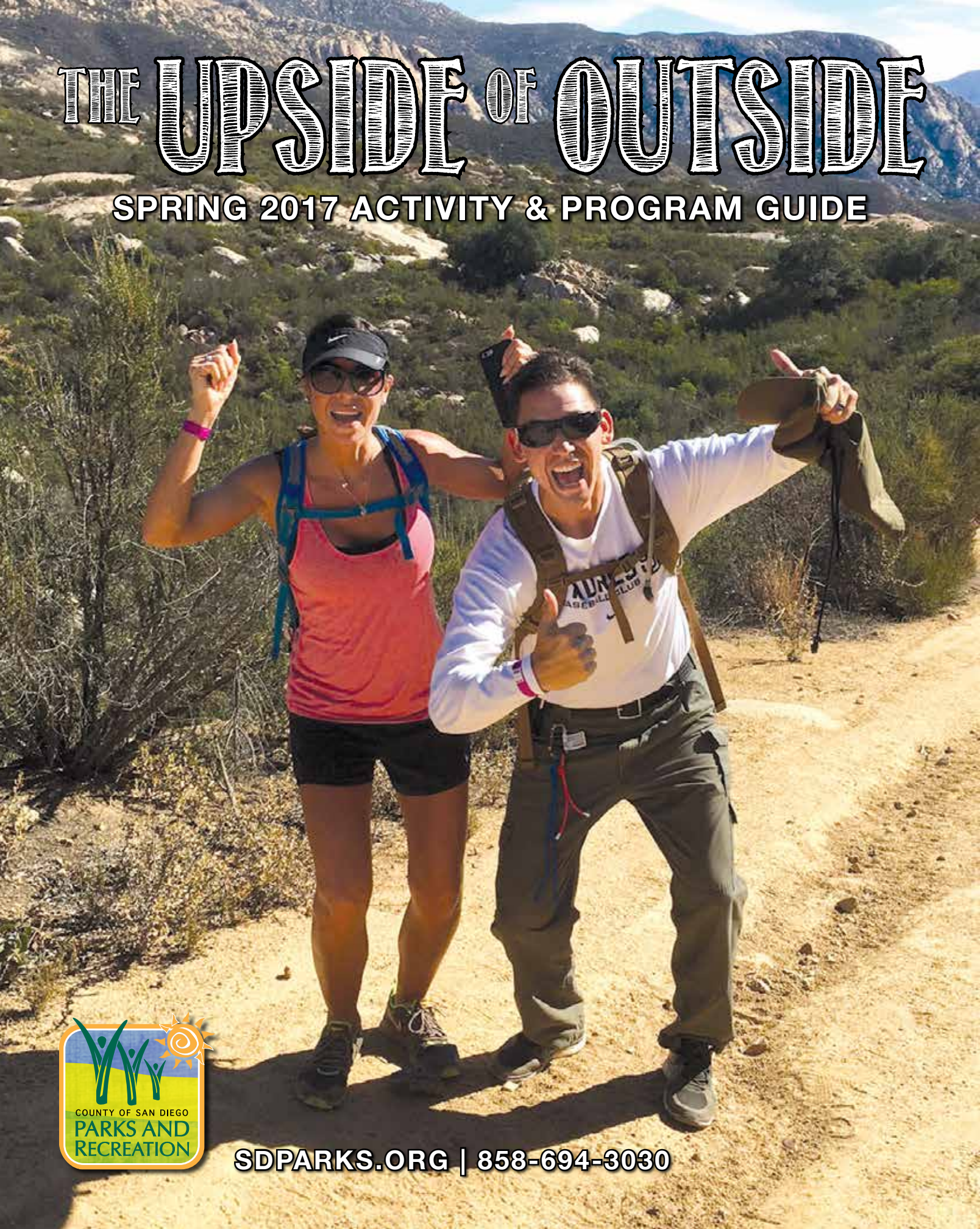
# THE UPSIDE OF OUTSIDE

## SPRING 2017 ACTIVITY & PROGRAM GUIDE



COUNTY OF SAN DIEGO
PARKS AND RECREATION

SDPARKS.ORG | 858-694-3030

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## headquarters

5500 Overland Ave., Suite 410
San Diego, CA 92123
858-694-3030 • sdparks.org

## vision

A park and recreation system that is the pride of San Diego County

## mission statement

We enhance the quality of life in San Diego County by providing exceptional parks and recreation experiences and preserving significant natural resources.

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## 12TH ANNUAL
# IT'S HOW WE LIVE!

## FREE COMMUNITY FESTIVAL FOR THE ENTIRE FAMILY

### FEATURING FREE:

- Games and Activities
- Bounce Houses
- Live Entertainment
- Information Booths
- Healthy Food Samples
- Health and Dental Screenings

**SATURDAY, FEB. 4**
**9 A.M. – 12 P.M.**

**LINDO LAKE COUNTY PARK**
**9841 VINE ST. • LAKESIDE**
**619-443-9176**

**SATURDAY, APRIL 29**
**10 A.M. – 2 P.M.**

**SPRING VALLEY COUNTY PARK**
**8735 JAMACHA BLVD.**
**SPRING VALLEY**
**619-479-1832**

Take The Path To A Healthier You

# GO PLAY
# GET FIT
# BE HEALTHY!

**A SMOKE FREE EVENT**

# EGG-CITING EVENTS

## AT SAN DIEGO COUNTY PARKS • SDPARKS.ORG

## SPRING EGGSTRAVAGANZA

Egg hunts and fun for the whole family

**San Dieguito County Park**
1628 Lomas Santa Fe Dr., Del Mar
760-755-2386
Saturday, April 8 • 12 – 3 p.m.

**El Monte Regional Park**
15805 El Monte Rd., Lakeside
619-443-1474
Sunday, April 9 • 10 a.m. – 12 p.m.

**Dos Picos County Park**
17953 Dos Picos Rd., Ramona
760-789-2220
Saturday, April 15 • 10 – 11 a.m.

**Louis A. Stelzer County Park**
11470 Wildcat Canyon Rd., Lakeside
619-561-0580
Saturday, April 15 • 10 a.m. – 12 p.m.

## LAGOON IN BLOOM

Egg-laying Creatures • Flowers & Pollinators
Arts & Crafts • Hands-on Activities

Sunday
March 26
10 a.m. – 3 p.m.

**San Elijo Lagoon Nature Center**
2710 Manchester Ave. • Cardiff, CA 92007
760-634-3026 • www.sanelijo.org/familydays

## Annual Egg Hunts with Pancake Breakfasts

### Fallbrook Community Center

**Saturday, April 15**

341 Heald Ave., Fallbrook
760-728-1671

Pancake Breakfast 7:30 a.m.

Egg Hunt starts 10:30 a.m.

| | |
|---|---|
| Ages 12 and up: | $5 |
| Children 0 – 11: | $4 |

### Spring Valley Community Center

**Saturday, April 15**

8735 Jamacha Blvd., Spring Valley
619-479-1832

Pancake Breakfast 8 a.m.

Egg Hunt starts 10 a.m.

| | |
|---|---|
| Ages 12 and up: | $5 |
| Children 0 – 11: | $4 |

# special events

## SAN ELIJO LAGOON NATURE CENTER

**2710 MANCHESTER AVENUE**
**CARDIFF 92007 | 760-634-3026**

### Family Discovery Days: Wings Over Wetlands

Join us as we celebrate birds! Winter is the busiest time for bird-watching at the lagoon. Families will learn about the Pacific Flyway migration route, how to recognize visiting and resident birds, and much more. Kids can get their face painted, make a bird-themed craft, and even meet a feathered friend!

Date: Sunday, Jan. 22
Time: 10 a.m. – 3 p.m.
Fee: Free
Age: All

## SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE

**16281 SYCAMORE CANYON ROAD**
**POWAY 92061 | 858-513-4737**

### Dirty Feet 100K/50K/Half-Marathon

Dirty Feet Productions and park staff will be hosting a foot race in Sycamore Canyon. Additional info, including race and registration information, can be found at **www.dirtyfeet.ca** or by contacting park staff at 858-513-4737.

Date: Saturday, Feb. 25
Time: Call for info
Fee: Call for info
Age: Adults

## LAKE MORENA COUNTY PARK

**2550 LAKE MORENA DR.**
**CAMPO 91906 | 619-579-4101**

### Military Appreciation Day

Join us at Lake Morena County Park for a tribute to our local military and a celebration with family and friends. This casual event features activities like hiking, biking and kayaking for all ages and a group area for picnicking. Many more perks will follow. Please call the park for more info at 619-579-4101.

Date: Saturday, May 20
Time: Call for info
Fee: Free for campers/$3 parking fee
Age: All

## LOUIS A. STELZER COUNTY PARK

**11470 WILDCAT CANYON ROAD**
**LAKESIDE 92040 | 619-561-0580**

### Volunteer Work Party

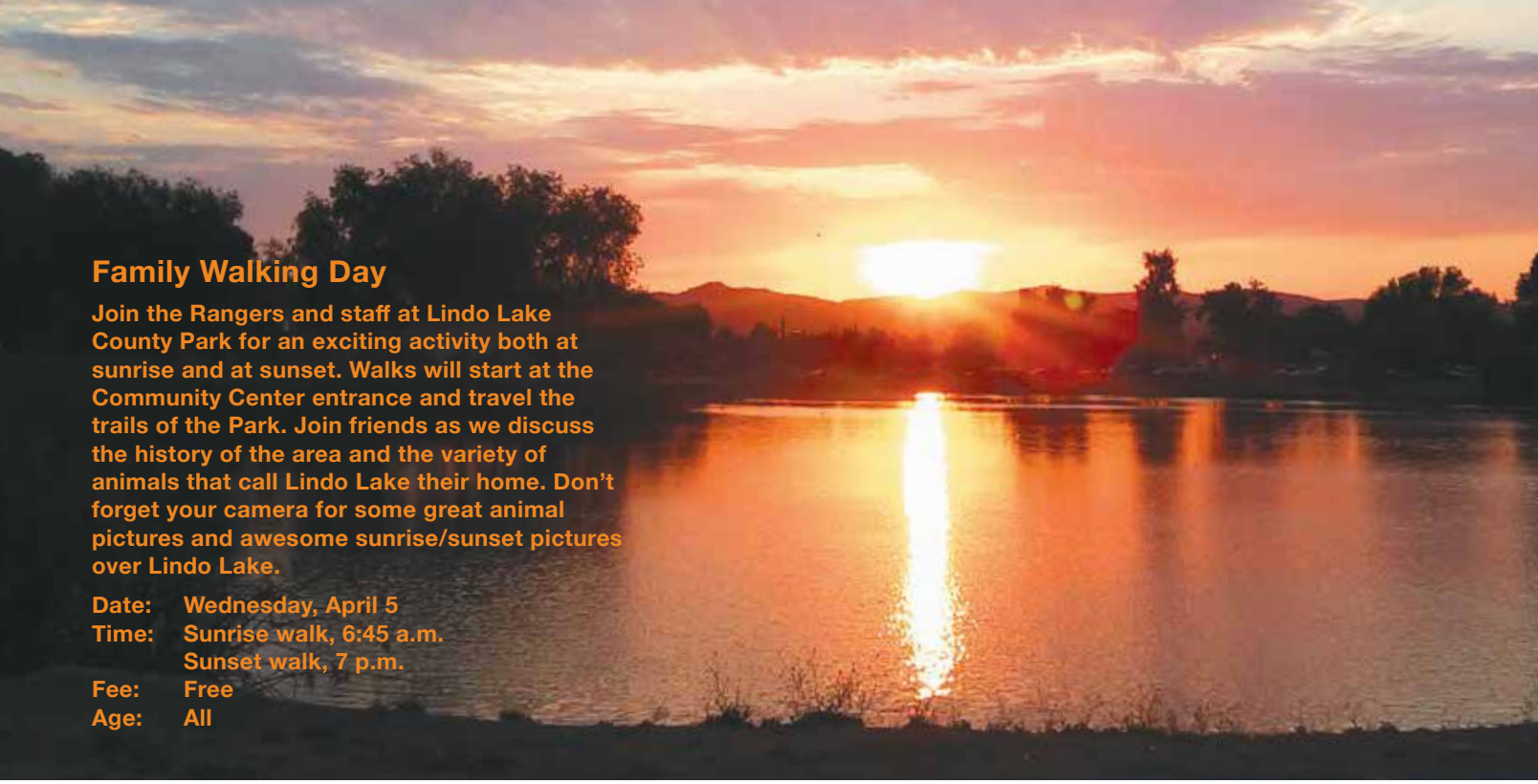
Looking for a chance to give back to your local park? Work alongside a park ranger to help keep Stelzer safe and beautiful. Projects will take place inside the park and along trails. This is a great community service opportunity for scout troops, youth groups, meet-up groups, students and other individuals. All participants will be asked to sign a waiver. RSVP with a ranger.

Date: Saturdays
Time: 11 a.m. – 12 p.m.
Fee: $3 parking fee
Age: All

### Leprechaun Hunt

Do they exist? Do you feel lucky? Come out to Stelzer County Park and try to catch some very elusive leprechauns... If you can find them, bring them to the ranger office and trade them for bags of gold!

Date: Saturday, March 11
Time: 9:30 a.m. – 6 p.m.
Fee: $3 parking fee
Age: All



## Family Walking Day

**Join the Rangers and staff at Lindo Lake County Park for an exciting activity both at sunrise and at sunset. Walks will start at the Community Center entrance and travel the trails of the Park. Join friends as we discuss the history of the area and the variety of animals that call Lindo Lake their home. Don't forget your camera for some great animal pictures and awesome sunrise/sunset pictures over Lindo Lake.**

**Date:** Wednesday, April 5
**Time:** Sunrise walk, 6:45 a.m.
Sunset walk, 7 p.m.
**Fee:** Free
**Age:** All

## LINDO LAKE COUNTY PARK

**12660 LINDO LANE**
**LAKESIDE 92040 | 619-443-1666**

### Family Picnic Day

In celebration of National Picnic Day, the Lakeside Community Center and Lindo Lake County Park will be hosting its own Family Picnic Day – complete with a bounce house, face painting, arts and crafts, and a picnic lunch with members of the County Parks team. Bring the full family – we've got plenty of places to play!

Date: Saturday, April 22
Time: 2 – 6 p.m.
Fee: Free
Age: All

### Night Bike at Lindo Lake County Park

Come to Lindo Lake and light up the night as you ride your bike! The Sheriff's Department will be joining us to discuss bike safety before the bike patrol joins everyday riders on a path around the lake. Glow wear like glow-in-the-dark bracelets and necklaces are encouraged. A limited number of lights will also be provided for participants and bikes. Attendees under the age of 10 can even participate in a "Bling your Bike and Trick your Trike" bike decorating contest, judged by the members of the Lakeside Fire Department and the Sheriff's Department. As an added perk, emergency crews will be on site with a fire truck to help light up the night! This event offers exercise, music and entertainment after normal hours.

Date: Saturday, May 27
Time: Call for information
Fee: Free
Age: All

## SPRING VALLEY COMMUNITY CENTER

**8735 JAMACHA BOULEVARD**
**SPRING VALLEY 91977 | 619-479-1832**

### Village Fest

The Spring Valley Community Center is celebrating its 3rd annual "Village Fest" in celebration of Asian-Pacific American Heritage Month. This event features live entertainment, speakers, children's activities, food, a bounce house and more cultural fun.

Date: Saturday, May 13
Time: 12 – 4 p.m.
Fee: Free
Age: All

## WATERFRONT PARK

**1600 PACIFIC HIGHWAY**
**SAN DIEGO 92101 619-232-PARK**

### Hullabaloo on the Waterfront

All ages will enjoy a special evening of singing and dancing at Waterfront Park! Hullabaloo is a free-range, organic, folk concert featuring a foot-stomping, wing-flapping celebration of song designated for kids that honors and entertains all! Meet at Civic Green 5.

Date: Sunday, May 28
Time: 6 – 7 p.m.
Fee: Free
Age: All

# trails

## AGUA CALIENTE COUNTY PARK

**39555 GREAT SOUTHERN OVERLAND STAGE ROUTE OF 1849 | JULIAN 92036 | 760-765-1188**

### Marsh Trail Hike

Meet Naturalist Birgit Knorr at the Ranger Station for a leisurely hike at Agua Caliente County Park. Discover the plants and animals that thrive in this desert oasis. Hikers will learn how the hot summer and rainy winter seasons impact the park and all of its inhabitants.

Date: Sundays, Jan. 8, Feb 12, March 12, April 9
Time: 9:30 – 11 a.m.
Fee: Free for campers/$3 parking fee
Age: All

## EL CAPITAN COUNTY PRESERVE

**13775 BLUE SKY RANCH ROAD LAKESIDE 92040 | 619-561-0580**

### El Capitan Extreme Hiking Challenge

El Capitan is one of the most rugged and difficult trails in San Diego County. Are you ready for the challenge? Come hike part or the entire trail with the ranger. Bring a gallon of water and snacks, and wear sturdy shoes, a hat and sunscreen to get you through a tough 12-mile round-trip hike to the top El Cajon Mountain. Be prepared for several thousand feet of elevation gain and loss on very steep and slippery sections of trail with uneven footing. Please RSVP by calling 619-561-0580.

Date: Saturdays
Time: Jan., 10 a.m. – 5 p.m.; Feb., 10:30 a.m. – 5:30 p.m.
March, 12 – 7 p.m.; April, 12:30 – 7:30 p.m.
May 1 – 8 p.m.
Fee: Free
Age: All

## LAKE MORENA COUNTY PARK

**2550 LAKE MORENA DR. CAMPO 91906 | 619-579-4101**

### Hike and Snake Feed

Come for a hike and stay for a snake feed! This recurring event starts with a short ranger-led nature hike that intersects with the Pacific Crest Trail, and ends with the feeding of snakes back at the ranger station. Meet at the end of the Nature Trail at the park entrance. Under inclement weather, the hike will be canceled but the snake feed will still take place.

Date: Saturdays, Jan. 14, 28; Feb. 11, 25; March 11, 25
April 8, 22; May 6, 20
Time: 2 – 3:30 p.m.
Fee: Free for campers/$3 parking fee
Age: All

### Hike to Wards Flat

Enjoy your Memorial Day weekend by hiking to Wards Flat! This is a secluded area within the park that is rich with wildlife. Get some exercise and experience the whispering trees in this quiet and breezy area. This is a moderate-to-difficult hike that spans roughly 3 miles. Stop at the Ranger Station for a parking permit and directions to the dam access gate.

Date: Saturday, May 27
Time: 10 a.m. – 12 p.m.
Fee: Free for campers/$3 parking fee
Age: All

**For all hikes, please dress in layers, wear sturdy shoes and bring plenty of water. Hikes will be canceled in the event of inclement weather.**

## LOUIS A. STELZER COUNTY PARK

**11470 WILDCAT CANYON ROAD**
**LAKESIDE 92040 | 619-561-0580**

### Stelzer Hike

Hike with a ranger! Tucked into Wildcat Canyon, the trails at Stelzer County Park offer a broad range of habitats. Join us as we trek through an oak woodland, meander through a riparian zone and explore the chaparral. This 1-mile walk takes about an hour. Please RSVP by calling 619-561-0580.

Date: Sundays
Time: 4 – 5 p.m.
Fee: $3 parking fee
Age: All

## OAKOASIS COUNTY PRESERVE

**12620 WILDCAT CANYON RD.**
**LAKESIDE 92040 | 619-561-0580**

### Oakoasis Sunday Stroll

This is a nice and moderately challenging walking opportunity that the whole family can enjoy. Be prepared for a few hundred feet of elevation gain and loss on a dirt trail that is a steep and slippery in some areas. Please dress in layers, wear sturdy shoes and bring water for this 3-mile loop that features fantastic overviews of San Vincente Reservoir.

Date: Sundays
Time: 10 a.m. – 12 p.m.
Fee: Free
Age: All

## SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE

**16281 SYCAMORE CANYON ROAD**
**POWAY 92061 | 858-513-4737**

### Introduction to Geocaching

Ever heard of geocaching? Geocaching is a sort of treasure hunt with a hand-held GPS device to find hidden containers – usually containing a log book and small trinkets. This program is designed specifically for people who have never played and want to learn. Guests should bring their own GPS units (a limited supply will be available via park staff). Plan to locate two geocaches! Space is limited to 30 so please call 858-513-4737 for reservations. Guests will park at Goodan Staging and must hike 1 mile down to the Visitor Center.

Date: Saturday, Jan. 7
Time: 10 a.m. – 12 p.m.
Fee: Free
Age: All

## SANTA YSABEL EAST COUNTY PRESERVE

**500 FARMER ROAD | JULIAN 92036 | 760-765-4098**

### Spring Flower Hike

Enjoy the wildflowers of Spring while hiking the Kanaka Loop Trail. Ranger Bobbi will discuss the many different flowers and birds that call this preserve home. This is a moderate, 7-mile hike; please dress and pack appropriately. Meet at the Farmer Road staging area.

Date: Sundays, April 2 and May 14
Time: 9 a.m. – 12:30 p.m.
Fee: Free
Age: All

## Attention Educators!

Schedule a free, short training session on the Discovery Program for Stelzer County Park and we'll reimburse you for the field trip transportation costs.

Our award-winning Discovery Program, which sends elementary school-age children on an environmental education adventure, is at Louis Stelzer County Park in Lakeside. The program has assisted hundreds of educators and their students to explore the wealth of nature in their own backyards.

The hands-on course includes a field trip; pre-field trip activities for the classroom and post-field trip activities for both classroom and home use. The curriculum correlates with the Science Framework for the California Department of Education and includes information on fire ecology and the Multiple Species Conservation Program.

### Grade Levels & Classes Include

Grades K–1: Birds of Stelzer Park
Grades 1–3: Nature Awareness and General Ecology
Grades 2–4: Native Americans of San Diego County
Grades 4–6: Plants of San Diego County
Grades 4–6: Geology Study of Stelzer Park

**Louis Stelzer County Park**
**11470 Wildcat Canyon Rd.**
**Lakeside, CA 92040**

**For more information:**
**Christine Dillon-Crawley**
**619-390-7998**
Christine.Dillon-Crawley@sdcounty.ca.gov

**Jessica Geiszler**
**858-966-1331**
Jessica.Geiszler@sdcounty.ca.gov

sdparks.org

## SANTA YSABEL EAST COUNTY PRESERVE

**500 FARMER ROAD | JULIAN 92036 | 760-765-4098**

### Earth Day Back Trails Hike

**Join Ranger Bill on an Earth Day hike from the 79 side! Hike to the future site of the San Ysabel Nature Center then up the hill on the old toll road to look out over the Santa Ysabel Valley, then back down to the staging area. This is a moderate, 6-mile hike. Meet at the Hwy. 79 staging area.**

**Date:** Saturday, April 22
**Time:** 9 a.m. – 1 p.m.
**Fee:** Free
**Age:** All

## SANTA YSABEL EAST PRESERVE (CONT.)

### Back Trails Hike

Hike among old-growth Oaks and Sycamores in a normally closed section of this beautiful preserve. Spring flowers will line the trail as you hike past Santa Ysabel Creek on this moderate, 7-mile hike. Meet at the Farmer Road staging area.

Date: Saturday, May 13
Time: 9 a.m. – 1 p.m.
Fee: Free
Age: All

## SANTA YSABEL WEST COUNTY PRESERVE

**29510 HIGHWAY 78 | SANTA YSABEL 92070 | 760-765-4098**

### Back Trails Hike

Enjoy the views of the beautiful Santa Ysabel Valley from a trail that's truly "over the river and through the woods." This 5-mile hike has lots of hills and is considered strenuous; please dress and pack appropriately.

Date: Saturday, April 8
Time: 9 a.m. – 12 p.m.
Fee: Free
Age: All

### Back Trails in the West Preserve

Join Ranger Bill on a hike through some of the back trails of the Santa Ysabel East Preserve, starting off with dramatic views of the Santa Ysabel Valley from above. Learn some of the history of this wild west, goldmining and cattle town! Wear sturdy shoes and bring water for this moderate-to-strenuous 8-mile hike. Meet at the Highway 79 gate. Inclement weather will cancel this event.

Date: Saturday, May 27
Time: 9 a.m. – 1 p.m.
Fee: Free
Age: All

## TIJUANA RIVER VALLEY REGIONAL PARK

**2721 MONUMENT ROAD**
**SAN DIEGO 92154 | 619-428-2946**

### Bird and Butterfly Nature Walk

Through this 1-hour, docent/ranger-led nature walk through Tijuana River Valley Regional Park's Bird & Butterfly Garden, participants will learn about the different types of birds and butterflies that can be seen in this serene hideaway. Visitors will be encouraged to ask questions and impart their own knowledge on the topics discussed. Binoculars and cameras are encouraged.

Date: Sunday, March 12
Time: 11 a.m. – 12 p.m.
Fee: Free
Age: All

### Dairy Mart Trail Loop Nature Hike

Join Ranger Dale for an easy-to-moderate hike on the beautiful Dairy Mart Loop Trail. Enjoy a coastal nature hike and learning about the Coastal Sage Scrub and other plant species as well and how Native Americans used this habitat in their everyday life. Get info on the park's animal and bird species along the Pacific Flyway. Many facts will be shared along the way! Bring a quart of water, a hat, binoculars and good shoes. Parking found off Dairy Mart Road at the North Staging Area.

Date: Sundays, March 26, April 7, May 14
Time: 10 – 11:30 a.m.
Fee: Free
Age: All

## VOLCAN MOUNTAIN COUNTY PRESERVE

**1209 FARMER ROAD**
**JULIAN 92036 | 760-765-4098**

### Volcan Spring Flower Hike

Join Ranger Bobbi in search of spring blooms on Volcan Mountain. We'll hike to the summit by way of the Five Oaks Trail, and come back down the Fire Road. This is a strenuous 5.5 mile hike; please dress and pack appropriately.

Date: Sundays, April 30, May 28
Time: 9 a.m. – 1 p.m.
Fee: Free
Age: All

## WILDERNESS GARDENS COUNTY PRESERVE

**14209 HIGHWAY 76 | PALA 92059 | 760-752-1631**

### Saturday Hike

Wilderness Gardens is a beautiful place to enjoy a hike, and a lovely spot for a picnic! Join us once a month for a special ranger-led hike through the preserve to several spots of historic significance. Learn about the land, its wildlife, and why it was a lucrative location for early settlers. This 1.5-mile walk is easy and family friendly.

Date: Saturdays, Jan. 7, 21; Feb. 4, 18, March 4, 18
April 1, 15; May 6, 20
Time: 10 a.m. – 12 p.m.
Fee: $3 parking fee
Age: All

## WILLIAM HEISE COUNTY PARK

**4945 HEISE PARK ROAD**
**JULIAN 92036 | 760-765-0650**

### Sunday Hike

Join Ranger Dave for an easy-to-moderate hike on the beautiful Fern Trail. Our final destination will be the bubbling waters of Cedar Creek where sights and sounds of nature dominate the surroundings. This hike will cover approximately 1 mile. Bring water, wear hiking shoes and dress in layers. Start at the ranger station. Inclement weather will cancel this event.

Date: Sundays
Time: 10:30 – 11:30 a.m.
Fee: Free for campers/$3 parking fee
Age: All

# COUNTY PARKS WARRIOR CHALLENGE

## SATURDAY, MAY 27
## 8 A.M. – 3 P.M.

## EL CAPITAN PRESERVE

**13775 BLUE SKY RANCH RD.**
**LAKESIDE, CA 92040**

**Celebrate Memorial Day weekend with an unforgettable hike to the top of El Capitan. County Parks is hosting its annual Warrior Hike – designed to "wow" and challenge local heroes and their families. Come to hike or support your military!**

- **Bring ample water (1+ gallons for Warriors), and wear sturdy hiking boots.**
- **Parking will be limited at the trailhead. Additional parking is available at nearby Oakoasis Preserve and Louis A. Stelzer County Park.**
- **Healthy refreshments will be available at turnaround points.**

## CHOOSE YOUR OWN ADVENTURE!

**BOOT CAMP**
Families and beginning hikers will enjoy a quick, 1-mile jaunt to the ridge for a beautiful view of eastern San Diego. This trail is 2 miles round-trip, and is open to all ages.
**EASY | Duration: Approx. 1 hour | Start anytime between 8 and 11 a.m.**

**RECON**
Skilled hikers can continue on to the next peak located roughly 3 miles in, for a total of 6 miles, round-trip. This hike is best suited for teens and adults in good shape.
**MODERATE | Duration: 2 – 3 hours | Start anytime between 8 and 11 a.m.**

**WARRIOR**
This trek is not for the faint of heart or ability; warriors will hike 10 – 12 miles, traversing multiple inclines and declines with several hundred feet of elevation gain and loss.
**DIFFICULT | Duration: Up to 7 hours | Start promptly at 8 a.m.**

sdparks.org

# fitness & recreation

## 4S RANCH SPORTS PARK

**16118D 4S RANCH PARKWAY**
**SAN DIEGO 92127 | 858-673-3900**

### Adult Basketball League

Our adult basketball league is the talk of the town! We have options for all skill levels, from recreational teams to semi-pro talent. Each team is guaranteed 10 games and a minimum of one playoff game. See your personal shooting stats on the league website, **www.4sranchbasketball.com**. Contact the 4S Ranch Recreation Office for additional information. Register online and call/come by for payment.

Date: Mondays and Tuesdays
Time: 6 – 10 p.m.
Fee: $350/league fee + $25/referee fee (per game)
Age: Adults (18+)

### Youth Roller Hockey Clinics

Youth roller hockey focuses on the importance of skating and puck handling. Registration is ongoing and open to all skill levels. Players must bring their own equipment. For more information, visit **www.4sranchrollerhockey.com** or the 4S Ranch Recreation office.

Date: Saturdays
Time: 8 a.m. – 12 p.m.
Fee: $25/session
Age: 5 – 17 years

## 4S RANCH SPORTS PARK (CONT.)

### Adult Roller Hockey League

Join our roller hockey league on Monday, Tuesday and Wednesday nights! Teams play each other throughout the season, with team standings dividing teams into divisions for playoffs and championships. Free-agent players are also welcome, and more information can be found at **www.4sranchrollerhockey.com** or the 4S Ranch Recreation Office.

Date: Mondays, Tuesdays and Wednesdays
Time: 6 – 10 p.m.
Fee: $700/team (includes all fees)
Age: Adults

### Adult Yoga

Want to get in shape and stay healthy, without the dumbbells and loud music? Try Yoga in the Park! This class teaches adults different yoga poses, strategies for stretching and breathing techniques. Brought to you by Splash Sport Yoga, Penni and Tom Royal are certified yoga instructors looking to share the rewards of this physical art with the community. Yoga mats and blocks provided. Call the 4S Ranch Recreation office for more information.

Date: Call for more information
Time: 5 – 6 p.m.
Fee: $40/month or $12/drop in
Age: All

## 4S RANCH SPORTS PARK (CONT.)

### Adult Wheelchair Lacrosse

This program is a great opportunity for adults of all abilities to connect and recreate. Drop-in and play for free. Equipment is also available at no cost. For more information, contact the 4S Ranch Recreation Office.

Date: Sundays
Time: 10 a.m. – 12 p.m.
Fee: Free
Age: Adults (18+)

### Soccer Shots MINI Class

This is an introduction to the world of sports in a non-competitive atmosphere. Basic skills, songs and games will be taught with positive reinforcement. This high-energy program helps kids with coordination, motor-skills and confidence building. Our award-winning curriculum and best-of-class coaches are aligned with State of California standards for Early Childhood Education. The registration fee includes an Adidas "Climacool" Jersey! Choose one of three sessions.

Date: Ongoing
Time 8 a.m. – 1 p.m.
Fee: $220/session
$35/material fee for new participants
Age: 2 years

### Soccer Shots CLASSIC Classes

Fun and age-appropriate curriculum, focused on basic soccer fundamentals and character development is taught in this class. We highlight a positive character trait every session - like respect, teamwork and appreciation - while using creative and imaginative games to explain basic soccer skills like dribbling, passing and shooting. Our award-winning curriculum and best-of-class coaches are aligned with State of California standards for Early Childhood Education. The registration fee includes an Adidas "Climacool" Jersey! Choose one of three sessions.

Date: Ongoing
Time 8 a.m. – 1 p.m.
Fee: $220/session
$35/material fee for new participants
Age: 3 – 5 years

### Soccer Shots PREMIERE Class

Soccer Shots PREMIER focuses on individual skill development, league prep, games and scrimmages. It's a great place for returning players as well as a fun and safe environment for first-timers. Sessions are designed to help kids excel at the game while having a good time. The registration fee includes an Adidas "Climacool" Jersey! Choose one of three sessions.

Date: Ongoing
Time: 8 a.m. – 1 p.m.
Fee: $220/session
$35/material fee for new participants
Age: 5 – 7 years

## AGUA CALIENTE COUNTY PARK

**39555 GREAT SOUTHERN OVERLAND STAGE ROUTE OF 1849 | JULIAN 92036 | 760-765-1188**

### Sunset Yoga and Evening Swim

Join yoga instructor Sarah for a sunset yoga class dedicated to relaxation and enjoying the unique desert surroundings. Participants are welcome to stay after class for a special evening dip in the hotspring pools! All experience levels are welcome. Please bring your own yoga mat or soft pad and wear comfortable, non-restrictive clothing.

Date: Saturday, March 11
Time: 5:30 – 6:30 p.m.
Fee: Free for campers/$3 parking fee
Age: All

## WATERFRONT PARK

**1600 PACIFIC HIGHWAY SAN DIEGO 92101 | 619-232-PARK**

### All Levels Yoga

Outdoor yoga provides convenient fitness and stress reduction, in a beautiful natural setting. This all-levels yoga class will include traditional yoga flow followed by restorative yoga poses.

Date: Mondays and Thursdays
Time: 6 – 7 p.m.
Fee: $7 drop-in fee
Age: Adults

## WATERFRONT PARK (CONT.)

### Condor Fitness Boot Camp

Boot camp targets the entire body to help you increase strength while losing excess body weight. The fast-paced program combines the use of medicine balls, kettle bells and exercise ladders to maximize calorie burn. Test your physical and mental strength. Modifications will be shared to meet all fitness levels.

Date: Tuesday – Friday
Time: 6:30 – 7:30 a.m.
Fee: $7 drop-in fee; $60/month 4 times a week
$55/month 3 times a week, $50/month twice a week
Age: Adults

# CHECK OUT A TRACK TRAIL

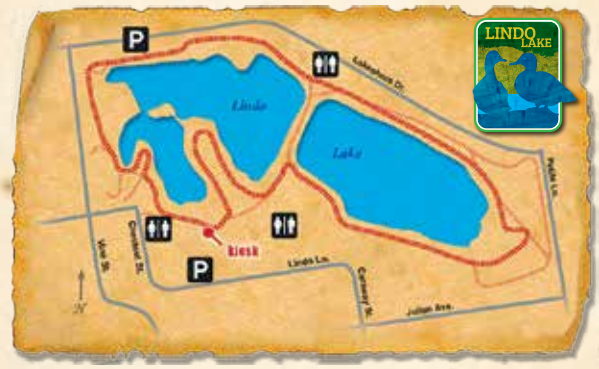
The TRACK Trail program is a nationwide network of outdoor adventures for kids. Adventure seekers earn rewards online for visiting parks and learning about the local environment. Visit all six TRACK Trails:

## Lake Morena County Park

2550 Lake Morena Dr., Campo, CA 91906
(619) 579-4101 • 1 mile

## San Dieguito County Park

1628 Lomas Santa Fe Dr., Del Mar, CA 92014
(858) 755-2386 • 5.25 miles




## Lindo Lake County Park

12660 Lindo Ln., Lakeside, CA 92040
(619) 443-1666 • 1.4 miles

## San Elijo Lagoon Nature Ctr.

2710 Manchester Ave., Cardiff, CA 92007
(760) 634-3026 • .75 miles

## Louis A. Stelzer County Park

11470 Wildcat Canyon Rd., Lakeside, CA 92040
(619) 561-0580 • 1.5 miles

Spend some time in sunshine! Discover local wildlife! Learn about native habitats and what we're doing to protect them! Activities along the trail are both fun and informative. All ages are welcome.

COUNTY OF SAN DIEGO PARKS AND RECREATION

TRAILS

877-565-3600 • sdparks.org • kidsinparks.com

# parks after dark

Photo by Ernie Huang

## OAKOASIS COUNTY PRESERVE

**12620 WILDCAT CANYON ROAD**
**LAKESIDE 92040 | 619-561-0580**

### Star Party and Family Campout

Ever wondered what's up there? Join park staff and the San Diego Astronomy Association for an evening of stargazing and astronomy in the campground. Arrive at sunset for a twilight hike to search for bats and scorpions! Adults can "geek out" on astronomy and everyone will enjoy campfire songs, storytelling and S'mores! Plan to stay overnight at the Oakoasis Scout Campground for $24 per site. Call 858-565-3600 to make a reservation.

Date: Saturdays
Time: Jan. 14, Feb. 11, March 11, April 8, May 13, 5 p.m.
Campsite check-in, 2 p.m.; check-out, 12 p.m.
Fee: Star Party – Free; $24 per campsite
Age: All

**For all events, please dress in layers, wear sturdy shoes and bring plenty of water. Events will be canceled in the event of inclement weather.**

### Meteor Watchers

Isn't it cool to see a shooting star? How about a whole bunch of them? Now's your chance! Come to the Oakoasis parking lot and meet the ranger to watch the meteor shower. Dress in layers, and bring a folding chair or cot and a sleeping bag to help you stay warm. We will keep watch from 2 a.m. to dawn to see how many falling stars we can see. Please RSVP with rangers by calling 619-561-0580 during business hours.

Date: Tuesday, Jan. 3; Saturday, April 22
Time: Jan. 3, 2 – 6 a.m.; April 22, 2 – 5:30 a.m.
Fee: Free
Age: All

## SANTA YSABEL WEST COUNTY PRESERVE

**29510 HIGHWAY 78 | SANTA YSABEL 92070 | 760-765-4098**

### Lunar Eclipse Family Hike

Hike under the Engelmann Oaks with Ranger Bill in the west section of the Santa Ysabel Preserve, with a full moon and a Lunar Eclipse happening! There will be a telescope set up in the staging area to get a close-up look at this celestial event. Dress in layers, carry water and bring a flashlight!

Date: Friday, Feb. 10
Time: 5 – 9 p.m.
Fee: Free
Age: All

### Santa Ysabel Star Party

Join Ranger Bill on a 2-mile, family-friendly evening family hike through the Santa Ysabel West Preserve. Enjoy discussions about the history, plants and wildlife of this beautiful preserve. Our friends from the Curiosity Peak Observatory and the Julian Dark Sky Network will have a variety of telescopes set up for a star gazing party after the hike. Dress in layers, carry water and bring a flashlight!

Date: Saturday, Jan. 21
Time: 4:30 – 8 p.m.
Fee: Free
Age: All

## SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE

**16281 SYCAMORE CANYON ROAD**
**POWAY 92061 | 858-513-4737**

### Sycamore/Goodan Star Party

Join SDAA volunteer astronomers and County staff for a night under the stars. View our galaxy using the same technology used by the professionals to witness out-of-this-world phenomenon. This program will be held at 13899 Highway 67, accessed only from the southbound direction.

Date: Fridays, Jan. 20, March 17, May 19
Time: Jan. 20, 5 – 7 p.m.; March 17, 6 – 8 p.m.
May 19, 7 – 9 p.m.
Fee: Free
Age: All

## County Parks Campground Pricing

**Reservations: (877) 565-3600 or visit sdparks.org**

| Camping Park | Full Hookup | Partial Hookup | Non Hookup | Tent Site | Cabins |
|---|---|---|---|---|---|
| **Agua Caliente**<br>39555 Great Southern Stage Route of 1849 • Julian, CA 92036 • 760-765-1188 | $33 | $29 | $24 | $24 | $70 |
| **Dos Picos**<br>17953 Dos Picos Park Rd. • Ramona, CA 92036 • 760-789-2220 | N/A | $29 | $24 | $24 | $67 |
| **Guajome**<br>3000 Guajome Lake Rd. • Oceanside, CA 92057 • 760-724-4489 | N/A | $29 | N/A | N/A | $100 |
| **Lake Morena**<br>2550 Lake Morena Dr. • Campo, CA 91906 • 619-579-4101 | N/A | $27 | $22 | $22 | $50 |
| **Potrero**<br>24800 Potrero Park Dr. • Potrero, CA 91963 • 619-478-5212 | N/A | $27 | $22 | $22 | $70 |
| **Sweetwater Summit**<br>3218 Summit Meadow Rd. • Bonita, CA 91902 • 619-472-7572 | $33 | $29 | N/A | N/A | N/A |
| **Vallecito**<br>37349 Great Southern Stage Route of 1849 • Julian, CA 92036 • 760-765-1188 | N/A | N/A | $22 | $22 | N/A |
| **William Heise**<br>4945 Heise Park Rd. • Julian, CA 9203 • 760-765-0650 | N/A | $29 | $24 | $24 | $62 |

# county parks & facilities map

SANTA MARGARITA
Don Dussault
Fallbrook
Fallbrook
Clemmens Lane
LIVE OAK
Rainbow
Rainbow
WILDERNESS GARDENS
Palomar Mountain
Palomar Mountain
Pauma Valley
Warner Springs
Borrego Springs
Ocotillo Wells
GUAJOME
RANCHO GUAJOME ADOBE
Oceanside
Vista
HELLHOLE CANYON
Valley Center
Carlsbad
San Marcos
Escondido
FELICITA
DEL DIOS HIGHLANDS
Bernardo Lakes
RAMONA GRASSLANDS
Ramona
COLLIER PARK
SIMON
MT. GOWER
Holly Oaks
LUELF POND
BARNETT RANCH
DOS PICOS
SANTA YSABEL WEST
SANTA YSABEL EAST
VOLCAN MOUNTAIN
Julian
Jess Martin
WILLIAM HEISE
Encinitas
Cardiff by the Sea
SAN ELIJO
Solana Beach
SAN DIEGUITO
Del Mar
Rancho Santa Fe
LUSARDI CREEK
Liberty
Patriot
Heritage
Homestead
4S Community
4S RANCH
Rancho Bernardo
Poway
LOS PEÑASQUITOS CANYON
Cuyamaca
VALLECITO
AGUA CALIENTE
SYCAMORE CANYON/ GOODAN RANCH
OAKOASIS
EL CAPITAN
LOUIS STELZER
EL MONTE
Cactus Park
Lakeside Sports Park
LINDO LAKE
LAKESIDE LINKAGE
FLINN SPRINGS
Nancy Jane
South Lane
Old Ironsides
Alpine
Descanso
Mount Laguna
Pine Valley
Pine Valley
La Jolla
S A N D I E G O
La Mesa
El Cajon
Hilton Head
Woodhaven
Cottonwood
Steele Canyon
HERITAGE PARK
WATERFRONT PARK
Jamul
Spring Valley
Eastview
SWEETWATER
Lincoln Acres
National City
Bonita
PROVENCE HOUSE
1. Eucalyptus
2. Lonnie Brewer
3. Damon Lane
4. Hillsdale
5. Sweetwater Lane
6. Lamar
7. Goodland Acres
LAKE MORENA
Chula Vista
OTAY VALLEY
OTAY LAKES
POTRERO
Campo
CAMPO STONE STORE AND MUSEUM
Jacumba
Imperial Beach
Tecate
TIJUANA RIVER VALLEY
San Ysidro
MEXICO

## Legend

- Camping Park
- Regional Park
- Local Park
- Open Space Preserve
- Historic Site
- Community Center
- Teen Center
- Sports Complex

Park listings located on page 30

### About The Cover Photo...

The 12-mile El Capitan hike is the toughest in the County Parks system, requiring intense physical and mental stamina. Twice a year, County Parks plans a special trip to the summit for active and retired military personnel called the Warrior Challenge.

# education & enrichment

## AGUA CALIENTE COUNTY PARK

**39555 GREAT SOUTHERN OVERLAND STAGE ROUTE OF 1849 | JULIAN 92036 | 760-765-1188**

### Sky Hunters: Birds of Prey

Join guest speaker Nancy Conney and learn about various birds of prey found in San Diego County. See live birds and learn what to do if you find one that is injured. Space is limited, please sign up in advance at the ranger station.

Date: Saturdays, Jan. 14, Feb. 25, March 18, April 15 May 13
Time: 3 – 4 p.m.
Fee: Free for campers/$3 parking fee
Age: All

### Musical Gold Rush

Join Guest Celia Lawley for a 1-hour, fast-paced show where she sings, acts and plays instruments for the enjoyment of all ages. Learn about the gold rush and local stage coach routes through interpretive songs and stories.

Date: Saturdays, Feb. 11; March 18; April 8, 22; May 6, 20
Time: 3 – 4 p.m.
Fee: Free for campers/$3 parking fee
Age: All

### Rabbit's Riddles

Join Ranger Kory for a afternoon of campfire stories, riddles and games designed to trick and deceive... This event is open to all people who like solving puzzles and brain teasers. Bring a warm jacket and the ability to think outside the box; leave with laughs and a lot of new activities for your own campfires!

Date: Saturday, Jan. 7
Time: 4 – 5 p.m.
Fee: Free for campers/$3 parking fee
Age: All

## DOS PICOS COUNTY PARK

**17953 DOS PICOS PARK ROAD RAMONA 92065 | 760-789-2220**

### Living Around Local Wildlife

Dos Picos County Park is proud to present a new interpretive program – Living Around Local Wildlife – a hiking workshop focused on live animals, not-so-live animals and stormwater awareness. Meet at the amphitheater.

Date: Saturdays, Jan. 14, 28; Feb. 11, 25 March 11, 25; April 8, 22;May 13, 27
Time: 2 – 3 p.m.
Fee: Free for campers/$3 parking fee
Age: All

## DOS PICOS COUNTY PARK (CONT.)

### Arts and Crafts

Join park staff in making crafts you can keep, made from materials on site. Donations will be gratefully accepted to help cover the cost of craft supplies. Programs and times are subject to change depending on the weather and ranger availability.

Date: Saturdays, March 4 – May 27
Time: 10:30 – 11:30 a.m.
Fee: Free for campers/$3 parking fee
Age: All

## FLINN SPRINGS COUNTY PARK

**14787 OLD HIGHWAY 80**
**EL CAJON 92021 | 619-561-0180**

### Tracks and Scat – What Animal Left That?

Join an expert for a fun learning experience as you search for signs of wildlife. Learn how to identify animal tracks and discover what these animals had for dinner the night before! Finish your hike with a visit to the touch table where you will find live and taxidermied animals. Meet at the second parking lot.

Date: Sundays, Jan. 8, Feb. 12, March 12, April 9, May 14
Time: 8 – 10 a.m.
Fee: $3 parking fee
Age: All

### Touch Tables

Visit our Touch Tables where you will find all sorts of items related to nature and the outdoors. Feel free to 'touch' everything from live snakes, to taxidermied animals, to cool rocks. Touch Tables will meet at Area 2.

Date: Sundays, Jan. 8, Feb. 12, March 12, April 9, May 14
Time: 10 a.m. – 12 p.m.
Fee: $3 parking fee
Age: All

## FLINN SPRINGS COUNTY PARK (CONT.)

### Birding at Flinn Springs

Join park staff on a search for local birds. The water and diverse habitats at Flinn Springs attracts many bird species, both year-round and migraters. Bring your binoculars! Sorry, no dogs for this event. Meet at the park entrance.

Date: Sunday, Feb 26
Time: 8 – 10 a.m.
Fee: $3 parking fee
Age: All

## LAKE MORENA COUNTY PARK

**2550 LAKE MORENA DR.**
**CAMPO 91906 | 619-579-4101**

### Introduction to Fishing

Come to Lake Morena County Park for a day of fishing! Learn about fishing gear, effective techniques and what is currently biting. Please bring own rod and other equipment as no loaner equipment is available. Meet at the boat dock.

Date: Saturdays, Jan. 7, Feb. 11, March 11, April 1, May 13
Time: 9 – 10 a.m.
Fee: Free for campers/$3 parking fee
Age: All

### Kids Fishing Class

Join park staff for class at the boat dock. Information varies week-by-week depending on what works best; sometimes we talk about trout, other times it may be how to catch bass, bluegill or catfish. Get info on baits, lures, how to rig your tackle... we'll even show true beginners how to tie knots and cast. Meet at the boat dock.

Date: Sundays, Jan. 15, Feb. 19, March 19, April 16, May 21
Time: 10 – 11 a.m.
Fee: Free for campers/$3 parking fee
Age: Youth

## LAKE MORENA COUNTY PARK (CONT.)

### Owl Pellet Dissecting

Join us at the lake for a special talk on owls and what they eat. We'll be dissecting real owl pellets - it's a safe, hands-on experience! Meet at the campground pavilion.

Date: Saturday, Feb. 4
Time: 2 – 3 p.m.
Fee: Free for campers/$3 parking fee
Age: All

### Nature Bingo

Have fun while learning about Lake Morena's natural environment. We'll play Nature Bingo with opportunities to win prizes! Meet at the campground pavilion.

Date: Saturday, Feb. 18
Time: 2:30 – 3:30 p.m.
Fee: Free for campers/$3 parking fee
Age: All

### Snakes!

Learn all about snakes! An interpretive talk on snake behavior and biology will appeal to all ages, and kids can make a snake craft. Touch shed snake skins. Participate as we feed real snakes! Meet at the Ranger Station.

Date: Saturday, March 4
Time: 2 – 3 p.m.
Fee: Free for campers/$3 parking fee
Age: All

### Make Your Own Hiking Sticks

Join Supervising Park Ranger James Stowers to design and decorate your very own hiking stick. After you complete you hiking stick, enjoy a 30-minute hike up the nature trail and put your new hiking stick to work as you learn about the plants and wildlife that call Lake Morena their home. Meet at Ranger Station. Bring water, hat, closed toed shoes and sunscreen.

Date: Sundays, March 26, April 23, May 14
Time: 9 – 11 a.m.
Fee: Free for campers/$3 parking fee
Age: All

### Hawk Talk

Meet us at the Ranger Station for a Hawk Talk. Learn about hawks that live in the Lake Morena area along with other local wildlife. Afterward, there will be a ranger-led hike and quest to find local wildlife. Meet at the Ranger Station. Bring water, hat, closed toed shoes and sunscreen.

Date: Sunday, April 2
Time: 10 a.m. – 12 p.m.
Fee: Free for campers/ $3 parking fee
Age: All

## LAKE MORENA COUNTY PARK (CONT.)

### Scavenger Hunt

Bring your kids for a scavenger hunt at wildlife-rich Lake Morena County Park! Learn about local flora and fauna as you go on a search for birds and plants! Meet at the Ranger Station.

Date: Sunday, April 30
Time: 10 – 11 a.m.
Fee: Free for campers/$3 parking fee
Age: All

## LOUIS A. STELZER COUNTY PARK

**11470 WILDCAT CANYON ROAD**
**LAKESIDE 92040 | 619-561-0580**

### Junior Rangers

Do you like science and nature? Meet park staff to learn about everything from birds and plants to geology and local history. Be prepared for a short hike! Wear sturdy shoes, sun protection and bring water for the hike. Programs and times are subject to change depending on the weather and ranger availability. Please RSVP by calling 619-561-0580.

Date: Saturdays
Time: 10 a.m. – 11 p.m.
Fee: $3 parking fee
Age: Youth

### Craft Time

Remember the fun of arts and crafts? Join park staff in making crafts you can keep, made from materials on site. A $1 donation will be gratefully accepted to help cover the cost of craft supplies. Programs and times are subject to change depending on the weather and ranger availability. Please RSVP by calling 619-561-0580.

Date: Sundays
Time: 1 – 2 p.m.
Fee: $3 parking fee
Age: Youth

## OTAY LAKES COUNTY PARK

**2270 WUESTE ROAD**
**CHULA VISTA 91915 | 619-482-7361**

### Mountain Lion Program

Join volunteer naturalist Don Endicott for a 60-minute multi-media introduction to the natural history of Southern California's seldom seen apex predator. Learn about the incredible attributes and signature behaviors of this region's big cats, how relationships between Mountain Lions and people have changed over time, their key contributions to a healthy wilderness environment, and current challenges and threats. This event is outdoors after sunset. Please bring jackets and flashlights.

Date: Saturday, Feb. 18
Time: 5:30 – 6:30 p.m.
Fee: $3 parking fee
Age: All

## OTAY LAKES COUNTY PARK (CONT.)

### Project Wildlife Program

Enjoy a special presentation from Project Wildlife! Get an up-close presentation on animals from a knowledgeable expert – you may even have the opportunity to meet a raptor and other local animals, face-to-face! Meet at the main lawn.

Date: Saturdays, Jan. 28, March 18
Time: 2 – 3 p.m.
Fee: $3 parking fee
Age: All

## SAN ELIJO LAGOON NATURE CENTER

**2710 MANCHESTER AVENUE**
**CARDIFF 92007 | 760-634-3026**

### Sunday Family Fun Day

Pack up the kids and head over to San Elijo Lagoon Nature Center to join us for some fun, nature-themed crafts and activities featuring the TRACK Trail program! Topics vary by month so there is always something new to discover. The whole family will enjoy exploring the exhibits at the nature center and meandering along the loop trail. And don't forget: there are tables and chairs upstairs on the observation deck that are perfect for picnics. Donations accepted.

Date: 1st Sunday of every month
Time: 11:30 a.m. – 1:30 p.m.
Fee: Free
Age: All

## SYCAMORE CANYON/GOODAN RANCH COUNTY PRESERVE

**16281 SYCAMORE CANYON ROAD**
**POWAY 92061 | 858-513-4737**

### Snakes Alive!

Want to see some snakes up close? Join park staff to learn all there is to know about San Diego's snake species including what they eat and how they survive in the wild. Kids and adults are welcome, so bring the family out for a chance to understand a commonly misunderstood reptile. Space is limited to 50 so please call 858-513-4737 for reservations. Guests will park at Goodan Staging area and must walk approximately 1 mile down to the Visitor Center.

Date: Saturday, April 8
Time: 10 – 11 a.m.
Fee: Free
Age: All

# fallbrook community center

## Spring Camp

Join us for a week of learning outside the box! For one very special week, we will be exploring topics in science, technology, engineering, arts and mathematics. Campers will complete hands-on, mind-enhancing projects. Other plans include a field trip, healthy cooking, arts and crafts, movies, games, snacks and sports. Activities are planned and led by Community Center staff. Children should bring a nutritious morning snack, a sack lunch and a water bottle. Afternoon snacks will be provided. Register in advance; space is limited.

Date: Monday – Friday, April 10 – 14
Time: 7:30 a.m. – 6 p.m.
Fee: $130/1 week; early registration by March 1 – $100
Age: Kindergarten – 6th grade

## FALLBROOK COMMUNITY CENTER

**341 HEALD LANE**
**FALLBROOK 92028 | 760-728-1671**
**HOURS: MONDAY – FRIDAY, 9 A.M. – 6:30 P.M.**
**CLOSED: SATURDAYS – SUNDAYS**

### Boot Camp

Learn how to exercise properly in a supportive but tough environment, with alternating workouts that help to continuously improve your physique and mental and physical health. Equipment including dumbbells, jump ropes, kettle bells, agility ladders, bosu balls and more will keep you challenged, interested and having fun! All exercises are personalized to suit individuals' abilities and goals, providing a safe and effective workout.

Date: Last Friday of the month (ongoing)
Time: 12 – 1 p.m.
Fee: $10/class
Age: Adults

### Beginning Yoga

Maintaining your strength and flexibility throughout your lifetime is the key to having an enjoyable and vital life - both now and in the future! We go beyond basic yoga by adding light weights, modifying postures using chairs, therapy balls and even the walls. Join us for an hour of fitness, fun and friendship. New students please arrive 15 minutes early to register.

Date: Monday – Thursday
Time: 9:15 – 10:15 a.m.
Fee: $80/10 classes or $10 per class
Age: 12 and older

### Healing Pilates Mat

This classical Pilates mat class is based on the system of slow and controlled dance movements that Joseph H. Pilates used in New York with boxers, gymnasts, musicians and dancers. The blend of strengthening and flexibility training of the body's core muscles improves posture, reduces stress and creates long lean muscles (without bulk). Instructor Judi Way has been studying how movement heals and restores vitality and health in the human body for more than 30 years; allow her to share her knowledge with you! Bring a yoga mat or blanket and wear comfortable clothes.

Date: Tuesdays and Thursdays
Time: 8:15 – 9:15 a.m.
Fee: $80/10 classes or $10 per class
Age: 13 and older

### Painting Adventures: Painting, Friends and Fun

Come along as we take you on a painting journey. Each workshop teaches you the techniques and walks you through the process of creating beautiful art. This class is both fun and easy, and everyone leaves with a masterpiece to share. All abilities are welcome, though advanced registration is required. Please feel free to bring snacks!

Date: Thursday, Feb. 16
Time: 5:30 – 7:30 p.m.
Fee: $55/2 hour class, plus $10 materials fee
Age: Adults

Date: Saturday, Feb. 25
Time: 10 a.m. – 12 p.m.
Fee: $52/2 hour class, plus $10 materials fee
Age: Youth

## Kidz Love Soccer I: Techniques & Teamwork

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. This class is perfect for first-time players but still exciting and engaging for kids with some experience. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey.

Date: Tuesdays
Time: Feb. 7 – March 14, 4:05 – 4:50 p.m.
April 11 - May 16, 4:35 – 5:20 p.m.
Fee: $77/6 week session
Age: 5 – 6 years

## Kidz Love Soccer: Mommy/Daddy & Me Soccer

Introduce your toddler to the world's most popular game! As you and your child participate in our fun, age-appropriate activities, your child will be developing their large motor and social skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids will receive a Kidz Love Soccer jersey.

Date: Tuesdays
Time: Feb. 7 – March 14, 5 – 5:30 p.m.
April 11 - May 16, 5:30 – 6 p.m.
Fee: $77/6 week session
Age: 2 – 3.5 years

## Soul Line Dancing

Line Dancing is not just for those who love country western dancing. Rejuvenate and energize your body through dance while learning popular SOUL line dances choreographed to your favorite R&B, Old School, Latin and similar upbeat tunes. If you like the Cupid Shuffle or the Electric Slide, you'll absolutely love Uptown Funk and the Michael Jackson Shuffle. SOUL Line Dancing is easy to learn, doesn't require a partner and is perfect for all ages.

Date: Thursdays
Time: 10:30 a.m. – 12 p.m.
Fee: $59/month
Age: All

## Dog Obedience Training Basics

True freedom for your dog comes with proper training. With a firm combination of loving and patient training methods, owners and the instructor will turn our four-legged friends into well-mannered family members. Basic obedience commands will be covered such as, "watch me," "sit," "down," "stay," "let's go," and "come." Students will develop leadership skills and work on socializing their dogs. The class meets rain or shine. The first class, **Jan. 25, 5:30 – 6:30 p.m.**, is an orientation, (no dogs please) where the instructor will explain what to bring and the rules for the class.

Date: Saturdays, Jan. 28; Feb. 4, 11, 18, 25
Time: 9:30 – 10:30 a.m.
Fee: $110 + $10 materials fee
Age: 12 and older, 4 months for dogs with vaccinations

## Fallbrook Healthy Living Series

Join us for a night of healthy cooking! Chef Greg will teach us how to prepare a healthy meal by integrating more fruits, vegetables and whole grains into our favorite dishes. All classes are free, and made possible through a generous grant from the Fallbrook Healthcare District. RSVP with a health coach at 619-466-4386. Registration is required.

Date: Tuesday, Jan. 31, Feb. 28, March 28, April 25
Time: 5:30 – 7 p.m.
Fee: Free
Age: All

## Beginning Guitar I

In Beginner Guitar I, you'll learn basic chords, chord progressions and easy-to-play picking for real songs from the ground up. You will also practice playing guitar together with classmates. At the end of this course, you'll have a good foundation for playing guitar for years to come! Guitar picks and printed instructional material will be provided free of charge. If you break a guitar string during a class, we'll replace it!

Date: Tuesdays, Jan. 31 – Feb. 21
Time: 5 – 6 p.m.
Fee: $60 + $5 materials fee + $5 guitar rental fee (optional)
Age: 9 and older

Date: Wednesdays, Feb. 1 – 22
Time: 5 – 6 p.m.
Fee: $60 + $5 materials fee + $5 guitar rental fee (optional)
Age: Adults

Date: Tuesdays, April 4 – 25
Time: 5 – 6 p.m.
Fee: $60 + $5 materials fee + $5 guitar rental fee (optional)
Age: Adults

# lakeside community center

## LAKESIDE COMMUNITY CENTER

**9841 VINE STREET**
**LAKESIDE 92040 | 619-443-9176**
**HOURS: MONDAY – FRIDAY, 12 – 8 P.M.**
**CLOSED: SATURDAYS – SUNDAYS**

### Full Moon Exercise

Join Chase Spain, the instructor, for an evening like no other. This experience takes place under the light of the full moon at the Lindo Lake baseball field. Contact the Lakeside Community Center for more information at (619) 443-9176.

Date: Jan. 9, Feb. 10, March 10, April 10, May 10, June 9
Time: 6:30 – 7:30 p.m.
Fee: $5/class
Age: Adults

### Kidz Love Soccer: Tot/Pre-soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn basic soccer techniques while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required after the first meeting. All kids receive a Kidz Love Soccer jersey.

Date: Wednesdays, Feb. 8 – March 15
Time: 3:30 – 4:05 p.m.
Fee: $77/session
Age: 3.5 – 5 years

### Kidz Love Soccer: Soccer I Techniques and Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense and more. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches are introduced gradually. Shin guards are required after the first meeting. All kids receive a Kidz Love Soccer jersey.

Date: Wednesdays, Feb. 8 – March 15
Time: 4:05 – 4:50 p.m.
Fee: $77/session
Age: 5 – 6 years

### STEM in your Backyard

STEM in Your Backyard is a science fair with more that 25 partners providing hands-on interactive exhibits for students and their families. This engaging fair is designed to encourage and inspire parents, teachers and children of all ages to become future innovators in Science, Technology, Engineering and Math (STEM).

Date: Saturday, March 11
Time: 1 – 5 p.m.
Fee: Free
Age: All

## Kickstart to Live Fit

**Reach your goals with daily support and accountability, challenging in-person fitness training twice a week, and nutrition education and guidance! Fitness training will incorporate cardio, strength, core and flexibility for all fitness levels. Virtual support is also provided through an online community to help you LIVE FIT for LIFE!**

**Date:** Mondays and Wednesdays
**Time:** 9:30 – 10:30 a.m.
**Fee:** $150/month
**Age:** Adults

## Bootcamp Fusion

A combination of intense cardio, strengthening exercises and core stability exercises make up this upbeat, fast-paced class. The goals of Bootcamp Fusion are to burn calories and strengthen all muscle groups in the body while improving one's physical appearance and contributing to a healthy lifestyle. Each workout is unique which keeps classes interesting and effective. Exercises can be customized to match participants' abilities.

Date: Mondays, Wednesdays and Fridays
Time: 8:30 – 9:30 a.m.
Fee: $45/month, $7 drop-in
Age: Adults

## Bootcamp Core

This full-body workout incorporates circuit training to help you lose weight, tone muscle, improve athletic performance and build confidence. This outdoor class will use different weights, medicine balls and other exercise equipment. This program runs month to month. On Friday – same time – the class is FREE!

Date: Tuesdays, Thursdays, first three Fridays of the month
Time: 4:30 – 5:30 p.m.
Fee: $35/month, $7 drop-in
Age: Adults

## Senior Walking Program

This program helps seniors live more active lifestyles, while at the same time having fun and creating memories with friends. This program includes stretching, slow-paced walking and motivation. This program is coordinated through the Salvation Army. Please contact Elsie Estrada at 619-446-0239 or **elsie.estrada@usw.salvationarmy.org**.

Date: Wednesdays
Time: 11 a.m. – 12 p.m.
Fee: Free
Age: Seniors

## Pickleball

Pickleball is a fun game that takes place on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball), and wood or composite paddles. It's easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players.

Date: Mondays, Tuesdays and Thursdays
Time: Mondays, 2 – 7:45 p.m.; Tuesdays, Thursdays, 2 – 6 p.m.
Fee: $2/session
Age: Adults

## Guzman Tang Soo Do Little Dragons

Little Dragons Martial Arts introduces children to the world of martial arts. Children are taught to sit, pay attention and control themselves in a positive manner. Martial arts training improves hand/eye and footwork coordination through exercises designed specifically for young children.

Date: Fridays
Time: 4 – 4:45 p.m.
Fee: $30/month
Age: 3 – 6 years

# spring valley community center

## SPRING VALLEY COMMUNITY CENTER

**8735 JAMACHA BOULEVARD**
**SPRING VALLEY 91977 | 619-479-1832**

**HOURS:** MONDAY, 9 A.M. – 4 P.M.
TUESDAY – THURSDAY, 10 A.M. – 8 P.M.
FRIDAY, 9 A.M. – 5 P.M.
**CLOSED:** SATURDAYS – SUNDAYS

## SPRING CAMP

Enjoy two weeks of fun during Spring Break! Spring Camp is full of exciting arts and crafts, science experiments, sports, games, and other fun projects designed to enhance your child's well-being. Camps fill up quickly; register by April 2 to secure your child's spot.

Date: Monday – Friday, April 10 – 14, 17 – 21
Time: 7 a.m. – 6 p.m.
Fee: $120/week/child; $40/day/child
Ages: 5 – 12 years

## Intergenerational Tutoring Class

The Spring Valley Community Center Intergenerational Tutoring Program provides low-cost tutoring for youth in kindergarten through 8th grade. Students can request help with specific subject areas, such as math and reading, or with general study skills such as homework management and organization. Our volunteer tutors are from the San Diego State University Education Department, retired education professionals, parents, and volunteers from the community, and matches students one on one or in small groups.

Dates: Feb. 13 – March 23
Time: Tuesdays and Thursdays, 3 – 4 p.m.
Fee: $5
Ages: Adults 55 and older, youth ages 5 – 12

## Eat, Laugh and Play: Intergenerational Lunch

Spend your lunch enjoying the company of others while teaching a child how to play games like Tic Tac Toe, or Connect Four. Adults must apply by March 24, 2017.

Date: Friday, April 14
Time: 12 – 1 p.m.
Fee: Free
Ages: 55 and older, youth ages 5 – 12

## Urban Soul Line Dance

Ladies and gentlemen, get ready to have fun learning dances and making new friends. Our goal is to teach new moves and to have adults and seniors dancing at various park concerts and festival venues throughout San Diego! Dress attire: sweats, jeans or workout clothing and comfortable shoes. Bring a refillable water bottle.

Date: Thursdays
Time: 1:30 – 6 p.m.
Fee: $30/month; $10/class
Ages: Adults

## Fun on the Farm

Come on down to Hidden Valley Farm in Jamul! Sing songs with puppets and a crazy farm dog! Make a fun farm craft! Interact with a different farm animal every week; students will get to milk a goat, collect eggs from the hen house, slop the hogs and see how an emu takes a shower. Pony rides are included every week. Register at Spring Valley Community Center.

Date: Mondays, Jan. 30 – Feb. 20; Feb. 27 – March 20
April 24 – May 15; May 22 – June 12
Time: 9:30 – 10:30 a.m.
Fee: $70
Ages: 3 – 6 years

# SENIOR EVENTS

## Lawrence Welk Village

**Join us to see My Fair Lady. This show is the standard by which all other musicals are measured. Based on George Bernard Shaw's play Pygmalion, with book, music and lyrics by Lerner and Loewe, My Fair Lady is gloriously triumphant.**

Date: Thursday, Feb. 9
Time: 10 a.m. – 5 p.m.
Fee: $65 (includes ticket and lunch)
Ages: 55 and older

## Senior Walking Club

**Walk with new friends in a safe and fun environment. This class is a partnership with UCSD Peer led fitness study. Classes will be held at Spring Valley Park and include party's, health information and include new locations.**

Date: Tuesdays and Thursdays
Time: 12:30 p.m.
Fee: Free
Ages: 50 and older

# SPRING VALLEY GYMNASIUM

**838 KEMPTON STREET | SPRING VALLEY 91977 | 619-667-6833**
**OFFICE HOURS: 10 A.M. – 6 P.M. GYM HOURS: 3:30 – 8 P.M.**

## Golf Skills Class

Are your kids new to the game of golf? Join our Recreation Youth Golf Skills Class. Fundamental skills taught include proper swing technique, putting, chipping, golf rules, and golf etiquette. Clubs are available to all participants. This class will meet every Thursday for eight weeks at Steele Canyon Golf Club. Transportation pick-up is 3:45 p.m. at Spring Valley Teen Center/Gym.

Date: Session 1: March 9 – April 20
Session 2: May 11 – June 29
Time: Thursdays, 3:45 – 6 p.m.
Fee: $50
Ages: 8 – 14 years

## Youth Co-Ed Summer Basketball League

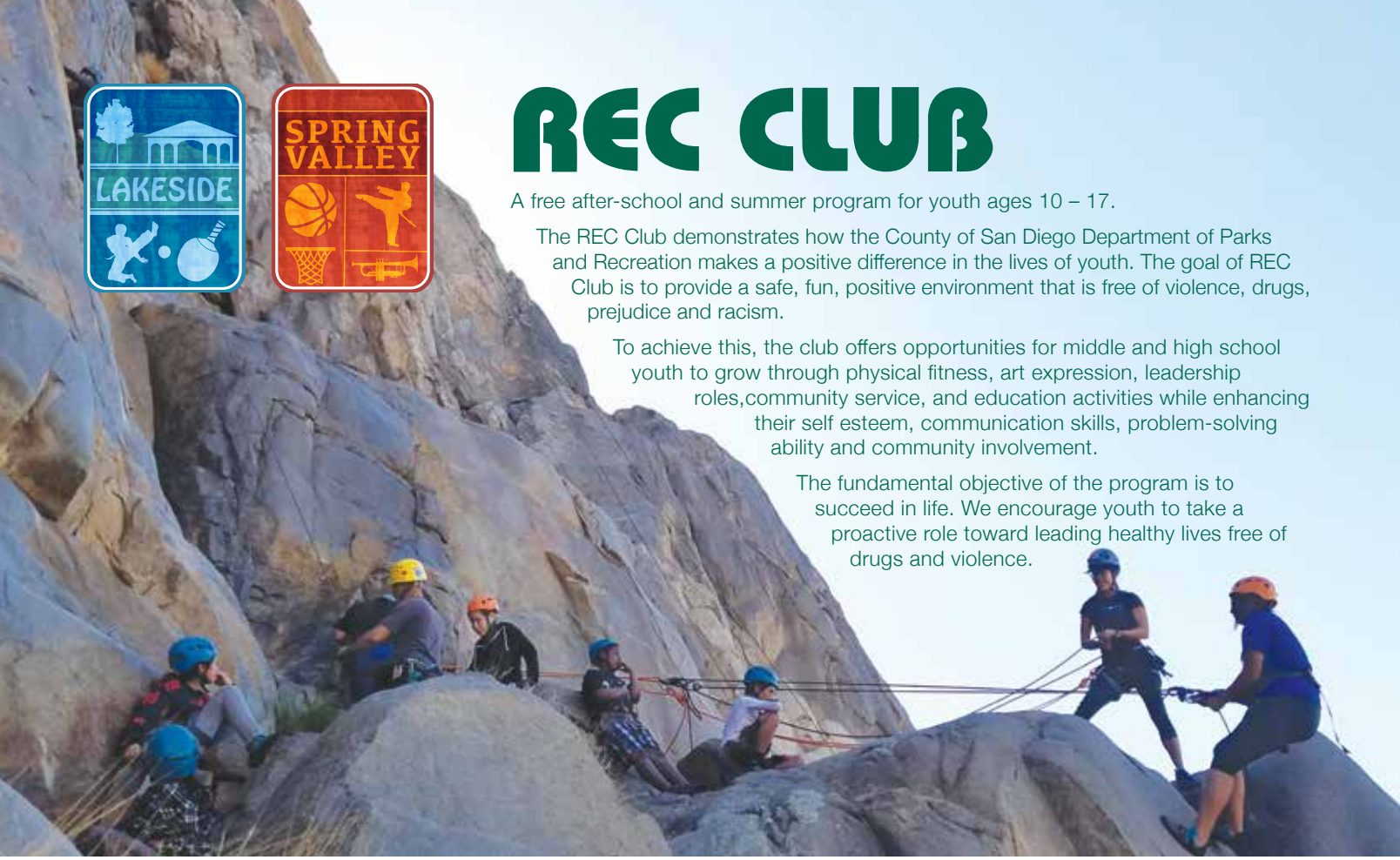
All skill and experience levels are welcome in this fun, coed Youth Basketball League! Practices are twice a week and all games will take place on Saturdays. This is an 8-game season and playoffs for Divisions 1 and 2, only. Players are required to attend the skills assessment before the season starts. The skills assessment is scheduled for May 13, 2017. Volunteer coaches are welcome; please contact 619-667-6833 in advance if you are interested in coaching. Scholarships are available upon request. **Registration is from March 1 – May 5. Scholarship applications due May 5. League Starts June 17.**

Date: Saturdays, June 17 – August 5
Time: TBD
Fee: $60

## Pee Wee Sports Class

Our Pee Wee Sports Class is for younger athletes, ages 3 ½ – 5 years old. Your young athlete will be introduced to the following sports: soccer, basketball, and baseball. Participants will play each sport for two weeks, with the ultimate goal of improving young athletes' basic motor skills as well as building confidence and social skills. This class will meet every Thursday for six weeks at 5 p.m.

Date: Session 1: March 16 – April 20
Session 2: May 18 – June 22
Time: Thursdays, 5 – 5:45 p.m.
Fee: $30
Ages: 3.5 – 5 years



# REC CLUB

A free after-school and summer program for youth ages 10 – 17.

The REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice and racism.

To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles,community service, and education activities while enhancing their self esteem, communication skills, problem-solving ability and community involvement.

The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence.

## LAKESIDE TEEN CENTER AND REC CLUB

**9911 VINE STREET | P.O. BOX 1708**
**LAKESIDE 92040 | 619-443-4169**

**HOURS:** **MONDAY – FRIDAY, 2 – 6 P.M.**
**WEDNESDAY, 1 – 5 P.M.**
**CLOSED:** **JAN. 2, JAN. 16, FEB. 20, MARCH 31, MAY 29**
**AGES:** **10 – 17**

### Weekly Activities

- Arts & Crafts
- Field Trips
- Gardening
- Cooking Classes
- Sports Activities
- Community Service Projects
- Homework Assistance
- Monthly Special Events
- Super Crew

### Energy Saving Adventures

Energy Saving Adventures (ESA) is the new REC Club perspective of taking charge of our future through resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. Through films, tournaments, activities, experiments, and field trips, each day, teens tackle important concepts through an Energy Saving Adventure.

Date: Monday – Friday
Time: 3 – 5 p.m.

### Festive Fridays

The Lakeside REC Club hosts a fun, monthly, after-school event featuring games, snacks, crafts and more! Past themes have included: Fear Factor, Olympics, Carnival and Video Games. We transform the REC Club into a party, with fun decorations and music. This program provides participants with an entertaining night that is both special and creative and it's a great opportunity for teens to kick-start their weekend by having a blast with their friends.

Date: One Friday each month; call for information
Time: 3 – 4 p.m.

### Jr. Staff/Super Crew

The Jr. Staff program is geared towards youth 10-14 who are interested in gaining leadership skills, giving back to their community and the REC Club, and being a part of a fun team atmosphere. In addition, the Jr. Staff program is intended to transition younger teens into the Super Crew program. The Super Crew program focuses on developing teenagers 14 and older into leaders who will exemplify what it means to be a REC Club member. The Super Crew will get involved with community service projects, service learning, and other opportunities to give back to their community. Super Crew also focuses on developing teens' skills and abilities to help them succeed as they transition into young adults; skills such as resume building, formal communication, job and college applications, and much more. Applications are available at the REC Club!

Date: Wednesdays
Time: 4 – 5 p.m.

## SPRING VALLEY TEEN CENTER AND REC CLUB

**838 KEMPTON STREET**
**SPRING VALLEY 91977 | 619-667-6835**

**HOURS:** MONDAY – FRIDAY 3 – 7 P.M.
TUESDAY, 2 – 6 P.M.
**CLOSED:** JAN. 2, JAN. 16, FEB. 20, MARCH 31, MAY 29
**AGES:** 10 – 17

### Daily Activities

- Community Service/Volunteer Projects
- Sports and Fitness Activities
- Arts and Crafts
- Gardening

### Spring Classes

- Acting (REC Theatre Co.)
- Journalism (REC Club News Network)
- Cooking (Watt's Cooking)
- REC Club Hospitality

### Spring Events

The REC Club offers several free celebrations for members during the holidays. These events include games and activities and are planned and hosted by the REC Club participants, led by the club's Hospitality and Recreation class.

| | |
|---|---|
| Jan. 21 | Martin Luther King Jr. Pancake Breakfast |
| Feb. 14 | Valentine's Day Celebration |
| March 17 | St. Patrick's Day |
| April 14 | Spring Celebration |
| May 5 | Cinco De Mayo Taco Day |

### Nature Explorers Program

Nature Explorers is an outdoor adventure program designed to help teens develop an appreciation for the outdoors and an ethic of environmental stewardship. Through outdoor adventures like hiking, surfing and rock climbing, REC Club members will learn about nature in an exciting environment that ware in line with California Next Generation Science Standards. The class setting is informal and fun, and participation is encouraged to support knowledge retention. All Nature Explorers Program outdoor adventures are free to members of the REC Club. Permission slips are available two weeks prior to each trip and members selected to attend will be notified one week in advance.

**Spring 2016 Trips:**

| | |
|---|---|
| Feb. 11 | Camping at a County Park |
| March 11 | Camping at a County Park |
| April 19 | Rock Climbing at Joshua Tree National Park |
| May 20 | Camping at a County Park |

**REC Club membership is free, but a membership application is required. All activities, including field trips, are free to REC Club members.**

### College and Career Week

During Spring Break, the REC Club will shift programming to explore career options and help members get college-ready. Career presentations on Monday and Wednesday will be offset by field trips to San Diego colleges and universities on Tuesday and Thursday. All trips are free to members. Sign up in advance; space is limited. Permission slips must be turned in by Friday, April 7.

Date: April 10 – 14
Time: Call 619-667-6835 for info

# park listings

To view park locations please visit the map on pages 16–17.

## Central San Diego

**Heritage County Park**
2454 Heritage Park Row
San Diego 92110 | 858-565-3600

**4S Ranch Sports Park**
16118D 4S Ranch Pkwy.
San Diego 92127 | 858-673-3900 Rec
858-673-3990 Park

**Los Peñasquitos Canyon Preserve**
12122 Canyonside Park Dr.
San Diego 92129 | 858-484-7504

**Waterfront Park**
1600 Pacific Hwy.
San Diego 92101 | 619-232-PARK

## East County/Deserts

**Agua Caliente County Park**
39555 Stage Route of 1849
Julian 92036 | 760-765-1188

**Cactus County Park**
10610 Ashwood St.
Lakeside 92040 | 619-644-5492

**Campo Stone Store**
31130 State Highway 94
Campo 92006 | 619-663-1885

**Cottonwood County Park**
2139 Windriver Rd.
El Cajon 92019 | 619-561-0756

**Damon Lane County Park**
11502 Calle Albara
El Cajon 92019 | 858-694-3030

**El Capitan County Preserve**
13775 Blue Sky Ranch Rd.
Lakeside 92040 | 619-561-0580

**El Monte County Park**
15805 El Monte Rd.
Lakeside 92040 | 619-443-1474

**Flinn Springs County Park**
14787 Old Highway 80
El Cajon 92021 | 619-561-0180

**Hillsdale County Park**
1301 Brabham St.
El Cajon 92019 | 858-694-3030

**Hilton Head County Park**
1605 Hilton Head Rd.
El Cajon 92019 | 877-565-3600

**Lake Morena County Park**
2550 Lake Morena Dr.
Campo 91906 | 619-579-4101

**Lakeside Community Center**
9841 Vine St.
Lakeside 92040 | 619-443-9176

**Lakeside Linkage County Preserve**
Los Coches Rd., north of Ha Hana Rd.
Lakeside 92040 | 619-561-0580

**Lindo Lake County Park**
12660 Lindo Ln.
Lakeside 92040 | 619-443-1666

**Lonny Brewer County Park**
10925 Fury Ln.
El Cajon 92019 | 858-694-3030

**Nancy Jane County Park**
120 N. Park Dr.
El Cajon 92020 | 619-561-0756

**Old Ironsides County Park**
326 Harbison Canyon Rd.
El Cajon 92020 | 619-561-0756

**Pine Valley County Park**
28810 Old Highway 80
Pine Valley 91962 | 619-473-8558

**Potrero County Park**
24800 Potrero Park Dr.
Potrero 91963 | 619-478-5212

**South Lane County Park**
218 South Ln.
El Cajon 92021 | 619-561-0756

**Steele Canyon County Park**
2825 Steele Canyon Rd.
El Cajon 92019 | 858-694-3030

**Vallecito County Park**
37349 Stage Route of 1849
Julian 92036 | 760-765-1188

**Woodhaven County Park**
1995 Donahue Dr.
El Cajon 92019 | 619-561-0756

## East County/Mountains

**Barnett Ranch County Preserve**
1500 Deviney Lane/San Vicente Road,
Ramona 92065 | 760-788-3326

**Collier County Park**
626 E St.
Ramona 92065 | 760-789-6002

**Dos Picos County Park**
17953 Dos Picos Park Rd.
Ramona 92065 | 760-789-2220

**Goodan Ranch/Sycamore Canyon County Preserve**
16281 Sycamore Canyon Rd.
Poway 92064 | 858-513-4737

**Holly Oaks County Park**
Corner of Dye Rd. and Southern Oak Rd.
Ramona 92065 | 760-788-3326

**Jess Martin County Park**
2655 Highway 79
Julian 92036 | 858-694-3030

**Louis Stelzer County Park**
11470 Wildcat Canyon Rd.
Lakeside 92040 | 619-561-0580

**Luelf Pond County Preserve**
3000 Duck Pond Ln.
Ramona 92065 | 760-788-3326

**Mt. Gower County Preserve**
17090 Gunn Stage Rd.
Ramona 92065 | 760-788-3326

**Oakoasis County Preserve**
12620 Wildcat Canyon Rd.,
Lakeside 92040 | 619-561-0580

**Ramona Grasslands County Preserve**
West of State Route 67, North of Highland Rd.,
East and West of Rangeland Rd
Ramona 92065 | 760-788-3326

**Santa Ysabel County Preserve (East)**
500 Farmer Rd.
Julian 92036 | 760-765-4098

**Santa Ysabel County Preserve (West)**
29510 Highway 78
Santa Ysabel 92070 | 760-765-4098

**Simon County Preserve**
23500 Bassett St.
Ramona 92065 | 760-788-3326

**Volcan Mountain County Preserve**
1209 Farmer Rd./Wynola Rd.
Julian 92036 | 760-765-4098

**William Heise County Park**
4945 Heise Park Rd.
Julian 92036 | 760-765-0650

## North County Coastal

**Guajome County Park**
3000 Guajome Lake Rd.
Oceanside 92057 | 760-724-4489

**Rancho Guajome Adobe**
2210 N. Santa Fe Ave.
Vista 92083 | 760-724-4082

**San Dieguito County Park**
1628 Lomas Santa Fe Dr.
Del Mar 92014 | 858-755-2386

**San Elijo Lagoon & Nature Center**
2710 Manchester Ave.
Cardiff 92007 | 760-634-3026

## North County Inland

**Clemmens Lane County Park**
344 Clemmens Ln.
Fallbrook 92028 | 760-728-2303

**Del Dios Highlands County Preserve**
9860 Del Dios Hwy.
Escondido 92025 | 760-745-4379

**Don Dussault County Park**
832 Alturas St.
Fallbrook 92028 | 760-728-2303

**Fallbrook Community Center**
341 Heald Ln.
Fallbrook 92028 | 760-728-1671

**Felicita County Park**
742 Clarence Ln.
Escondido 92025 | 760-745-4379

**Hellhole Canyon County Preserve**
19324 Santee Ln.
Valley Center 92082 | 760-742-1631

**Live Oak County Park**
2746 Reche Rd.
Fallbrook 92028 | 760-728-2303

**Lusardi Creek County Preserve**
16500 Rio Vista Rd.
San Diego 92127 | 858-673-3990

**Palomar County Park**
21818 Crestline Rd.
Palomar Mountain 92060 | 760-724-1631

**Rainbow County Park**
5157 5th St.
Rainbow 92028 | 760-728-2303

**Santa Margarita County Preserve**
37385 De Luz Rd.
Fallbrook 92028 | 760-728-2303

**Wilderness Gardens County Preserve**
14209 Highway 76
Pala 92059 | 760-742-1631

## South County

**Bancroft County Park & Rock House**
3542 James Cir.
Spring Valley 91977 | 619-644-5492

**Eastview County Park**
3218 Summit Meadow Rd.
Bonita 91902 | 619-472-7572

**Eucalyptus County Park**
9125 Edgewood Dr.
Spring Valley 91977 | 877-565-3600

**Goodland Acres County Park**
8848 Troy Street
Spring Valley 91977 | 877-565-3600

**Lamar County Park**
3180 Bancroft Dr.
Spring Valley, CA 91977 | 858-694-3030

**Lincoln Acres County Park**
2717 Granger Ave
National City 91950 | 877-565-3600

**Otay Lakes County Park**
2270 Wueste Rd.
Chula Vista 91915 | 619-482-7361

**Otay Valley Regional Park**
2155 E. Beyer Blvd.
San Diego 92154 | 619-424-0463

**Provence House**
4370 Sweetwater Rd.
Bonita 91902 | 858-565-3600

**Spring Valley Community Center**
8735 Jamacha Blvd.
Spring Valley 91977 | 619-479-1832

**Spring Valley Gymnasium**
838 Kempton St.
Spring Valley 91977 | 619-667-6833

**Sweetwater Lane County Park**
1312 Sweetwater Ln.
Spring Valley 91977 | 619-472-7572

**Sweetwater Summit Regional Park**
3218 Summit Meadow Rd.
Bonita 91902 | 619-472-7572

**Tijuana River Valley Regional Park**
2721 Monument Rd.
San Diego 92154 | 619-428-2946

## RANCHO GUAJOME ADOBE TOURS

### School Tours

Teachers can arrange school tours for their 3rd, 4th, and 5th graders by calling the park office. Tours must be arranged at least one month in advance. The Adobe tour includes a brick-making activity with a ranger. School groups are also welcome to stay and utilize the park's outdoor picnic venue.

**Date:** **Wednesdays – Thursdays**
**Time:** **By appointment only**
**Fee:** **$1 per student**

### Guided Tours

Guided tours last about an hour and cover the 28-room adobe ranch house (weather permitting). Many of our docents have been providing these interpretive programs for years – each bringing a unique perspective on the history of the ranch house and of the Couts family.

**Date:** **Wednesday – Sunday 12 p.m.**
**Saturday – Sunday also 2 p.m.**
**Fee:** **$3**

### Self-guided Tours

Grab a map and take a self-guided tour of the adobe ranch house!

**Date:** **Wednesday – Sunday**
**Time:** **9:30 a.m. – 4 p.m.**
**Fee:** **$3 adults; $1 children**

**RANCHO GUAJOME ADOBE**
**2210 N. Santa Fe Avenue**
**Oceanside, CA 92083**
**760-724-4082 • sdparks.org**

THE UPSIDE OF OUTSIDE

# Give the Gift of Recreation

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Available in any amount at

**County of San Diego**
**Parks and Recreation**
**5500 Overland Ave.**
**Suite 410**
**San Diego, CA 92123**
**877-565-3600**

Visit us at
sdparks.org

COUNTY OF SAN DIEGO PARKS AND RECREATION | CAMPING | FITNESS & RECREATION | TRAILS | WEDDINGS & SPECIAL EVENTS

**The County Parks and Recreation Activity and Program Guide** is published three times a year. Copies may be downloaded from www.sdparks.org. To place yourself on our email distribution list, visit our website or call 858-966-1331. Your personal information will not be shared with, or distributed to, other organizations.


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