Fall 2016 September · October · November · December recreation.escondido.org



PARTNERING TOGETHER TO BUILD A STRONG AND SAFE COMMUNITY

Preschool • Youth • Teens • Adults • Family • Aquatics • Sports



Save The Date

SATURDAY OCTOBER 15, 2016

8:30 a.m. - 11:30 a.m.

PARK AVENUE COMMUNITY CENTER

Home of Escondido Senior Center 210 East Park Avenue Escondido 92025

Bringing vital information & resources to older adults and their families.



- ADMISSION & EASY PARKING
- **CONTINENTAL BREAKFAST** 8:30AM - 9:30AM
- 30+ RESOURCE EXHIBITORS
- WELLNESS ACTIVITIES
- PRIZE DRAWINGS
- HEALTH SCREENINGS

One-on-One Pharmacist Consultations *Bring your medications with you!*

Ask the Registered Dietician/ Nutritionist/Diabetes Educator from Arch Health Partners

Hearing Healthby Professional Hearing Associates

More to come....

Palomar Health
Flu Shots
Available
Available white, & blue
Medicare card

Community Resource Exhibitors Include:

Assisted Living Communities
Hospice Resources
Fitness & Nutrition
Health Insurance Resources
SDG&E
Senior Support Services
Social Security Administration
Veteran Services
....many, many more

Exhibitor Registration Information will be available July 2016

For more information call 760-839-4688

Event Brought To You By:









City of Escondido Recreation Guide

Message From the Director

Partnering together to build a strong and safe community is very important to the Community Services Department. Some of the many great things that happen when the Recreation Department partners with the Escondido Police Department are: the Police Athletic League offers children the opportunity to play basketball and be coached by actual police officers, giving children direct positive interaction while developing important life skills; classes in Safety Academy and Safety Awareness are taught to enable children, adults, and older adults to feel secure in their community; special events are shared by both departments to educate the public to stay active, engaged, and challenged.

Now that school is back in full swing, adults and youth have a wide range of choices to keep active and engaged! Students of all ages can participate in very popular activities such as Tiny Tots Preschool, Tennis, Ballet, Tumble Time, and Tae Kwon Do. Back by popular demand is Clay for All Ages, or try something new like the Sock Monkey Workshop, or Learning Science with Art class. For teens, the new Curls for Girls class is a workout and mentoring class targeted to teens.

Adults can choose from a large variety of new classes such as Mental Fitness to keep your brain sharp, Health and Wellness Coaching, Fencing for Adults, and Flow—Creating the Happiness Within.

The Park Avenue Community Center (PACC) remains a Cool Zone through November so take advantage of the cool variety of programs and activities targeted to the 50+ age range. The drop in Billiards Room, Table Tennis, and BINGO programs are popular along with the delicious and nutritious lunch program at the Park Avenue Café.

Speaking of very Cool Zones... The Escondido Public Library is open six days a week with 24/7 access through the 'virtual Library's' website! Check-out the list of free concerts, book clubs, special programs, and many more activities for all ages that you can do when you are checking-out your books and media! A sample of the awesome programs the Library offers you is on the back pages of this Guide!

Have a safe and fun fall!

Sincerely,

Loretta McKinney
Director of Library and Community Services

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City Council

Sam Abed, Mayor Michael Morasco , Deputy Mayor Olga Diaz Ed Gallo John Masson

ESCONDIDO

City of Choice

City Manager Graham Mitchell

City Treasurer Kenneth Hugins

Director of Library and Community Services Loretta McKinney

Mission Statement

Escondido Recreation enhances the quality of life of citizens by providing recreational services, facilities, and parks that promote health, wellness, and safety, while fostering a strong sense of community.



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: @EscondidoRecreation

Follow us on Instagram: @EscondidoRec

Front cover photography courtesy of Jesus, Escondido Sports Center Staff

Facilities

Community Services Department /
City Hall

760.839.4691 201 North Broadway

recreation.escondido.org recreation@escondido.org

- 2 Don E. Anderson Community Building (DACB) 120 Woodward Avenue
- East Valley Community Center (EVCC) 760.839.4382 2245 East Valley Parkway
- ② Escondido Police & Fire Headquarters (EPFH)

1163 North Centre City Parkway

- 5 Escondido Public Library 760.839.4684 239 South Kalmia Street
- **Escondido Sports Center (ESC)** 760.839.5425 3315 Bear Valley Parkway sportscenter.escondido.org
- Ice-Plex (ICE)
 555 North Tulip Street

- (3) Kuhai Halau (KH) 231 East Grand Avenue
- Mathes Community Center (MCC) 247 South Kalmia Street
- 10 Park Avenue Community Center (PACC) 760.839.4688 210 Park Avenue
- **San Diego Fencing Center (SDFC)** 1770 South Escondido Boulevard
- Washington Park Pool (WP)
 501 North Rose Street

For facility hours and closure dates, visit our website at recreation.escondido.org or call 760.839.4691. *Other facilities for Recreation classes are listed below.

Parks

Attention Community and Private Groups! The Community Services Department offers a variety of parks and facilities to rent on a first come, first serve basis.	Amphitheater	Ball Fields	Barbecues	Basketball Courts	Boating	Campground	Disc Golf Course	Dogs Allowed	Fishing	Fitness Course	Hiking Trails	Historical Buildings	Hockey Rinks	Horseshoe Courts	Picnic Tables	Playground / Tot Lot	Recreation Buildings	Restrooms	Skate Park	Soccer Fields	Swimming Pool	Tennis Courts
El Norte Park • 1375 East El Norte Parkway, 92027			•												•	•						
Grape Day Park (GDP) • 321 North Broadway, 92025								•				•		•	•	•		•			•	
Grove Park • 745 North Ash Street, 92027			•	•											•	•		•				
Jesmond Dene Park • 2401 North Broadway, 92026		•	•							•					•	•		•				
*Kit Carson Park (KCP) • 3333 Bear Valley Parkway, 92025							•			•	•		•		•	•		•	•	•		•
Mayflower Dog Park • 3420 Valley Center Road, 92027								•														
*Mountain View Park (MVP) ● 1160 South Citrus Avenue, 92027		•	•												•	•		•		•		•
Rod McLeod Park • 1701 South Iris Lane, 92026			•												•	•		•				
Ryan Park • 390 North Hidden Trails Road, 92027																		•		•		
*Washington Park (WP) ● 501 North Rose Street, 92027		•	•	•											•	•	•	•			•	•
Westside Park ● 333 South Spruce Street, 92025			•	•											•	•		•				
Dixon Lake ● 1700 La Honda Drive, 92027	•		•		•	•			•		•				•	•		•				
Lake Wohlford • 25453 Lake Wohlford Road, 92025			•		•				•		•				•			•				
Daley Ranch ● 3024 La Honda Drive, 92027								•			•	•						•				



Get Smart With Art

4 Weeks • Ages 3-5

Paint, print, sculpt, and draw while developing creativity, focus, critical thinking and fine motor skills. Age-appropriate multimedia art activities based on the works of famous artists and illustrators. New activities each session!!!

Instructor: Vivian Matchett, Get Smart with Art and 6 years of teaching experience

#1194.310	Sa	10:00-10:45 am	9/10-10/1	\$56	EVCC
#1194.320	Sa	10:00-10:45 am	10/8-10/29	\$56	EVCC
#1194.330	Sa	10:00-10:45 am	*11/5-12/3	\$56	EVCC

^{*}No class on 11/26

Preschool Hula

4 Weeks • Ages 3-5

Come experience this beginning Keiki (Children) Hula class. Dancers will learn to count in Hawaiian as well as some basic language. Enjoy traditional Hawaiian music while learning both modern and ancient styles of hula. All levels are welcome to our halau!

Instructor: Kelly Haupu, Experienced Hula Instructor

#1367.310	Sa	9:30-10:25 am	9/3-9/24	**\$55	KH
#1367.320	Sa	9:30-10:25 am	10/1-10/22	**\$55	KH
#1367.330	Sa	9:30-10:25 am	11/5-11/26	**\$55	KH

^{**\$10} Discount for each additional family member

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. Activities and play equipment will be modified every month to provide new experiences for children's growing young minds. All activities are parent-led and self-guided. Drop in for 30 minutes or stay for a couple of hours.

Every Wednesday • 8:30 am-12:00 pm

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

Location: EVCC • 760,839,4382







Upcoming Themes:

August: Play and Imagine in Fantasyland September: Zoo Exploring Adventures

October: Monster Mash Fun
November: Fantastic Fall Festival
December: The Amazing Snow Day

Pee Wee Pop Stars Dance & Sing

8 weeks • Ages 2-4

Learn to dance like your favorite pop star in this unique jazz/hip-hop dance fusion class! Children will learn fun choreography and sing along to their pop song favorites, performing several routines at their end of the session concert for family and friends!

Instructor: Charlene Dance N' Cheer Staff

#1195.300	Sa	10:15-10:45 am	10/1-11/19	\$72	MCC

Tiny Tots Tumble Time

6 weeks • Ages 2-4

Let's Tumble! Bring your little tumblers and join us for some fun play time with other toddlers. Each week we will work on different stations, such as balance beam and mini trampoline. We will work on large motor skill development and will teach your child beginning gymnastics starting with rolls and working our way to handstands. Boys and girls are welcome!

Instructor: Flip to Cheer Staff

#1158.310	Th	4:50-5:25 pm	9/8-10/13	\$65	PACC
#1158.320	Th	4:50-5:25 pm	*10/27-12/8	\$65	PACC

^{*}No class on 11/24

Tiny Tots Ice Skating

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

#1405.300	F	4:45-5:15 pm	9/2-10/21	**\$85	ICE
# 1403.300	Г	4:43-3:13 pm	9/2-10/21	300	ICE

^{**}Includes skate rental and public skating from 3:15–4:00 p.m. on day of class, as well as 8 free session passes

Little Ninja's Karate

5 weeks • Ages 2-6

Karate will help in development of motor skills, balance, and coordination. Children will also be taught to make good choices, listen, and follow directions. In the older class, children will begin learning stances, combination moves, correct form and technique, and Katas. *Uniforms are required in the older class*.

Instructor: Jorge Lopez, 4th degree black belt

Session 1					Ages
#1441.310	T	10:00-10:45 am	8/30-9/27	\$60	EVCC **2-3
#1442.310	T	11:00–11:45 am	8/30-9/27	\$60	EVCC 4-6
Session 2					
#1441.320	T	10:00-10:45 am	10/4-11/1	\$60	EVCC **2-3
#1442.320	T	11:00–11:45 am	10/4-11/1	\$60	EVCC 4-6
Session 3					
#1441.330	T	10:00-10:45 am	*11/8-12/13	\$60	EVCC **2-3
#1442.330	T	11:00-11:45 am	*11/8-12/13	\$60	EVCC 4-6

^{*}No class on 11/22

^{**}Parent involvement required for ages 2-3

Wee Tots

3/4 weeks • Ages 18 month-31/2 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 required

Instructor: Tiny Tots Preschool Staff

September	<u>.</u>				
#1172.311	M	9:00–10:30 am	9/12-9/26	\$27	DACB
#1172.310	F	9:00–10:30 am	9/9-9/30	\$36	EVCC
<u>October</u>					
#1172.321	M	9:00–10:30 am	10/3-10/24	\$36	DACB
#1172.320	F	9:00–10:30 am	10/7-10/28	\$36	EVCC
#1172.322	Sa	9:00–10:30 am	10/8-10/29	\$36	EVCC
November					
#1172.331	M	9:00–10:30 am	*11/7–11/28	\$27	DACB
#1172.330	F	9:00–10:30 am	**11/4-12/16	\$45	EVCC
December					
#1172.341	M	9:00–10:30 am	12/5-12/19	\$27	DACB

^{*}No class on 11/21

Discovery Tots: Pizza Parlor And More

4 weeks • 4-6 years

We are looking for a few short order cooks, no experience necessary. Kids learn about cooking by watching, feeling, smelling, and tasting. This hands-on experience class will teach kitchen safety along with basic food preparation and kitchen help at home. We will also be playing a variety of games like "What's that smell" and creating macaroni masterpieces. Students will receive a Certificate of Completion.

#3107.301 Th 12:30-2:00p 9/8-9/29 \$36 EVCC

Discovery Tots: The Great Pumpkin

4 weeks • 3-5 years

BOO! Halloween will soon be here and The Great Pumpkin awaits. Join us as we "Fall" into the season with a variety of autumn themed activities. Try your hand at pumpkin decorating, a mini pumpkin hunt, fingerprint trees, leaf prints, scarecrow masks, and so much more!

#3107.302 Th 12:30-2:00 pm 10/6-10/27 \$36 DACB

For more information, call 760.839.4691 or email recreation@escondido.org

Facebook.com/TinyTotsEscondido



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, prewriting, 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 2016/2017 school year provided they maintain their eligibility.

Class Locations

East Valley Community Center (EVCC) 2245 East Valley Parkway Instructor: Ms. Mani

Don Anderson Community Building (DACB)

120 Woodward Avenue Instructor: Ms. Kathie

Program Information

- Registration packets available at EVCC, City Hall or online
- In-person registration required
- Classes 8/29/2016-6/16/2017
- Parent participation is required

Little Tots

3-4 years

Monday & Wednesday	8:15-10:30 am	EVCC
Tuesday & Thursday	8:15-10:30 am	EVCC
Wednesday & Friday	8:15-10:30 am	DACB

Super Tots

4-5 years (Pre-K)

Monday, Wednesday, & Friday	11:15-2:00 pm	EVCC
Monday, Wednesday, & Friday	11:15-2:00 pm	DACB
Tuesday & Thursday	8:15-11:00 am	DACB

^{**}Combined November/December session, no class 11/11 &11/25







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

<u> Pre-Ballet</u>					<u>Ages</u>			
#1310.309	Th	3:45-4:30 pm	*9/8-12/8	\$108 EVCC	4-5			
#1310.308	Sa	9:30–10:15 am	*9/10-12/10	\$108 EVCC	4-5			
Beginning Ballet								
#1310.305	Sa	10:15–11:15 am	*9/10-12/10	\$108 EVCC	6-10			
Ballet 1/2 (prerequisite Beginning Ballet)								
#1310.301	T	3:30-4:30 pm	*9/6-12/6	\$108 EVCC	6-10			
#1310.307	Sa	11:15-12:15 pm	*9/10-12/10	\$108 EVCC	7–11			
Ballet 3/4								
#1310.306	W	4:30-5:45 pm	*9/7-12/7	\$108 EVCC	**8-11			
Advanced Ballet								
#1310.312	Th	4:30-5:45 pm	*9/8-12/8	\$108 EVCC	10-Adult			

Pointe (concurrent enrollment in Advanced or 3/4 required)

#1310.310 T 4:30–5:45 pm *9/6–12/6 \$108 EVCC **10–Adult

Cheernastics

6 weeks • Ages 5-12

Who has S-P-I-R-I-T! This class is perfect for the beginner cheerleader. Our students will learn all of the cheerleading basics including fun jumps, spirits, SUPERSTAR, cheers, and pom dances. Students will also be introduced to gymnastics approximately every other week, starting with rolls, handstands, cartwheels when they are ready, depending on the individual's skill level. This is a fantastic class for every future cheerleader. Students are welcome to perform with our team at community events.

Instructor: Flip to Cheer Staff

#1448.310	Th	5:30-6:20 pm	9/8-10/13	**\$69	PACC
#1448.320	Th	5:30-6:20 pm	*10/27-12/8	**\$69	PACC

^{*}No class on 11/24

^{**\$20} optional material fee for pom-poms



Gymnastics Tumble Kids

6 weeks • Ages 5-12

Let's Tumble! Come join our fun-filled class, focusing on all aspects of tumbling. This class is geared toward students who want to learn how to perform basic tumbling such as somersaults, handstands, cartwheels, all depending on the student's skill level. We use fun mats, floor balance beams, small trampolines, and more to help develop their skills. This class is great for both boys and girls who want to learn cartwheels, round-offs, and more!

Instructor: Flip to Cheer Staff

#1444.310	Th	6:20–7:05 pm	9/8-10/13	\$69	PACC
#1444.320	Th	6:20-7:05 pm	*10/27-12/8	\$69	PACC

^{*}No class on 11/24

Beginning Ice Skating

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

#1406.300	F	4:15-4:45 pm	9/2-10/21	**\$85	ICE
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^{**}Includes skate rentals and public skating from 3:15–4:00 p.m. on day of class, as well as 8 free session passes

Junior Hip Hop Dance

8 weeks • Ages 5-11

Calling all boys and girls! So you think you can dance? Join us for all the fun in this high-energy, age-appropriate class! Dancers will learn fun hip-hop techniques and combinations, danced to their favorite music. Children will also learn several dance routines in preparation for an end of session showcase for family and friends!

Instructor: Charlene Dance N' Cheer Staff

#1359.300 Sa 10:45-11:45 am 10/1-11/19 \$80 MCC

Fencing for Kids

4 Weeks • Ages 8-11

The Musketeers, Star Wars, or the Princess Bride...choose your inspiration and then try fencing! A great sport that helps you to improve your agility, coordination, flexibility and overall fitness. Fencing is a great and fun sport for all ages and a great training for the body and mind.

Instructor: San Diego Fencing Center-Juan Ignacio Calderon

<u>Foil</u>

<u>F011</u>					
#1416.301	T/Th	4:00-5:00 pm	10/4-10/27	**\$65	SDFC
<u>Sabre</u>					
#1416 302	M/F	5.00_6.00 pm	*10/5_11/2	**\$65	SDEC

^{*}No class on 10/21

^{*}No classes on 10/25, 10/26, 10/27, 10/29, 11/22, 11/23, 11/24 & 11/26

^{**}Instructor approval required

^{**\$15} Material fee due at first class (cash only)

Tae Kwon Do

12 Weeks • Ages 6-Adults

Develop physical and mental discipline, strength, endurance and coordination. Learn the Korean martial arts of Tae Kwon Do (Kicks, blocks, punching), Hapkido (joint locking techniques), Judo (throwing and grappling), and basic weapons. Become more confident and learn basic self-defense techniques.

Instructor: Skip Leonard, 6th Degree Black, Certified by WT Federation, City of Escondido instructor for over 24 years

#2613.312	M/Th	5:00-6:00 pm	*9/19-12/14	**\$99	MCC
#2613.313	M/Th	6:15-7:15 pm	*9/19-12/14	**\$99	MCC
#2613.314	M/Th	7:30-8:30 pm	*9/19-12/14	**\$99	MCC

^{*} No class on 11/24

Safety Academy

2 weeks • Ages 6-13

This safety program is held at the Escondido Police Headquarters, developed by Escondido Police Officers. The goal of the program 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, how to avoid drugs & gangs, gun safety and avoidance, abduction avoidance, and simple self-defense techniques to allow your child to escape an attacker.

Instructor: Retired Lt. Al Owens, Officer Mario Sainz, Officer Adam Martinez, & Officer Theresa Ruiz

						Ages
#1559.301	Sa	9:00-11:30 am	9/24-10/1	\$32	EPFH	6-9
#1559.302	Sa	9:00-11:30 am	10/22-10/29	\$32	EPFH	10-13

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: Andre Rerolle, USTA Certified and assistant tennis coaches

Session 1						Ages
#1426.313 Beg.	T	3:30-4:30 pm	8/30-9/27	\$45	KCP 7&8	7–10
#1426.314 Int.	T	4:30-5:30 pm	8/30-9/27	\$45	KCP 7&8	11-15
Session 2						
#1426.323 Beg.	T	3:30-4:30 pm	10/4-11/1	\$45	KCP 7&8	7–10
#1426.324 Int.	T	4:30-5:30 pm	10/4-11/1	\$45	KCP 7&8	11-15
Session 3						
#1426.333 Beg.	T	3:30-4:30 pm	*11/8-12/13	\$45	KCP 7&8	7–10
#1426.334 Int.	T	4:30-5:30 pm	*11/8-12/13	\$45	KCP 7&8	11-15
*No class on 11	/22					

Saturday Youth Tennis

5 weeks • Ages 7-15

Children will learn basic strokes, scoring, and sportsmanship in these group lessons. Tennis is a great way to keep your child physically active while learning a lifetime sport.

Instructor: Andre Rerolle, USTA certified and assistant tennis coaches

#1427.314	Sa	10:00–11:00 am	9/3-10/1	\$45	MVP 1&2
#1427.324	Sa	10:00–11:00 am	10/8-11/5	\$45	MVP 1&2
#1427.334	Sa	10:00-11:00 am	*11/12-12/17	\$45	MVP 1&2

^{*}No class on 11/26

Let's Get Cookin'

2 Weeks • Ages 6-12

Time to teach kids how to take the basic pantry ingredients and creatively whip them together to make delicious foods. Four different themed classes are offered to help expand the student's kitchen knowledge.

Instructor: Zoe Sanchez Richardson, Avid baker and chef

<u>Everything Breakfast</u> #1278.310 F 4:00–6:00 pm 9/2–9/9 **\$52 EVCC

Desserts 8	& Mo	<u>re Desserts</u>			
#1278.320	F	4:00-6:00 pm	9/16-9/23	**\$52	EVCC

<u>Halloween Treats</u> #1278.330 Th 4:00-6:00 pm 9/29-10/6 **\$52 EVCC

Chocolate	& Mo	<u>re Chocolate</u>			
#1278.340	F	4:00-5:30 pm	12/2-12/9	**\$40	EVCC

^{*}Registration/refund deadline is the Wednesday before start date (8/31, 9/7, 9/21, and 11/30).

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

#1646.300	W	3:00-3:50 pm	*10/26-12/7	**\$66	MCC

^{*}No class on 11/23

Paint With Family

Workshop • Ages 7-Adult*

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

Instructor: Kari Aellig, experienced art instructor

#1261.310	Sa	2:00-4:30 pm	9/17	**\$20	EVCC
#1261.320	Sa	2:00-4:30 pm	10/15	**\$20	EVCC
#1261.330	Sa	2:00-4:30 pm	11/19	**\$20	EVCC
#1261.340	Sa	2:00-4:30 pm	12/17	**\$20	EVCC

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

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

^{**\$25} material fee due at each workshop (cash only)

^{**\$20} Material fee due first class (cash only)

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

Sock Monkeys

Workshop • *Ages 10-Adult

Have you wanted to make your own unique sock monkey? Enjoy this fun-filled one day workshop. Bring your own pair of socks or choose from some provided. Basic sewing skills are necessary. Sewing needles and thread provided.

Instructor: Kim Kelly, BFA in Ceramics, Artist, and Teacher

#1264.300 Sa 10:00–12:00 pm 9/24 **\$20 MCC

*Ages 10-12 must be enrolled with an adult

Halloween Stop Motion Animation

6 Weeks • Ages 8-15

Did you ever want to make your own monster from a Halloween movie? In this seasonal class, Movieworkz provides an opportunity to script and film your own movie projects. Cameras and computers will be provided for class use.

Instructor: Creative Brain Learning

#1251.300 W 3:00-3:50 pm 9/14-10/19 **\$66 EVCC

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



6 Weeks • *Ages 6-Adult

Have you ever wanted to make your own clay creations? Enjoy this fun-filled class for all ages. Come alone or bring family and/or a friend for an evening of creativity. Learn basic clay methods and techniques used for years to make works of art. No previous clay experience necessary.

Instructor: Kim Kelly, BFA in Ceramics, Artist, and Teacher

#1263.300 W 5:30-7:00 pm 9/14-10/19 **\$65 EVCC

*Ages 6-12 must be enrolled with an adult

Art Workshops

Workshop • Ages 4-13

Join us for one, some, or all of these awesome art workshops! With seven fun themes, this class is sure to have your kids wanting more. Not only are your children practicing their creativity, expressing themselves, and learning art techniques, they will also be bringing home a work of art each class.

Instructor: Zoe Sanchez Richardson, Experienced teacher

Dr. Seuss' World (Ages 4-8)

#1279.301	W	4:00-5:30 pm	10/12	**\$20	EVCC			
Pumpkin Carving (Ages 4-13)								
#1279.302	W	4:00-5:30 pm	10/26	**\$20	EVCC			
Holiday Ca	ards (Ages 4-8)						
#1279.303	Th	4:00-5:30 pm	11/3	**\$20	EVCC			
Holiday G	ifts (A	<u>.ges 4–8)</u>						
#1279.304	Th	4:00-5:30 pm	11/10	**\$20	EVCC			

^{**\$5 (\$10} for 10/26) material fee due at each workshop (cash only)

Learning Science with Art



4 Weeks • Ages 6-9

This program emphasizes the relationship between science, technology, engineering, art and math. Child interactions and teaching strategies are constructed to bring children's interest to science through various art projects. Topics such as botany, zoology, human anatomy, earth science, physical science, consumer science and applied art are all explored throughout this fun class!

Instructor: Elena Chirkova

#1253.310	F	4:30-6:00 pm	9/9-9/30	**\$49	EVCC
#1253.320	F	4:30-6:00 pm	10/7-10/28	**\$49	EVCC
#1253.330	F	4:30-6:00 pm	*11/4-12/9	**\$49	EVCC

^{*}No class on 11/11 & 11/25

Youth Guitar

6 weeks • Ages 8-15

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

Instructor: MUSICSTAR® Staff

#1327.310	W	5:00-5:50 pm	9/14-10/19	**\$66	MCC
#1327.320	W	5:00-5:50 pm	*10/26-12/7	**\$66	MCC

^{*}No class on 11/23

Video Game Design

6 Weeks • Ages 8-15

You play them, now learn how to develop them. Working in teams students will design and program their own video games, which they will be able to take home and play.

Instructor: Creative Brain Learning

#1272.310	W	4:00-4:50 pm	9/14-10/19	**\$66	MCC
#1272.320	W	4:00-4:50 pm	*10/26-12/7	**\$66	MCC

^{*}No class on 11/23

Math Mania

6 weeks • 1st-3rd Graders

Math is fun when it is a challenge and not a chore. Get inspired to learn addition, subtraction, multiplication, and division through fun interactive games. Soon you will find yourself having fun with numbers!

Instructor: Zoe Sanchez Richardson, Experienced Teacher

#1574.300	W	4:00-5:00 pm	8/31-10/5	\$45	EVCC

^{**\$2} Material fee due at the first class (cash only)

^{**\$30} Material fee due at the first class (cash only)

^{**\$10} Material fee due at first class (cash only)

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

^{**\$20} Material fee due at first class (cash only)

ASES Before & After School Program

This program is open to any 1st-5th grader and PM Kindergartner that attends these schools:

- Conway
- Farr
- · Oak Hill
- Juniper
- Rock Springs (am/pm Kindergarten Program available)

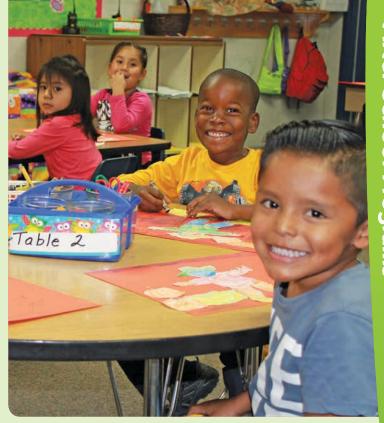
Morning: 6:30 a.m.-Start of school
Afternoon: End of school until 6:00 p.m.

Cost: FREE!!!

Once program is full, a waitlist is available.

This program is funded by the After School Education and Safety Program through the State of California.

For more information call 760.839.5483 or visit www.recreation.escondido.org





After School Program

Escondido Recreation offers a safe and enriching environment for students at North Broadway and Reidy Creek Elementary Schools. The program engages children in activities that build relationships, increase confidence, and encourage academic success.

Hours: End of school until 6:00 p.m.

Cost: \$10 per day (only pay when attending)

Locations: North Broadway School & Reidy Creek School

Registration: Complete and return the enrollment form available

online or at the program

For more information call 760.839.5483 or visit www.recreation.escondido.org





Enjoy Escondido Fall Swim Lessons at:

Washington Park Pool

501 North Rose Street • 760.839.4660

Learn-to-Swim Program

Learn-to-Swim classes are taught by certified instructors. Please note: Registration will not be accepted at James Stone Pool. Please follow the registration procedures on pages 24 & 25.

Dates Saturday • 4 weeks, 40 minute classes

September 10-October 1, 2016

Location Washington Park Pool

501 North Rose Street

760.839.4660

Grunion 1

Ages 3 & 4 • Fee: \$34

This preschool-aged class promotes water exploration and comfort in the water, and is for children with little or no experience. Skills include water entry and exit, breath control, supported front glides and back floats, and safety through fun and games.



#4210.311 9:00–9:50 am WP #4210.312 2:00–2:50 pm WP

Me & My Shadow—Parent/Child

Ages 6 months-3 years • Fee: \$34

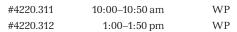
Me & My Shadow is designed to develop a high comfort level in and around the water. Emphasis is on water adjustment, swimming readiness, fun and enjoyment in the water. A high level of parent participation is required.

#4200.311 10:00–10:50 am WP

Grunion 2

Ages 3 & 4 • Fee: \$34

This class is held in the shallow end of the pool for preschool-aged children and is for children who have successfully completed Grunion 1 or are VERY comfortable in the water. The focus is to move comfortably through water, execute supported front/back glides and floats, and swim using combined arm and leg action with support.





Jellyfish

Ages 3 & 4 • Fee: \$34

This class builds on the skills taught in Grunion 1 and 2 providing additional guided practice with increased distances and times. Participants will focus on breath control, unassisted front/back floats and glides, recovery from floats/glides, and elementary coordination of front crawl.



#4225.311	11:00-11:50 am	WP
#4225.312	2:00-2:50 pm	WP

Duck

Ages 5-16 • Fee: \$34

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

and floating.		
#4230.311	9:00-9:50 am	WP
#4230.312	10:00-10:50 am	WP
#4230 313	11·00–11·50 am	WP

2:00-2:50 pm



#4230.314

Ages 5-16 • Fee: \$34

Level 2 is for children who have successfully completed the skills of level 1. This level focuses on fundamental aquatic skills ranging from breath control, unassisted front/back floats and glides, to elementary coordination of front crawl.

#4232.311	9:00-9:50 am	WP
#4232.312	10:00-10:50 am	WP
#4232.313	11:00-11:50 am	WP
#4232.314	1:00-1:50 pm	WP



Starfish

Ages 5-16 • Fee: \$34

Level 3 is designed to promote stroke development and provide guided practice in deep water. Skills taught include rotary breathing, front crawl, elementary backstroke, and head first entry from kneeling position. Participants must have passed dolphin or be able to swim 5 yards independently.

#4240.311	9:00-9:50 am	WP
#4240.312	11:00-11:50 am	WP
#4240.313	1:00-1:50 pm	WP



Seahorse

Ages 5-16 • Fee: \$34

Level 4 is stroke improvement course, which focuses on developing confidence in front and back crawl, improving aquatic skills such as diving and turns, and introduction of elementary backstroke, breaststroke, sidestroke, and butterfly. Participants must be able to swim front crawl and backstroke independently for 15 yards to participate.

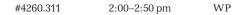
#4250.311	1:00-1:50 pm	WP



Seals

Ages 5-16 • Fee: \$34

Level 5 focuses on stroke coordination and refinement of all key strokes for increased distance. Advanced techniques such as shallow angle dives, surface dives, and flip turns will be introduced. Participants must be able to swim front crawl 25 yards, elementary backstroke 25 yards, and breaststroke 15 yards.







WP

James A. Stone Swimming Pool will be closing in September for renovations and upgrades. Come back in the Spring for our fun Aquatic programs in a fresh new pool!!

For specific closure and opening dates, call 760.839.4691





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

More Teen classes! (Ages 13-17)

- Swim, page 13
- Painting from the HeART, page 15
- Zentangle Art, page 15
- Paint With Family, page 15
- Guitar, page 16
- Pound™ Rockout Workout, page 18
- 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

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

^{**\$10} material fee due at first class (cash only)







Paint With Family Workshop • Ages 7-Adult*

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

Instructor: Kari Aellig, experienced art instructor

#1261.310	Sa	2:00-4:30 pm	9/17	**\$20	EVCC
#1261.320	Sa	2:00-4:30 pm	10/15	**\$20	EVCC
#1261.330	Sa	2:00-4:30 pm	11/19	**\$20	EVCC
#1261.340	Sa	2:00-4:00 pm	12/17	**\$20	EVCC

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

Painting from the HeART 7 Weeks • Ages 16-Adults



This painting class will challenge students to explore and find their own road to creativity and fun. Using acrylic paint, students will learn how to create an original painting from concept to finish product. Come and join us on an exciting journey of self-expression and discovery.

Instructor: Jean Wheat, Professional artist & sculptor

#2354.310	Sa	1:00-3:30 pm	9/10-10/22	**\$55	EVCC
#2354.320	Sa	1:00-3:30 pm	*10/29-12/17	**\$55	EVCC

^{*}No class on 11/26

Create Living Succulent Art Workshop • Adults



Create a custom succulent arrangement that, unlike flowers, can be enjoyed for years. This workshop provides everything needed: five fresh-cut succulents (more than 50 colorful varieties to choose from), plus an eco-friendly rooting dish, gravel, mister, plant names and complete instructions. It's an easy, fun way to discover new varieties and to learn more about these beautiful drought-resistant plants.

Instructor: Marcia Buchalter, Sedona and Friends

#2431.310	Sa	11:00-12:00 pm	9/24	**\$25	EVCC
#2431 320	Sa	11·00–12·00 pm	10/29	**\$25	EVCC

^{**}Additional succulents available for purchase in class

Zentangle Introduction

Workshop • Ages 14-Adults

Zentangle art is fun and easy to learn! Create beautiful art using structured, repetitive patterns while increasing your focus and creativity. Students will learn basic patterns, as well as design and complete their own Zentangle, art project.

Instructor: Nancy Loomis, Certified Zentangle Instructor

#2313.310	Sa	9:30-12:00 pm	9/24	**\$30	EVCC
#2313.320	Sa	9:30-12:00 pm	10/1	**\$30	EVCC

^{**\$10} Material fee due at the first class (cash only)

Zentangle Projects Workshop • Ages 14-Adults

Zentangle art is fun and easy to learn! Create beautiful art using structured, repetitive patterns while increasing your focus and creativity. These classes will focus on designing and constructing tangles that coincide with the below themes.

Instructor: Nancy Loomis, Certified Zentangle Instructor

Autumn Leaves

		-			
#2360.310	Th	6:00-8:00 pm	9/29	**\$35	EVCC
<u>Under the</u>	Sea				
#2360.320	Sa	9:30-12:00 pm	10/15	**\$35	EVCC
<u>Holiday D</u>	ecora	<u>tions</u>			
#2360.330	Sa	2:00-4:30 pm	12/3	**\$35	EVCC

**\$5 (\$12 on 12/3) Material fee due at the first class (cash only)

Makeup 101

Workshop • Ages 16-Adult

Makeup 101 is for people who want to learn the basic steps to be your own makeup artist. This class will educate you in makeup application and foundation selection, including a basic understanding of face shapes, bone structures, hues and what eye shadows to use. The class will cover day and evening looks, plus natural, bold and trendy runway looks. You will learn how to correct and reshape brows. You will learn blending techniques, shading and contouring, baking, color correction to create the most glamorous looks. Step by step application designed to get ultimate supervision from the instructor. Material fee 35.00 includes products to keep

Instructor: Michelle Jackson, Professional Makeup Artist

#2188.300	Sa	12:00-2:00 pm	11/19	**\$39	EVCC
**\$35 Mate (cash onl		e for makeup and brus	sh set to ta	ke home	

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

^{**\$40} Material fee due at the first class (cash only)

Long, Strong Spine, the Feldenkrais® Way 5 Weeks • Adult



Do you know how to get the most comfortable and functional movement from your spine? Do you have pain or performance issues that are affected by the way you move? Join us to learn how to identify old habits and then develop new and improved ways to move. Move more easily and manage or eliminate pain issues!

Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner

#2162.301 T 10:00-11:00 am 8/30-9/27 \$60 MCC

Improve Your Eyes, the Feldenkrais® Way 4 Weeks • Adult

Do you have a vision correction or suffer from eyestrain and tension? One of the most fascinating and unconsidered movements is the movement of the eyes. When eye movements are improved, vision can improve and become easier, leading to less strain in the neck, face, shoulders, and head. Come join us for a series of 4, fun lessons and see what it's like to use easy movements to improve your eyes.

Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner

#2162.302 T 10:00-11:00 am 10/25-11/15 \$50 MCC

Comfortable Neck, Shoulders & Jaw, the Feldenkrais® Way

Workshop • Adult

We live in the midst of an epidemic of neck, shoulder, and jaw pain, brought on by multiple causes, including leaning into our computer and phone screens. No matter what the cause of your discomfort, the Feldenkrais Method can help you learn new, more comfortable movement. Come learn the easy way to find comfort- without exercise, stretching or sweating. Everyone is welcome to this workshop!

Instructor: Anita Noone, Guild Certified Feldenkrais® Practitioner

#2162.303 Sa 10:00-1:00 pm 12/3 \$50 MCC

Adult Ukulele

6 Weeks • Adults

This fun ukulele class will be open to both beginners and intermediate players alike, and will focus on pushing each student individually while playing together with others. Beginners will learn basic chords and strumming. While intermediate players will learn more advanced chords, melodies and techniques all while playing together. This is a perfect opportunity for you to share you interest in Ukulele.

Instructor: Ubiquitous Music Staff

#2249.300 M 6:00-7:00 pm 8/29-10/3 **\$60 MCC

**\$6 Material fee due at first class (cash only)

Flow—Creating the Happiness Within



How can you get more joy out of life, work, and relationships? By experiencing the Flow! Flow is the state of being totally engaged in satisfying, joyful experiences. This state- which can be created- puts you in the "now" moment, taps into your "best" thinking, and initiates genuine happiness. Learn how to get into the Flow and experience the joy for yourself!

Instructor: Linda A. Lee, Ph. D., Motivation & Learning Trainer

#2411.300 F 1:00-3:00 pm 9/2-9/16 \$69 PACC

Mental Fitness—Keep your Brain Sharp



Mental fitness, like physical fitness, can be improved at any age. The right training program can keep your brain sharp as you age! Discover how the brain works and expands, life style choices that matter, as well as how to increase your motivation, concentration and thinking skills. With this unique combination of brain knowledge and effective mental strategies, you'll have the tools to be your own mental fitness trainer!

Instructor: Linda A. Lee, Ph. D., Motivation & Learning Trainer

#2412.300 F 9:30-11:30 am 9/23-10/21 \$99 PACC

Fun, Interactive, Health & Wellness 3 Weeks • Adults



L.E.A.N. Start classes are a fun interactive approach to wellness. This class focuses on educating adults and empowering families to make educated lifestyle, exercise, attitude, and nutrition choices which can dramatically improve the health of the entire family. Get ready for fun!

Instructor: Christine Martineau, M.Ed., Certified Health Coach

#2166.310 Sa 10:00–12:00 pm 9/24–10/8 **\$60 EVCC #2166.320 Sa 10:00–12:00 pm 11/5–11/19 **\$60 EVCC

Adult Guitar

6 weeks • Adults

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

Instructor: MUSICSTAR staff

#2247.310 W 6:00-6:50 pm 9/14-10/19 **\$66 MCC #2247.320 W 6:00-6:50 pm *10/26-12/7 **\$66 MCC

*No class on 11/23

**\$20 Material fee due at first class (cash only)



^{**\$5} Material fee due at the first class (cash only)

Line Dance

5 weeks • Adults

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

Instructor: Carol Stroecker, 16 years of teaching Line Dance

#2200.310	T	7:00-8:30 pm	8/30-9/27	\$35	PACC
#2200.320	T	7:00-8:30 pm	10/4-11/1	\$35	PACC
#2200.330	T	7:00-8:00 pm	*11/8-12/13	\$35	PACC

^{*}No class on 11/22

Adult Ballet

12 weeks • Ages 15-Adult

Ballet is not just for kids! We will practice basic barre exercises, stretches, and center combinations to beautiful music. This class is designed to improve strength, flexibility, coordination, and balance.

Instructor: Cindy Ahler

#2203.311 Beg/Int. W 6:00-7:00 pm *9/7-12/7 \$108 EVCC

Belly Dance Fusion

6 Weeks • Ages 16-Adult

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

Instructor: Joni Chong, Certified Group Exercise and Fitness Instructor

#2264.310	Th	9:15–10:15 am	9/15-10/20	\$36	EVCC
#2264.320	Th	9:15-10:15 am	*11/3-12/15	\$36	EVCC

^{*}No class on 11/24

Zumba / Zumba Toning

5 weeks • Adults

If you love Zumba, come join us for a combination of Zumba and Zumba Toning. Both classes create a party-like atmosphere and incorporate Latin and International music and dance movements. Zumba Toning utilizes an innovative muscle training protocol and the addition of light-weight toning sticks or dumbbells. This combo class is designed to improve cardiovascular health, improve overall performance, and sculpt your muscles. Let's party while getting fit!

Instructor: Angie Adair & Zumba Certified Instructor, AFAA & Zumba Certified

#2643.310	Th	7:00-8:00 pm	9/1-9/29	\$30	EVCC
#2643.320	Th	7:00-8:00 pm	10/6-11/3	\$30	EVCC
#2643.330	Th	7:00-8:00 pm	*11/10-12/15	\$30	EVCC

^{*}No class on 11/24

Reality Yoga

14 weeks • Adults

Here is a user-friendly class that combines Hatha Yoga, sports medicine stretches, and simple meditation techniques. You will learn to relax joints and ligaments, increase circulation, improve muscle tone, and calm the emotions. Yoga is a great way to avoid mental, emotional, and physical illness due to stress.

Instructor: Nina Deerfield, Naturopathic Physician, has taught for Escondido Recreation for 28 years

#2600.300 T 5:00-5:55 pm *9/6-12/13 \$165 MCC *No class on 11/22

T'ai Chi / Chi Gong

14 weeks • Adults

Reduce stress, increase energy, improve physical and mental health by learning the slow, relaxed movements of T'ai Chi & Chi Gong. Learn how to handle stress and change, obtain higher energy levels, and achieve internal and external balance and harmony in your life. All fitness levels welcome.

Instructor: Nina Deerfield, Certified Martial Arts Master, has taught for recreation for 28 years

#2601.300 T 6:00-6:55 pm *9/6-12/13 \$165 MCC *No class on 11/22

Fencing for Fitness



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

Instructor: Juan Ignacio Calderon, San Diego Fencing Center

#2427.300 M/W 7:00–8:00 pm 9/5–9/28 **\$65 SDFC **\$15 Material fee due at first class (cash only)

Feel Fit Bootcamp 6 Weeks • Adults



How are you FEELing today? If the answer is not energetic, motivated, or strong- you need to come take this class! Feel Fit Bootcamp is a 45-minute workout designed to get your heart rate up and burn fat. We incorporate body-weight movements and exercise equipment to get you sweating in record time. Each session includes a warm-up, cool-down, and a guaranteed great time!

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

#2667.300 M 5:15-6:00 pm 9/12-10/17 \$50 EVCC

^{*}No class on 10/26 & 11/23



Pilates Cardio Sculpt

4/5 Weeks • Adults

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

Instructor: Kerry Hutchinson, Pilates Mat Certified

#2660.310	M	7:00-8:00 pm	*8/29-9/26	\$32	EVCC
#2660.320	M	7:00-8:00 pm	10/3-10/24	\$32	EVCC
#2660.330	M	7:00-8:00 pm	*11/7-12/12	\$40	EVCC

^{*}No class on 9/5 & 11/21

Pilates Mat Class

5 weeks • Adult

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

Instructor: Kerry Hutchinson, Pilates Mat Certified

#2622.313	W	6:45-7:45 pm	8/31-9/28	\$40	MCC
#2622.323	W	6:45-7:45 pm	10/5-11/2	\$40	MCC
#2622.333	W	6:45-7:45 pm	*11/9-12/14	\$40	MCC

^{*}No class on 11/23

Adult Beginning Ice Skating

8 weeks • Ages 16-Adult

Whether you've always wanted to ice skate but never tried, or you used to skate and want to get back into it, join us for some fun. You will learn basic skating skills, gain confidence, and learn to feel comfortable on the ice.

Instructor: Ice-Plex Staff

#2624.300	W	6:30–7:00 pm	8/31–10/19	**\$85	ICE
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^{**}Includes skate rental & public skating from 3:15–5:15 pm on day of class

Tennis

5/8/7 weeks • Ages 15-Adult

Beginners (Beg.): Covers forehand, backhand, service, rules, and court etiquette for the beginning player.

Intermediate (Int.): Focuses on ground strokes and use of spins, volley, footwork, and positioning. Players should be able to rally, play out points, and have some match experience.

Advanced (Adv.): Emphasis is on advanced net play and doubles movement with a partner, for the intermediate player moving toward tournament play.

Instructor: Andre Rerolle, USTA certified and assistant tennis coaches

Session 1					
#2401.315 Beg.	W	6:00-7:30 pm	8/31-9/28	\$58	KCP 7&8
#2401.316 Int/Adv.	W	7:30-9:00 pm	8/31-9/28	\$58	KCP 7&8
Session 2					
#2401.325 Beg.	W	6:00-7:30 pm	10/5-11/2	\$58	KCP 7&8
#2401.326 Int/Adv.	W	7:30-9:00 pm	10/5-11/2	\$58	KCP 7&8
Session 3					
#2401.335 Beg.	W	6:00-7:30 pm	*11/9-12/14	\$58	KCP 7&8
#2401.336 Int/Adv.	W	7:30-9:00 pm	*11/9–12/14	\$58	KCP 7&8
8 Week Class					
#2401.317 Int.	Sa	8:30-10:00 am	9/3-10/22	\$87	MVP 1&2
#2401.327 Int.	Sa	8:30-10:00 am	*10/29-12/17	\$77	MVP 1&2

^{*}No class on 11/23 & 11/26

POUND™ Rockout Workout

7/6 weeks • 12-Adults

POUND is a full-body cardio jam session, combining light resistance with constant drumming. The workout fuses cardio, pilates, isometric movements, and plyometrics into a 45 minute series. After you are done rocking out to a 45 minute POUND track, you'll have completed 15,000 reps, performed over 30 extended interval peaks, and zipped through 70 techniques without even realizing it!

Instructor: Cynthia Demorest, POUND Certified

Session 1 #2635.311 M 6:00-6:45 pm *8/29-10/17 **EVCC** #2635.312 9:00-9:45 am 9/3-10/15 MCC Sa \$45 Session 2 #2635.321 6:00-6:45 pm *10/24-12/12 \$38 **FVCC** M 9:00-9:45 am *10/22-12/10 #2635.322 Sa MCC

James A. Stone Swimming Pool Closure

James A. Stone Pool will be closed this season due to renovations and upgrades. Shallow and Deep Water Aerobics will be returning in the Winter/Spring 2017 session. See you then!

^{*}No class on 9/5, 10/31, 11/21, & 11/26

Safety Awareness & Self-Defense 1

Workshop • Ages 13*-Adult

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

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

#2152.300 W 6:30-8:30 pm 10/12 \$15 EPFH

Safety Awareness & Self-Defense 2 Workshop • Ages 13*-Adult

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

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

#2153.300 W 6:30-8:30 pm 10/19 \$15 EPFH

Tae Kwon Do 12 Weeks • Ages 6-Adults

Develop physical and mental discipline, strength, endurance and coordination. Learn the Korean martial arts of Tae Kwon Do (Kicks, blocks, punching), Hapkido (joint locking techniques), Judo (throwing and grappling), and basic weapons. Become more confident and learn basic self-defense techniques.

Instructor: Skip Leonard, 6th Degree Black, Certified by WT Federation, City of Escondido instructor for over 24 years

#2613.312	M/Th	5:00-6:00 pm	*9/19-12/14	**\$99	MCC
#2613.313	M/Th	6:15-7:15 pm	*9/19-12/14	**\$99	MCC
#2613.314	M/Th	7:30-8:30 pm	*9/19-12/14	**\$99	MCC

^{*}No class on 11/24

Escondido Recreation Adult Softball League

Winter 2016: • 8 Week Season plus playoffs Spring 2017: • 10 Week Season plus playoffs

Divisions

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

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

Fee

- Team Fees—\$300, Winter 2016
- Team Fees—\$400 (late \$30), Spring 2017
- Umpire & Scorekeeper Fees—\$20 per game per team



Season	Game Days	Registration Open	Registration Closes	Schedule Hand-Out	Season Dates
Winter 2016	М-F	August 29, 2016	September 23, 2016	September 28, 2016	October 3–December 16, 2016
Spring 2017	М-F	January 30, 2017	February 24, 2017	March 1, 2017	March 6–June 2, 2017

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

^{*}It is recommended that 13–15 year olds attend with an observing or enrolled adult

^{*}It is recommended that 13–15 year olds attend with an observing or enrolled adult

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







EVCC 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-Saturdays

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: \$2 per person entering the gym, per visit. No charge for spectators

accompanying minors

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.

Escondido Recreation Youth P.A.L. Basketball League

Coed Divisions • 8 Week Season plus Playoffs/Finals

Divisions	Cost	Fall
• B: 2003–2005 Birth Years	**\$55	#4131.303
• C: 2006–2007 Birth Years	**\$55	#4131.302
• D: 2008–2009 Birth Years	**\$55	#4131.301

Practices:

1-hour practice, once a week Tuesdays between 6:00-9:00 pm

Games:

Mainly Saturdays East Valley Community Center, 2245 East Valley Parkway, Escondido 92027







ı	Season	Game Days	Registration Open	Registration Closes	Assessment Day	Season Dates
ı	Fall 2016	Saturday	July 25, 2016	August 20, 2016	*August 27, 2016	September 17, 2016– November 19, 2016

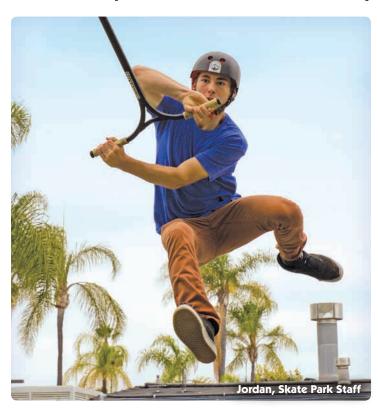
^{*}Division C and D players will be assigned to teams. Division B players will have a draft.

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

^{**}Volunteer coaches will get \$10 off registration for first child.

Escondido Skate Park • SKATE • SCOOTER • BIKE • INLINE

Escondido Sports Center • 3315 Bear Valley Parkway



Call 855.ESC.4ALL (855.372.4255) or visit sportscenter.escondido.org for more information.



Our Skate Park Sessions are designed with all 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.

Required Equipment: Helmet, knee & elbow pads

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

Fall Hours (August-October 2016)		
Monday–Friday	4:00–7:00 p.m. 7:00–10:00 p.m.	
Saturday–Sunday	10:00–12:00 p.m. 4:00–7:00 p.m. 7:00–10:00 p.m.	

Winter/Spring Hours (November 2016–March 2017)			
Monday–Friday	3:00–5:00 p.m. 5:00–7:00 p.m.		
Saturday–Sunday	10:00–12:00 p.m. 3:00–5:00 p.m. 5:00–7:00 p.m.		



All Sorts of Sports Camp

Dates: Session 1—November 11 (1 day)

Session 2—November 21–23 (3 days) Session 3—December 27–30 (4 days)

Ages: 6-13

Times: 8:30-3:30 p.m.

Tuition: Session 1—\$59; Session 2—\$149; Session 3—\$169

Early Registration: \$10 off if registered 30 days prior to start date

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build your child's motor control, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children including: T-ball, basketball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more.

Air Attack Flag Football Camp

Dates: January 3–6 (4 days)

Ages: 6-13

Times: 8:30-3:30 p.m.

Tuition: \$169

Early Registration: \$10 off if registered 30 days prior

to start date

This coed camp by National Academy of Athletics is packed with fun. Whether you are a beginner or more advanced player, the drills taught at this camp will help you improve your game. Our non-contact, camps are the perfect introduction to football. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Feel good sending your kids to a football camp that's in a fun and safe environment with a motivating and positive coaching staff.

Features Personal Player Video, Max 10:1 camper to coach ratio, RSBQ Workouts, Confidence Builders Program, T-Shirts, Daily Chalk Talks and Skill of the Day.

Youth Arena Soccer Leagues

	Registration Dates	Season Dates	Registration Fee
Fall 2016	July 18–September 6	September 28–December 17	Ages 3–4: \$85 Ages 5–14: \$90
Winter 2017	October 3–January 11	January 26–March 18	Ages 3–4: \$75 Ages 5–14: \$80

The Escondido Sports Center Youth Arena Soccer League is the starting point for many kids to learn about becoming and staying active. Our soccer program promotes healthy habits that they'll carry with them throughout their lives. We place priority on positive engagement, the value of participation over winning, team building as well as developing as an individual, a positive self-image and a sense of fair play and mutual respect for others.

Staff is excited to begin our Fall 2016 Youth Soccer League. Players will have the opportunity to learn and develop skills in a positive environment. The skills we focus on are footwork, coordination, balance, agility, teamwork, and communication. Come join our league for lots of fun and excitement this fall!

Divisions Primary Day & Time (Approximate)		Alternate Day & Time (Approximate)
3 & 4 years	Saturday, 8:30–2:00 pm	n/a
5 & 6 years	Thursday, 4:30–8:00 pm	Saturday, 10:00–2:00 pm
7 & 8 years	Friday, 4:30–8:00 pm	Saturday, 9:00–2:00 pm
9–11 years	Thursday, 4:00–8:00 pm	Friday, 4:00–8:00 pm
12–14 years	Friday, 4:00–8:00 pm	Saturday, 11:00–1:00 pm





Lil' Kickers Soccer for Kids

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 • $2\frac{1}{2}-3\frac{1}{2}$ 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)

Lil Sluggers Baseball for Kids

Lil Sluggers is a child development program created to introduce children to the game of baseball. Lil Slugger 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 • 4 years

Hall of Famers • 5-6 years



For more information and to register call 858.748.4260 or visit us online at www.ncspsoccer.com



Youth Roller Hockey Leagues

Come play hockey! Our youth hockey leagues are designed for all talent levels. Players will have one practice and one game per week. This is an excellent program for hockey players to develop and grow!

Game Days: High School—Wednesdays & Thursdays

Junior High—Fridays 8U/10U—Saturdays

Practice Days: High School—TBA

Junior High—Mondays & Saturdays

8U/10U—Tuesdays

Registration: Open till Sunday, August 28, 2016

Fall Season: September 11–December 17

Fee: \$175 per player or \$1,400 per team

Register online at www.Districthockey.com/Registration For more information, contact registration@districthockey.com

Adult Roller Hockey Leagues

Gear up for the 2016 Fall/Winter roller hockey leagues set to begin in November 2016–March 2017. This league includes all levels of play which include 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.

Game Days: 30+ - Sundays

Advanced-Mondays
Intermediate-Tuesdays

Novice-Tuesdays

Registration: October 10-October 31

Fall Season: November 6-March 7

*No Games the weeks of 11/20, 12/25, 1/1,

1/15, and 2/19

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

Call Escondido Sports Center for detailed information at 760–839–5426.



Preregistration is required for all classes. Classes fill quickly so register early! Registration Begins Monday, August 1, 2016.

4 easy ways to register NOW for Escondido Recreation classes and activities:

1 Online

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.

Please note: A nominal, nonrefundable, processing fee will be charged.

Walk-in

Two convenient locations:

- Community Services
 Department in City Hall,
 201 North Broadway
 - Monday–Friday 8:00 am–5:00 pm
- East Valley Community Center, 2245 East Valley Parkway

Monday, Wednesday, & Friday 8:30 am–8:30 pm

Tuesday & Thursday 11:00 am-8:30 pm

Saturday 8:30 am-4:30 pm

3)

See registration form for details.

PLEASE NOTE:

- A minimal, 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.

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 is 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 8–5 pm.
- 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 760.839.4204.
- Discovery Kid's 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 760.839.4643, preferably at 72 hours in advance of the event or activity.

To receive registration confirmation, provide e-mail address.

ADULT/GUARDIAN NAME:					
ADDRESS:		APT.#:	CITY:		ZIP:
MOBILE#: ()	HOME#: ()		WORK#: ()	
E-MAIL:					

_	REGISTRATION JMBER	ACTIVITY NAME	PARTICIPANT'S NAME (First and Last)	BIRTHDATE		M/F	FEE
#				/	/		
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Important Registration Information

- Make checks payable to City of Escondido and mail to: Community Services Department 201 North Broadway Escondido, CA 92025–2798
- Phone-in and fax-in registration is no longer accepted.
- All registrations must include a non-refundable processing fee.

To calculate processing fee, multiply *Subtotal (A)* by 0.055 and enter result into *Non-Refundable Processing Fee* box. Add this to *Subtotal (A)* to obtain *Subtotal (B)*.

*NON-REFUNDABLE PROCESSING FEE (5.5%)

SUBTOTAL (B)

CREDIT ON ACCOUNT (if applicable) \$

*Processing Fee subject to change

PLEASE READ WAIVER AND SIGN BELOW

Each adult must sign a separate waiver. A parent/guardian must sign for their children 17 and under.

I agree to indemnify, defend, and hold harmless the City of Escondido, its officers, agents, and employees from any and all loss, damage, liability, cost, or expenses arising out of or resulting from the use of equipment or property owned by or under the control of the City of Escondido whether or not that liability, loss, or damage is caused by or arises out of any act or omissions of the City of Escondido, its officers, agents or employees.

I also understand that the City of Escondido does not carry insurance to cover participants in the activities in which I, my child, or my ward is participating. I understand there are risks associated with these activities and I assume the risk of any injuries that I, my child, or my ward may sustain during any of these activities. I forever discharge the City of Escondido, its officers, agents, and employees, from my lawsuits, damages, claims or judgments resulting from any personal injuries or property damages that I, my child, or my ward may sustain while using City property or equipment, or while participating in an activity sponsored by the City of Escondido.

I understand that the City may take photographs/videos for the use in City publications, Websites, and news releases without my written consent.

I have read the above Waiver/Release of Liability and understand it.	
Participant/Parent or Guardian Signature:	Date:



Escondido Public Library

239 South Kalmia Street, Escondido CA 92025 • 760.839.4684 • library.escondido.org

LIBRARY

¡SE HABLA ESPAÑOL!

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

 Mon-Tues
 10:00 a.m.-8:00 p.m.

 Weds-Fri
 10:00 a.m.-6:00 p.m.

 Saturday
 10:00 a.m.-5:00 p.m.

Renew materials online or by phone: 760.738.0249

LITERACY SERVICES

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

760.839.5440

PIONEER ROOM

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

247 South Kalmia Street Escondido, CA 92025

760.839.4315

Tues, Weds, & Thurs 1:00-6:00 p.m. Walk-in hours 1:00-3:00 p.m. By appointment 3:00-6:00 p.m.

VOLUNTEER OPPORTUNITIES

760.839.4819

FRIENDS BOOK SHOP

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

M, W, F, & Sa 10:00 a.m.-4:00 p.m. T & Th 10:00 a.m.-6:00 p.m.



FACEBOOK

@escondidolibrary



TWITTER @escolibrary

@esconbial y



INSTAGRAM

@escondidolibrary



TUMBLR

escondidolibrary.tumblr.com



SIGN UP FOR ENEWS!

library.escondido.org



FREE PROGRAMS & SERVICES!

- · Public Internet Access & WiFi
- · Laptops available for in-Library use
- Download FREE eBooks, eAudiobooks, and eMagazines to your eReader, tablet, or mobile device

ADULTS

· eReaders eXplained

1st Wednesdays of every month. Learn how to download free eBooks and eAudiobooks from the Library's collection. Registration is required: library.escondido.org/register

 Book Club in A Bag
 Everything you need to start your
 own book club!

KIDS & BABIES

- Stuffed Animal Sleepover
 August 30–31, 2016. Drop off your stuffed animal at the Library for a fun, overnight adventure!
- Holiday Tree Trimming Party
 December 1, 2016, 3:30–5:00 p.m.
 Children and families create ornaments and visit with Santa.

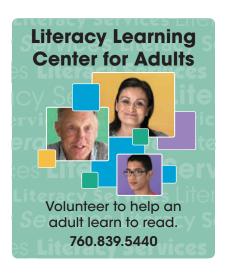
TEENS

Teen Advisory Board

1st Wednesdays of every month. 3:30–5:30 p.m. Your opinion matters! Earn community service hours and help shape Library services for Teens.

· Create It @ Your Library

3rd Wednesdays of every month. 3:30–5:00 p.m. Sharpen your DIY skills with new projects every month.





An Escondido Public Library card is the most valuable card in your wallet.

Get ready to take it to the next level. September 2016: Read Local, Shop Local!

library.escondido.org/local

Dia de los Muertos, Day of the Dead Celebration

Tuesday, November 1, 2016 • 3:00–5:00 p.m.

Turrentine Room • Children & Families

The Day of the Dead is a time of celebration and remembrance of loved ones who have passed away. We celebrate this tradition at the Escondido Public Library with cultural stories, music, and sugar skull design crafts.

Shakespeare Saturdays with Globe for All

Saturdays, November 5 & 12, 2016

Shakespeare Demystified & What is *Measure for Measure*?!?

Saturday, November 19, 2016

Experience *Measure for Measure* live and "in the round" with actors from the Old Globe Theatre

library.escondido.org/shakespeare

Escondido Wiffers Group

First Tuesdays • Times vary • Turrentine Room • Adults

Improve your writing by participating in monthly readings and group critiques! Writers of fiction, non-fiction and memoirs are all welcome. Bring samples of your current writing projects to share and receive constructive feedback.

Registration is required: library.escondido.org/register



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

ESCONDINGTON CONTROL CONT



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