for soccer jersey, shorts, and ball (cash or check accepted, payable to "Challenger Sports"). Returners either receive a Lenny the Lion soft toy or a TT Backpack.

Baby/Toddler Ballet

7 Weeks • Walking–3 years

Designed for our youngest of dancers, join us for tons of fun in this parent and me participation dance class! Children will be introduced to the basics of ballet in a fun and imaginative atmosphere with the comfort of a loved one by their side! We will use props, music, and play to teach ballet.

Instructor: Charlene's Dance N Cheer

Session 1

T	9:30–10:00 a.m.	9/3–10/15	\$79	EVCC
T	4:30–5:00 p.m.	9/3–10/15	\$79	EVCC

Session 2

T	9:30–10:00 a.m.	*10/22–12/10	\$79	EVCC
T	4:30–5:00 p.m.	*10/22–12/10	\$79	EVCC

*No class on 11/26

Preschool Ballet

7 Weeks • Ages 3–5

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

T	10:00-10:30 a.m.	9/3-10/15	\$79	EVCC
T	10:00-10:30 a.m.	*10/22-12/10	\$79	EVCC

*No class on 11/26

Preschool Pop Stars Dance & Sing

7 Weeks • Ages 2–3

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 Dance N' Cheer Staff

Sa	10:30-11:00 a.m.	9/7-10/19	\$79	MCC
Sa	10:30-11:00 a.m.	*10/26-12/14	\$79	MCC

*No class on 11/30

Preschool Acro/Jazz Dance

6/7 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.	9/7-10/19	\$79	EVCC
Sa	12:00-12:30 p.m.	*11/2-12/14	\$68	EVCC

*No class on 11/30

Preschool Hip Hop Dance

7 Weeks • Ages 3–5

Learn to dance like your favorite pop star! Students will do fun warm-ups, across the floor exercises/combos and learn dance routines/choreography to radio hits, performing several routines at their end of the session for family and friends!

Instructor: Charlene's Dance N Cheer

T	10:30-11:00 a.m.	9/3-10/15	\$79	EVCC
T	10:30-11:00 a.m.	*10/22-12/10	\$79	EVCC

*No class on 11/26

PRESCHOOL INSTRUCTORS WANTED!

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

Parent and Me Music & Creative Movement

7 Weeks • Ages 2–3

Your child will enjoy elements of dance, tumbling, preschool songs, and movement with you by their side! These classes begin at the age of walking toddler and incorporate play, fun props, movement, music, dance and more in an encouraging atmosphere to get your youngster moving and grooving!

Instructor: Charlene's Dance N Cheer

Th	4:00-4:30 p.m.	9/5-10/17	\$79	EVCC
Th	4:00-4:30 p.m.	*10/24-12/19	\$79	EVCC

*No class on 10/31 & 11/28

Get Smart With Art

4 Weeks • Ages 2–5

Come paint, print, sculpt and create a masterpiece inspired by the works of famous artists. Each week your child will unleash their own creativity using age appropriate materials and techniques to develop a lifelong love of art. New lessons each session!

Instructor: Vivian Matchett

Sa	10:00-10:45 a.m.	9/14-10/5	\$56	EVCC
Sa	10:00-10:45 a.m.	*10/12-11/9	\$56	EVCC
Sa	10:00-10:45 a.m.	*11/16-12/14	\$56	EVCC

*No class on 10/26 & 11/30

**Parent participation is required



Adventures in STEM using LEGO

7 Weeks • Ages 4–6

Tap into your imagination with tens of thousands of LEGO parts! Build engineer-designed projects such as: Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Design and build as never before and explore your craziest ideas in a supportive environment! There are no prerequisites for this course.

Instructor: Play-well TEKnologies

T	9:00-9:50 a.m.	9/3-10/15	\$150	EVCC
---	----------------	-----------	-------	------



Music15 Piano! NEW!

10 Weeks • Ages 5–17

The perfect introduction to piano for those who are just beginning. You will learn how to play fun songs, play basic notes and work on finger patterns. Bring a pencil and music binder with you to class. Piano is provided in class.

Instructor: Victoria Eicher

Level 1 (First Time Students)

				Ages
T	5:00–5:30 p.m.	9/17–11/19	\$75	EVCC 5–7
T	5:30–6:00 p.m.	9/17–11/19	\$75	EVCC 8–10
T	6:00–6:45 p.m.	9/17–11/19	\$100	EVCC 11–17
Sa	9:00–9:30 a.m.	*9/21–12/7	\$75	EVCC 5–7
Sa	9:30–10:00 a.m.	*9/21–12/7	\$75	EVCC 8–10
Sa	10:00–10:30 a.m.	*9/21–12/7	\$75	EVCC 11–17

Level 2 (Returning Students)

				Ages
T	3:30–4:00 p.m.	9/17–11/19	\$75	EVCC 5–7
T	4:00–4:30 p.m.	9/17–11/19	\$75	EVCC 8–10

*No class on 10/26 & 11/30

Music15 Violin! NEW!

10 Weeks • Ages 10–17

You will learn how to play fun songs, play challenging rhythms, and polish your technique! Bring a violin, pencil, and music binder with you to class. To rent, please email victoriastudio3@gmail.com

Instructor: Victoria Eicher

				Ages
T	6:45–7:30 p.m.	9/17–11/19	\$100	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, Certified by WTF

M/Th	5:00–6:00 p.m.	*9/23–12/12	**\$110	MCC
M/Th	6:15–7:15 p.m.	*9/23–12/12	**\$110	MCC
M/Th	7:30–8:30 p.m.	*9/23–12/12	**\$110	MCC

*No class on 11/11 & 11/28

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

Music15 Guitar! NEW!

10 Weeks • Ages 8–12

Learn basic chords and rhythms in the Level 1 class. In Level 2 you will progress onto more advanced chords, arpeggios and fingerstyle. Bring your own instrument or rent one of ours! Bring a music stand, pencil, and folder. To rent, please email victoriastudio3@gmail.com

Instructor: Alex Tapia

Level 1 (First Time Students)

				Ages
Sa	9:00–9:45 a.m.		9/21–12/7	\$100 EVCC

Level 2 (Returning Students)

				Ages
Sa	9:45–10:30 a.m.		9/21–12/7	\$100 EVCC

*No class on 10/26 & 11/30

Youth Tennis

5 Weeks • Ages 7–15

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 racquet and one can of new, unopened "extra duty" tennis balls.

Instructor: Don Pham

Session 1

				Ages
Beg. T	3:30–4:30 p.m.	9/10–10/8	\$45	KCP 7&8 7–10
Int. T	4:30–5:30 p.m.	9/10–10/8	\$45	KCP 7&8 11–15

Session 2

				Ages
Beg. T	3:30–4:30 p.m.	10/15–11/12	\$45	KCP 7&8 7–10
Int. T	4:30–5:30 p.m.	10/15–11/12	\$45	KCP 7&8 11–15

Session 3

				Ages
Beg. T	3:30–4:30 p.m.	11/19–12/17	\$45	KCP 7&8 7–10
Int. T	4:30–5:30 p.m.	11/19–12/17	\$45	KCP 7&8 11–15

Saturday Youth Tennis

5 Weeks • Ages 7–15

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
Sa	10:00–11:00 a.m.	9/7–10/5	\$45	MVP 1&2
Sa	10:00–11:00 a.m.	10/12–11/9	\$45	MVP 1&2
Sa	10:00–11:00 a.m.	11/16–12/14	\$45	MVP 1&2

Ballet**12 Weeks • Ages 4–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**Pre-Ballet**

					Ages
Sa	9:30-10:15 a.m.	*9/14-12/14	\$120	EVCC	4-5

Beginning Ballet

Sa	10:15-11:15 a.m.	*9/14-12/14	\$120	EVCC	6-10

Ballet 1/2/3

Sa	11:15 a.m.-12:15 p.m.	*9/14-12/14	\$120	EVCC	7-10

Advanced Ballet

W	4:30-5:45 p.m.	*9/11-12/11	\$120	EVCC	**10-Adult

Pointe

M	4:30-5:45 p.m.	*9/9-12/9	\$120	EVCC	**10-Adult

*No class on 10/30, 11/2, 11/11, 11/25, 11/27, & 11/30

**Instructor approval required

Gymnastics Tumble Kids**4/5 Weeks • Ages 5–13**

Let's tumble! Learn all aspects of basic tumbling including somersaults, handstands, cartwheels, round-offs, and more. Students develop skills using fun mats, floor balance beams, and small trampolines. Great for both boys and girls.

Instructor: Flip to Cheer Staff**Session 1**

					Ages
Th	5:30-6:15 p.m.	10/3-10/24	\$69	PACC	5-7
Th	6:20-7:05 p.m.	10/3-10/24	\$69	PACC	8-13

Session 2

Th	5:30-6:15 p.m.	*11/7-12/12	\$69	PACC	5-7
Th	6:20-7:05 p.m.	*11/7-12/12	\$54	PACC	8-13

*No class on 11/28

After School Program**Grades 1–5* • North Broadway • Reidy Creek****Program Highlights**

- Homework time available
- Games & sports
- Arts & crafts
- Special events

Details

- Monday–Friday after school until 6:00 p.m.
- \$12/day (drop-in)
- North Broadway: Room 32
- Reidy Creek: MPR

*PM Kindergarteners welcome with approval.

For more information, call (760) 839-5483 or visit recreation.escondido.org

Irish Dance**6/9 Weeks • 12–Adult**

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

Instructor: Jessica Eaton

T	5:00-6:00 p.m.	9/3-10/8	\$45	EVCC
T	5:00-6:00 p.m.	*10/15-12/17	\$68	EVCC

*No class on 11/26

Junior Cheerleading, Dance & Tumble**7 Weeks • Ages 4–9**

GO! FIGHT! WIN! Cheerleaders will use pom poms and 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.	9/5-10/17	\$89	EVCC
Th	5:00-6:00 p.m.	*10/24-12/19	\$89	EVCC

* No class on 10/31 & 11/28

Junior Pop Stars Dance & Sing**7 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.	9/3-10/15	\$89	EVCC
T	5:00-6:00 p.m.	*10/22-12/10	\$89	EVCC

*No class on 11/26



**Escondido
Community
Services**

Junior Hip Hop Dance

7 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.	9/7–10/19	\$89	MCC
Sa	11:00 a.m.–12:00 p.m.	*10/26–12/14	\$89	MCC

*No class on 11/30

Junior Storybook

Musical Theatre & Dance

7 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.	9/3–10/15	\$89	EVCC
T	6:00–7:00 p.m.	*10/22–12/10	\$89	EVCC

*No class on 11/26

Exude Beauty, Fashion & Confidence

6 Weeks • Ages 12–17

Unleash your inner beauty and gain confidence. This class is for teenagers who have a passion for fashion and love to style themselves in the newest designs and latest trends. This course will focus on self-esteem and confidence. Students will learn how to style hair and makeup and create their own outfit from trends.

Instructor: Lakeisha Holley, Children Arts and More

T	6:05–7:05 p.m.	*11/5–12/17	\$83	EVCC
---	----------------	-------------	------	------

*No class on 11/26

Intro to Comedy Acting

6 Weeks • Ages 6–13

Lights! Camera! Action! Students will learn how to perform and create their own comedic monologue, be animated while telling funny stories, and become a more confident speaker.

Instructor: Lakeisha Holley, Children Arts and More

W	4:30–5:30 p.m.	*11/6–12/18	\$82	EVCC
---	----------------	-------------	------	------

* No class on 11/27

Intro to Anime Drawing

6 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.

Instructor: Creative Brain Learning Staff

W	5:00–5:50 p.m.	9/18–10/23	**\$66	MCC
---	----------------	------------	--------	-----

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



Beginning Ice Skating

6/8 Weeks • Ages 6–16

This class is designed for kids who would like to try ice skating. They will learn basic skating skills through creative games and drawings on the ice. The emphasis on this class is to learn basic skating skills and safety while having fun!

Instructor: Ice-Plex Staff

Session 1

W	5:30–6:00 p.m.	9/4–10/23	**\$85	ICE
F	4:00–4:30 p.m.	9/6–10/25	**\$85	ICE

Session 2

W	5:30–6:00 p.m.	*10/30–12/11	**\$64	ICE
F	4:00–4:30 p.m.	*11/1–12/13	**\$64	ICE

*No class on 11/27 & 11/29

**Includes skate rental & public skating from 3:00–5:00 p.m. on day of class

Intro to Cartoon Drawing

6 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.

Instructor: Creative Brain Learning Staff

W	4:00–4:50 p.m.	9/18–10/23	**\$66	MCC
---	----------------	------------	--------	-----

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

Computer Coding

6 Weeks • Ages 6–12

This introduction to computer coding lets participants explore basic concepts of coding. Participants snap together logical coding statements as they would LEGO® materials. Join for the fun and science and end up creating your own computer programs.

Instructor: Creative Brain Learning Staff

W	6:00–6:50 p.m.	9/18–10/23	**\$66	MCC
---	----------------	------------	--------	-----

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

Video Game Design

6 Weeks • Ages 8–15

You play them, now learn how to design them! This course explores the entire video game development process. Students design and create their own video game, which they can take home and play. Computers are provided for classroom use.

Instructor: Creative Brain Learning Staff

W 7:00–7:50 p.m. 9/18–10/23 **\$66 MCC

**\$20 non-refundable material fee due at first class (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. The following topics will be covered: general safety, fire safety, how to react in an emergency situation, anti-bullying, drug avoidance, gang avoidance, gun safety and avoidance, abduction avoidance, and simple self-defense techniques to allow your child to escape an attacker. *Lunch will be provided.*

Instructor: Retired Lieutenant Al Owens, Sergeant 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. 11/9 \$32 EPFH 6–9

Sa 9:00 a.m.–1:00 p.m. 11/16 \$32 EPFH 10–13

Sugar Skull Art

Workshop • Ages 6–Adult

Join us for a family workshop for sugar skull art decorating, an indigenous Día de Los Muertos tradition of Mexico. Skulls are for decorating purposes and not for consumption. Individual children and adults are welcome.

Instructor: Carolina Celaya

W 6:30–7:30 p.m. 10/23 **\$15 EVCC

Th 6:30–7:30 p.m. 10/24 **\$15 EVCC

**\$5 non-refundable material fee due at first class (cash only)

YOUTH INSTRUCTORS WANTED!

We are looking for
instructors in...



Learn Polite Etiquette

6 Weeks • Ages 6–13

Etiquette is more than just figuring out which fork to use at the dinner table. Through this interactive class, we will role play, play games, and practice with fun exercises. Students will learn how to make great first impressions, have manners outside of the home, develop good table manners and learn how to write respectable thank you notes.

Instructor: Lakeisha Holley, Children Arts and More

W 5:30–6:30 p.m. *11/6–12/18 \$82 EVCC

*No class on 11/27

Rising Stars Basketball

9 Weeks • Ages 5–7



Is your child interested in playing basketball? If so, join us this fall for a fun, action packed developmental basketball program. We will teach your child the rules and basic fundamentals of the game in a fast paced, upbeat environment. Each Saturday we will run 20 minutes of drills and stations followed by a controlled 40-minute game. All drills and games are run by 549 coaches. Our goal is to make this a positive educational experience for your child! Each participant will also receive a reversible jersey!

Instructor: 549 Sports

Sa 1:00–4:00 p.m. *9/14–11/16 **\$150 EVCC

*No class on 10/26

**\$15 Non-refundable material fee due first day of class.
(Cash only)

Paint Party

Workshop • Ages 7–Adult*

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

Instructor: Kari Aellig, experienced art instructor

Sa 1:30–4:00 p.m. 9/21 **\$20 EVCC

Sa 1:30–4:00 p.m. 10/19 **\$20 EVCC

Sa 1:30–4:00 p.m. 11/16 **\$20 EVCC

Sa 1:30–4:00 p.m. 12/14 **\$20 EVCC

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

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

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



Escondido Recreation Youth P.A.L. Basketball League

Coed Divisions • 8 week season

Divisions:

- B League: Ages 11–13
- C League: Ages 9–10
- D league: Ages 7–8

Cost	Fall 2019
\$55	#4131.303
\$55	#4131.302
\$55	#4131.301

Practices:

1-hour practice, once a week
Tuesdays between 6:00–9:00 p.m.
Wednesdays between 6:00–9:00 p.m.

Games:

Saturdays
East Valley Community Center, 9245 East Valley Parkway, Escondido, 92027



Season	Game Days	Registration Open	Registration Closes	Season Dates
Fall 2019	Saturday	July 29, 2019	August 17, 2019	September 24–December 14

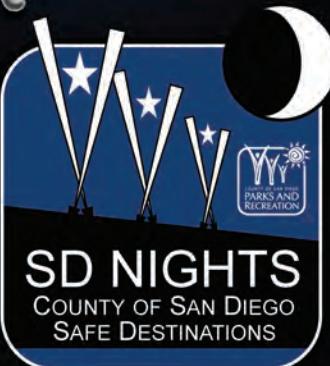
- First practice will be September 24 or 25, 2019
- Division C and D players will be assessed on August 24, 2019 at 10:00 a.m. Division B will be assessed and drafted on September 14, 2019 at 10:00 a.m.
- Selected volunteer coaches will receive one FREE registration for their child.
- No requests for placement with a friend or carpool will be considered. All teams will be balanced to ensure fairness and fun for everyone!

More information can be found on our website at recreation.escondido.org

East Valley Community Center



- Food, sports, arts, games, and prizes
- Career planning
- Leadership training
- Mentorship



For more information, call **858-966-1376**

Fall Youth Roller Hockey League

Join SD Inline Hockey for an exciting season of organized roller hockey! Roller hockey is a great way to develop hockey skills, get physically fit, meet new friends, and bond in a team environment.

Fall Season: September 6–November 17, 2019

Registration: July 20–August 24, 2019

Fee: Youth-\$75 per player
Junior High/High School-\$175 per player

Game Days: Youth (8 & Under/10 & Under)–Saturdays
Junior High School–Fridays
High School–Wednesdays & Thursdays

Practice Days: Youth (8 & Under/10 & Under)–Wednesdays
Junior High School–Tuesdays
High School–TBA

For more information or to register,
visit www.sdinlinelockey.com or contact
registration@districthockey.com

For questions, please email daryn@sdinlinelockey.com





Sugar Skull Art

Workshop • Ages 6–Adult

Join us for a family workshop for sugar skull art decorating, an indigenous Día de Los Muertos tradition of Mexico. Skulls are for decorating purposes and not for consumption. Individual children and adults are welcome.

Instructor: Carolina Celaya

W	6:30–7:30 p.m.	10/23	**\$15	EVCC
Th	6:30–7:30 p.m.	10/24	**\$15	EVCC

**\$5 non-refundable material fee due at first class (cash only)

Paint Party

Workshop • Ages 7–Adult*

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

Instructor: Kari Aellig

Sa	1:30–4:00 p.m.	9/21	**\$20	EVCC
Sa	1:30–4:00 p.m.	10/19	**\$20	EVCC
Sa	1:30–4:00 p.m.	11/16	**\$20	EVCC
Sa	1:30–4:00 p.m.	12/14	**\$20	EVCC

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

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

Income Tax Preparation

11 Weeks/2 days • Adult (21+)

Learn how to prepare tax returns, become a licensed tax professional, and obtain CTEC (California Tax Education Council) certification for California and Federal tax preparation. The course covers resident issues, W2 and 1099 income, exemptions and dependents, small business, child care, interest and dividends, rental property, retirement, and income. *This course requires 60 hours of instruction, so you may only miss 2 classes and still complete your license.*

Instructor: Bruce Harlow, 30+ years of tax preparation and IRS experience

T/Th	6:00–9:00 p.m.	9/10–11/21	**\$289	MCC
------	----------------	------------	---------	-----

**\$200 Material Fee for your CTEC certification



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.

Instructor: Steve Esquelin

T/Th	5:00–7:00 p.m.	9/3–10/3	\$200	EVCC
------	----------------	----------	-------	------

Adult Beginning Ice Skating

6/8 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

W	6:30–7:00 p.m.	9/4–10/23	**\$85	ICE
W	6:30–7:00 p.m.	*10/30–12/11	**\$64	ICE

*No class on 11/27

**Includes skate rental & public skating from 3:00–5:00 p.m. on day of class

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

W	5:15–6:10 p.m.	9/11–12/18	\$180	MCC
---	----------------	------------	-------	-----

ADULT INSTRUCTORS WANTED!

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



Arts



Mobile Phone Photography



Dog Obedience Training



Healthy Eating



Pilates Yoga Flow

4/5 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: Kerry Hutchinson and Annette Wanders,
Pilates Mat Certified and Yoga Certified

Session 1

W	6:30–7:30 p.m.	9/4–10/2	\$40	MCC
M	6:30–7:30 p.m.	9/9–10/7	\$40	EVCC

Session 2

W	6:30–7:30 p.m.	10/9–11/6	\$40	MCC
M	6:30–7:30 p.m.	*10/14–11/18	\$40	EVCC

Session 3

W	6:30–7:30 p.m.	*11/13–12/18	\$40	MCC
M	6:30–7:30 p.m.	11/25–12/16	\$32	EVCC

*No class on 11/11 & 11/27

**Bring a yoga mat or towel

Adult Ballet

11 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

Beg/Int.	W	6:00–7:00 p.m.	*9/11–12/4	\$120	EVCC
----------	---	----------------	------------	-------	------

*No class on 10/30 & 11/27

Aerobic Dance

7 Weeks • Ages 16–Adult

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

Instructor: Joni Chong, Certified Group Exercise and Fitness Instructor

T	9:00–10:00 a.m.	9/10–10/22	\$42	EVCC
T	9:00–10:00 a.m.	10/29–12/10	\$42	EVCC



Country Sole Line Dancing

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.	9/4–9/25	\$45	PACC
W	5:30–6:30 p.m.	10/16–11/6	\$45	PACC
W	5:30–6:30 p.m.	11/27–12/18	\$45	PACC

Experienced

W	6:40–7:40 p.m.	9/4–9/25	\$45	PACC
W	6:40–7:40 p.m.	10/16–11/6	\$45	PACC
W	6:40–7:40 p.m.	11/27–12/18	\$45	PACC

Basic Flamenco Dance

5 Weeks • 14–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

T	6:00–7:00 p.m.	9/10–10/8	\$75	PACC
T	6:00–7:00 p.m.	11/5–12/3	\$75	PACC

Belly Dance Fusion

6 Weeks • Ages 16–Adult

This introductory dance class fuses belly dance with different dance styles. You will improve your core strength, endurance, and balance, all while having a great time with your fellow classmates. This class is perfect for new belly dance students, no dance experience required.

Instructor: Joni Chong, Certified Group Exercise and Fitness Instructor

Th	9:15–10:15 a.m.	9/12–10/17	\$32	EVCC
Th	9:15–10:15 a.m.	*10/24–12/5	\$32	EVCC

*No class on 11/28

Irish Dance**6/9 Weeks • 12–Adult**

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

Instructor: Jessica Eaton, Experienced Irish Dancer

T	5:00–6:00 p.m.	9/3–10/8	\$45	EVCC
T	5:00–6:00 p.m.	*10/15–12/17	\$68	EVCC

*No class on 11/26

Zumba for Boomers **9/5 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

Th	6:00–7:00 p.m.	9/5–10/31	\$63	EVCC
Th	6:00–7:00 p.m.	*11/7–12/12	\$35	EVCC

*No class on 11/28

REV+FLOW **6/7 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!

Instructor: Cynthia Demorest, REFIT Certified

W	6:30–7:30 p.m.	*9/11–10/30	\$49	EVCC
W	6:30–7:30 p.m.	*11/6–12/18	\$42	EVCC

* No class on 10/23 & 11/27

**** Free Trial class on 9/4****REFIT® Revolution** **7 Weeks • Ages 12–Adult**

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

Instructor: Cynthia Demorest, REFIT Certified

T	6:30–7:30 p.m.	*9/10–10/29	\$49	EVCC
T	6:30–7:30 p.m.	11/5–12/17	\$49	EVCC

*No class on 10/22

****Free trial class on 9/3****Hip & Back Comfort, The Feldenkrais® Way****Workshop • Ages 16–Adult**

Why not do it the easy way? If you are interested in learning how to manage and avoid hip and back pain using easy gentle movements that cause no pain, these are the workshops for you. These workshops are appropriate for people with or without pain issues. You may take one or both of these workshops. More info at annone.org

Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner

Back	Sa	9:00 a.m.–12:00 p.m.	9/28	\$60	MCC
Hip	T/Th	6:30–8:00 p.m.	10/8 & 10/10	\$60	EVCC

Neck Comfort, The Feldenkrais® Way **Workshop • Ages 16–Adult**

Are you interested in learning how to manage and avoid neck pain using easy, gentle movements that are safe and comfortable? You can re-learn functional, pain free movement. This workshop is appropriate for people with or without pain issues. More info at anoone.org

Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner

Sa	9:00 a.m.–12:00 p.m.	11/16	\$60	MCC
----	----------------------	-------	------	-----

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 and parking is provided in cost of program. Workshop will meet at Trout Cove parking lot at Dixon Lake.

Instructor: Golden State Guiding Staff

Sa	10:00 a.m.–12:00 p.m.	9/14	\$50	DXN
Sa	10:00 a.m.–12:00 p.m.	9/28	\$50	DXN
Sa	10:00 a.m.–12:00 p.m.	10/12	\$50	DXN
Sa	10:00 a.m.–12:00 p.m.	10/26	\$50	DXN
Sa	10:00 a.m.–12:00 p.m.	11/9	\$50	DXN
Sa	10:00 a.m.–12:00 p.m.	11/23	\$50	DXN
Sa	10:00 a.m.–12:00 p.m.	12/7	\$50	DXN

*Weather permitting



Pound™ Rockout Workout**5/6 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!

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

Session 1

M	6:00–7:00 p.m.	9/16–10/21	\$42	EVCC
T	6:30–7:30 p.m.	9/3–10/1	\$35	PACC
Sa	9:15–10:15 a.m.	9/14–10/12	\$35	MCC

Session 2

M	6:00–7:00 p.m.	*10/28–12/16	\$42	EVCC
T	6:30–7:30 p.m.	10/8–11/5	\$35	PACC
Sa	9:15–10:15 a.m.	10/19–11/16	\$35	MCC

Session 3

T	6:30–7:30 p.m.	*11/12–12/17	\$35	PACC
Sa	9:15–10:15 a.m.	11/23–12/21	\$35	MCC

*No class on 11/11, 11/25, & 11/26

**** Free trial class on 9/7 & 9/9**

***Bring a yoga mat or towel

Tennis**5 Weeks • Ages 16–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

Session 1

Int.	M	6:00–7:30 p.m.	9/9–10/7	\$58	KCP 7&8
Beg.	W	6:00–7:30 p.m.	9/11–10/9	\$58	KCP 7&8
Int.	W	7:30–9:00 p.m.	9/11–10/9	\$58	KCP 7&8

Session 2

Int.	M	6:00–7:30 p.m.	10/14–11/11	\$58	KCP 7&8
Beg.	W	6:00–7:30 p.m.	10/16–11/13	\$58	KCP 7&8
Int.	W	7:30–9:00 p.m.	10/16–11/13	\$58	KCP 7&8

Session 3

Int.	M	6:00–7:30 p.m.	11/18–12/16	\$58	KCP 7&8
Beg.	W	6:00–7:30 p.m.	11/20–12/18	\$58	KCP 7&8
Int.	W	7:30–9:00 p.m.	11/20–12/18	\$58	KCP 7&8

Saturday Adult Tennis**5 Weeks • Ages 16–Adult**

Saturday Adult Tennis is a great way to keep you physically active while learning a lifetime sport.

Instructor: Don Pham

Sa	11:30 a.m.–12:30 p.m.	9/7–10/5	\$58	MVP 1&2
Sa	11:30 a.m.–12:30 p.m.	10/12–11/9	\$58	MVP 1&2
Sa	11:30 a.m.–12:30 p.m.	11/16–12/14	\$58	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 WTF

M/Th	5:00–6:00 p.m.	*9/23–12/12	**\$110	MCC
M/Th	6:15–7:15 p.m.	*9/23–12/12	**\$110	MCC
M/Th	7:30–8:30 p.m.	*9/23–12/12	**\$110	MCC

*No class on 11/11 & 11/28

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

Intro to Holistic Health**3 Weeks • Adult**

This holistic Health class is taught by Dr. Pasha a Palliative care physician with Palomar Hospital and a lifelong practitioner of holistic health. She will teach participants the components of healthy living which will include what constitutes a healthy diet, effective stress management and techniques and meditation.

Instructor: Sabiha Pasha, Physician in practice with board Certification

W	4:00–5:30 p.m.	9/11–9/25	**\$30	MCC
W	4:00–5:30 p.m.	10/2–10/16	**\$30	MCC
W	4:00–5:30 p.m.	10/23–11/6	**\$30	MCC

*Bring a yoga mat and wear comfortable clothes

**\$5 non-refundable material fee due at first class (cash only)

Intro to Aquarium Keeping**Workshop • Adult**

Learn the art and ease of maintaining a beautiful and healthy freshwater aquarium in Escondido's only tropical fish shop, The Love Aquarium! Listed below are different series of workshops that help enhance your knowledge on how to understand the ins and outs of how an aquarium works and how to keep it beautiful and healthy.

Instructor: Doug Clark

Session 1: Intro to Freshwater

Th	7:00–8:30 p.m.	10/3	\$30	TLA
Th	7:00–8:30 p.m.	10/10	\$30	TLA

Session 2: Intro to Planted Aquariums

Th	7:00–8:30 p.m.	10/10	\$30	TLA
Th	7:00–8:30 p.m.	10/17	\$30	TLA

Session 3: Intro to Saltwater

Th	7:00–8:30 p.m.	10/17	\$30	TLA
Th	7:00–8:30 p.m.	10/24	\$30	TLA

Session 4: Intro to Reef Keeping

Th	7:00–8:30 p.m.	10/24	\$30	TLA
Th	7:00–8:30 p.m.	10/24	\$30	TLA

Escondido Recreation Adult Softball League

Winter 2019 • 8 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—Coed A & B
- Wednesday—Coed 35+ A & B
- Thursday—Men's 35+ A & B
- Friday—Men's A, B, C, & D

Fee

- Team Fees—\$300, Winter 2019
- Umpire & Scorekeeper Fees—\$22 per game per team



Season	Game Days	Registration Open	Registration Closes	Schedule Hand-Out	Season Dates
Winter 2019	M-F	August 26, 2019	September 20, 2019	September 25, 2019	September 30–December 13, 2019

Registration packets for coed & men's leagues will be available by email, at City Hall, or on our website at recreation.escondido.org. For more information, call (760) 839-4691.

Pickleball at the East Valley Community Center

Tuesday & Thursday 9:00 a.m.–12:00 p.m.

Sundays 9:30–11:30 a.m.

*See more details on page 26



Open Skate

All ages are welcome! Open Skate is the perfect environment to practice your skating, stick handling, shooting, and other hockey skills and techniques.

Sessions: Tuesdays from 3:00–4:00 p.m.
Thursdays from 3:00–4:00 p.m.

Fee: \$2 per participant

All participants must have a valid Sports Center ID Card or Liability Waiver on file. Must wear all hockey equipment, helmet included. All participants, 14 and under, must be supervised by parent/guardian at all times.

Adult Pick-Up Hockey

Our Pick-Up Hockey sessions are an awesome way to get a game together! These two hour sessions are perfect for new players looking for a team or current players looking for some extra rink time during the week!

Sessions: Thursdays from 8:00–10:00 p.m.

Fee: \$2 per player

All participants must have a valid Sports Center ID Card or Liability Waiver on file. Must wear all required hockey equipment, helmet required.

Adult Roller Hockey Leagues

Gear up for the 2019 Fall roller hockey league set to begin in September–December 2019. This league includes all levels of play which includes four divisions: Novice, Intermediate, Advanced and 30+. Games are played on Sunday, Monday, and Tuesday evenings. If you do not have a team please call our office to be placed on an interest list.

Fall Season: September 8–December 3, 2019

*No games week of November 25

Registration: July 28–August 26, 2019

Fee: \$950 per team (up to 12 players)

Game Days: 30+ Sundays
Advanced–Mondays
Intermediate–Tuesdays
Novice–Tuesdays

Call the Escondido Sports Center
for detailed information at (760) 839-5426.



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 municipal 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 renegadeaquatics.com

**LIFEGUARDS
WANTED**

- **PART TIME HOURS**
Evenings & weekends
- **NO EXPERIENCE NECESSARY**
We'll teach you!
- **BE A PART OF A TEAM!**



For more information, visit recreation.escondido.org or call (760) 839-4691.

Children drown without a sound. Watch kids around water.



FIRE.ESCONDIDO.ORG/WATERSAFETY

Youth Arena Soccer Leagues

Seasons	Registration Dates	Season Dates	Registration Fee
Fall 2019	July 23–September 10, 2019	September 27–December 15, 2019	Ages 3–4: \$85 Ages 5–14: \$90
Winter 2020	October 7, 2019–January 6, 2020	January 16–March 14, 2020	Ages 3–4: \$75 Ages 5–14: \$80

The Escondido Sports Center Youth Arena Soccer League is a great first step for those kids looking to try out soccer. Our program focuses on teaching the fundamentals of the game in a safe noncompetitive environment. We prioritize participation and learning over winning, when everyone plays, everyone learns. Once fundamental skills are learned, the focus becomes about developing those skills to a more competitive level. You will be contacted the week before the season begins with your team assignment.

Divisions	Primary Day & Time (Approximate)	Practice Days	Alternate Day & Time (If needed)
3 & 4 years	Saturday, 8:30 a.m.–2:00 p.m.	n/a	n/a
5 & 6 years	Thursday, 4:30–8:00 p.m.		Saturday, 11:00 a.m.–2:00 p.m.
7 & 8 years	Friday, 4:30–8:00 p.m.	Monday, Tuesday, or Wednesday afternoon/evening (Depending on the coach assignment)	Saturday, 11:00 a.m.–2:00 p.m.
9–11 years	Thursday, 4:00–7:00 p.m.		Friday, 4:00–5:30 p.m.
12–14 years	Friday, 4:00–7:00 p.m.		Saturday, 11:00 a.m.–2:00 p.m.



For more information visit sportscenter.escondido.org
or call (760) 839-5426

Lil Sluggers Baseball

Lil Sluggers is a child development program created to introduce children to the game of baseball. Lil Sluggers classes develop important skills such as throwing, catching, hitting, and base running. Developmentally appropriate equipment and games are used to teach your child the game of baseball in a fun, exciting, and positive environment.

Majors • 3–4 years

Hall of Famers • 5–6 years



Lil Kickers Soccer

Lil Kickers is a national, non-competitive child development program for boys and girls ages 18 months to 9 years. Your kids will have a blast learning the fundamentals of soccer plus a whole lot more. Lil Kickers experienced instructors use creative, high energy games to build self-esteem, coordination and the perfect preparation for youth recreational leagues.



Bunnies 18–24 Months (Parent/Child)

Thumpers 2–3 Years (Parent/Child)

Cottontails 2½–3½ Years (Parent/Child)

Hoppers 3–4 Years (Beginner)

Jackrabbits 3–4 Years (Intermediate)

Big Feet 5–6 Years (Beginner)

Micro League... 4–5 Years (Instruction/Scrimmage)

Micro League... 6–9 Years (Instruction/Scrimmage)

Skills Level 1 ... 5–6 Years (Micro Experience Only)

Skills Level 2 ... (Skills/Experience Only)



For more information to register,
call (858) 748-4260 or visit ncpsoccer.com



Escondido Skate Park

SCOOTER • BIKE • SKATE • INLINE

Escondido Sports Center, 3315 Bear Valley Parkway

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)
ESC I.D. Card:	\$10
\$10 Casual (one-day):	Requires a one-day waiver signed. (If a minor, parent must sign)
All Sessions:	\$5 with ESC I.D. card

Spring/Summer Hours (March 10–November 3, 2019)

Monday–Friday	3:00–5:00 p.m. 5:00–7:00 p.m. 7:00–9:00 p.m.
Saturday–Sunday	1:00–3:00 p.m. 3:00–5:00 p.m. 5:00–7:00 p.m. 7:00–9:00 p.m.

Winter/Spring Hours (November 4–March 8, 2020)

Monday–Friday	3:00–5:00 p.m. 5:00–7:00 p.m.
Saturday–Sunday	1:00–3:00 p.m. 3:00–5:00 p.m. 5:00–7:00 p.m.

First Try Sundays

Join us on the first Sunday of each month
from 12:00–1:00 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.

 Follow us on Instagram!
@EscSportsCenter

 Like us on Facebook!
@EscSportsCenter



For more information visit sportscenter.escondido.org or call (760) 839-5426.



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!

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

Gym schedule is subject to change without notice.

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

Pee Wee Play Time

Created for experts in rolling, crawling, waddling, and trotting! This open gym time is just for you and your favorite explorer!

Your child can crawl through tunnels, run through obstacles, and throw balls while enjoying music and socializing with other children. All activities are parent-led and self-guided. Drop in for 30 minutes or stay for a couple of hours.

Every Wednesday • 8:30 a.m.–12:00 p.m.

Ages 0–5 • \$3 for first child, each additional child \$1

Location: EVCC • (760) 839-4382



Open Gym Pickleball



Pickleball Weekly Schedule

Sunday 9:30–11:00 a.m.

Tuesday & Thursday 9:00 a.m.–12:00 p.m.

**Subject to change without notice*

Dixon Lake Picnic Information

Picnic shelter reservations can be made Monday through Friday, 7:00 a.m. to 4:00 p.m., by calling (760) 839-4045. Walk-in reservations can be made at the Concession Building at Dixon Lake, 1700 La Honda Drive, Escondido. **Additionally, you can make picnic shelter reservations on line by going to www.camplife.com and entering Dixon Lake in the search field.** Picnic reservations can be made up to 90 days in advance. Please note that jumpers are allowed only in certain areas of the park, and a jumper permit must be obtained prior to your event. You cannot obtain a jumper permit on line; you must call the Reservation Line at (760) 839-4045 for the permit. Please call at least 2 weeks in advance for jumper permits, as your vendor must meet minimum insurance and licensing requirements and be from our list of approved and licensed vendors.

ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED.

Reservations will only be accepted with payment of all use fees and reservation fee.

The parking fee at Dixon Lake is \$5 per vehicle per day on weekends, holidays and special events, including trout derbies. CASH ONLY, PLEASE.



Fees

Picnic Shelter/Group BBQ Section (25 people per section)
\$30/section

Air Jump/Rock Climbing Wall Insurance Verification Fee
\$20

Kit Carson Park Rentals

Reservations must be made in person at Escondido City Hall a minimum of 1-week in advance or a maximum of 6-months in advance. To add an air jump, there will be an additional \$20 fee, and a list of approved companies will be provided at the time of reservation. Please note: the air jump permit fee is the same across all parks and can be made by calling the number listed below.

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



East Valley Community Center Meeting Room Rentals

Book your next meeting for your club, or HOA group at the East Valley Community Center! We have plenty of space to host groups both large or small.

Meetings must be booked during normal hours of operation Monday through Friday 9:00 a.m.–8:30 p.m. Saturdays 9:00 a.m.–4:30 p.m. Please view our room listings below with an average price per hour:

Citrus Room

858 sq ft : Max 55 people with theater style seating
\$40 per hour

Grove Room:

858 sq ft : Max 55 people with theater style seating
\$40 per hour

Vineyard Room:

1,692 square feet. Max 120 people with theater style seating
\$70 per hour

Vineyard Room Kitchen: Flat rate of \$30 if booked with Vineyard room



For more information please call (760) 839-4382



210 East Park Avenue, Escondido, CA 92025
Office Hours: Monday–Friday, 8:00 a.m.–3:00 p.m.
(760) 839-4688

The Park Avenue Community Center (PACC) serves 500 or more seniors (ages 50+), Monday-Friday with a wide variety of programs, services, activities, and volunteer opportunities. More than 100 organizations and 150 volunteers enjoy participating in social activities and direct services as well as support services at the center. Other activities are offered in the evening and weekends through Community Services, OASIS, Escondido Senior Enterprises, and other community organizations.



Free, Fun Activities Offered at the PACC!

Art With Lina

Free classes, held 1–2 times a month

Table Tennis

Tuesdays, 3:00–5:00 p.m.

Thursdays, 2:30–4:00 p.m.

Shuffleboard

Tuesdays, 9:00 a.m.–12:00 p.m.

Wednesdays, 9:00 a.m.–12:00 p.m.

1st & 3rd Thursdays, 9:00 a.m.–12:00 p.m.

Pool Room

Monday–Friday, 8:00 a.m.–4:00 p.m.

Feeling Fit

Mondays & Wednesdays,
9:00–10:00 a.m. & 10:00–11:00 a.m.

Book Club

Mondays, 9:30–11:00 a.m.

Visit us online at escondido.org/escondido-senior-center.aspx for the monthly newsletter and lunch menu

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 individuals to live independently by promoting better health and reduced isolation through a program of coordinated congregate meals, transportation and supportive services. Delicious, nutritious meals are served Monday through Friday in our beautiful dining rooms from 11:30 a.m. to 12:15 p.m. For those ages 60 years and older, meals are served for a suggested donation of \$3; for those 59 and younger the cost for the meal is \$5. No eligible person age 60+ will be denied a meal because of inability to contribute. Make reservations at least 24 hours before you plan to join us for lunch, by calling (760) 839-4803. Leave a message to let us know what day or days you would like to dine.

The Park Avenue Community Center partners with Redwood Senior Homes & Services to offer van rides to and from the senior center. Van service is only available for diners 60 years and older who live in the Escondido city limits. A suggested donation of \$1 each is greatly appreciated. To make your reservation please call Redwood staff at (760) 480-5667. Leave a message with your name, address, and phone number and they will return your call.



Escondido Community Wellness Expo

Tuesday, September 24, 2019 • 8:30–11:30 am
Park Avenue Community Center

**SAVE
THE
DATE!**

Free information & resources for older adults and their families.

- FREE admission
- Over 30 community resource exhibitors
- FREE health screenings
- FREE gift basket drawing
- FREE easy parking
- Complimentary breakfast at 8:30–9:30 am



Escondido
SENIOR CENTER



For more information or vendor questions, call the Park Avenue Community Center at (760) 839-4688

Senior Service Council Escondido

The Senior Service Council Escondido (SSCE), was established as a non-profit organization over 40 years ago to address the needs of seniors in the community. All services are offered free charge or with a nominal fee. These services are provided at the Park Avenue Community Center campus in the Dorothy E. Boeger Building (DEBB).

Special Services & Programs

- Computer Classes/Tutors
- Legal Aid & Notary Service
- AARP Smart Driver Program
- HICAP
- Taxi Coupon Program
- Support Groups
- Health screenings

For information and to make appointments, please call (760) 480-0611

San Diego Oasis
We're changing the way people think about aging



3000
classes and activities
to help you make
the most of life after 50

- Arts & Crafts
- Business, Financial & Legal
- Exercise & Dance
- Health & Wellness
- History & Humanities
- Language & Literature
- Personal Enrichment
- Technology & Science
- Theatre & Music
- Travel

LEARN MORE

Online
SanDiegoOasis.org

Call
(760) 796-6020

Visit
210 Park Avenue
Escondido, CA 92025



ENVIRONMENTAL PROGRAMS

Coastal Clean Up Day

Saturday, September 21, 2019 • 9:00 a.m.–12:00 p.m.

Visit cleanupday.org for information about sites in your neighborhood and around Escondido.

Transform your yard...

...with California friendly plants and designs.

Check out the WaterSmart Landscape in-person classes, videos and guidebooks available at landscapemakeover.watersmartsd.org

Teachers of grades K–5...

...looking for interactive, educational ways to teach students about water?

Visit escondido.org/education-and-outreach.aspx or call (760) 839-4077 for more information on the free programs available.



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

PLAY & SAVE

BOOK A TEE TIME | www.JCGOLF.com/san-diego-tee-times

PLAY THE NEW DISC GOLF COURSE!

WEEKDAY WALKING RATES*

\$8 / 9 HOLES	\$12 / 18 HOLES
---------------	-----------------

WEEKEND WALKING RATES*

\$10 / 9 HOLES	\$15 / 18 HOLES
----------------	-----------------

*CART FEE NOT INCLUDED.

GOLF

\$20	1 ROUND OF GOLF, MON-FRI, WITH CART
\$25	1 ROUND OF GOLF, WEEKENDS, WITH CART

FOOTGOLF

2-FOR-1 FOOTGOLF
MONDAY - FRIDAY
AFTER 10AM

Not valid on JC Golf designated holidays or group/ tournament play. Coupons are non-transferable. May not be combined with any other discount. Exp 12/18/19

REIDY CREEK GOLF COURSE
2300 North Broadway | Escondido
(760) 740-2450 | www.JCGOLF.com

FREE COMPOSTING WORKSHOP

Escondido Community Garden, 8:30–10:00 a.m., Saturday, August 10, 2019. The City of Escondido Recycling Division offers free quarterly composting workshops at the Community Garden. The workshops include demonstration and instruction in building and maintaining a backyard compost pile and worm bin. No reservations required. The workshop is held, rain or shine. The Community Garden is located on Centre City Parkway just north of Highway 78. Access the garden via Morning View Drive or Lincoln Ave. Park on the road or just inside the garden in the dirt lot on your left as you pull in.

Check escondido.org/composting-workshops.aspx for more information.

30

(760) 839-4691 / recreation.escondido.org / @CityofEscondido / @CityofEscondido / FOLLOW US!

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.

Visit www.governmentjobs.com/careers/escondido

FREE eWASTE & SHRED EVENT



Bear Valley Middle School, 3003 Bear Valley Parkway, 9:00 a.m.–12:00 p.m., Saturday, October 12. All Escondido residents may drop off their electronic waste and have up to two banker's boxes of documents shredded at this free event—co-hosted by the City's Recycling Division and Escondido Disposal. eWaste includes anything with a cord—keyboards, monitors, phones, toasters, TVs—and electronic devices without cords, like calculators, cameras, and TV remotes. Please remove batteries before recycling. If you have questions, please call Lori Calvert, (760) 839-4361.

STOP the PHISHERS

In this day and age your identity and personal information is of great value and sought after by several nasty phishing attacks. It has never been more important for you to take security precautions. Here are a few reminders to keep you safe:

- **Look at the name AND the email address of the email.** A lot of times spammers and scammers will send an email that APPEARS to be from someone you know, but the email address isn't right. Be vigilant! Look out for this!
- **Treat attachments with suspicion.** If you aren't expecting an attachment from someone, don't open it! Check with the sender via phone to be sure that they intended to send the attachment to you, and that it is legit.
- **Treat links with suspicion.** If there is a link in an email, try to copy and paste it into your browser instead of just clicking the link. Make sure the website is associated with the company you are communicating with.
- **All it takes is one click!** It is misnomer that you can "just open it and see" and be able to tell if there was some malicious content. Or that you would need to enter info on a webpage for someone to steal info or infect your PC. Often, 1 click is all it takes. You wouldn't even know, most of the time.

Courtesy of Escondido Information Systems.



Irrigation Runoff



Water that is released to the streets, gutters, and storm drains in San Diego County IS NOT TREATED before it reaches our local creeks, rivers, and the ocean.

What Can You Do To Keep Our Waterways Clean?

- **Adjust sprinklers** so they don't spray onto streets and sidewalks.
- **Repair leaking** or broken sprinklers.
- **Water in short cycles** to allow water to absorb into the soil.
- **Water before 10 a.m. or after 6 p.m.** Cooler temperatures reduce evaporation.
- **Replace turf with drought-tolerant or native plants.** Visit www.WaterSmartSD.org for current rebate and incentive programs.
- **Turn off sprinklers** during and within 48-hours of a rain event.

Thank you for
doing your part
to protect our
waterways.

Contact Us For More Information.

760-839-4657 or 760-839-4658 Conservation Hotline
water@escondido.org
www.escondido.org/environmental-programs.aspx

Escondido Public Library

239 South Kalmia Street,

Escondido, CA 92025

760.839.4684

www.escondidolibrary.org

2ND SATURDAY CONCERT SERIES 3:00-4:30 P.M. TURRENTINE ROOM PRESENTS



WILLOWOOD TRIO

September 14, 2019

JONATHAN WALSH

October 12, 2019



WITHERWARD

November 9, 2019



EKATERINA BESSMELTSEVA & DR. HUGO NOGUEIRA

December 14, 2019



**Save BIG when you
show your ESCONDIDO
PUBLIC LIBRARY CARD
at local businesses!**

An Award Winning Program!

Escondido Public Library

READ LOCAL, SHOP LOCAL!

Read & save with your card!



www.escondidolibrary.org/local

LIBRARY

All events are free and open to the public. Programs are sponsored by Friends of the Escondido Public Library.

Sunday	1:00 p.m.-5:00 p.m.
Monday-Friday	9:30 a.m.-7:00 p.m.
Saturday	9:30 a.m.-6:00 p.m.

Renew materials online or by phone: (760) 738-0249

iSE HABLA ESPAÑOL!

VOLUNTEER OPPORTUNITIES

(760) 839-4819

LITERACY SERVICES *Read. Succeed.*

Improving reading & writing skills for adults. Located on the 2nd floor of the Library.

(760) 839-5440 • Volunteer to be a tutor!

DOWNLOAD FREE MAGAZINES.

Anytime, anywhere.
All on your device.



www.escondidolibrary.org/magazines

FREE FAMILY MUSEUM PASSES

@ Escondido Public Library!



Check out FREE family museum passes to the San Diego Museum of Art, San Diego Museum of Man, The New Children's Museum, and the San Diego Children's Discovery Museum!

Not-So-Spooky Stories

October 31, 2019 • 3:30–4:30 p.m.
Children ages 4–12 and their families

Día de los Muertos

November 2, 2019 • 3:30–4:30 p.m.
Children ages 4–12 and their families

Holiday Tree Trimming

December 5, 2019
3:30–4:30 p.m.
Children ages 4–12 and their families

PIONEER ROOM

Escondido's Local history archive. Located in the Mathes Center next to the Library.

247 South Kalmia Street Escondido, 92025 • (760) 839-4315

Tues 2:00–7:00 p.m. (walk-in)

Weds 1:00–3:00 p.m. (walk-in)
3:00–6:00 p.m. (by appointment)

Thurs 1:00–3:00 p.m. (walk-in)
3:00–6:00 p.m. (by appointment)

FRIENDS BOOK SHOP

Located in the Library. Paperbacks, bestsellers, fiction, videos, magazines, classics, and modern classics. Proceeds from sales fund Library programs.

Mon, Weds, Fri, & Sa 10:00 a.m.–4:00 p.m.
Tues & Thurs 10:00 a.m.–6:00 p.m.

Preregistration is required for all classes. Classes fill quickly so register early!
Registration begins July 29, 2019.

Online Registration

Internet 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

Two Convenient Locations:

- Community Services Department in City Hall, 201 North Broadway
Monday–Friday, 8:00 a.m.–5:00 p.m.
- East Valley Community Center, 2245 East Valley Parkway
Monday–Friday, 9:00 a.m.–8:30 p.m.
Saturday, 8:30 a.m.–4:30 p.m.

PLEASE 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**

How do I request a 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.

On-Going Classes (two classes or more)

- If you choose credit on account, you will receive 100% of the class fees, minus any classes that have occurred. This is the best value!
- If you choose a refund, a 25% service charge will be deducted from the total fee of the class. Additionally, any classes attended or missed will also be deducted.
- All requests for refunds or credits MUST be made before the last class.
- No refunds or credits for missing classes.

One-Time Workshops

- Requests for refunds or credits MUST be made two business days before the workshop is held. Business days are Monday through Friday 8:00 a.m.–5:00 p.m.
- NO REFUNDS or CREDITS will be given after the deadline.
- If you choose credit on account, you will receive 100% of the class fees.
- If you choose a refund, a 25% service charge will be deducted from the total fee of the class.
- Credit on account is valid for one year from issue date.
- 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.

Requests for ADA Accommodation

Qualified individuals with disabilities who wish to participate in Escondido Recreation programs, services, or activities and who need accommodation are invited to present their requests for accommodation to the City by filling out a Request for Accommodation Form or an Inclusion Support Form for Minors; or by calling (760) 839-4691, preferably 72 hours in advance of the event or activity.

City of Escondido Resource Guide

City Departments

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
• ASES 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
o Nutrition & Lunch Reservations (PACC)	(760) 839-4803
o Van Reservations (PACC)	(760) 480-5667
• 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
Visit Escondido	(760) 839-4777

Community Resources

Boys and Girls Club, Escondido	(760) 746-3315
California Center for the Arts, Escondido	(760) 839-4138
Chamber of Commerce	(760) 745-9125
County of San Diego	(800) 510-2020
County of San Diego—North County Inland Live Well Center	(760) 740-3000
EDI Trash Services	(760) 745-3203
Education Compact	(760) 839-4515
Escondido Elementary School District Offices	(760) 432-2400
Escondido High School District Offices	(760) 291-3200
Felicta Park (County of San Diego)	(760) 745-8207
Escondido History Center	(760) 743-8207
Escondido Humane Society	(760) 888-9275
John Paul the Great Catholic University	(858) 653-6740
Lake Hodges (SD County)	(858) 694-3049
Meals on Wheels SD County	(760) 736-9900
Neighborhood Healthcare	(760) 520-8100
OASIS Lifelong Adventure	(760) 796-6020
Palomar College, Escondido	(760) 744-1150
Palomar YMCA	(760) 745-7490
Public Transportation (Sprinter/Breeze)	(760) 966-6500
Rincon Water District	(760) 745-5522
San Diego Children's Discovery Museum	(760) 233-7755
San Diego Food Bank	(866) 350-3663
SDG&E	(800) 411-7343
SDSF (Disc Golf/Scooter Pro Shop in Kit Carson Park)	(760) 512-3472
Senior Service Council Escondido	(760) 480-0611
Veteran's Administration, Escondido	(760) 466-7020

Photo courtesy of Tim Hodgson

Community Services Department
City of Escondido
201 North Broadway
Escondido, CA 92025-2790



*****ECRWSSEDDM*****

Postal Customer

PRST STD
U.S. POSTAGE
PAID
ESCONDIDO, CA
PERMIT NO. 95

ECRWSS

10.12.2019
START TIME: 8AM
GRAPE DAY PARK,
ESCONDIDO

Escondido Sunrise Rotary's
9th Annual

Grape Day 5K

RUN • WALK • STROLL

Register at www.grapeday5k.com

ONE FANTASTIC DAY!

**TWO AMAZING
FAMILY-FRIENDLY EVENTS
SUPPORTING GREAT CAUSES!**

9th
Annual

TOTS 'N TRUCKS



www.eccdc.com

10.12.2019
9:30am-2:00pm
GRAPE DAY PARK,
ESCONDIDO
RSVP: ECCDC
760-839-9361