



SEPTEMBER - DECEMBER
2011



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
COMMUNITY PARKS I DIVISION

www.sandiego.gov

Carmel Mt. Ranch/Sabre Springs Recreation Center

10152 Rancho Carmel Drive

San Diego CA 92128

(858) 538-8100

<http://www.CarmelMtnRanchRec.org>

Hours of Operation

Monday	12 — 6:45 PM
Tuesday	12 — 7:45 PM
Wednesday	12 — 7:45 PM
Thursday	2 — 7:45 PM
Friday	12 — 5:45 PM
Saturday	12 — 4:45 PM
Sunday	Closed

"All hours subject to change on short notice"

Registration Begins:

Monday, August 22, 2011

See inside cover for Registration details.

Recreation Center Closures

Labor Day – September 5, 2011

Veteran's Day – November 11, 2011

Thanksgiving Day – November 24, 2011

Christmas Day (Observed) – December 26, 2011

New Year's Day (Observed) – January 2, 2012

Important Information

Recreation Council

Do you want to be involved in your community? Carmel Mountain Ranch/Sabre Springs Recreation Council is an advisory committee made up of individuals who work or live in our community. Recreation council members work with City staff to promote recreation activities for citizens in the Carmel Mountain Ranch and Sabre Springs area. The council meets every first Tuesday of the month at 7:00 PM. Share your ideas! Get involved! Everyone is welcome!

For more information please contact our Chairperson, Laurie Marcus @ (858) 451-0797.

Corporate Sponsorships

Sponsor your favorite concert, special event, children's class, or provide a scholarship for a child in need. The Carmel Mt. Ranch/Sabre Springs Recreation Council is a nonprofit organization, so you will enjoy the benefit of a tax write off.

For information please call

Center Director (858) 538-8100
or
Laurie Marcus (858) 451-0797



Registration, Payment and Refund Policies

Requirement of Independent Contractors

- All contractors, sub-contractors, and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
- Contractors must submit a business license and proof of insurance.
- City staff handles all registration for the program.

Requirement of Permit Holders

- Must provide proof of insurance.
 - Must provide own advertisement for program.
 - Registration handled by permit holder.
- * Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.

Payment Policies

- Payment is required at the time of registration.
- Please pay with EXACT cash or a check made payable to CMRSS.
- No credit cards.
- A \$35.00 fee will be charged for all returned checks.
- Class fees are not prorated or discounted after the beginning of the scheduled session.
- Resident– Resides in the City of San Diego, property taxes are paid to the City of San Diego
- Non-resident– Resides outside the City of San Diego.

Refund Policies

- No partial refunds or make-ups for missed classes (i.e. routine illnesses, vacations or other schedule conflict). Sorry, no exceptions!
- A \$20.00 service fee will be charged per registrant for each refund request.
- Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for your understanding.
- If your child has a medical emergency (not regular or routine illness) and cannot participate in class, please contact staff as soon as possible.
- A Refund Request Form and your pink registration receipt must be submitted prior to second class meeting.

Camp Refund Policy

- All Refunds for Camps must be in compliance with Center Refund Policy and must be submitted seven (7) days prior to the start day of Camp.

Youth Programs

CITY OF SAN DIEGO CIVIC DANCE ARTS

Dance schedules are available at the Recreation Center

Or for more information, call (619) 525-8258

Or visit: <http://www.cividdancearts.org>

Day: Mondays

Time: 3:00-7:00 PM

Cost: \$35.00

Let's Make Music:

Hear! Feel! Move! Sing!

Fun music and movement classes for all active and curious children from birth to 5 years!!!

PLAY, CREATE, EXPLORE, DANCE

- PLAY a wide variety of rhythm instruments
- CREATE with Props—such as hoops, scarves, bean bags, parachutes
- EXPLORE and develop a child's natural musicality
- DANCE helps with impulse control, balance, coordination, expressiveness
- MUSICplay aids in language development, reading, math, and social skills

Free trial class for *new* families!

Tuesdays: 9:30am-10:15am
10:30am-11:15am

Session #1: Sept. 6, 13, 20, 27

Session #2: Oct. 4, 11, 18, 25

Session #3: Nov. 1, 8, 15, 29 (no class Nov 22)

Cost: \$40.00 per session
(only \$10 per class)

Siblings under 6 months are free!

Each class must have a minimum of 5 students.

Teachers: Sharon Mello and Marlys West
Contact: (858) 484-2287, LMMS@juno.com, or
<http://www.LetsMakeMusicSchool.com>



ICE SKATING



During the course students will learn how to balance, glide smoothly, skate forward and backwards, stop and have time for a few neat tricks also.

Skaters can practice on the public session from 3:00 – 5:00pm.

Classes are held at the San Diego Ice Arena, 11048 Ice Skate Place in Mira Mesa.

For more information, contact: (858) 530-1826.

Instructor Ann Daniels

Session I: Sept. 7, 14, 21, 28

Session II: Oct. 5, 12, 19, 26

Session III: Nov. 2, 9, 16, 30
(no class Nov 23)

Tots

Age: 3-5 years

Day: Wednesday

Time: 4:00-4:30 PM

Youths

Age: 6 years-Teens

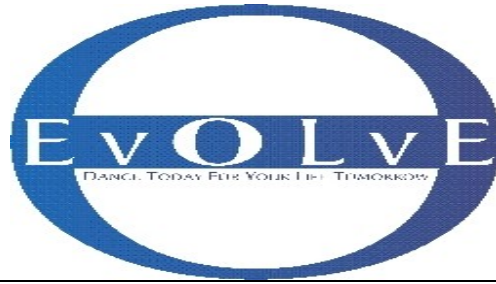
Day: Wednesday

Time: 4:30-5:00 PM

Session Cost: \$45.00 (residents)

\$55.00 (non-resident)

Note: Skates are provided



Thursday Mornings:

- 9:45am: Magical Munchkins (2 - young 3 yrs)
10:35am: Star Shiners Ballet/Tumble Combo Class (4 - 5 yrs)
11:35am: Tiny Movers Ballet/Tumble Combo Class (3 - 4 yrs)

Thursday Afternoons:

- 3:30pm: Tiny Movers Ballet/Tumble Combo Class (3 - 4 yrs)
4:30pm: Star Shiners Ballet/Tumble Combo Class (4.5 - 6 yrs)
5:30pm: Ballet 1 (6 - 9 yrs)
6:30pm: Hip-Hop (8 - 13 yrs)

13 week semester (Sept 15 - Dec 15th): Discount Price: \$180.00
Session (Sept 15 - Oct 22): \$87.00
Session (Oct 27 - Dec 15): \$102.00

FOR MORE INFORMATION: * www.dancetoevolve.com *
OR EMAIL: * info@dancetoevolve.com *
OR CALL: * (858) 876-LEAP (5327) *



Youth Basketball Recreation League



Boys & Girls Division:
1st & 2nd grade, 3rd & 4th grade,
5th & 6th grade, 7th & 8th grade
Registration begins: August 15th, 2011
Games: Saturday
Cost: \$105.00 per player
**Includes: jersey, shorts, pictures,
trophy, and awards banquet.**
Watch for more info!
Coaches needed!



Refund policy:

- *A refund request form must be submitted.
- *\$20.00 service fee will be charged per participant.
- *No refund after October 28th, 2011.

Halloween Carnival
FRIDAY OCTOBER 28TH, 2011
FROM 6:00-8:00 PM
ALL AGES!
SPIDER JUMP!
COSTUME CONTEST! CARNIVAL
GAMES! PUMPKIN DECORATING!
PRIZES! HOT DOGS, COTTON
CANDY, AND MUCH MORE!!

Come join us for:
Lunch with Santa
Saturday, December 17, 2011
From 11:30 am-12:30 pm
Fee: \$8.00
Includes Lunch, Arts & Crafts,
and a Picture with SANTA!
Ticket Sales start:
Monday, November 14th!

2012 Entertainment Books are in!

Get your 2012 Entertainment Books here at the
Carmel Mountain Ranch/Sabre Springs Recreation Center,
10152 Rancho Carmel Drive!

Cost: \$40.00

Adult Classes and Leagues

Susie's Dance Party

Come and join in the fun with Susie's line dancing group!
Line dancing lessons for adults with disabilities.



Day: Tuesday
Time: 4:45- 6:00 PM

Cost: \$30.00 (Resident)
\$41.00 (Non-Resident)

Fee Waivers Available



THERAPEUTIC RECREATION ACTION SEEKERS

This program is designed for people who have a developmental disability, ages 16 and over.

We have a Recreation Night one Friday Night a month, from 5:00- 8:30 pm at our center. Each meeting has a theme and will include an activity and a dinner. The cost is \$5 a person.

If you would like to sign up, join our mailing list, or if you have any questions, please call Therapeutic Recreation at:

(619) 525-8247, TDD (619) 692-3866.

Hope to see you soon!

Recycle, recycle, recycle!

Did you know?

Your empty ink and toner cartridges and cell phones can help pay for children's programming. Drop your discards at the Recreation Center office.



MEN'S BASKETBALL

Contact the league director,

Lance Allison @ (619) 991-8902 or

www.sandiegoabl.com

for more information.

Men's B-Division

Men's 50 and Over

Day: Tuesdays

Day: Thursdays

MEN'S SOFTBALL

Contact league director Erwin with

American Pie Sports Club # (858) 375-4387 or
www.americanpiesports.com for more information.



Recycle Now

Help make your local parks a better place to play...

Please bring all your plastic, glass, aluminum, newspaper, junk mail, cardboard, phone books, magazines (any paper products that can be ripped), tin cans, all types of glass and plastic bottles, etc. to the recycling bins* at Carmel Mt. Ranch/Sabre Springs Recreation Center.

All proceeds help keep our recreation center open!

**For more information or any questions, please call
(858)538-8100**

Thanks for supporting our parks!

***Bins located next to the first parking lot upon entering the driveway.**



IMPORTANT NUMBERS/CONTACTS

Black Mtn. Multipurpose Center.....538-8128
 Mira Mesa Recreation Center.....538-8122
 Hilltop Recreation Center.....538-8198
 Rancho Bernardo Recreation Center....538-8129
 Joslyn Senior Center.....487-9324
 Canyonside Recreation Center.....538-8131
 Scripps Ranch Recreation Center.....538-8085
 Men's Softball375-4387
 Men's Basketball League.....(619) 991-8902

Frog's Club One- City Pool.....674-4480
 Ned Baumer Pool.....538-8083
 CMR Little League.....cmrll.org
 FCSD Soccer.....www.fcsandiego.com



Park Reservation Information

Parties, picnics, sporting events— large or small, we do it all!

You can get information about permit fees, and availability for the following parks by contacting **Angel Castro** at **(858) 538-8100**.

Sabre Springs Park Softball Fields

12953 Sabre Springs Parkway

San Diego, CA 92128

Area description : Lighted softball fields, tot lot, picnic areas, walking areas and outdoor restrooms.

South Creek Neighborhood Park

12249 Wickerbay Cove

San Diego, CA 92128

Area description : Tot lot, grassy area, outdoor restrooms, shaded picnic area, softball fields.

Highland Ranch Park

12140 Eastbourne Road

San Diego, CA 92128

Area description : Tot lot, grassy area, softball field, and outdoor restrooms.

Carmel Mt. Ranch/Sabre Springs Recreation Center and Park

10152 Rancho Carmel Drive

San Diego, CA 92128

(858) 538-8100

Area description : Meeting /activity rooms, gymnasium and kitchen, two softball fields (one lit), multipurpose field, tot lot, indoor and outdoor restrooms, picnic areas, two outdoor basketball courts and passive areas.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (858) 538-8172 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.