



# Park & Recreation

## STANDLEY PARK & RECREATION CENTER

3585 GOVERNOR DRIVE

SAN DIEGO, CA 92122

PHONE: (858) 552-1652

FAX: (858) 552-1639

## Fall Program 2016

**ONLINE REGISTRATION BEGINS: August 20, 2016 at 10:00 a.m.**

**SEASON BEGINS: September 1, 2016**

**SEE INSIDE COVER FOR REGISTRATION DETAILS.**

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

**SEASON ENDS: NOVEMBER 30, 2016**

### **HOLIDAY CLOSURES**

**MONDAY, SEPTEMBER 5 (LABOR DAY); FRIDAY, NOVEMBER 11 (VETERAN'S DAY);**

**THURSDAY, NOVEMBER 24 (THANKSGIVING DAY)**

# REGISTRATION INFORMATION

## REGISTRATION INFORMATION

### ONLINE CLASS REGISTRATION BEGINS:

**August 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 accomodate 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 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 taken in 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 does 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 only.

## STANDLEY RECREATION CENTER

### ONLINE REGISTRATION INFORMATION

Log onto: [www.SDRecConnect.com](http://www.SDRecConnect.com)

**Returning Customers (previously registered for classes online)** - Click the "My Account" button. Enter your Login (email) and password.

Log in with this password to activate your account.

First-time Online User?

**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 select submit. Please submit your request only once. You will receive a confirmation email at the email address that you provided. Please follow directions provided to active account.

**\*Please Note: (For first time users only)**

**Parents/Guardian must create their own account first using their own information. Once you have an online registration account, you will have the opportunity to add a child as a family member.**

If you need help, please click 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 online 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	12:00 a.m. - 9:00 p.m.
Thursday	1:00 p.m. - 9:00 p.m.
Friday	9:00 a.m. - 7:00 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.
Tuesday	1:00 p.m. - 8:00 p.m.
Wednesday	1:00 p.m. - 8:00 p.m.

**\*\*PERMITS ARE ISSUED BY APPOINTMENT WITH THE 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
- Large playground
- Passive picnic areas
- Picnic shelter
- Barbeques



## NEIGHBORHOOD PARKS

University Gardens	6431 Gullstrand Street
University Village	7150 Florey Street
Marcy Neighborhood Park	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 PHONE NUMBERS

Doyle Recreation Center	(858) 552-1612
Nobel Recreation Center	(858) 552-1626
Swanson Pool	(858) 552-1653
North UC Library	(858) 581-9637
South UC Library	(858) 552-1655
Mesa Soccer	(858) 558-MESA
UC Del Sol Girls Softball	(858) 568-2455
UC Little League	(858) 212-7583
UC Racquet Club	(858) 452-5683

## 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 gym 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. Individuals under 18 years must be supervised by an adult.

### 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 Golden Triangle Tennis Staff. More information regarding hours, membership and lessons is available by contacting (858) 452-LOVE (5683) or [www.ucrctennis.com](http://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. Keep the park clean by **RECYCLING!** 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.

### 6-7 Years

**Day:** Saturday

**Time:** 9:45 - 10:45 a.m.

**Fee:** \$110.00/11 weeks

**Session:** September 10 - November 19, 2016 [30146]

**Instructor:** Kathleen Mathews, 3rd Degree Black Belt  
Martin Katz, 6th Degree Black Belt



### 8-10 Years

**Day:** Tuesday

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

**Fee:** \$120.00/12 weeks

**Session:** August 30 - November 15, 2016 [30141]

**Instructor:** Martin Katz, 6th Degree Black Belt

### 11-14 Years

**Day:** Thursday

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

**Fee:** \$120.00/12 weeks

**Session:** September 1 - November 17, 2016 [30142]

**Instructor:** Martin Katz, 6th Degree Black Belt

## Pee Wee Youth Sports

**Parent Participation is not required**

**Ages:** 4-8 years

**Times:** 4:00 - 4:45 pm

**Days:** Wednesday

**Cost:** \$20.00/ session



**Session I:** September 7 - September 28 [30852]

**Session II:** October 5 - October 26 [30854]

**Session III:** November 2 - November 30 [30855]

**Instructor:** Standley Recreation Staff

## YOUTH MIXED MEDIA ART CLASS

Parents will have fun with their children in exploring different forms of arts and crafts.

**3-5 Years – Parent participation— required.**

**Day:** Tuesday

**Time:** 1:15 - 2:00 p.m.

**Fee:** \$20.00 per session/ per participant

**Session I:** September 6 - September 27, 2016 [30192]

**Session II:** October 4 - October 25, 2016 [30193]

**Session III:** November 1 - November 29, 2016 [30194]

**Instructor:** Standley Recreation Staff



**6 -10 Years – Parent participation— optional.**

**Day:** Tuesday

**Time:** 3:15 - 4:00 p.m.

**Fee:** \$20.00 per session/ per participant

**Session I:** September 6 - September 27, 2016 [30128]

**Session II:** October 4 - October 25, 2016 [30139]

**Session III:** November 1 - November 29, 2016 [30140]

**Instructor:** Standley Recreation Staff

## 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.

**Registration: SEPTEMBER 17, 10:00 A.M.**

**Tuesday:**

3:00p.m. Pre Ballet [30857]

3:45p.m. Pre Tap [30858]

**Fee:** \$41.00/semester

**Instructor:** MaryAllison Dunsmore

For more information contact the Dance Department at (619) 235-5255 or visit them on the web at [www.civildancearts.org](http://www.civildancearts.org)

No class on city holidays.



## YMCA Gymnastics\*

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

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

## JUNIOR GOURMET COOKING CLASS

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

### 6 - 11 Years

**Day:** Wednesday

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

**Fee:** \$20.00 per session

**Session I:** September 7 - September 28, 2016  
[30189]

**Session II:** October - October 26, 2016  
[30190]

**Session III:** November - November 30, 2016  
[30191]

**Instructor:** Standley Recreation Staff

**Limited class size of 12; first come first serve basis.**



## Master Sports\* (Register at MasterSports.com)

### **Basketball Class**

Tuesday 9/20 - 11/8/2016

K-2 grade: 4:00 pm - 5:00 pm

3-6 grade: 5:00 pm - 6:00 pm



### **Volleyball Class**

Tuesday 9/20 - 11/8/2016

Beginner: Ages 9 - 13 years 4:00 pm - 5:00 pm

Intermediate: Ages 9 - 13 years 5:00 pm - 6:00 pm

## Youth Tennis\*

### **Tennis Classes**

**Ages:** 5-8 years and 9-13 years

**Times:** 4:00 - 4:45 pm & 4:45 - 5:00 pm

**Days:** Tuesday and Thursday

**Cost:** \$12 (ages 5-8)

\$17 (ages 9-13)

Please Register with UC Racquet Club staff.  
More information is available by calling UC Racquet Club at (858) 452-5683 or online at [www.ucrctennis.com](http://www.ucrctennis.com).



## STANDLEY SEAHAWKS FLAG FOOTBALL TEAM

**U10 Division:** Ages 8-10 [30588]

**U12 Division:** Ages 11-12 [30589]

**U14 Division:** Ages 13-14 [30590]

- » Ages 8-14 years
- » September - December
- » \$63.00 per registrant



## SPECIAL EVENTS



# HALLOWEEN CARNIVAL



- Free carnival games, crafts, face painting and jump house



**Friday, October 28, 2016**

**4:00-6:00 p.m.**

### **Costume Contest**

0-2 years old: 4:45 p.m.	9-11 years old: 5:30 p.m.
3-5 years old: 5:00 p.m.	12 years +: 5:45 p.m.
6-8 years old: 5:15 p.m.	



# 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:** Tuesday (*Beginners*)

**Ages:** 15 years - Adult

**Session:** August 30 – November 15, 2016 [30144]

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



**Day:** Thursday (*Advanced*)

**Ages:** 15 years - Adult

**Session:** September 1 - November 17, 2016 [30143]

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

**Day:** Saturday (*Mixed Levels*)

**Time:** 11:00 a.m.-12:30p.m.

**Ages:** 15 years - Adult

**Session:** September 3 - November 19, 2016 [30145]

**Fee:** \$120.00/ 12 week

(Per participant, per session.)



**Instructor:** Martin Katz, 6th Degree Black Belt

More information available at [ryushinkandojo.org](http://ryushinkandojo.org)

## **SPRC FITNESS: Newcomers Welcome!**

Participants will actively train using weights to build strength while enjoying a creative aerobic exercise.

**Days:** Wednesday

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

**Ages:** 14 years - Adult

**Fee:** \$30.00/ per month



**Session I:** September 7– September 28, 2016 [30195]

**Session II:** October 5 - October 26 2016 [30196]

**Session III:** November 2- November 30, 2016 [30197]

**Instructor:** Yvonne Bennett-Niang, AFAA Certified

More information is available at: [ybennettniang@yahoo.com](mailto:ybennettniang@yahoo.com)

## **HAPPY, HEALTHY, HATHA YOGA BEGINNING**

Participants will enjoy two hours of serenity, reduce stress and tension, while increasing strength, flexibility, balance, and inner harmony. Participants will learn the foundation poses of yoga that will assist them in developing their own routine. Appropriate for all levels. Participants should bring a towel or blanket. Please DO NOT EAT before class.

**Day:** Monday

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

**Fee:** \$210.00/12 weeks

**Session I:** September 12 - November 28, 2016 [30186]



## **INTERMEDIATE**

Intermediate Hatha Yoga is a continuation of beginning yoga, deepening the 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:** Wednesday

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

**Fee:** \$210.00/12 weeks

**Session I:** September 14 - November 30, 2016 [30187]

## **MIXED LEVEL**

**Day:** Saturday

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

**Fee:** \$95.00/6 weeks

**Session I:** September 10 - October 15, 2016 [30188]

**Session II:** October 22 - November 26, 2016 [30198]

**Instructor:** Shelley Aanerud, E-RYT, 500 hours and Certified Ananda Yoga Instructor: (858) 587-0171



**Note:** All Permit Holders are identified in this brochure with an \*asterisk.



# 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:

Tuesday & Thursday 9:00 - 11:00 a.m.

### Ikebana (Japanese Flower Arrangement) :

Monday 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):

Thursday 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.**

## SENIOR BRIDGE & PINOCHLE CLUB

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



## 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.

**Registration: Saturday, September 17, 2016 at 10 am**

Monday:

4:15-5:00p.m. Adv Beg. Jazz 2B [30702]

5:00-5:45p.m. Adv Beg Tap 2B [30703]

5:45-6:30p.m. Adult Musical Theatre [30701]

6:30-7:15p.m. Adult Beg Tap 1A [30699]

7:15-8:00p.m. Adult Beg Jazz 1A [30698]

**\*\*8:00-8:45p.m. Adult Adv Beg Tap 2A [30696]**

**\*\*Students must be promoted by instructor to enroll.**

**Instructor:** Debbie Hardesty

**Fee:** \$41.00/ semester

## TENNIS\* (ADULT)

The main goal of this tennis clinic is for participants to hit many tennis balls in order to practice strokes and get in 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.



# ADULT SPORTS LEAGUES

## COED VOLLEYBALL LEAGUE

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

**Day:** Monday night 6:00 - 9:00 p.m.

**Ages:** 21 years and older

**Dates:** October 10, 2016/15 weeks long [30185]

**Fee :** \$280.00 per team.

For more information contact League Director, Farid at (619) 871-0047 or via e-mail at: farid@volleyballetec.com

## ADULT SOFTBALL LEAGUE\*

Co-ed Adult Softball Leagues begin in January and will run for 18 weeks.

Games are held on Monday or Tuesday 6:00 - 10:00p.m.

Team or individual entries are accepted.

More information is available by calling:

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

## MEN'S BASKETBALL LEAGUE

### NEW SEASON STARTING IN DECEMBER

Registration begins in November

Interested teams may contact League Director John LaChica via email at: [lachicaj@hotmail.com](mailto:lachicaj@hotmail.com)



## 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](http://www.govavi.com/softball)

# EVENTS & OPPORTUNITIES

## NEW VOLUNTEERS WELCOME FOR

### UPCOMING EVENTS!

UCC COMMITTEE IS SEEKING NEW MEMBERS TO HELP PLAN  
AND RUN THE 29TH UC CELEBRATION

### **THESE EVENTS CANNOT TAKE PLACE WITHOUT ENOUGH VOLUNTEERS FOR THESE COMMITTEES**

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



## 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 call (619) 525-8247**



## MOVIE IN THE PARK

Friday, September 9, 2016

Featuring: **ZOOTOPIA**

Movie will start at dusk.

Relax in the field and enjoy!

For more information and locations of free movies in the park please visit:

[summermmoviesinthepark.com](http://summermmoviesinthepark.com)

**FREE**



## BOOK NOOK

Book Nook is "take a book, leave a book."  
A gathering place where you can share your favorite literature and stories. If you really like a book you can keep it and then donate a different book to share. If you are looking for something new to read the Book Nook is perfect place for children and adults. Our Book Nook is located in our lobby.



## 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.

# 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 the 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. New membership is welcome.