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 the team website at **www.renegadeaquatics.com**.

Teens

Zentangle Basics for Teens

3 Weeks • Ages 12–17

Zentangle art is a fun and easy process to learn, no previous art experience needed. Create beautiful images using structured repetitive patterns while increasing your focus and creativity. Students will learn 8–10 basic patterns and complete two 3½ inch tiles and pocket folder project by end of classes. No previous art experience required. If you can write the alphabet, you can learn Zentangle.

Instructor: Nancy Loomis, Certified Zentangle Teacher

#1636.300	Th	4:00–5:00 pm	11/3–11/17	**$45	EVCC

***$10 material fee due at first class (cash only)*

More Teen classes! (Ages 13–17)

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- Painting from the HeART, page 15
- Zentangle Art, page 15
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- Guitar, page 16
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- Safety Awareness & Self Defense, page 19
- Tae Kwon Do, page 19
- Tennis, page 18

Epee Fencing for Teens

4 weeks/2 days • Ages 12–17

The Musketeers, Star Wars or the Princess Bride... choose your inspiration and try fencing! A great sport that helps you improve your agility, coordination and flexibility, as well as your focus and problem solving skills. This program is an introduction to one of the 3 fencing weapons.... Epee. On the last day of the camp we will run a competition with the participants adding around 30 minutes to the class, including an award ceremony.

Instructor: Juan Ignacio Calderon, San Diego Fencing Center

#1414.300	T/Th	4:00–5:00 pm	9/6–9/29	**$65	SDFC

***$15 material fee due at first class*

Curls For Girls

NEW!

6 Weeks • Ages 14–17

Calling all teenage girls! Come join a total-body strength training workout specifically designed for girls just like you. We use various equipment to build muscle, strength, and strong bones to begin preventing osteoporosis from a young age. Each session concludes with a group discussion focusing on issues such as nutrition, body image, disordered eating, and self-love. Let's empower one another together!

Instructor: Katie DePoalo, Certified Fitness Nutrition Specialist & Personal Trainer

#1612.300	M	4:00–4:45 pm	9/12–10/17	$50	EVCC