

STANDLEY PARK & RECREATION CENTER

3585 GOVERNOR DRIVE SAN DIEGO, CA 92122 PHONE: (858) 552-1652

2018 SPRING PROGRAM



EFFECTIVE MARCH 1, 2018 THROUGH MAY 31, 2018 CLASS REGISTRATION BEGINS NOVEMBER 18, 2017 AT 10:00 A.M. SEE INSIDE COVER FOR REGISTRATION DETAILS.

HOLIDAY CLOSURES

FRIDAY, MARCH 30 (CAESAR CHAVEZ DAY-OBSERVED)/ MONDAY, MAY 28 (VETERANS DAY)

GENERAL INFORMATION

REGISTRATION INFORMATION

IN PERSON REGISTRATION BEGINS:

Saturday, February 17, 2018 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.

CENTER 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 ONLY.

ONLINE REGISTRATION INFORMATION

Begins: Saturday, February 17, 2018 at 10:00 A.M. Log onto: www.SDRecConnect.com

Returning Customers:

(previously registered for classes online)

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

For first time users only, please note the following:

-Parents and/or Guardians must create their own account first by providing their own information. Once your online registration account is completed you will have the opportunity to add a child as a family member.

First-time Online User?

New Accounts - click on the "Create Account" button. Fill out the "New Account Request Form" completely by including all required fields: (Birth date, gender, email address, etc.). When finished, 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 via e-mail to activate account. If you need help please click the FAQs (Frequently Asked Questions) button for information or call your local recreation center.

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

CENTER INFORMATION

CENTER HOURS OF OPERATION

Monday 9:00 a.m. - 9:00 p.m.
Tuesday 1:00 p.m. - 9:00 p.m.
Wednesday 12:00 p.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.

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 made out to: City Treasurer
- Credit cards accepted are VISA, MasterCard and Discover. Debit cards are accepted as well.
- 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

- 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 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.
- 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.
- 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.

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 & Foosball Table
- -Two Racquetball courts
- Barbeques
- -Large playground
- Picnic shelter*
- -Outdoor basketball court*
- Passive Picnic Areas
- -Multi purpose fields*

- Horse shoe pit
- *Open for paid rental reservations, pending

PARK USE INFORMATION

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

NEIGHBORHOOD PARKS

University Gardens 6431 Gullstrand Street University Village 7150 Florey Street Marcy Neighborhood Park 5504 Stresemann Street Spreckels Joint Use Field Standley Joint Use Fields

GYMNASIUM USAGE

A monthly gym schedule is available at the Recreation Center for all open play activities. Times are subject to change without prior notification. All individuals must be wearing gym shoes and a shirt at all times. Profanity is not allowed. Drinks, food and black soled shoes are prohibited in the gymnasium, no exceptions!

OPEN BASKETBALL

Free play Basketball is open daily inside and/or outside on a first come, first serve basis. Open play is meant to run full court games. 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 on Thursdays from 6:00 to 8:45 p.m. Participants are required to set-up and break down all nets and poles.

OPEN FLOOR HOCKEY

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.

INDIVIDUALS WITH DISABILITIES - 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.

GENERAL PARK RULES

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

-No Balloons

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

RECYCLE **ILLEGAL DUMPING IS PROHIBITED.**

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 in new bins now located around the park! Please do not Reuse Recycle overflow containers.

GAME ROOM

The Game Room consists of a Table Tennis and a Foosball table. All equipment check-out requires a photo ID or a green recreation card (\$0.25) for children up to the 5th grade. For more information, hours and availability contact the front office Individuals under 18 years of age must be supervised by an adult.

RACOUETBALL

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 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

BOOK NOOK

"Take a book, leave a book," is the motto and way of the Book Nook. A gathering place where you can share your favorite literature and stories. If you like a book you can keep it and in return donate a different book. The Book Nook is perfect for children and adults.

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 handle all registration for these programs. Contractors must provide Worker's Compensation Coverage.

YOUTH PROGRAMS

AIKIDO

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

AGES: 7-10 Years

Day: Tuesday

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

Session: March 6 - May 22, 2018 [48009]

Fee: \$120.00/12 weeks

Instructor: Martin Katz, 6th Degree Black Belt

AGES: 11-15 Years
Day: Thursday

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

Session: March 8 - May 24, 2018 [48010]

Fee: \$120.00/12 weeks

Instructor: Martin Katz, 6th Degree Black Belt

More information available at: ryushinkandojo.org

PEE WEE SPORTS

Children will develop basic motor skills while being introduced to all types of different sports.

Ages: 3.5 – 6 years
Times: 4:00 – 4:45 p.m.
Days: Thursday
Cost: \$20.00/4 weeks

 Session I:
 March 1 - March 22, 2018
 [48027]

 Session II:
 April 5 - April 26, 2018
 [48028]

 Session III:
 May 3 - May 24, 2018
 [48029]

Instructor: Standley Recreation Staff

For More Information, Call 858-552-1652

UCRC YOUTH TENNIS CLASSES

Ages: 5-8 years and 9-13 years

Times: 4:00 - 4:45 pm & 4:45 - 5:45 p.m.

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.

LITTLE MASTERS ART

Children will discover the history of famous artists, their works of art and how to use various forms of media, while creating their own masterpieces!

DA VINCIS: 6-10 Years

 Day:
 Tuesday

 Time:
 3:30 - 4:30 p.m.

 Fee:
 \$20.00/4 weeks

Session I: March 6 - March 27, 2018 [48024] Session II: April 3 - April 24, 2018 [48025] Session III: May 1 - May 22, 2018 [48026]

Instructor: Standley Recreation Staff

For More Information, Call 858-552-1652

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.

Parent Participation is not required

AGES: 6 - 13 Years

Day: Wednesday
Time: 2:00 - 3:00 p.m.
Fee: \$20.00/4 weeks

 Session I:
 March 7 - March 28, 2018
 [48021]

 Session II:
 April 4 - April 25, 2018
 [48022]

 Session III:
 May 2 - May 23, 2018
 [48023]

 Instructor:
 Standley Recreation Staff

Limited class size of 6; first come first serve basis.

Instructor: Standley Recreation Staff For More Information, Call 858-552-1652

YMCA*

After School Sports

Ages: 4 - 12 YEARS

Days: Monday - Friday

Gymnastics

Ages: 3 - 12 YEARS

Day: Monday

Instructor: YMCA Staff

For More Information, Call 858-453-3483



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

CITY DANCE, TAP & JAZZ

The City of San Diego Dance Department offers dance classes at affordable prices in order to enable both adults and children to fully participate in the study of various styles of dance. Each class meets once a week for 45 minutes.

Day: Tuesday

Fee: \$41.00/ 10 weeks

3:00 p.m. Pre Ballet (Ages 3-5) 3:45 p.m. Pre Tap (Ages 4-5)

4:30 p.m. Beg Tap 1A (Ages 6-17) 5:15 p.m. Beg Jazz 1A (Ages 6-17)



Instructor: Mary Allison Dunsmore

For more information contact the Dance Department at (619) 235-5255 or visit them on the web at:

www.civicdancearts.org

VOLUNTEERS

VOLUNTEERRS ARE ALWAYS NEEDED TO HELP PUT ON ALL THE SPECIAL EVENTS AT THE STANDLEY PARK RECREATION CENTER.



VOLUNTEERS HELP US TO CONTINUE TO
PROVIDE FREE AND FUN SPECIAL EVENTS TO
THE U.C. COMMUNITY. IF YOU ARE
INTERESTED IN VOLUNTEERING PLEASE CALL
THE STANDLEY PARK FRONT OFFICE AT:
858-552-1652

MASTER SPORTS*

Skill Builder Basketball: This class is filled with fundrills and games to help build your Basketball skills.

Day: Tuesday

Time: 3:55 - 4:55 p.m. (Grades: K-2)

4:55 - 5:55 p.m. (Grades: 3-6)

Volleyball: Focus is on the basic skills, rules and sportsmanship. Participants will practice fundamentals through a wide variety of drills.

Day: Tuesday

Time: 3:55-4:55 p.m. (Ages 7 - 9) 4:55-5:55 p.m. (Ages 10-12)



For More Information or to register, please visit the website at www.MasterSports.com

UPCOMING SPECIAL EVENTS

Coming this summer...



Movies in the Park

Summer Concert Series





UC Celebration

37th Annual Banana Split



*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.

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) [48011]

Ages: 16 years - Adult **Time:** 6:30 - 8:30 p.m.

Session: March 6 - May 22, 2018

Fee: \$120.00/12 weeks

Day: Thursday (Advanced) [48012]

Ages: 16 years - Adult **Time:** 6:30 - 8:30 p.m.

Session: March 8- May 24, 2018

Fee: \$120.00/12 weeks

Day: Saturday (Mixed Levels) [48013]

Ages: 16 years - Adult **Time:** 10:30 a.m.-12:00p.m. **Session:** March 10 - May 26, 2018

Fee: \$120.00/12 weeks

Instructor: Martin Katz, 6th Degree Black Belt

More information available at: ryushinkandojo.org

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.

Monday:

5:45 p.m. Adult Musical Theatre 2A (13+)

6:30 p.m. Adult Beg Tap 1A (18+) 7:15 p.m. Adult Beg Jazz 1A (18+)

8:00 p.m. Adult Adv Beg Tap 2A (18+)

*Students must be promoted by instructor to enroll.

Instructor: Debbie Hardesty **Fee:** \$41.00/ semester

For more information contact the Dance Department at: (619) 235-5255 or visit them on the web at www.civicdancearts.org

SENIOR BRIDGE & PINOCHLE CLUB

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, tea and light snacks are provided.

More information is available by calling Vern at: (619) 465-6463.

HAPPY, HEALTHY, HATHA YOGA

BEGINNER

Participants will enjoy two hours of serenity, reduce stress and tension, while increasing strength, flexibility, balance and inner harmony. Appropriate for all levels. Participants should bring a towel or blanket.

Please DO NOT EAT within 2 hours of class.

Session I: March 5 – April 9, 2018 **[48014]**

Fee: \$108.00/6 weeks

Session II: April 16 - May 21, 2018 [48056]

Fee: \$108.00/6 weeks

Day: Monday

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

INTERMEDIATE

Intermediate Hatha Yoga is a continuation of beginning yoga, deepening the experience of flexibility, strength, awareness and joy.

Session I: March 7 - April 11, 2018 [48057]

Fee: \$108.00/6 weeks

Session II: April 18 - May 23, 2018 [48015]

Fee: \$108.00/6 weeks **Day:** Wednesday **Time:** 6:00 - 8:00 p.m.

Time. 0.00 - 8.00 p.m

MIXED LEVEL

Session I: March 10 - April 14, 2018 [48016]

Fee: \$99.00/6 weeks

Session II: April 21 - May 26, 2018 [48017]

Fee: \$99.00/6 weeks

Day: Saturday

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

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

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: \$30.00/4 weeks

Session I: March 7 – March 28, 2018 **[48005] Session II:** April 4 – April 25, 2018 **[48006] Session III:** May 2 – May 23, 2018 **[48007]**

Instructor: Yvonne Bennett-Niang, AFAA Certified More information, email: ybennettniang@yahoo.com

ZUMBA GOLD*

Days: Monday and Thursday

Time: 12:00 - 12:55 pm **Fee**: \$5.00 per class

The popular Zumba Gold class is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves at lower intensity.

To register please contact the instructor at:

zumbawithlis@gmail.com

ADULT & SENIOR PROGRAMS

SAN DIEGO CONTINUING EDUCATION PROGRAMS*

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

Physical Fitness:

Tuesday & Thursday 9:00 a.m. - 10:30 a.m.

Ikebana (Japanese Flower Arrangement):

Monday 9.00 a.m. - 11:30 a.m.. & 12:00 p.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.- 12:00 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: 619-388-1873.

TENNIS (ADULT)

The main goal of this tennis clinic is for participants to hit as many tennis balls as possible to practice their ground strokes and get a great workout!

Dav: Tuesday 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 staff.

GOURMET COOKING CLASS (ADULT)

The purpose of this class is to learn the skills and techniques of gourmet cooking. Emphasis on holiday parties and special events.

Day: Friday

Time: 6:00 - 7:00 p.m. Fee: \$40.00/ 4 weeks

Session I: March 2 - March 23, 2018 [48018] Session II: April 6 - April 27, 2018
Session III: May 4- May 25, 2018 [48019] [48020]

Instructor: Standley Recreation Staff

For More Information, Call 858-552-1652

ADULT SPORTS LEAGUES

CO-ED VOLLEYBALL LEAGUE

Adult Co-ed 4's Volleyball League offers two divisions, A and B.

Day: Monday Time: 6:00 - 9:00 p.m. Ages: 21 years and older

Dates: Next season begins in the Spring.

Fee: \$280.00 per team.

For more information contact League Director, Farid

Phone: (619) 871-0047

Via email at: farid@volleyballetc.com

VAVi CO-ED SOFTBALL LEAGUE*

VAVi Sport and Social Club has year round Co-ed social Softball leagues at the Standley Park 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 League Coordinator, Dave Cuttell at: (858) 273-3485 ext. 2 or <u>www.govavi.com/softball</u>

MEN'S BASKETBALL LEAGUE

Day: Tuesday

Time: 6:00 - 9:00 pm

Fee: \$295.00/ team

Interested teams may contact League Director, Anthony LaChica.

Email: anthonydlachica@gmail.com

SOCAL ADULT SOFTBALL LEAGUE*

Games are played in the winter: Day: Mondays or Tuesdays **Times:** 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.

PARKS FIT

Spring Egg Hunt

Saturday, March 24, 2018

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

Egg Hunts begin promptly at 10:00 a.m. for all ages. Children should arrive early with their own basket and meet in the gym.

Age Brackets:

0-3 Years

4-6 Years

7-10 Years

Face Painting, Jumpers, Egg Coloring, Arts & Crafts and more.

Plus a special guest appearance by the Easter Bunny.



Run, walk, swim, golf, skate, bike, hike, or recreate your way to health in 2018.

Visit various recreation centers between June 16 and August 18 to complete designated activities and receive your



very own SD Parks Fitness Goal Book to help you establish and achieve your fitness goals.

Participate in the 2 month program with free and easy

registration at your local Park and Recreation facility or at **sdrecconnect.com**

Calling All Pups!

"Barks Fit" participants will receive a bandana at the events.

Tag your snaps and selfies with #ParksFitSD

Kickoff Event - 1 Mile Fun Run & Festivities

Saturday, June 16, 2018 at 8:00am

Dolores Magdaleno Memorial Recreation Center,

2902 Marcy Ave., San Diego 92113

Finale Event - 5K Run/Walk & Family Celebration

Saturday, August 18, 2018 at 7:30am NTC Park, 2455 Cushing Rd, San Diego 92106 Stay Fit San Diego!

Visit: www.sandiego.gov/parksfitsd for more information.

Proudly Presented by:



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. 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 the neighborhood parks and recreation center should attend the meetings.