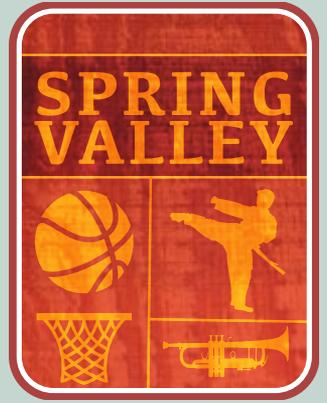


SPRING VALLEY

ACTIVITY & PROGRAM GUIDE

WINTER/SPRING 2017





Legend

-  Local Park
-  Community Center
-  Gym and Teen Center
-  Library
-  Sports Park

ON THE COVER:

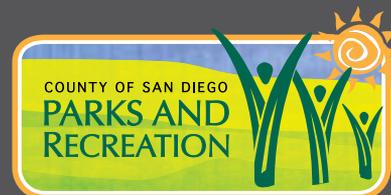
These Spring Valley Rec Club members are enjoying open gym. Get hours and the address on the next page!

Supervisor's Message

Welcome! The new year is a great time to enjoy all that Spring Valley Community Center, Gym and Rec Club have to offer. With a new renovated ADA playground, outdoor basketball courts, fitness stations and walking path you and the family can enjoy a healthy and active 2017. There are so many ways to have fun in the park or at our facility.

You can reserve a room for your next party or special event, host a picnic under the gazebo or just play a game basketball. Come down and see all of the new improvements we have made to better serve the community. We look forward to the opportunity to meet you!

Joanne McGhee
Site Supervisor, Spring Valley Community Center



Spring Valley Community Center

8735 Jamacha Blvd., Spring Valley, CA 91977
(619) 479-1832

Hours of Operation

Monday – Thursday: 12 – 8 p.m.
Friday: 12 – 5 p.m.
Closed: Saturdays & Sundays

Spring Valley Gymnasium

838 Kempton Street, Spring Valley, CA 91977
(619) 667-6833

Hours of Operation

The office is open 12 – 5:30 p.m.

Spring Valley Teen Center

838 Kempton Street
Spring Valley, CA 91977
(619) 667-6835

Hours of Operation

Monday – Friday: 3 – 7 p.m.
Tuesday: 2 – 6 p.m.

Holiday Closures

New Year's Day, Jan. 1
Martin Luther King Jr., Jan. 16
President's Day, Feb. 20
Cesar Chavez Day, March 31
Memorial Day, May 29

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LIVE WELL
SAN DIEGO

Live Well San Diego is the County of San Diego's vision for a region that is building better health, living safely and thriving. Live Well activities promote health, safety and well-being for all County residents and the Department of Parks and Recreation supports this vision through hundreds of educational offerings, every year.



Coming This Summer!

Youth Coed 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 March 1 – 5. Scholarship applications due May 5. League Starts June 17.

- Date:** Registration: March 1 – May 5
Assessment: May 13
League Starts: June 17 – Aug. 5
- Time:** TBD
- Location:** Spring Valley Gymnasium
- Fee:** \$60
- Ages:** 5 – 14 years

Summer Day Camp

Summer Day Camp is a wonderful way for your child to spend an action-packed and fun-filled summer! Boys and girls, ages 5 through 12, are invited to attend a busy week of field trips, sports, arts and crafts, wacky games, special events and more - led by a team of talented Community Center staff. Supplies, breakfast, lunch and snacks will be included.

- Date:** June 26 – Aug. 4
- Time:** TBD
- Location:** Spring Valley Community Center
- Fee:** Call for fee information.
- Ages:** 5 – 12 years

Community Events

Breakfast with the Bunny & Spring Egg Hunt

The entire family will enjoy a special visit from Spring Valley's own Bunny! Breakfast includes pancakes, sausage, juice, coffee and milk - all served by the enthusiastic Spring Valley Kiwanis Club. After breakfast, the egg hunt will start at 10 a.m. sharp!

- Date:** April 15
- Time:** 8 – 9:45 a.m.
- Location:** Spring Valley Community Center
- Fee:** \$4 for ages 2 – 11
\$5 for ages 12+
- Ages:** 2 – 10 years for the Spring Egg Hunt
All ages welcome for the Breakfast with the Bunny

It's How We Live

Spring Valley is celebrating its 12th Annual "It's How We Live!" event - a health and wellness festival that has a wide array of activities for the entire family including a bounce house, live entertainment, information booths, healthy food samples, health and dental screenings, prizes and giveaways.

- Date:** April 29
- Time:** 12 – 4 p.m.
- Location:** Spring Valley County Park
- Fee:** Free
- Ages:** All ages

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, bounce house and much more.

- Date:** May 13
- Time:** 12 – 4 p.m.
- Location:** Spring Valley Community Center
- Fee:** Free
- Ages:** All ages





Senior Programs

Senior Catered Lunches

Meet new friends and enjoy nutritionally balanced meals! The Spring Valley Community Center serves hot, nutritious lunches to older adults and seniors (50+) on weekdays. Reservations must be made by 12 p.m. at least 7 days in advance. For information or to make a reservation, call 619-337-1425.

Date/Time:	Ongoing 12 – 1 p.m.
Location:	Spring Valley Community Center
Fee:	\$3.50 suggested donation for seniors \$6 donation for attendees under 60
Ages:	Adults (includes seniors)

Senior Core Conditioning

This is a playful and rewarding fitness class that includes a gentle blend of various exercises designed to improve flexibility, strength, balance, stamina and breathing. Feel like a kid again! The focus is on safety and injury prevention, while building overall fitness and strength. Bring a yoga mat and a water bottle.

Date:	Jan. 31 – March 21 April 25 – June 13
Time:	Tuesdays, 1 – 1:50 p.m.
Location:	Spring Valley Community Center
Fee:	\$48/session
Ages:	50 and older

Senior Legal Assistance

Get help answering all of your legal questions! This free service is offered the second Monday of every month, by appointment only. Call to book your appointment at (619) 447-7921.

Date/Time:	Second Monday of each month by appointment
Location:	Spring Valley Community Center
Fee:	Free
Ages:	Adults (includes seniors)

Senior Art Class

Join the Spring Valley “Van Goghers” for this truly unique and exciting art class. Taught by an experienced and passionate teacher, the class will take attendees on a journey through majestic scenery and art history and make wall-worthy masterpieces to take home. Students will use pastels for this class.

Date:	Feb. 6 – March 27 April 24 – June 12
Time:	Mondays, 1 – 2:30 p.m.
Location:	Spring Valley Community Center
Fee:	\$15/session
Ages:	Adults (includes seniors)

Lawrence Welk

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:	Feb. 9
Time:	Thursday, 10 a.m. – 5 p.m.
Location:	Spring Valley Community Center
Fee:	\$65 (includes ticket and brunch)
Ages:	55 and older

Flower Fields

Enjoy the beautiful Flower Fields in Carlsbad overlooking the Pacific Ocean among 50 acres of Giant Tecolote Ranunculus that transform the landscape into a solid expanse of vibrant, bright color. Lunch is not provided, however, there are nearby restaurants to enjoy. Space fills quickly and will be available on a first-come, first-served basis.

Date:	April 19
Time:	Wednesday, 9 a.m. – 3 p.m.
Location:	Spring Valley Community Center
Fee:	\$25
Ages:	50 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:	March 2
Time:	Tuesday & Thursday, 12:30 p.m.
Location:	Spring Valley Park
Fee:	Free
Ages:	50 and older

Senior Zumba

We take the “work” out of workout, by combining elements of fitness and cardio, muscle conditioning, balance and flexibility, energy boosting and a dose of ‘awesome’ with every class. All levels are welcome, as modifications can be provided to ensure you get the most out of your workout at the level you prefer.

Date:	Jan. 2 – June 27
Time:	Wednesdays, 1 – 1:50 p.m.
Location:	Spring Valley Community Center
Fee:	\$5/month
Ages:	50 and older



Youth Programs

Ballet Folklórico: Kids

This is a fun class where students will be taught dances from various regions of Mexico. Ballet Folklórico shoes/boots and rehearsal skirt required.

Date:	Feb. 6 – June 26
Time:	Mondays, 4 – 4:45 p.m.
Location:	Spring Valley Community Center
Fee:	\$50/monthly
Ages:	4 – 12 years

Ballet Folklórico: Youth

A fun class where students will be taught dances from various regions of Mexico. Ballet Folklórico shoes/boots and rehearsal skirt required.

Date:	Feb. 6 – June 26
Time:	Mondays, 4:45 – 5:30 p.m.
Location:	Spring Valley Community Center
Fee:	\$50/monthly
Ages:	13 – 17 years

Youth Basketball Skills Class

Parents, is your child looking to improve their basketball skills during the off-season? Sign them up for six weeks of basketball fundamentals to help boost their confidence on the court with improved passing, dribbling, shooting and defense skills.

Date:	March 13 – April 17
	See age groups.
Location:	Spring Valley Gymnasium
Fee:	\$30

Ages 5 – 6:	Mondays, 6 p.m.
Ages 7 – 8:	Mondays, 7 p.m.
Ages 9 – 10:	Wednesdays, 6 p.m.
Ages 11 – 14:	Wednesdays, 7 p.m.

Pee Wee Sports Class

Our Pee Wee Sports Class is designed for young athletes between the ages of 3.5 and 5. Pee Wee Sports introduces kids to soccer, basketball and baseball, and they'll have the opportunity to participate in each sport for two weeks. The focus of this class is to improve basic motor skills and build confidence and social skills. This class meets every Thursday for six weeks.

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

Youth Volleyball Skills Class

Is your child trying to improve their volleyball skills? Our volleyball skills class led by Coach Deborah Brown will develop or improve your child's fundamental knowledge of the sport, with demonstrations and practice sessions on serving, passing, hitting, setting and blocking. This class meets on Mondays and Fridays for six weeks.

Session 1:	March 13 – April 21
Session 2:	May 8 – June 16
Time:	Mondays & Fridays, 4 – 5:30 p.m.
Location:	Spring Valley Gymnasium
Fee:	\$30
Ages:	8 – 14 years

Gymnastics Level 1

Gymnastics is a fun, active sport that encourages movement, strength, agility and play. Whether your child comes to us inspired by the Olympics, X-Games or the latest blockbuster Hollywood movie, we'll introduce them in the world of Olympic Gymnastics.

Session 1:	Feb. 1 – March 22
Session 2:	April 26 – June 14
Time:	Wednesdays, 5 – 6 p.m.
Location:	Spring Valley Community Center
Fee:	\$70/session
Ages:	7 – 12 years

Gymnastics Level 2

Gymnastics is a fun, active sport that encourages movement, strength, agility and play. Whether your child comes to us inspired by the Olympics, X-Games or the latest blockbuster Hollywood movie, we'll introduce them in the world of Olympic Gymnastics.

Session 1:	Feb. 1 – March 22
Session 2:	April 26 – June 14
Time:	Wednesdays, 6 – 7 p.m.
Location:	Spring Valley Community Center
Fee:	\$70/session
Ages:	12 and older



Wang Ho Tae Kwon Do

Tae Kwon Do emphasizes modesty, self control, discipline and respect while teaching self-defense and building confidence. Expose your child to the Korean art of kicking and punching!

- Session 1:** Jan. 31 – March 21
- Session 2:** April 25 – June 13
- Time:** Tuesdays, 5:45 – 6:45 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$60/session
- Ages:** 5 and older

Creative Arts and Crafts Class

Play with slime, build a bird house and bake a tasty treat in this fun and creative art class. All supplies are included, and kids should wear play clothes because it's bound to get a little messy!

- Session 1:** Feb. 3 – March 24
- Time:** Fridays, 3 – 4:50 p.m..
- Location:** Spring Valley Community Center
- Fee:** \$20/session
- Ages:** 5 – 12 years

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 SVTC/Gym.

- Session 1:** March 9 – April 30
- Session 2:** May 11 – June 29
- Time:** Thursdays, 3:45 – 6 p.m.
- Location:** Steel Canyon Golf Club
3199 Stonefield Drive
Jamul, CA 91935
- Fee:** \$50
- Ages:** 8 – 14 years

Dance Sampler & Tumble I: Session 1

Introduce your children to music and movement in a variety class of Tap, Ballet, Jazz and beginning tumbling skills. Develop coordination and rhythm. This is in preparation for a June performance (no winter performance). Tap or hard-soled shoes required, or bare feet for Ballet/Tumble.

- Date:** Feb. 15 – March 22
- Time:** Wednesdays, 5:10 – 5:45 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$57
- Ages:** 3 – 6 years

Dance Sampler & Tumble I: Session 2

Introduce your children to music and movement in a variety class of Tap, Ballet, Jazz and Beginning Tumbling skills, and continue building coordination and rhythm. We plan to perform at the San Diego County Fair - so dancers must participate in both the winter and spring session of this class. Additional charges for costumes and registration will apply, paid to the instructor. Tap or hard-soled shoes required, or bare feet for Ballet/Tumble.

- Date:** April 26 – June 14
- Time:** Wednesdays, 5:10 – 5:45 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$76
- Ages:** 3 – 6 years

Dance Sampler & Tumble II: Session 1

Introduce your children to music and movement in a variety class of Tap, Ballet, Jazz and beginning tumbling skills. Develop coordination and rhythm. This is in preparation for a June performance (no winter performance). Tap or hard-soled shoes required, or bare feet for Ballet/Tumble.

- Date:** Feb. 15 – March 22
- Time:** Wednesdays, 5:45 – 6:30 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$59
- Ages:** 6.5 – 11 years



Dance Sampler & Tumble II: Session 2

Introduce your children to music and movement in a variety class of Tap, Ballet, Jazz and Beginning Tumbling skills, and continue building coordination and rhythm. Students will be in the classroom for all classes, though we are planning a performance at the San Diego County Fair - so dancers must participate in both the winter and spring sessions of the class. Students must be continuing on from beginning dance classes such as our Dance Sampler offering and Tumble I class. Additional charges for costumes and registration will apply, paid to the instructor. Low enrollment may result in this class being combined. Tap or hard soled shoes required, or bare feet for Ballet/Tumble.

Date: April 26 – June 14
Time: Wednesdays, 5:45 – 6:30 p.m.
Location: Spring Valley Community Center
Fee: \$78
Ages: 6.5 – 12 years

Tiny Tot Combo Dance Class

Your child learn songs, tap, tumble and gain coordination in this fun combo dance class. Performance opportunities include the San Diego County Fair and community festivals.

Date: Feb 2 – June 29
Time: Thursdays, 4:15 – 5 p.m.
Location: Spring Valley Community Center
Fee: \$35/per month
Ages: 2.5 – 6 years

Cheer Drill Team

Kids will have fun and gain valuable discipline through this class which focuses on balance, core strength, and control. All levels are welcome as the basics will be taught for newcomers, and reviewed for those with previous dance experience. Children will learn how to perform as a unit, dancing in unison as a team. Performance opportunities include the San Diego County Fair and community festivals..

Date: Feb. 2 – June 29
Time: Thursdays, 5 – 5:45 p.m.
Location: Spring Valley Community Center
Fee: \$35/per month
Ages: 6 years and older



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: April 10 – 14
 April 17 – 21
Time: Monday – Friday, 7 a.m. – 6 p.m.
Location: Spring Valley Community Center
Fee: \$120/per week
 \$40/day
Ages: 5 – 12 years

Fun on the Farm

Come on down to the farm! 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.

Session 1: Jan. 30 – Feb. 6, 13, 20
Session 2: Feb. 27 – March 6, 13, 20
Session 3: April 24 – May 1, 8, 15
Session 4: May 22 – June 5, 12, 19
Time: Mondays, 9:30 – 10:30 a.m.
Location: Hidden Haven Farms
 18540 West Boundary Truck Trail
 Jamul, CA 91935
Fee: \$70/session
Ages: 3 – 6 years



Horse Fun for Preschoolers

Join your preschooler in this special class! Children will get to meet and interact with real ponies and horses and learn skills like grooming, saddling, and basic riding. Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings! Register at Spring Valley Community Center. Class will be held on Mondays.

- Session 1:** Jan. 30 – Feb. 6, 13, 20
- Session 2:** Feb. 27 – March 6, 13, 20
- Session 3:** April 24 – May 1, 8, 15
- Session 4:** May 22 – June 5, 12, 19
- Time:** Mondays, 10:30 – 11:30 a.m.
- Location:** Hidden Haven Farms
18540 West Boundary Truck Trail
Jamul, CA 91935
- Fee:** \$70/session
- Ages:** 3 – 6 years

Horse Fun for Kids

Get your chaps on! Pull on your cowboy boots! We are ready to teach you how to have Fun With Horses! Learn how to groom, saddle and get basic instruction on riding! Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings! Register at Spring Valley Community Center.

- Session 1:** Jan. 30 – Feb. 6, 13, 20
- Session 2:** Feb. 27 – March 6, 13, 20
- Session 3:** April 24 – May 1, 8, 15
- Session 4:** May 22 – June 5, 12, 19
- Time:** Mondays, 4 – 5 p.m.
- Location:** Hidden Haven Farms
18540 West Boundary Truck Trail
Jamul, CA 91935
- Fee:** \$70/session
- Ages:** 7 – 12 years

General Music/Introduction to Band/ Orchestra: The Basic Fundamentals of Music – Part 1

This class is for students exposed to little or no music at all. Students will learn the basic fundamentals of music. Students will be introduced to the musical families (i.e. woodwind, brass, strings and percussion). By the end of the session, students will have decided on that perfect musical instrument that he/she will play in Part 2 of BASIC FUNDAMENTALS OF MUSIC. A minimum of 10 students must be enrolled by the first day of class.

- Date:** Feb. 2 – March 23
April 27 – June 15
- Time:** Thursdays, 4 – 4:55 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$80/session
- Ages:** K – 13 years

Band/Orchestra: Basic Fundamentals of Music – Part 2

This class emphasizes on one of the following instruments: violin, flute, clarinet, saxophone, trumpet, baritone, trombone, drums. Learn the basic fundamentals of music while you learn to play your favorite instrument. This class is designed to help put your child at the top of his/her schools music class. Your child must have an Instrument. Instruments are available for a nominal fee and may be used for your child's school music program.

- Date:** Feb. 2 – March 23
April 27 – June 15
- Time:** Thursdays, 5 – 5:55 p.m. (Band)
Thursdays, 6 – 6:55 p.m. (Strings)
- Location:** Spring Valley Community Center
- Fee:** \$80/class session
- Ages:** 8 – 13 years

Drum Line / Drum Circle

This class is designed for everyone. Reading music is not required, but helpful, when joining this program. In this non-intimidating class, you will have loads of fun. If you enjoyed the movie "Drumline," you will love this class. A concert is given at the end of the session. A minimum of 20 students must be enrolled on the first day of class. Drums are provided, however, if you have one, bring it. Free drum sticks for all participants.

Performance is on Saturday, March 25, 2017 at a time TBD.

- Date:** Feb. 2 – March 23
April 27 – June 15
- Time:** Thursdays, 7 – 7:55 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$80/session
- Ages:** 5 – 13 years (grouped by grade level)



REC CLUB

The Spring Valley 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 the 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. For more information, contact Kevin Payton, Recreation Program Coordinator, at (619) 667-6835.

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

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.

REC Club Additional Closures

- New Year's Day, Jan. 1
- Martin Luther King Jr., Jan. 16
- President's Day, Feb. 20
- Cesar Chavez Day, March 31
- Memorial Day, May 29

Daily Activities

- Homework Help
- Arts & Crafts
- Sports and Fitness Activities
- Community Service/ Volunteer Projects

Winter Classes

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



Nature Explorers Program (NEP)

The Nature Explorers Program was launched to help teens develop an appreciation for the outdoors and an ethic of environmental stewardship. Through outdoor adventures like camping, rock climbing, surfing and hiking, REC Club members will learn about nature in an exciting environment that works in line with California Next Generation Science Standards. The class settings is informal and fun, and participation is encouraged to support retention.

Spring 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

Call for information.

REC Special 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.

Special Events

Jan. 21:	MLK Jr. Pancake Breakfast
Feb. 14:	Valentines Day Celebration
March 17:	St Patrick's Day
April 14:	Spring Celebration
May 5:	Cinco De Mayo Taco Day

Call for information.

College & 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: Everyday from April 10 – 14, 1 – 5 p.m.

Adults

Ballet Folklorico: Adult

A fun class where students will be taught dances from various regions of Mexico. Ballet Folklorico shoes/boots and rehearsal skirt required.

Date:	Feb. 7 – June 27
Time:	Tuesdays, 7 – 8 p.m.
Location:	Spring Valley Community Center
Fee:	\$50/month
Ages:	18 and older

Fitness Bootcamp

Fitness boot camp combines weights, balance tools, body resistance and cardio to activate all of your major muscle groups. Through a diversity of classes, exercises may incorporate medicine balls, agility ladders, dumbbells, bosu balls and more! Modifications will be shared to ensure everyone has a productive and enjoyable workout. All fitness levels are welcome!

Date/Time:	Monday & Wednesday, 5 – 6 p.m.
Location:	Spring Valley Community Center
Fee:	\$35/month
Ages:	18 and older

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/Time:	Thursdays, 1:30 – 3 p.m.
Location:	Spring Valley Gymnasium
Fee:	\$30/month \$10/class
Ages:	18 and older



Ursula's Boot Camp

This fat burning, strength-building Boot Camp is a natural, balanced approach to a healthy body! Not only is it a high-energy, fun and effective, circuit-style workout, it also incorporates nutritional information and advice on how to maximize your efforts to regulate metabolism and achieve results. Whether you're a working professional, a parent, a young adult or simply young at heart, Ursula's Bodi Bootcamp can help you achieve your health and fitness goals! This class is suitable for all levels. Please bring water and a towel.

Date:	Jan. 10 – June 29
Time:	Tuesday & Thursday, 6 – 7 p.m.
Location:	2810 Via Orange Way, STE D Spring Valley, CA 91978
Fee:	\$99/month
Ages:	Adults (includes seniors)

Guardian Quest Karate – Self Defense

Train safely as you learn self defense skills that are proven to work. Our leaders provide friendly discipline with an "Ohana" (family) culture. All participants will receive The Ohana Way report.

Date:	Jan. 31 – March 21 April 25 – June 13
Time:	Tuesdays, 4 – 5 p.m.
Location:	Spring Valley Community Center
Fee:	\$60
Ages:	8 and older



Special Interest

Keyboarding

If you want to learn touch-type or improve your existing typing skills, this is the perfect class for you! As you improve your typing speed and accuracy, you'll use the word processor's timed writing feature to continually enhance your skills.

- Date:** Feb. 1 – March 22
April 26 – June 14
- Time:** Wednesdays, 3:30 – 4:30 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$8/session
- Ages:** 18 and older

Internet and Computer Basics

Are you looking to jump online, but aren't sure where to start or how to get the most out of it? Join us as we explore everything to get you started on your journey into the internet and basic functions of your computer and mobile phone. You will learn tips and tricks for making your everyday life easier and more fun!

- Date:** Feb. 1 – March 22
April 26 – June 14
- Time:** Wednesdays, 4:30 – 5:30 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$10/session
- Ages:** 18 and older

Yoga, Meditation, & Tapping into Deep Relaxation

This class teaches a unique combination of meditation, yoga and stress-reducing techniques to welcome ease and relaxation into your life. In one transformational hour, you will learn how to meditate in 1-to-2 minutes to clear your mind and space, flow into easy sun salutations with vinyasa yoga, and practice a 5-minute stress-reducing tapping session using fingertips instead of needles to calm nerves. Feel radiant as you become more vibrant, and fill yourself with boundless stamina!

- Date:** Jan. 31 – March 21
April 25 – June 13
- Time:** Tuesdays, 6:30 – 7:30 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$15/session
- Ages:** 15 and older

Intergenerational Tutoring Club

Children ages 5 through 12 will benefit from this one-of-a-kind tutoring program that pairs them with professional tutors, retired school teachers, education interns from San Diego State University, and Spring Valley Community Center staff who can provide homework assistance at their speed and at their level. Healthy snacks are provided along with recreational games and speech practice.

- Date:** Feb 13 – March 23
- Time:** Tuesdays & Thursdays, 3 – 4 p.m.
- Location:** Spring Valley Community Center
- Fee:** \$5
- Ages:** 5 – 12 years and seniors

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:** April 14
- Time:** 12 – 1 p.m.
- Location:** Spring Valley Community Center
- Fee:** Free
- Ages:** 5 – 12 years and seniors

Dog Obedience

This class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance.

Materials needed include a choker (training collar), 6 foot, and 20 foot leash. Pet owners must provide proof of current rabies and vaccination records for each dog.

- Date:** Feb. 4 – March 11
April 29 – June 3
- Time:** Saturdays, 9 – 10 a.m.
- Location:** Spring Valley County Park
- Fee:** \$70/session





Spring Valley Community Center

WEDDINGS | BIRTHDAYS | QUINCEANERA | ANNIVERSARIES | BANQUETS | BABY SHOWERS | BAPTISMS

The Spring Valley Community Center is a central space for a wide variety of local events, programs, activities and social occasions. From children's birthday parties and senior lunches to reunions, weddings and anniversary celebrations, the Spring Valley Community Center can accommodate up to 488 people between its Main (Ketell) Hall, Olsen Room and Patio Lounge. A commercial kitchen is available for food prep, and tables and chairs can be added to any reservation for a flat fee. It's a lot of space at an incredible price!

KETELL HALL	Hours	Rental Fee	Security Deposit	Table/Chair Rental Fee	Security Guard (Under 100 people)	Security Guard (Over 100 people)	Total
Capacity: 250	4	\$540	\$300	\$50	\$72	\$144	\$962/\$1034
Square footage: 3952	5	\$640	\$300	\$50	\$90	\$180	\$1080/\$1170
	6	\$740	\$300	\$50	\$108	\$216	\$1198/\$1306
Minimum 4 hours	7	\$840	\$300	\$50	\$126	\$252	\$1316/\$1442

OLSEN ROOM	Hours	Rental Fee	Security Deposit	Table/Chair Rental Fee	Security Guard (Under 100 people)	Security Guard (Over 100 people)	Total
Capacity: 78	4	\$260	\$100	\$25	\$72	\$144	\$457
Square footage: 1294	5	\$325	\$100	\$25	\$90	\$180	\$540
	6	\$390	\$100	\$25	\$108	\$216	\$623
Minimum 4 hours	7	\$455	\$100	\$25	\$126	\$252	\$706



A podium, projection screen, chairs, round and rectangular tables may also be included. Additional fees may apply.

Call (619) 479-1832 for information.



Spring Valley Gymnasium Rental

838 Kempton Street, Spring Valley CA, 91977

Hours of Operations: Monday – Friday, 10 a.m. – 6 p.m. Closed Saturday and Sunday

The Gymnasium is a 15,860-square-foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30 days or more in advance to be considered. A \$250 deposit is required to secure a reservation and the total balance is due 72 hours prior to the event, along with proof of insurance.

Reservation Information: (619) 667-6833.

Date	Usage	Price	Available Times
Monday – Friday	Half Gym (1 Court)	\$50/hr.	3:30 – 9 p.m.
Monday – Friday	Full Gym (2 Courts)	\$100/hr.	3:30 – 9 p.m.
Saturday – Sunday	Half Day (2 Courts) (4 – 5.5 hours)	\$400/day	8 a.m. – 10 p.m. (4 hour min.)
Saturday – Sunday	Full Day (2 Courts) (6+ hours)	\$550/day	8 a.m. – 10 p.m. (4 hour min.)
Concession Fee	n/a	\$25/day	n/a

Additional fees apply for set-up, scoreboards and equipment.

Sweetwater Lane Sports Complex

1312 Sweetwater Lane, Spring Valley, CA 91977

The 11-acre Sweetwater Lane Sports Complex consists of artificial turf fields which accommodate multiple football and soccer fields. There are four baseball/softball fields with bleacher seating. The fields have lighting for evening leagues. The complex also has a concession stand, exercise stations, a half-mile exercise track, and a children's playground for ages 5–12.

It is required that all organized leagues/teams obtain written authorization from the Department of Parks and Recreation prior to using the ball fields for practice or games. Fields may be reserved between the hours of 8 a.m. and 10 p.m.

For more information on the field allocation process, please contact the Spring Valley Gymnasium office at 619-667-6833.

Group Type	Fields	Lights	Concession Stand
B – youth recreational, volunteer based organizations	\$0/hr., per field	\$20/hr., per field	\$400/month
C – youth competitive teams/leagues	\$15/hr., per field	\$20/hr., per field	\$400/month
D – adult sports organizations, camps and clinics for youth or adult	\$25/hr., per field	\$20/hr., per field	\$400/month



Spring Valley Area Parks

Bancroft County Park & Rock House

3554 James Circle, Spring Valley, CA 91977

(619) 644-5492

Open sunrise to sunset

Bancroft County Park is a 4.37-acre neighborhood park just off CA-94 in the Spring Valley. On site is a rock house, built in the late 1880s for Hubert Howe Bancroft, a wealthy writer, editor and publisher of history books. The house has been labeled as a County of San Diego Historic Landmark thanks to its sturdy build and colorful history as a school house, a guest house and a fire-safe storage facility.

Spring Valley County Park

8735 Jamacha Blvd., Spring Valley, CA 91977

(619) 479-1832

Open sunrise to sunset

Located on Jamacha Blvd. just off CA-125, Spring Valley County Park offers visitors a partially shaded exercise walkway, a picnic pavilion, 26 picnic tables, four barbeques, a basketball court, two tot lots and a public restroom.



Eucalyptus County Park

9125 Edgewood Dr., Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

This 6.45-acre park offers visitors an ADA-accessible learning playground with swing set, horseshoe pits and a shaded picnic pavilion. Public restrooms are also available on site.

Lamar County Park

3180 Bancroft Dr., Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

Lamar County Park is an 8.89-acre neighborhood park located in Spring Valley that contains a playground for children ages 2-to-5, a pavilion, restroom, picnic tables, lawn areas, barbecues, and drinking fountains.

Goodland Acres County Park

8848 Troy St. Spring Valley, CA 91977

(877) 565-3600

Open sunrise to sunset

This small, 1.34-acre park with towering palms is located just one mile off CA-94 offers visitors a playground, basketball court, horseshoe pits and public restrooms.



THE UPSIDE
OF OUTSIDE



SPRING VALLEY COMMUNITY CENTER

8735 Jamacha Blvd.
Spring Valley, CA 91977

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