



THE CITY OF SAN DIEGO

City of San Diego Park & Recreation Department

"We enrich lives through quality parks and programs."



STANDLEY PARK RECREATION CENTER

3585 GOVERNOR DRIVE

SAN DIEGO, CA 92122

PHONE: (858) 552-1652

FAX: (858) 552-1639



2016 Spring Program



ONLINE REGISTRATION BEGINS: SATURDAY, February 20, 2016

MOST SESSIONS BEGIN: WEEK OF MARCH 1, 2016

SEE INSIDE COVER FOR REGISTRATION DETAILS.

ALL PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION.

EFFECTIVE MARCH 1, 2016

HOLIDAY CLOSURES



Cesar Chavez Day

Thursday, March 31



Memorial Day

REGISTRATION INFORMATION

REGISTRATION INFORMATION

ONLINE CLASS REGISTRATION BEGINS:

Saturday, February 20, 2016 at 10:00 a.m.

- Registration is taken on a first come, first serve, walk in basis. Telephone or mail registration is not accepted.
- When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.



PAYMENT POLICY

- Payment is required at the time of registration.
- Payment methods for registration taken at the Center are credit cards, exact cash or a check.
- Credit cards accepted are VISA, MasterCard, American Express and Discover. Debit cards are not accepted.
- Registration deadline is the second class meeting. No registrations will be accepted after the second scheduled class meeting.
- A \$25.00 service fee will be charged for ALL returned checks.
- Class fees are not pro-rated or discounted after the beginning of the scheduled session.

REFUND POLICY

- This policy applies to programs offered by the Standley Park Recreation Council. There are no refunds available for programs with less than four class meetings. There are no partial refunds or make ups for missed classes (i.e. illness, vacation etc.)
- All approved refund requests will be paid by check including transactions paid with cash. A SPRC Refund Request Form (available at the Recreation Center) and the registration receipt must be submitted at least 48 business hours prior to the second scheduled class meeting.
- A \$20.00 service fee will be charged per registrant for each refund request which takes ten business days to process.
- If a class is cancelled due to class minimums not being met; registrants will be notified and a refund check will be issued and mailed to the address on the registration form.
- If registrants are unhappy or do not participate after the refund deadline, a refund cannot be processed. Cooperation and understanding is appreciated.
- If the registrant has a medical emergency (non-regular/ routine illness) after registration day and cannot continue participating in class SPRC staff must be contacted as soon as possible with the necessary medical documentation. A refund request form must be submitted. Refunds or credits will be determined on a case by case basis by the Center Director.

STANDLEY RECREATION CENTER

ONLINE REGISTRATION INFORMATION

Log onto: www.SDRecConnect.com

Returning Customers (previously registered for classes online) -

Click the "My Account" button. Enter the Login (email) and password.

Log in with this password to activate the account.

New Accounts – click on the "Create Account" button. Fill out the New Account request form completely, including all required fields (Birth date, gender, email address, etc.) and click submit. Please submit the request only once. A confirmation email at the email address that was provided. Please follow directions provided to activate the account. ***Please Note: (For first time users only) Parents/Guardian must create their own account first using their own information. Once there is an online registration account, you there will be an opportunity to add a child as a family member.**

Help is available by clicking the FAQs (Frequently Asked Questions) button for information.

All customers will be charged a \$2.00 transaction fee for all online and In-house registration and reservation transactions. Additionally, a 3% credit card fee will be applied when a credit card is used to process payment. Rates are established by the service provider and are nonrefundable.



HOURS OF OPERATION

Monday	9:00 a.m. - 9:00 p.m.
Tuesday	1:00 p.m. - 9:00 p.m.
Wednesday	11:00 a.m. - 9:00 p.m.
Thursday	1:00 p.m. - 9:00 p.m.
Friday	9:00 a.m. - 6:00 p.m.
Saturday	9:00 a.m. - 4:00 p.m.
Sunday	8:00 a.m. - 2:00 p.m.

REGISTRATION HOURS

Monday	10:00 a.m. - 6:00 p.m.
Wednesday	12:30 p.m. - 6:00 p.m.

****PERMITS ARE ISSUED BY APPOINTMENT WITH CENTER DIRECTOR**

PARK & FACILITY INFORMATION

AMENITIES

Standley Park Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball and volleyball courts
- Game room with table tennis and foosball table
- Two racquetball courts
- Three meeting rooms
- Large playground
- Passive picnic areas
- Picnic shelter



NEIGHBORHOOD PARKS

University Gardens	6431 Gullstrand Street
University Village	7150 Florey Street
Marcy	5504 Stresemann Street

PARK USE INFORMATION

Park use and reservations for the above listed facilities including, but not limited to, sports field use, picnic areas, party jumps and special events can be reserved by contacting Standley Park Recreation Center (858) 552-1652. Events with 50 or more people require a permit approved by the Center Director.



GENERAL PARK RULES

- No Alcohol
- No Smoking
- No Littering
- No Golfing
- No Glass Containers
- No Skateboards, Bikes, Scooters, or Roller Skates
- Dogs must be on leash
- No overnight camping
- No open camp fires



IMPORTANT COMMUNITY CENTER

TELEPHONE NUMBERS

Swanson Pool	(858) 552-1653
South UC Library	(858) 552-1655
North UC Library	(858) 581-9637
Doyle Recreation Center	(858) 552-1612
Nobel Recreation Center	(858) 552-1626
UC Racquet Club	(858) 452-5683
UC Little League	(858) 212-7583

GYMNASIUM USAGE

A monthly gym schedule is available at the Recreation Center for all free play activities. Times are subject to change without prior notification. All individuals must be wearing shoes and a shirt at all times.

Drinks, food and black soled shoes are prohibited in the gymnasium, no exceptions!

OPEN BASKETBALL

Free play basketball is open daily inside and outside on a first come, first serve basis. Open play is meant to run full court games. The monthly gym schedule is available at the center. All ages are welcome. Private instruction or any organized activity requires a facility permit from the Center Director regardless of the class size, and is based on availability.

OPEN VOLLEYBALL

Free play volleyball is Thursdays from 6:00 to 8:45 p.m. Participants are required to set-up and break down the nets and poles.

OPEN FLOOR HOCKEY

Indoor floor hockey is enjoyed on Saturday mornings from 9:00 to 11:00 a.m., unless otherwise noted in the monthly gym schedule. Players provide their own equipment and must be 18 years of age or older. More information is available by contacting Steve at (858) 344-2629.

GAME ROOM

Game room consists of table tennis and a foosball table. All equipment check-out requires a photo ID or a recreation card (\$0.25) for children up to the 5th grade. More information, hours and availability is available by contacting the office.

RACQUETBALL

Racquetball courts are secured and will be opened by staff according to the RESERVATION schedule. Reservations are taken same day only. Two courts are available during normal hours of operation. Courts close 20 minutes prior to the recreation center closing.

TENNIS

Tennis courts are operated by the University City Racquet Club. More information regarding hours, membership and lessons is available by contacting (858) 452-LOVE (5683) or www.ucrctennis.com

RECYCLE



Standley Park has RECYCLING BINS located at the East end of the swimming pool parking lot. Containers take aluminum cans, newspapers, glass containers, cardboard and plastic bottles. RECYCLING is encouraged to help keep the park clean. Please do not overflow the containers. **ILLEGAL DUMPING IS PROHIBITED.**

YOUTH PROGRAMS

AIKIDO

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body and a strong spirit.

7-10 Years Old

Day: Tuesday

Time: 5:00 - 6:00 p.m.

Fee: \$120.00/12 weeks

Session 1 begins:

February 23-May 10, 2016 [22709]



11-14 Years Old

Day: Thursday

Time: 5:00 - 6:00 p.m.

Fee: \$120.00/ 12 weeks

Session 1 begins: February 25-May 19, 2016 [22710]

Instructor: Martin Katz, 6th Degree Black Belt

More information available at ryushinkandojo.org



YOUTH MIXED MEDIA ART CLASS

Parents will have fun with their children in exploring different forms of art and crafts. This creative learning experience will have participants walking away with lasting memories and art work.

3-5 Years Old- Parent participation required.

Day: Tuesdays

Time: 1:00 - 1:45 p.m.

Fee: \$20.00 per session/ per participant

Session 1: March 1-March 22, 2016 [22699]

Session 2: April 5-April 26, 2016 [22700]

Session 3: May 2- May 23, 2016 [22701]

Instructor: Cheroney Mills Standley Park Staff

6-10 Years Old- Parent participation optional.

Day: Tuesdays

Time: 2:15 - 3:00 p.m.

Fee: \$20.00 per session/ per participant

Session 1: March 1-March 22, 2015 [22696]

Session 2: April 5-April 26, 2016 [22697]

Session 3: May 2- May 23, 2016 [22698]

Instructor: Cheroney Mills Standley Park Staff



JUNIOR GOURMET COOKING CLASS

Children will learn basic fundamentals of cooking and how to use kitchen equipment in a safe manner while making healthy delicious cuisine.

6 - 11 Years Old

Day: Wednesdays

Time: 1:00 - 3:00 p.m.

Fee: \$20.00 per session

Session 1: March 2-March 23, 2016 [22703]

Session 2: April 6- April 27, 2016 [22704]

Session 3: May 3-May 24, 2016 [22705]

Instructor: Yvette Jackson Standley Staff

Limited class size of 12 on a first come first serve basis.



CITY DANCE TAP & JAZZ

The City of San Diego Dance Department offers dance classes at affordable prices to enable adults full participation in the study of various styles of dance. Each class meets once a week for 45 minutes.

Tuesdays:

3:00p.m. Creative movements

3:45p.m. Pre Tap S

4:30p.m. Beg Tap 1 A S

5:15p.m. Beg. Jazz 1 A S

Fee: \$41.00/semester

Course dated: Jan. 4- May 17

Classes run from Jan. 4, 2016 -May 17, 2016

** Students must be promoted by the instructor to enroll in this class.

Instructor: Katie McMahon

For more information contact the Dance Department at (619) 235-5255 or visit them on the web at www.civildancearts.org. No class on city holidays.



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS, & AIDS-RELATED COMPLEX.) IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK & RECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER AT (619) 235-1132 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

YOUTH PROGRAMS

Youth Tennis

BEGINNER I

Ages: 4 - 8 years

Time: 4 - 4:45 p.m.

Days: Tuesdays & Thursdays

Cost: \$12.00 per class/child

BEGINNER II

Ages: 8-14 years

Time: 4:45 - 5:45 p.m.

Days: Tuesdays & Thursdays

Cost: \$17.00 per class/child



More information is available by calling UC Racquet Club at (858) 452-5683. Please Register with UC Racquet Club staff.

YMCA Gymnastics*

This YMCA Gymnastics class challenges youth to persevere to new levels of achievement. Young gymnasts gain self-confidence, build self-esteem, and learn basic gymnastics skills. For more information, visit lajolla.ymca.org or contact Suzy O'Neal at (858) 453-3483, Ext. 12837 or soneal@ymca.org



Master Sports*

JUNIOR SPORTS-BASKETBALL, VOLLEYBALL AND SOCCER

Master Sports offer a variety of youth sports and classes from ages 3 to 13 years. Participants will play soccer, basketball, tee-ball, flag football, and track n' field. The coaching philosophy is to give each participant a foundation by incorporating rules of the sport into modified games that are appropriate for each age group and most importantly a lot of fun. We will capture their imagination while improving coordination and strength.

For more information contact Master Sports at (858) 518-1315 or visit www.MASTERyourSPORTS.com



*****ONLINE REGISTRATION ONLY*****

VOLUNTEER COACHES ARE NEEDED

Volunteers are needed to make a difference in the park or at a recreation facility and there is a place for anyone interested at Standley Park Recreation Center. Applications are available at Standley Park Recreation Center. The minimum age to volunteer is 13. Everyone is welcome to become a Park and Recreation Department Volunteer!



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ADULT & SENIOR PROGRAMS

AIKIDO

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body, and strong spirit.

Day: Tuesdays (*Beginners*)

Ages: 15 years - Adult

Session I begins: February 23- May 10, 2016 [22712]

Time: 6:30 - 8:30 p.m.



Day: Thursdays (*Advanced*)

Ages: 15 years - Adult

Session I begins: February 25-May 19, 2016[22711]

Time: 6:30 - 8:30 p.m.

Day: Saturdays (*Mixed Levels*)

Time: 10:30 a.m.-12:00 p.m.

Ages: 15 years - Adult

Session begins: February 27-May 14 2016 [22713]

Fee: \$120.00/ 12 week

Per participant per session.

Instructor: Martin Katz, 6th Degree Black Belt

More information available at ryushinkandojo.org



SPRC FITNESS

In this class participants interested in shaping up for Summer will use weights to get stronger, and work on flexibility. All levels are welcome.

Days: Wednesday

Time: 4:45 - 5:45 p.m.

Ages: 14 years - Adult

Fee: \$30.00/ per month



Session I begins: March 2- March 30, 2016 [22706]

Session II begins: April 5—April 27, 2016 [22707]

Session III begins: May 3—May 24, 2016 [22708]

Instructor: Yvonne Bennett-Niang, AFAA Certified

More information is available at: ybennettniang@yahoo.com

HAPPY, HEALTHY, HATHA YOGA BEGINNING

Participants will enjoy two hours of serenity! Reduce stress and tension. Increase strength, flexibility, balance, and inner harmony. Learn the foundation poses of yoga that will assist in developing personal routine. Appropriate for all levels. Please bring towel or blanket and please DO NOT EAT before class.

Day: Monday

Time: 6:00 - 8:00 p.m.

Fee: \$175.00/10 weeks

Session : March 14—May 23, 2016 [22935]



INTERMEDIATE

Intermediate Hatha Yoga is a continuation of beginning yoga, deepening your experience of flexibility, strength, awareness and joy. Additional breathing techniques and advanced poses are added according to student ability. Students must have previous yoga experience.

Please DO NOT EAT before class.

Day: Wednesdays

Time: 6:00 - 8:00 p.m.

Fee: \$210.00/12 weeks

Session : March 9- May 25, 2016 [22932]

Mixed Level

Day: Saturdays

Time: 10:30 a.m. - 12:00 p.m.

Fee: \$80.00/5 weeks

Session 1: March 12—April 9, 2016 [22930]

Session 2: April 23- May 21, 2016 [22934]

Instructor: Shelley Aanerud, Certified Ananda

Yoga Instructor, RYT 500 (858)
587-0171



SENIOR CLUB & PINOCHLE

Senior Club meets every Friday from 9:00 a.m. to 12:00 p.m. Bridge, pinochle and card games are played. New players are welcome. Participants can bring a sack of lunch. Coffee and tea is provided. More information is available by calling Ben at (858) 453-2340.



ADULT & SENIOR PROGRAMS

SAN DIEGO CONTINUING EDUCATION PROGRAMS**

The San Diego Community College District offers FREE Continuing Education courses for adults and seniors at Standley Park Recreation Center.

Physical Fitness:

Tuesdays & Thursdays 9:00 - 11:00 a.m.

Ikebana (Japanese Flower Arrangement) :

Mondays 9.00 a.m. - 2:30 p.m.

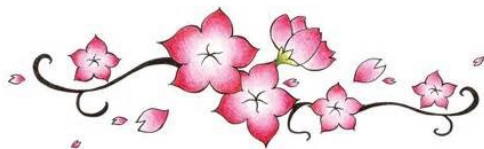
Students will learn practical application, using diverse media and techniques. Explore principles of art and its place in various cultures.

Magic of Pastels (Art):

Thursdays 9:00 a.m.- 2:00 p.m.

Using watercolor and mixed media students develop a mixed painting using watercolor with gouache, ink, pastels, colored pencils and/ or collage elements.

More information is available by contacting the West City campus at 619-388-1950.



CITY DANCE ADULT TAP & JAZZ

The City of San Diego Dance Department offers dance classes at affordable prices to enable adults full participation in the study of various styles of dance. Each class meets once a week for 45 minutes.

Mondays:

4:15-5:00 p.m. Adv Beg. Jazz 2B

5:00-5:45 p.m. Adv Beg Tap 2B

5:45-6:30 p.m. Adult Musical Theatre

6:30-7:15 p.m. Adult Beg Tap 1A

7:15-8:00 p.m. Adult Beg Jazz 1A

**8:00-8:45 p.m. Adult Adv Beg Tap 2A

** Students must be promoted by the instructor to enroll in this class.

Fee: \$41.00/semester

Instructor: Debbie Hardesty

BEGINNER TO INTERMEDIATE LEVEL TENNIS (ADULT)

The main goal of this tennis clinic is to hit lots of tennis balls to practice the strokes and get a great workout!

Day: Tuesday

Class/Time: 6:00-7:00 p.m.

Fee: \$20.00/per class

Instructor: UC Racquet Club Staff

More information is available by calling UC Racquet Club at (858) 452-5683. Registration is made with UC Racquet Club



ADULT SPORTS LEAGUES

ADULT SOFTBALL LEAGUE*

Co-ed Adult Softball Leagues begin in

January and will run for 18 weeks. Games are held on Mondays or Tuesdays 6:00 - 10:00 p.m.

Team or individual entries are accepted. More information is available by calling:

League Director, Pete McNamara at (858) 453-6208.



VAVi CoEd Social Softball League*

VAVi Sport and Social Club has year round Thursdays Coed Social Softball leagues at Standley Recreation center. VAVi's leagues are a great way to meet new friends and play social sports.

More information and registration is available by contacting Sports Director, Dave Draizen, at (858) 273-3485 ext.10 or www.govavi.com/softball

COED VOLLEYBALL LEAGUE

Adult Coed 4's Volleyball League offers two divisions, A and B. League plays

Day: Monday nights 6:00 - 9:00 p.m.

Ages: 21 years and older

Dates: February 1, 2016/15 weeks long [22702]

Fee : \$280.00 per team. For more information contact League Director, Farid at (619) 871-0047 or via e-mail at farid@volleyballetc.com



MEN'S BASKETBALL LEAGUE

Day: Tuesday

Ages: 25 years and older

Dates: April 1,- 2016

Fee: \$295.00 per team [22714]

Interested teams may contact League Director John LaChica via email at 1achicaj@hotmail.com.



EVENTS & OPPORTUNITIES

UC CELEBRATION AND SUMMER CONCERTS

VOLUNTEERS ARE NEEDED!

COMMITTEES ARE SEEKING NEW MEMBERS TO HELP PLAN BOTH EVENTS.

THESE EVENTS CANNOT TAKE PLACE WITHOUT ENOUGH VOLUNTEERS FOR THESE COMMITTEES.

WE ARE SEEKING COMMUNITY MEMBERS WHO WOULD LIKE TO ASSIST WITH THE PLANNING AND COORDINATION OF THESE VERY SPECIAL COMMUNITY EVENTS.

MORE VOLUNTEER OPPORTUNITIES

- SPRING EGG HUNT
- UC CELEBRATION
- SUMMER CONCERTS
- BANANA SPLIT



More information is available by calling (858) 552-1652

INDEPENDENT CONTRACTOR REQUIREMENTS

All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process. Contractors must maintain a business license and proof of insurance. City staff handles all registration for these programs. Contractor must provide Worker's Compensation coverage.

PERMIT HOLDER REQUIREMENTS

Permit holders must provide proof of insurance. Registration is handled by the permit holder. The permit holder is not required to submit proof of fingerprinting for their coaches, volunteers or instructors. No commercial animal activities are permitted on park property. **All Permit Holders are identified in this brochure with an *asterisk.**



ANYONE INTERESTED SHOULD CALL (858)-552-1652

AND PROVIDE ALL CONTACT INFORMATION

INCLUDING NAME, NUMBER, E-MAIL

AND THE COMMITTEE REQUESTED.

INDIVIDUALS WITH DISABILITIES

All classes or programs sponsored by the Recreation Council, the City of San Diego Park and Recreation Department can accommodate individuals with disabilities.

Upon availability, Therapeutic Services will provide inclusion aides with additional assistance along with Standley Park Recreation Center contractual staff.

Request for this service must be made at least three weeks prior to the first day of the program.

For More information on

Therapeutic Services is available by calling (619) 525-8247



STANDLEY PARK RECREATION COUNCIL

This group of concerned residents volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, publicize and help provide recreation opportunities for citizens in the University City Community. Groups, clubs and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcome. The Standley Park Recreation Council meets on the 4th Thursday of each month at 7:00 p.m. at Standley Recreation Center. Any adult who is interested in making an impact or has concerns about these neighborhood parks and recreation center, should attend the meetings.