

GUIDE TO RECREATION

THE CITY OF EL CAJON

REC Dept.

WINTER 2017



ANNUAL DANCE & TUMBLING RECITAL • MARCH 18 & 19, 2017

From The Director of Recreation



The Recreation Department averages over 80,000 patron visits each month at five recreation centers and serves over 9,000 youth per year enrolled in various structured programs. During the school year, children and teens are invited to join us after school to participate in engaging activities. Recent studies show that when youth are involved in positive, structured afterschool programs they do better in school.

Programs offered by the Recreation Department focus on developing both life skills and technical skills. Teamwork, respect for self and others, conflict resolution and leadership are just a few of the skills that are encouraged during participation in all programs.

Participation for all people in our programs is essential to our mission . . . “develops youth, supports families and provides safe places.” Recreational facilities that offer universal programs that meet the needs of the entire community is what we strive to provide. Please continue to look for new programs and services each season that complement the current trends of recreation programming.

The complete listing of classes, programs, recreation centers and parks can be found in this guide. The City strives to keep these programs affordable and accessible for our citizens. Please call us at (619) 441-1516 with questions or go online to www.elcajonrec.org and see what we have to offer.

Sara Ramirez
Director of Recreation

City of El Cajon

El Cajon Civic Center
200 Civic Center Way
El Cajon, CA 92020-3916
www.cityofelcajon.us

City Council & Manager 619-441-1788

Mayor	Bill Wells
Mayor Pro Tem	W.E. “Bob” McClellan
Council member	Tony Ambrose
Council member	Star Bales
Council member	Gary Kendrick
City Manager	Douglas Williford

Recreation Department 619-441-1754

Director of Recreation	Sara Ramirez
Recreation Services Manager	Frank Carson
Recreation Services Manager	Stacy Knight
Administrative Secretary	Jennifer Lytle

General Information	619-441-1754
Adult Sports	619-441-1676
Aquatics	619-441-1672
Banquet/Meeting Facilities	619-441-1673
Facility Rentals	619-441-1754
Instructional Classes/Registration	619-441-1516
Senior Services Referral	619-441-1680
Youth Sports	619-441-1678

Parks and Recreation Facilities

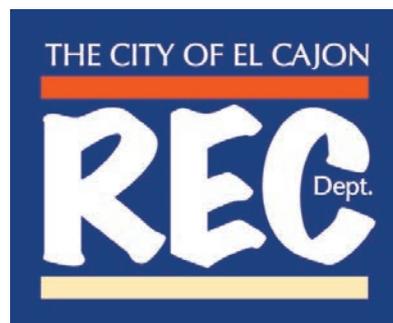
Bostonia Recreation Center	619-441-1670
El Cajon Centennial Plaza	619-441-1673
Fletcher Hills Recreation Center	619-441-1672
Hillside Recreation Center	619-441-1674
Kennedy Recreation Center	619-441-1676
Kennedy Skatepark	619-441-1676
Prescott Promenade	619-441-1673
Renette Recreation Center	619-441-1678
Ronald Reagan Community Center	619-441-1673
Wells Park Off Leash Dog Park	619-441-1680

Parks Division 619-441-1744

Parks Division 619-441-1653

MISSION STATEMENT

“...develops youth, supports families, and provides safe places.”



Parks and Recreation Facilities

Recreation Administration	2
R.E.C. Campaign	25
Ronald Reagan Community Center	10
Facilities for Rent - Banquet, Meetings, Special Occasions	10
Recreation in Our Community/Recreation Centers	11-18
Fletcher Hills Pool	13
Skatepark, Parks and Sports fields	17, 34-35
Gymnasium Schedule	19
Facility Legend and Map	36

Classes, Programs and Events

Registration Information	3, 37
Class Listings	20-33
Registration Form	38

Early Childhood

Activities, Classes, Sports and Special Interest	20,22,23
--	----------

Youth

Sports	20-21
Classes	23-31

Teens

Sports	21
Classes	33
Leadership and Mentor Programs	32

Adults & Seniors

Classes	6, 8
Clubs and Activities	4-9

Accessibility



The City of El Cajon endeavors to be in total compliance with the Americans with Disabilities Act (ADA). Individuals who wish to participate in city recreation programs and activities and who may need accommodation, please contact the Recreation Supervisor at 619-441-1670 a minimum of 2 weeks in advance of the program start date in order to process the request. Our TDD (telecommunications device for the deaf) phone number is (619) 441-1542.

We offer four 10-week sessions per year*

Winter 2017 January 9 - March 18

Spring 2017 April 3 - June 10

Summer 2017 July 3 - September 9

Fall 2017 October 2 - December 16

**Dates subject to change without prior notice*

Register for Programs

EARLY REGISTRATION DATES

**Youth Sports & Classes :
December 5-11**

Go On-line @ www.elcajonrec.org

Online registration is the surest way to guarantee getting a spot in the activities you want! Set up your account at www.elcajonrec.org or any recreation center. The online registration system is secure and payment can be made with Visa, MasterCard, American Express and Discover Card. A nominal/non-refundable convenience fee is charged for all online registrations provided by an online registration vendor.

- or -

Mail to: Recreation Registration
City of El Cajon, 200 Civic Center Way
El Cajon, CA 92020-3916

Late Registration Date

**Youth Sports: December 12 until full
Classes: December 12-January 21
Go On-line, Mail or Walk-In to Rec Centers***

***Walk-in:** To any recreation center during operational hours through the second week of each program.

Please see page 36 for complete Registration Information and page 35 for the Registration Form.

Winter Session Dates

**Youth Sports - January 9-March 24
Instructional Classes - January 9-March 18
*No classes held January 16
and February 20**

Fee Assistance

A Youth Recreation Scholarship Program is available for families in financial need. Not all programs qualify for fee assistance. Applications may be obtained at all El Cajon recreation centers. Completed applications must be submitted to the Registration Office, 935 Emerald Ave, Monday-Friday, 9:00 AM to 5:00 PM, beginning November 21, 2016. Activity registration using a scholarship as a partial payment must be processed at the Registration Office only. The deadline for registering using scholarship as a partial payment is January 6, 2017. For information on obtaining assistance, contact the Registration Office at 619-441-1516.

To learn more about our popular and affordable city wide programs, please call 619-441-1516, Monday - Friday 9AM - 5PM or visit www.elcajonrec.org.

The City of El Cajon Recreation Department strives to make all of its recreational facilities "universal facilities", where we support all ages and demographics. With that in mind, we also do have programs that primarily target our aging population. Please refer to the information listed below for program and resource information.

IMPORTANT PHONE NUMBERS FOR SENIOR SERVICES AND REFERRAL INFORMATION

211 Information: 211
 AARP Chapter 4800: 619-444-8679
 Adult Protective Services: 858-495-5660
 Aging and Independence Service: 800-510-2020
 Better Business Bureau: 858-496-2131
 City of El Cajon: 619-441-1716
 Consumer Fraud: 619-531-3507
 Cool Zone Information: 800-510-2020, press "6"
 ECAN (East County Action Network): 619-401-3994
 El Cajon Public Library: 619-588-3718
 Elder Law: 858-565-1392, ext. 200
 Fletcher Hills Library: 619-466-1132
 Foothills Adult School: 619-588-3500
 Internal Revenue Service: 800-829-1040
 Meals on Wheels (East County): 619-447-8783
 MTS Transportation (ADA Ride): 877-232-7433
 Renter's Rights: 858-571-1166
 Ride4Neighbors: 619-571-1166
 Salvation Army/El Cajon Nutrition Center: 619-440-4683
 Social Security Administration: 800-772-1213

OTHER RESOURCES

www.elderhelpofsan-diego.org
www.utsandiego.com/guides/eldercare
www.alz.org/sandiego
www.sandiego.networkofcare.org/aging
www.caregivercenter.org

AGING AND INDEPENDENCE SERVICES

AIS provides services to older adults, people with disabilities and their family members to help keep clients safely in their homes, promote health and vital living, and publicize positive contributions made by older adults and persons with disabilities. For more information call 800-510-2020.



211 SAN DIEGO

211 San Diego is a free, 24 hour, confidential phone service in 200+ languages and a searchable online database. 211 provides information on health & wellness, housing & utilities, food assistance, military & veteran services and more. Just dial 211 for assistance.

EXPLORE THE POSSIBILITIES!

Take a trip
 Take up a new hobby
 Learn to make music
 Take up a new sport
 Learn a foreign language
 Join a book club
 Finish your college degree
 Become a mentor
 Host a family from a foreign country
 Spend time with loved ones
 Volunteer
 Find a charitable organization to take part in
 Give back through teaching
 Go on a cruise
 Buy a motor home and hit the road
 Plan a remodel
 Explore your roots
Relax-you deserve it!

MEAL SERVICES

Meals on Wheels East County Service

131 Chambers Street, Suite 100

El Cajon, CA 92020

Phone: (619) 447-8782

Fax: (619) 447-2308

Email: eastcounty@meals-on-wheels.org



Choice of one or two nutritious meals provided seven days a week including holidays.

Seniors 60 years or older and caregivers

One time fee of \$35 to start service

- Lunch and dinner, plus beverage--\$7.00 per day
- Lunch only, plus beverage--\$4.00 per day
- Dinner only with roll and beverage--\$4.00 per day

Salvation Army-El Cajon Corps Senior Lunch Program

1011 East Main Street

El Cajon, CA 92021

Phone: (619) 440-4683

Club 60 Dining Room Senior Lunches

The Salvation Army Senior Dining Room Program is partially funded by the Older Americans Act Fund, provided through the County of San Diego Aging & Independence Services. Those eligible for participation are seniors, 60 years and older. Eligibility follows the AIS Senior Nutrition Program guidelines. No eligible person will be denied a meal because of failure or inability to contribute regardless of race, color, religion, national origin or handicap. Menu is subject to change. Suggested donation for seniors: 60+ is \$4.00. Non-senior fee is \$6.00.

Menu: <http://www.salvationarmyelcajon.com/social-services/senior-nutrition/senior-dining-menu.html>



VOLUNTEER OPPORTUNITIES

R.S.V.P.

The Retired Senior Volunteer Program (RSVP) is an opportunity to make an important and appreciated contribution to the community, while having fun and enjoying championship and camaraderie with a great group of people. Representative duties include crime scene security, traffic direction, vacation home checks and other duties that allow officers to tend to matters of a more urgent nature. Volunteers must pass a background check and receive two weeks of training. Applications are available at the El Cajon Police Department's Information Desk, located at 100 Civic Center Way, El Cajon, CA 92020. Completed applications can be mailed, e-mailed or dropped off in person to the Volunteer Coordinator. If you are interested in becoming a volunteer, please contact the El Cajon Police Department's Volunteer Coordinator at 619-579-3354.

YANA

The "You Are Not Alone" program is in place to enhance the quality of life for shut-in citizens in our community. The program provides daily phone contact and a weekly personal home visit with elderly citizens who are not able to move freely outside of their homes, due to age and health issues. Applicants must pass a background check and be trained (or certified) in CPR. YANA Applications are available at the El Cajon Police Department's Information Desk, located at 100 Civic Center Way, El Cajon, CA 92020. Completed applications can be mailed, e-mailed or dropped off in person to the Volunteer Coordinator. If you are interested in becoming a volunteer, please contact the El Cajon Police Department's Volunteer Coordinator at 619-579-3354. You may find this to be one of the most rewarding activities you have ever participated in!

NOTE: TO AVOID DISTRACTION and provide an enjoyable setting, we request that children not be brought to adult classes.

CLASS LISTINGS INDICATE: Class Number, Time, Day, Age, Center. See facility map in this brochure for center locations.

We strongly suggest a doctor's release during pregnancy, following recent surgery, or if any complicating physical condition exists.

WAKE UP AND TONE UP

Calling all early birds! Start your day off right with a 1-hour complete workout. Classes include cardio, strength training and stretching to improve your overall fitness.

Fee: \$135, Resident Fee: \$120. Sr. Fee: \$75, Sr. Resident Fee: \$60.

31772 9:00-10:00 AM T, TH, F Adults Hillside



HAVE A BALL!

Get fit and have a fun with a stability ball. Improve your core strength and balance in just two 1-hour classes a week. (Bring your own ball).

Fee: \$105, Resident Fee: \$90. Sr. Fee: \$60, Sr. Resident Fee: \$45.

31769 6:30-7:30 PM M,W 13-Adult Renette

SWEAT AND SCULPT

Low impact, low pressure. Get a head-to-toe workout after work with a combination of cardio and strength training. Light weights required.

Fee: \$105 Resident Fee: \$90. Sr. Fee: \$60, Sr. Resident Fee: \$45.

31771 6:30-7:30 PM T,TH 13-Adult Hillside

INDOOR BOOT CAMP

Improve your cardiovascular system and muscular endurance! Boot camp includes a thorough warm-up followed by different forms of cardio exercises and muscle work using a wide variety of circuit training with the use of jump ropes, hand weights, resistance bands, body weight and more.

Fee: \$85 Resident Fee: \$70.

31770 6:30-7:25 PM W 15-54 Kennedy



Ditch the workout! Join the party! Zumba Fitness involves learning different dance routines where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is a dynamic workout system designed to be easy to do and fun for everyone!

Fee: \$85, Resident Fee: \$70. Sr. Fee: \$50, Sr. Resident Fee: \$35

31773 6:30 PM - 7:30 PM M 13-Adult Hillside

31774 6:30 PM - 7:30 PM T 13-Adult Kennedy

31775 6:30 PM - 7:30 PM F 13-Adult Hillside

ZUMBA GOLD

Zumba Gold is the same Zumba fun designed for less active adults, seniors and those with physical limitations.

Fee: \$85, Resident Fee: \$70. Sr. Fee: \$50, Sr. Resident Fee: \$35

31776 3:00 PM-3:45 PM TH Adult/Senior Renette

CARDIO BOXING AND STRETCHING

Cardio boxing is a total body conditioning class. Using boxing moves this class improves cardiovascular and muscular endurance as well as mental agility and self-defense awareness. This class is taught for all fitness levels; go at your own pace. The last portion of the hour is breathing techniques and stretching exercises to improve total body flexibility.

Fee: \$85, Resident Fee: \$70

31768 10:15 AM-11:10 AM S 13-54 Renette

BALANCE AND STRETCH

Be steady and stable on your feet. Improve your balance, flexibility and reduce your fall risk. Instructor is Arthritis Foundation certified.

Fee: \$105, Resident Fee: \$90

Sr. Fee: \$60, Sr. Resident Fee: \$45

31767 9:00 AM-9:45 AM M,W Adults Hillside

WATER AEROBICS (May - September)

Join us for a low impact, high resistance workout while socializing, getting in shape and having fun. Contact Fletcher Hills Center and Pool at 619-441-1672 for more information.

ECAN (East County Action Network)

ECAN is a community based network that takes action and advocates for older adults and adults with disabilities living in the East County area. ECAN general meetings are open to the public and occur the 3rd Wednesday of each month at Renette Park Community Center. Contact ECAN at 619-401-3994 for more information.

HICAP (Health Insurance Counseling and Advocacy Program)

HICAP provides individual counseling to Medicare beneficiaries and their families. This service is free and unbiased. It is not affiliated with any insurance companies or hospitals and does not sell or recommend particular health insurance products or plans. Call to schedule a one-on-one appointment 800-434-0222.

ELDER LAW

Elder Law provides legal services for seniors (60+ years) in areas such as wills, landlord/tenant issues, and Medicare and MediCal issues on the 2nd Wednesday of each month between 1:30 and 4:00 p.m. at Renette Park Community Center. Services are free; donations are welcome. Appointments are required. Call 858-565-1392, ext. 200 to schedule an appointment or for more information.

SINGLE FOLKS

Meet new people or try a new menu item. If you are over 50, Single Folks may be just what you are looking for! All gatherings are at 11:15 AM on the first and third Fridays of each month at popular restaurants throughout East County. For more information and location contact Pam Davis at 619-414-9819 or at melomom1229@aol.com

ELDER HELP

ElderHelp provides personalized services and information that help seniors remain independent and live with dignity in their own homes. Contact 619-284-9281 or www.elderhelpofsandiego.org for more information.

FRIENDS OF EAST COUNTY ARTS, INC.

Friends of East County Arts, Inc. is an organization whose purpose is to provide funds for the growth and development of audiences for the live performing arts, to present world class artists, and to support the fine arts and artists in the greater East San Diego County area. Our activities include fund raising with a glamour event in the fall, a winter holiday tea and a spring garden tour. We have monthly meetings with art-related programs. Would you like to be a part of this dynamic organization?

GENERAL MEMBERSHIP MEETINGS

2nd Thursday of the Month

9:30 a.m. - Social | 10:00 a.m. - Meeting

General membership meetings are held the second Thursday of each month at different locations depending on the nature of the program for that month. Meetings may be held at a member's home or at another location. The program is usually followed by lunch. There are no meetings in June or July.

For more information e-mail friendsofeastcountyarts@gmail.com.

DUPLICATE BRIDGE

Try your hand at this challenging game! Partners are required for this weekly tournament on Fridays at Renette Center, 12:30- 3:30 PM. *No registration required; not an instructor guided activity; offered on a drop-in basis. No fee. Call 619-441-1678 for more information.

SQUARE DANCE

The Valley Twirlers Square Dance Club offers dancing fun each Tuesday at Bostonia Recreation Center from 8 to 9 p.m. Fee is \$5 per night. For more information, call Paul and Debbie Andreen at 619-466-1681.

AARP Chapter 4800

(American Association of Retired Persons)

Come join AARP Chapter 4800 serving El Cajon and La Mesa at 9:15 a.m. on the second Friday of each month to learn about valuable AARP benefits and other issues pertinent to seniors. Contact Hoagy Carmichael at 619-444-8679 for more information.

VALLEY TRAVELERS

Valley Travelers Inc. is a nonprofit travel group open to persons 50 years of age and older. Memberships are available at \$5.00 per year. A quarterly newsletter listing upcoming trips is mailed to members.

Already planned for 2017 is a fun-filled trip to Laughlin, February 14-17. You don't want to miss out; become a member today!

2017 General Meeting are held at 10:00 a.m. on the following dates:

January 25
April 26
July 26
October 25

Meetings are held at the El Cajon Teen Center at 1153 East Madison Avenue. For further information contact Barbara Hanson at 619-328-5286 or bhanson21@cox.net.

**SENIOR SOFTBALL**

Team play for seniors, 55 and over. Weekly practices and league games at Wells Park and Kennedy Park on Tuesdays and Thursdays. For more information contact Kennedy Center, 619-441-1676.

SENIOR & ADULT TENNIS CLUB

The Senior & Adult Tennis Club meets every Saturday from 7:30 to 9:30 a.m. at the El Cajon Valley High School Tennis Courts. For more information regarding this program, call Don Greene at 619-588-8522. FREE!!

WOMEN'S VOLLEYBALL

All skill levels welcome

Fee: \$16, Resident Fee: \$12

Sr. Fee: \$10, Sr. Resident Fee: \$6

31601 10:00 AM-12:00PM F Adults Hillside

BUSINESSMAN'S BASKETBALL

All skills levels welcome!

Fee: \$35, Resident Fee: \$26

Sr. Fee: \$22, Sr. Resident Fee: \$13

31590 12:00-2:00 PM T,Th Adults Hillside

SENIOR GOLF

The Senior Golf Club plays the 18 hole, par 3, Pine Glen Course at Sycuan Resort every Wednesday. Meet at the first tee at 10:00am. The fee is \$16.00 if you are walking or \$26.00 for using a cart. Ages 55 and up. Contact Ann Johnson, 619-440-7500 for more information.

BILL BECK FITNESS COURT

This small neighborhood park has seven fitness stations that provide an opportunity for exercise in your own neighborhood. The park is located at 543 N. Pierce St.

BOSTONIA PARK FITNESS STATIONS

Bostonia Park has the Lifetrail Advanced Wellness System for adults with three stations surrounding the youth playground equipment that offers multiple exercises to keep workouts fun and challenging. Bostonia Park is located at 1049 Bostonia Street.

WELLS PARK FITNESS COURT

An outdoor exercise court available for self-guided, individualized fitness programs in total conditioning, cardiovascular fitness, weight loss, body building or sports enhancement. Wells Park is located at 1153 E. Madison Avenue.

RONALD REAGAN COMMUNITY CENTER

195 E. Douglas Avenue, El Cajon, CA 92020 ~ 619-441-1673

Office Hours: Monday-Friday 9:00 AM – 5:00 PM

Recreation Services Supervisor: Vacant; Assistant Recreation Services Supervisor: Ryan Flickinger

RENTAL HIGHLIGHTS

5,000 SQUARE FOOT FACILITY

Option to divide the room into 1,800 - 3000 square feet to accommodate smaller events / meetings.

MAKE YOUR EVENT SPECIAL

Add some flair with a portable dance floor, stages with backdrops, audio/visual equipment, portable bars, complete coffee service and more!

CEREMONY & RECEPTION IN ONE PLACE

Two adjacent parks within walking distance from the banquet hall can be permitted for a wedding ceremony.

Weddings - Corporate Events - Trainings Fundraisers - Special Events

The Ronald Reagan Community Center is affordable and specifically designed for wedding receptions, banquets, business meetings, and a variety of special events. Conveniently located off of Interstate 8 and Magnolia Avenue in El Cajon, the Ronald Reagan Center offers easy access and plenty of complimentary parking. The facility accommodates groups of 25 to 200 banquet-style, and up to 300 theater-style. The fully equipped kitchen is perfect for the professional caterer or the family chef. Whether planning a simple meeting or the event of a lifetime, our friendly, professional staff will help create and customize your next special event. Reservations can be made up to one year in advance. Complete details and pricing are available by calling the Ronald Reagan Community Center.



PRESCOTT PROMENADE

201 East Main St., El Cajon, CA 92020

Centrally located, the Prescott Promenade is a park venue available for special events, art shows, and community activities. Just off Main Street in the heart of downtown El Cajon, the Promenade's high visibility enhances events, attracts passerbys, and offers access to shops and restaurants. The Promenade features a shaded stage area for performances and dancing, bench-like seating and tree-lined walkways. A stroll through this park will take you to the beautiful Ronald Reagan Community Center, a perfect place to have a reception following a Promenade wedding. The Promenade is versatile, convenient and attractive for all types of events.



Prescott Promenade



Centennial Plaza

CENTENNIAL PLAZA

200 Civic Center Way, El Cajon, CA 92020

The Centennial Plaza is located at the entrance to City Hall. This multi-level rental area has a courtyard setting and an open air stage. The Plaza is a perfect location for wedding ceremonies, performances, musical events and community gatherings. The stage area has a decorative awning and can be seen from several viewpoints. Adjacent to the Centennial Plaza is a tranquil waterscape, a perfect spot for photos or as an extension of the area for larger events. This venue is conveniently located off Interstate 8 and Magnolia Ave. and is near downtown restaurants and activities.

Less than 70 Guests?

Baby Shower - Birthday - Club Meeting

Space is available at the following locations:

Bostonia Center

1049 Bostonia Street
619-441-1670

Fletcher Hills Center

2345 Center Place
619-441-1672

Hillside Center

840 Buena Terrace
619-441-1674

Kennedy Center

1675 E. Madison Avenue
619-441-1676

Renette Center

935 Emerald Avenue
619-441-1678

Complete details and rental information is available by calling the Ronald Reagan Community Center at 619.441.1673 www.elcajonrec.org

BOSTONIA RECREATION CENTER & PARK

1049 Bostonia Street, El Cajon, CA 92021 ~ 619-441-1670

Hours: Monday-Friday, 2:00-9:30PM

Recreation Services Supervisor: Tracey Best

Bostonia Center and Park is an asset to the Bostonia Community. The center offers many activities that kids of all ages will enjoy. In addition to the center activities, dance, preschool, tumbling, and art classes are offered. The two-acre Park has rolling, grassy knolls, colorful shaded playground equipment and outdoor fitness equipment. It also features a large multi-purpose field excellent for soccer and football. The park also features one portable and one permanent baseball/softball backstop.

WINTER PROGRAM ACTIVITIES:

Youth Basketball League	M-F	See Youth Sports page for more information.
Fun Crafts	F	2:30-3:30 PM Ages 6-11 Free

INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Bostonia Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at 619-441-1516 if you have questions about any of these activities.

- Ceramics
- Preschool Dance 2
- Dance Combo
- Mini Hip Hop
- Tiny Tots Preschool Enrichment
- Tiny Tumblers
- Tumbling Level 1
- Kindersports



ALBERT VAN ZANTEN PARK

This 15 acre park offers three baseball/softball fields (one lighted), that are available for community use from 3:30-9:30pm Monday through Friday and all day weekends. The complex also has playing fields for soccer or football practice and games, a 440-yard track, a concession stand, restrooms and score booths. Outdoor basketball courts are also available after school hours. The Park is beautifully landscaped and is ideally suited for walkers and joggers, due to its extensive sidewalks and track. Reservations for this Park are supervised by Bostonia Center, 619-441-1670.

Developing youth, supporting families and providing safe places

**Parks
Make
Life
Better!**SM

FLETCHER HILLS COMMUNITY CENTER

2345 Center Place, El Cajon, CA 92020 ~ 619-441-1672
Winter Center Hours: M, W, TH, F, 2:15-6:00 PM; TU, 1:00-6:00 PM
Registration Hours: M, W, TH, F, 2:15-5:30 PM; TU, 1:00-5:30 PM
Recreation Services Supervisor: Heather Birchard

Fletcher Hills Recreation Center is centrally located in the Fletcher Hills area across the street from Fletcher Hills Elementary School. The professional recreation staff offer a variety of activities and programs for children during the after school hours such as crafts, sports, games and special events. The center boasts a large game room with games such as foosball, pool and ping-pong. We also have a "Kids Zone" that is full of board games and puzzles, and a playground with slides, obstacles and climbing too! The center is ideal for a meeting location for your group or a child's next birthday party on a reservation basis.

WINTER PROGRAM ACTIVITIES:

Kids Night Out (12/2) (course #31413) Kids	F	6:00-8:30 PM	Ages 6 -12	\$6
Night Out (2/3) (course #31614)	F	6:00-8:30 PM	Ages 6 -12	\$6
Crafty Mondays	M	2:45-3:45 PM	Ages 7 -12	Free
Homework Help Hour	T	1:00-2:00 PM	Ages 7 -12	Free
Sporty Tuesdays	T	2:45-3:45 PM	Ages 7 -12	Free
Wacky Science Wednesdays	W	2:45-3:45 PM	Ages 7 -12	Free
Fun Fridays	F	2:45-3:45 PM	Ages 7 -12	Free

*Schedule subject to change

INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Fletcher Hills Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at 619-441-1516 if you have questions about any of these activities.

- Preschool Dance
- Dance Combo
- Ballet
- Tiny Tumblers
- Tumbling Level 1
- Tumbling Level 2
- Ceramics

Homework Help Hour: We offer a free Homework Help Hour every Tuesday at 1:00PM. Bring in your homework , projects or study guides and a staff member will provide assistance.

FIRE STATION PARK

After that challenging jog or bike ride up Fletcher parkway catch your breath and reward yourself with a view of the valley. This very small grassy pad with a picnic table is a nice rest stop adjacent to the Fletcher Hills Fire Station and has trail access down to Hillside Center and Park. For other information, call the Parks Department at 619-441-1744.

Crafty Mondays: Use creativity to bring out the artist in you! Each Monday, a Fletcher Hills Center staff member will be creating a fun project for you to make and take home to show off to your family! This activity is for children ages 7-12 and is free. Kids under 7 are invited to come, just bring an adult to help you out with the hard stuff.

Sporty Tuesdays: Didn't get enough at recess? Join a Fletcher Hills Center staff member in playground games, team ball, dodge ball, capture the flag and so much more! These activities are for ages 7-12 only!

Wacky Science Wednesdays: Each Wednesday, a Fletcher Hills Center staff member will be leading a fun and engaging wacky science activity. This is for ages 7-12 only!

Fun Fridays: Each week, the Fletcher Hills Center staff has something new and exciting planned for you. We will be playing games, doing relays and even having food some weeks! Activities start at 2:45PM and are open to all 7-12 years old.

The aquatics staff at Fletcher Hills Pool has long-standing reputation for providing an outstanding aquatics program. The pool is shallow the full length (25 yards) and is an ideal "learning pool". Depths range from three feet to four and a half feet. Our major program emphasis at Fletcher Hills pool is on "learn to swim" classes for children and orienting children to the aquatics environment. Swim lessons are structured according to the American Red Cross program of swimming and water safety. All instructors are Water Safety Instructor certified.



Check back in the Spring for aquatics classes to return!

Description of Spring Aquatics Class

PARENT TOT (Ages 18 mos.–3years) Participate in the water with your child and encourage self confidence and water adjustment. Children must wear a swim diaper in this class.

TINY TOTS (Ages 3-5) Participants learn basic water safety and beginning skills to become comfortable and happy in the water.

LEARN TO SWIM: (Ages 6-12) This program has levels for children with no swimming experience on up to advanced swimmers practicing strokes.

WATER AEROBICS: (Ages 15+, Ages 15-17 must be accompanied by an adult) No swimming experience is necessary. Get a low impact, high resistance workout while socializing, getting in shape and having fun.

SWIM TEAM: For a swimmer who wants a structured workout through coaching in a noncompetitive setting. Must pass level 2 of the Learn to Swim program to participate. Please call 619-441-1672 for information on Private Swimming Lessons.



HILLSIDE RECREATION CENTER & PARK

840 Buena Terrace, El Cajon, CA 92020 ~ 619-441-1674

Hours: Monday-Friday, 3:00-9:30pm

Recreation Services Supervisor: Glenice Stainbrook

Hillside Recreation Center is located just off Fletcher Parkway on Buena Terrace where youth and families can enjoy the beautiful park setting, walk along trails and/or take in assorted classes and youth sports programs taught by professional, talented and caring staff. Well-presented and functional meeting rooms can be rented on a space-available, reservation basis for your next group meeting or special event!

WINTER PROGRAM ACTIVITIES:

Women's Volleyball (Course #31601)	F	10:00AM-12:00PM	Adult	Fee: \$16/Resident Fee: \$12
Kindersports (Course #31594)	TH	10:30AM - 11:15AM	3-5	Fee: \$35/Resident Fee: \$26
Businessman's Basketball (Course #31590)	T/Th	12:00PM-2:00PM	Adult	Fee: \$35/Resident Fee: \$26
Youth Basketball League	M-F	See Youth Sports Page for more information.		
Beginning Basketball	T	3:30PM-4:15PM	5-7	Fee: \$38/Resident Fee: \$28
"Bon Appetite" Cooking Program		See below		
Kid's Night Out - March 31 (Course #31593)	F	6:00PM-9:00PM	6-12	Fee: \$10 per child
Free Basketball Clinics: 1/4-1/6		See below		

Spring Break Day Camps

SPRING INTO FUN INDOOR SOCCER CAMP

Indoor Soccer Camp for all skill levels is being held during spring break. With an emphasis on instruction, your child will receive the highest level of attention in a fun and safe environment. Participants will learn teamwork, sportsmanship, basic rules and fundamentals. Staff will focus on developing your child's athletic and team building skills, but most importantly make sure they have fun and make new friends. (Please bring a sack lunch, water bottle and athletic shoes each day to camp.)

Fee: \$110. Resident Fee: \$95.

31600 9:00AM-3:00 PM M-F 6-13 Hillside 4/17-4/21

"BON APPETIT" COOKING CAMP

Having fun, making friends, being creative in the kitchen! Campers will learn about food groups, health & nutrition, the importance of exercise for a healthy body, the basics of cooking, how to follow a recipe and safely prepare yummy food. Each camper will make their own "Bon Appetit Cookbook" filled with recipes, including their favorite family recipe from home. Campers will also enjoy games, art and crafts, sports and a variety of other fantastic activities. All food supplies are included in the fee. Each day campers will need to wear gym shoes, bring an apron, sack lunch and drink.

Fee: \$110. Resident Fee: \$95.

31588 9:00AM-3:00 PM M-F 6-13 Hillside 4/10-4/14

"BON APPETIT" COOKING PROGRAM

Bon Appetite is a fun and delicious cooking program for boys and girls. Your little chef will learn how to read recipes and prepare simple, healthy snacks and meals. They will also learn about the different food groups, food measurements, the importance of exercise and proper food handling.

7 weeks. Pre-registration is required. Spaces fill quickly.

Fee: \$20

31589 4:00PM-5:00PM TH 6-12 1/9-2/20

FREE YOUTH SPORTS CLINICS

Come join Hillside Basketball Coaches for our free and fun winter basketball clinics! These meetings are designed for youth of all ages and skill levels. One clinic per age group will be offered. Call Hillside Center at 619-441-1674 for more details and to sign up for the clinics.

A DIVISION

Ages: 11-13
W
1/4/17
4:00-5:00 PM

B DIVISION

Ages: 9-10
TH
1/5/17
4:00-5:00 PM

C DIVISION

Ages: 6-8
F
1/6/17
4:00-5:00 PM

INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Hillside Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at 619-441-1516 if you have questions about any of these activities.

- Tiny Tots Preschool Enrichment
- Preschool Dance Level 1
- Preschool Dance Level 2
- Dance Combo
- KinderGym
- MiniGym Level 1
- MiniGym Level 2
- Girls Gymnastics Levels 1-5
- Teen Tumbling
- Boys Gymnastics
- Kinder Sports
- Adult Fitness Classes
- Zumba
- Karate
- Create Your Own Coloring Book
- Nature-Rama Crafts



TEEN DODGE BALL

Teen Dodgeball is back and it will be a hit! Grab a few friends, team up, and go at it in this fun, safe sport. Come play for laughs and bragging rights and you will have a blast and get quite a workout at the same time. All skill levels are welcome. (5 week session)

Fee: \$20, Resident Fee: \$15

31737 6:00PM-7:00 PM F 13-17 2/24-3/24

YOUTH DODGE BALL

Winter Dodge ball is back again by popular demand! We will provide the referees, equipment, dual courts and lots of fun, don't miss out! You will have a blast and get quite a work out at the same time, You will learn the fundamentals of the sports and learn so many dodgeball gameplay types! older group. All ages and skill levels are welcome. (7 week Session)

Fee: \$38, Resident Fee: \$28

31605 3:30PM-4:15 PM TH 7-12 1/12-2/23

BILL BECK PARK

543 N. Pierce Street

Hidden amongst the residential streets off Marshall Ave., you can enjoy a beautiful grassy area and spend some quality time with your child on the playground. Give your child's imagination a special treat. The Park's Department can answer any other questions at 619-441-1744.

HILLSIDE PARK AND SPORTS FIELDS

This distinctive park on the western hillside along Fletcher Parkway features 19+ acres of multi-level terrain left largely in its natural landscape and vegetation. The upper park offers picnicking, walking trails and a peaceful atmosphere, even a glimpse of a cottontail rabbit or squirrel running through the eucalyptus grove. The lower park has a large grassy playing field and restrooms. Smoking and alcoholic beverages are prohibited in parks and recreation centers in El Cajon. Call 619-441-1674 to check on field availability.

KENNEDY RECREATION CENTER & PARK

1675 East Madison Avenue, El Cajon, CA 92019 ~ 619-441-1676

Hours: Monday-Friday, 2:00-9:30PM; Saturday, 12:00-400PM

Skatepark Hours: Monday-Friday, 4:00-9:00PM; Saturday, 12:00-9:00PM; Sunday, 1:00-7:00PM

Recreation Services Supervisor: Julie Alon Assistant Recreation Services Supervisor: Larry Siev

Whether you're looking for youth sports, a gym to play in, a room to rent for your next special event or just a beautiful park in which to relax, Kennedy Center is the place to be! All ages are invited to visit our game room to play pool, football, ping-pong, air hockey or a variety of table and board games.

WINTER PROGRAM ACTIVITIES:

Kids Can Cook	T	4:30PM - 5:30PM	Ages 6-12	Fee: \$20 (pre-registration required)
Youth Beginning Basketball	M	3:30PM - 4:15PM	Ages 5-7	Fee: \$38/Resident Fee: \$28
Youth Basketball League	M-F	See Youth Sports page for more information		
Skatepark Classes	W-TH	See Specialty Classes page for more information		

INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Kennedy Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at 619-441-1516 if you have questions about any of these activities.

- Tiny Tots Preschool Enrichment
- Be My Valentine
- Little Tyke Arts & Crafts
- Living a Fairytale
- Preschool Dance Level 1
- Preschool Dance Level 2
- Hip Hop Level 1
- Mini Hip Hop
- Jazz Levels 1-3
- Tap Levels 1-3
- Tumbling Levels 1-5
- MiniGym Levels 1-2
- Girls Gymnastics Levels 1-5
- Zumba
- Adult Indoor Boot Camp

KIDS CAN COOK

Kids Can Cook introduces youth to the pleasures of preparing and enjoying "real food" that is both delicious and nutritious. They will learn basic cooking skills and importance of nutrition and wellness. They will even get to eat what they make. All food supplies are provided in the fee. Please bring an apron and wear closed toed gym shoes to the each class.

Fee: \$20 per child. This is a 7-week program.

31606 4:30-5:30PM T 6-12 Kennedy 1/10-2/21

FREE PLAY

Kennedy Center is offering a brand new program called Free Play. It's offered every Tuesdays until the end of the school year. Boys and girls will get the opportunity to play in a variety of sports and school yard games like capture the flag, dodgeball, flag football, kickball and much more. The program is **FREE!!!** All you need is gym shoes to participate.

2:00-3:00PM T 6-12 Kennedy 8/23-6/13 **Free**

Kennedy Skatepark

Kennedy Skatepark is approximately 11,000 square feet of concrete bowls, ramps, grinds, jumps and “street” features which caters to skateboarders and in-line skaters, scooters and BMX bikes. The supervised skatepark is for participants seven years of age and older. A signed waiver must be approved and on file prior to entering. Parents must sign for all youth under 18 years old. \$5 fee for new and replacement ID cards. Helmet, elbow pads and kneepads are required at all times (wrist guards recommended). **Be safe and have FUN!**



Kennedy Skatepark is available to rent!

Rent the skatepark for a birthday party or special event or for just a private session for you and your friends. Call Kennedy Center at (619) 441-1676 for more information and pricing.

Skatepark Hours

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skateboard	1:00-5:00pm	4:00-5:30pm	5:30-7:00pm	See Below	See Below	6:00-9:00pm	6:00-9:00pm
Scooter	1:00-5:00pm	5:30-7:00pm	4:00-5:30pm	See Below	See Below	6:00-9:00pm	12:00-3:00pm
Bike	5:00-7:00pm	7:00-9:00pm	7:00-9:00pm	N/A	See Below	4:00-6:00pm	3:00-6:00pm

Wednesday

- 4:00-4:50 pm - Lil’ Skater Class
- 5:00-5:50 pm - Skateboard Level I
- 6:00-6:50 pm - Skateboard Level II
- 7:00-9:00 pm - Skateboard Adult Only

Thursday

- 4:00-4:50 pm - Lil’ Scooter Class
- 5:00-5:50 pm - Scooter Level I
- 6:00-6:50 pm - Scooter Level II
- 7:00-7:50 pm - Bike Class
- 8:00-9:00 pm - Bike Adult Only

KENNEDY PARK AND SPORTS FIELDS

This beautiful neighborhood park at the corner of Madison Avenue and Fourth Street offers something for everyone. The ten acre park provides a sports field, meandering walkways, tot lot and picnicking area under mature trees. The park is ideal for walking, jogging or tricycling, and is home to the annual Fourth of July picnic and fireworks display.

Smoking and alcoholic beverages are prohibited in parks and recreation centers in El Cajon. Call 619-441-1676 to check on field availability.

**WELLS PARK
1153 E. Madison Ave**

Wells Park features a lighted baseball and a softball field. The park also has a multipurpose field with lights which is excellent for soccer and football. The facility includes a concession stand, restroom and score booth. Call 619-441-1676 for more information.

**CAJON VALLEY MIDDLE SCHOOL PARK
750 Park Avenue**

Cajon Valley Park is the City’s most extensive sports complex featuring six ball fields (two that are lighted), two playing fields and outdoor lighted basketball courts. Sports leagues thrive at this 14-acre park with facilities including concession stands, score booths and restrooms. The park is open to the public between 3:00 - 10:00pm, Monday to Friday and all day weekends. Field supervision and scheduling is coordinated through Kennedy Recreation Center, 619-441-1676.

RENETTE RECREATION CENTER & PARK

935 South Emerald Avenue, El Cajon, CA 92020 ~ 619-441-1678

Hours: Monday-Friday, 2:00-9:30pm; Saturdays 12:00-4:00pm

Recreation Services Supervisor: Teresa Suzanne Walker

Renette Park Community Center includes meeting spaces available for rent at a nominal fee. Whether you need a space to rent for club meetings, children's parties, a bridal shower or business meeting, Renette Park Community Center is the perfect place to make your event special. There is also a gymnasium available for all ages with scheduled drop-in play and a game room equipped with a pool table, ping pong table and foosball table. Stop by today!

WINTER PROGRAM ACTIVITIES: January 9 - February 21

Arts & Crafts F 4:30pm - 5:30pm Ages 6-12 Free

Youth Basketball League M-F See Youth Sports pages for more information

INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Hillside Recreation Center. Additional information about each class is found throughout this brochure. Please call the Registration Office at 619-441-1516 if you have questions about any of these activities.

- Cardio Boxing & Stretching
- Teen/Adult Dance
- Teen/Adult Hip Hop
- Cheerleading
- Preschool Dance Level 1
- Dance 2-gether
- Advanced/Pointe Ballet
- Ballet Basics
- Dance Combo
- Ballet Levels 1-5
- Hip Hop Levels 1-3
- TNT Track Dancers
- TNT Performing Company
- Tot'n'Buddy
- Adult Fitness
- Zumba Gold
- Tiny Tot Preschool Enrichment
- Little Tots Preschool Enrichment
- Wee Play
- Tiny Tumblers
- TNT Tumbling
- TNT Track Tumbling
- Tumbling Levels 1-Advance



JR. CHEF'S COOKING

Renette Center has the perfect activity for you! Come learn how to prepare healthy snacks and meals while learning about nutrition and the importance of physical activity, and it's fun too!

Pre-registration is required. SPACE IS LIMITED. Session Dates: January 25-March 8

31783 4:30-5:30 pm W Ages: 6-12 Renette Fee: \$20

RENETTE PARK AND SPORTS FIELDS

Come and enjoy this park that has everything: a lighted outdoor basketball court, large grassy playing field ideal for football and soccer practices, mature shade trees, picnic areas, a multi-purpose play court known as the "Plaza" which features skate-able surfaces (for skateboards and roller blades only), hop scotch and a small stage.

Also featured in the park is a new playground for preschool and school aged youth. Smoking and alcoholic beverages are prohibited in parks and recreation centers in El Cajon. Call 619-441-1678 to check on field availability.

KARL TUTTLE PARK

Tuttle Park is a 9-acre complex complete with ball fields, concession stand, score booth and restrooms. A path encircles the ball fields and it is enjoyed by walkers and joggers. The lighted ballfield is named after Arthur Armstrong. Field availability and reservations are handled through Renette Center at 619-441-1678. The ballfield is open to the community after school hours between 4:00-9:30pm, Monday to Friday and all day weekends.

Community center gyms may be open additional hours during the day throughout the week. CONTACT INDIVIDUAL CENTER FOR DAYTIME SCHEDULES. Gym schedules are subject to change.

	ADULT OPEN PLAY-AGES 18 AND UP		TEEN OPEN PLAY-AGES 13-17		OPEN PLAY-ALL AGES	
CENTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KENNEDY 441-1676	2:00 - 3:00 Open Play ----- 6:30 - 9:00 *Adult Open Play	2:00 - 3:00 Open Play ----- 6:30 - 9:00 Teen Open Play	2:00 - 3:00 Open Play	2:00 - 3:00 Open Play ----- 6:30 - 9:00 Family Night	2:00 - 3:00 Open Play ----- 6:30 - 9:00 * Teen/Adult Volleyball	12:45 - 4:00 Open Play
HILLSIDE 441-1674	3:00-4:00 Open Play	Scheduled Use	7:00 -9:00 *Adult Open Play	Scheduled use	7:00-9:00 Teen Open Play	Center Closed
RENETTE 441-1678	2:00 -4:00 Open Play ----- 6:30 - 9:00 Teen Open Play	2:00 - 4:00 Open Play ----- 6:30 - 9:00 * Adult Volleyball	2:00 - 3:00 Open Play	2:00 - 4:00 Open Play ----- 6:30 - 9:00 * Teen/Adult Volleyball	2:00 - 3:00 Open Play ----- 6:00 - 9:00 Family Night	12:00 - 4:00 Open Play
BOSTONIA 441-1670	2:00 - 4:00 Open Play ----- 6:30 - 9:00 Teen Open Play Nov-Jan Only	2:00-4:00 Open Play ----- 6:30 - 9:00 * Teen/Adult Volleyball	2:00-3:00 Open Play ----- 6:30 - 9:00 * Adult Open Play	2:00-4:00 Open Play ----- 7:30 - 9:00 Teen Open Play	2:00-3:00 Open Play ----- 7:00 - 9:00 * Adult Open Play	Center Closed

TEEN OPEN PLAY Basketball, Volleyball: FREE
*** ADULT OPEN PLAY GYM USE: \$13 Annual Fee. \$10 Resident Annual Fee**

TEEN/ADULT CO-REC VOLLEYBALL:
 Skill levels may vary Annual Fee \$13 Annual Resident Fee \$10

- 6:30-9:00 PM Tuesday Bostonia
 - 6:30-9:00 PM Thursday Renette
 - 6:30-9:00 PM Friday Kennedy
- Adult ONLY Volleyball
- 6:30-9:00 PM Tuesday Renette



TEEN BASKETBALL:
 Teens only. Ages 13 - 17. No Fee

BASKETBALL

- 6:30-9:00 PM Monday Bostonia
- 6:30-9:00 PM Monday Renette
- 6:30-9:00 PM Tuesday Kennedy
- 7:30-9:00 PM Thursday Bostonia
- 7:00-9:00 PM Friday Hillside

ADULT OPEN PLAY
 Skill levels may vary Annual Fee \$13 Annual Resident Fee \$10

- 6:30-9:00 PM Monday Kennedy
- 6:30-9:00 PM Wednesday Bostonia
- 7:00-9:00 PM Wednesday Hillside
- 7:00-9:00 PM Friday Bostonia



FAMILY NIGHT
 No Fee for families. Half court(s) only.

- 6:30-9:00 PM Thursday Kennedy
- 6:00-9:00 PM Friday Renette

Our youth sports programs for ages 3-7 are designed to be a comprehensive learning and nurturing environment where participants can learn skills, have fun and further prepare them for our structured youth sports leagues.

KINDERSPORTS

This program is designed for little ones 3-5 who just can't wait to play sports and school yard games like the big kids. Some of the sports skills offered may be in tee-ball, soccer, kickball & basketball. These fun games and activities will help develop large motor skills, coordination skills, teamwork and sportsmanship all while having fun, fun, fun. Your Jr. athlete will learn valuable skills that will help them when they get to the "Big League".

Fee: \$38. Resident Fee: \$28. (7 week sessions offered)

***31594** 10:00 -10:45 AM TH 3-5 Hillside 1/12-2/23

*Parent participation is required for this class.

Bostonia Kindersports will return in Spring 2017.

YOUTH INDOOR SOCCER - D Division

Come take part in our soccer program! Learn beginning skills and basic rules of soccer during this fun league. Equal participation, sportsmanship and teamwork are emphasized. Games and practices will only be on Friday afternoons and all skill levels are welcome.

Fee: \$42. Resident Fee: \$32. (8 week session offered)

Look for this program in Spring 2017.

YOUTH BEGINNING BASKETBALL

This program is designed for ages 5 through 7 years of age who can't wait to play "hoops". Participants will learn basic basketball skills like: defense, shooting, dribbling, passing, basic rules, sportsmanship and teamwork in a caring setting. (7 week session offered.)

Fee: \$38. Resident Fee: \$28.

31780	3:30 PM-4:15 PM	T	5-7	Hillside
31779	3:30 PM-4:15 PM	M	5-7	Kennedy
31781	3:30 PM-4:15 PM	T	5-7	Bostonia
31782	10:15 AM-11:00 AM	S	5-7	Renette

"LITTLE KICKERS" INDOOR SOCCER

Come take part in our three year old introductory soccer program. Your "Little Kicker" will participate in several activities that will help them learn basic soccer skills. We will focus on listening skills, passing, scoring, goal keeping and movement skills. Even at such a young age, equal participation, sportsmanship and teamwork will be emphasized. (7 week sessions offered.)

Fee: \$38. Resident Fee: \$28.

31603 11:00 AM-11:45 AM TH 3 Hillside 1/12-2/23

YOUTH sports resources

Community youth sports leagues in El Cajon are coordinated through a Recreation Council, which meets the third Thursday of each month at Kennedy Center at 7:00pm. Represented leagues are listed. For information, current leagues and telephone numbers, contact the Recreation Department Office at 619-441-1754.

- El Cajon National Little Leaguewww.eteamz.com/ecnll
- EL Cajon Western Little League.....www.ecwll.com
- Fletcher Hills Little League.....www.eteamz.com/fletcherhills
- Singing Hills Little League..... www.shll.org
- Emerald Pony League www.leaguelineup.com/emeraldpony
- East County ASAwww.eastcountyasa.org
- El Cajon Youth Football.....www.ecfalcons.com
- American Youth Soccer Association (AYSO) www.elcajonayso.com
- East County Soccer Alliancewww.sandiegounited.net
- Hotspurs United Soccer Association www.hotspursusa.com
- Quest Soccer League www.questsoccerclub.com
- Voetball Soccer League.....www.ovcsoccer.com
- YALLA Soccer.....www.yallasd.com



Youth Basketball League - Ages 6-13

League Dates: January 9 - March 24, 2017

Our youth sports league is a 10-week instructional program where participants will learn fundamental skills, basic rules, focus on personal success and effort. Equal Participation, sportsmanship, and teamwork is emphasized. Each meeting is one hour long between the specified times.

Fee: \$60. Resident fee: \$45.

Games & practice times based on number of teams in the league. Schedules will be available the 3rd week of the season.

A Division Ages 11-13 Mondays and Wednesdays

Orientation and first practice: Monday, January, 9 2017.

31740	4:00-8:00PM	M, W	Bostonia	1/9-3/22
31741	4:00-8:00PM	M, W	Cajon Valley	1/9-3/22
31742	4:00-8:00PM	M, W	Hillside	1/9-3/22
31743	4:00-8:00PM	M, W	Kennedy	1/9-3/22
31744	4:00-8:00PM	M, W	Renette	1/9-3/22

B Division Ages 9-10 Tuesdays and Thursdays

Orientation and first practice: Tuesday, January 10, 2017.

31745	4:30-6:30PM	T, TH	Bostonia	1/10-3/16
31746	4:30-6:30PM	T, TH	Cajon Valley	1/10-3/16
31747	4:30-6:30PM	T, TH	Hillside	1/10-3/16
31748	4:30-6:30PM	T, TH	Kennedy	1/10-3/16
31749	4:30-6:30PM	T, TH	Renette	1/10-3/16

C Division Ages 6-8 Wednesdays and Fridays

Orientation and first practice: Wednesday, January 11, 2017.

31750	3:30-6:30PM	W, F	Bostonia	1/11-3/17
31751	3:30-6:30PM	W, F	Cajon Valley	1/11-3/17
31752	3:30-6:30PM	W, F	Hillside	1/11-3/17
31753	3:30-6:30PM	W, F	Kennedy	1/11-3/17
31754	3:30-6:30PM	W, F	Renette	1/11-3/17

Basketball is a fast moving game that involves a lot of variety, including shooting, dribbling, passing, rebounding, defense and much more. It is a great workout that can help you:

- Build endurance
- Improve balance and coordination
- Develop concentration and self-discipline
- Build up muscle.

In addition to being a great way to stay fit, basketball can also

- Help make new friends
- Teach about being a good team player
- Be a fun game that kids of all levels and ages can enjoy

Games and practices are held for 1 hour between the time frames listed for each age group.

No Practices or games held January 16th or February 20th. (City Holidays).

Participants must meet the minimal age requirements by the first week of class.



Participant must meet age requirement to register in the league. Participants will not be allowed to register in youth sports divisions that they do not qualify for. You may be required to show proof of age for participants. A participant may be asked to leave an activity if they are not the correct age or if they do not follow the code of conduct to safely participate.

Look for AA Division Basketball for ages 14-17 this spring.

RECREATION SERVICES SUPERVISOR: HEATHER BIRCHARD, 619-441-1672

Refer to Registration Section for further information.

CLASS LISTINGS INDICATE: Class Number, Time, Day, Age, Center, Dates. See facility map in this brochure for center locations.

TINY TOTS Preschool Enrichment Program

Give your child the gift of new friends, new knowledge and new outlets for their creativity! Tiny Tots is a preschool enrichment program that will open the doors to new adventures for your child in a safe and caring environment. Classes help your child develop skills in the areas of creativity, physical movement and growth, and cognitive learning, while addressing their social and emotional needs through interaction with peers under the guidance of a qualified instructor. Class time includes instructor directed activities, crafts, literature, music and movement, indoor and outdoor games & special events. Your child must be able to participate without parent being present and be able to attend to their own toileting needs. **(Tiny Tots classes fill up fast.....Register early)**

2 DAYS A WEEK CLASSES

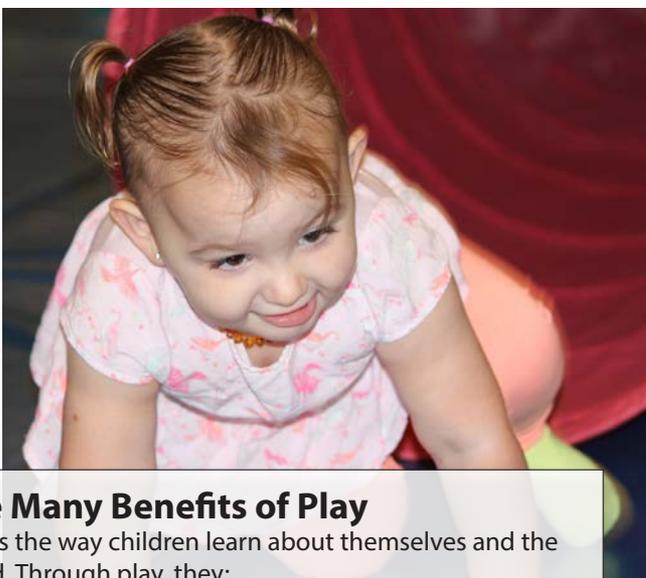
Fee: \$193. Resident Fee: \$178.

- 31619** 9:30 AM-12:30 PM M, W 3 yrs Kennedy 1/9 - 3/15
- 31620** 9:30 AM-12:30 PM T,TH 3 yrs Hillside 1/10 - 3/16
- 31621** 9:30 AM-12:30 PM T,TH 3 yrs Renette 1/10 - 3/16
- 31622** 9:30 AM-12:30 PM T,TH 4-5 yrs Kennedy 1/10 - 3/16

3 DAYS A WEEK CLASSES

Fee: \$261. Resident Fee: \$246.

- 31623** 9:30 AM-12:30 PM M, W, F 4-5 yrs Bostonia 1/9-3/17
- 31624** 9:30 AM-12:30 PM M, W, F 4-5 yrs Hillside 1/9-3/17



The Many Benefits of Play

Play is the way children learn about themselves and the world. Through play, they:

- Learn to get along with others
- Sort out conflicts
- Practice language skills
- Develop small (fine) and large (gross) motor skills.

In addition, play encourages independence, self-esteem, creativity, and gets their energy out! It gives children much needed "down time" and functions as a stress reliever.

WEE PLAY

It's an indoor and outdoor class you and your WEE one won't want to miss. We will work on sensory exploration, large motor skill development, music & movement and so much more. Parent (or other adult) participation required for this class. Please arrange appropriate child care for any sibling or other children.

Fee: \$32 Resident Fee: \$24

- 31617** 9:30-10:15AM M 1 yr Renette 1/9-2/13
- 31618** 9:30-10:15AM M 1 yr Renette 2/27-3/27

LITTLE TOTS

You and your child can enjoy a variety of fun learning experiences together for 5 weeks. Come spend the morning doing all sorts of fun and creative activities geared specifically to your young child's needs. Together you will share the joy of music & movement, story time, arts & crafts, science, math, games and much, much more! Each child must be accompanied to each class by an adult. Please arrange appropriate child care for any sibling or other children.

Fee: \$42. Resident Fee: \$32.

- 31615** 10:30-12:00 PM M 2 yrs Renette 1/9-2/13
- 31616** 10:30-12:00 PM M 2 yrs Renette 2/27-3/27

REGISTER ONLINE... IT'S FAST, EASY AND CONVENIENT!

Online registration is the surest way to guarantee getting a spot in the activities you want! Set up your new account at www.elcajonrec.org or at any recreation center. The online registration system is secure and payment can be made with Visa, MasterCard, American Express and Discover Card. A nominal/non-refundable convenience fee is charged for all online registrations provided by an online registration vendor.

RECREATION SERVICES SUPERVISOR: GLENICE STAINBROOK, 619-441-5528

Refer to Registration Section for further information.

CLASS LISTINGS INDICATE: Class Number, Time, Day, Age, Center, Dates. See facility map in this brochure for center locations.

The Arts & Crafts program provides a broad range of age creative experiences that include seasonal and holiday activities and projects. Being creative is fun yet sometimes messy.
Bringing a paint shirt or apron from home each week is highly recommended.

LITTLE TYKES ARTS & CRAFTS

This fun, safe and sometimes enjoyably messy class gives each young heart a chance to experience art in a variety of ways! **Parent (or other adult) participation required for this class. (Please arrange appropriate child care for any sibling or other children.)**

Fee: \$35. Resident Fee: \$26.

31595	9:30AM -10:15AM	F	2-4	Kennedy	1/13-2/10
31596	9:30AM -10:15AM	F	2-4	Kennedy	2/17-3/17
31597	10:30AM -11:15AM	F	2-4	Kennedy	1/13-2/10
31598	10:30AM - 11:15AM	F	2-4	Kennedy	2/17-3/17

BE MY VALENTINE

Valentines Day is just around the corner. Your child will LOVE the special activities planned in celebration of this holiday. Come and enjoy songs, story time, arts & crafts and much more. There will be a last class Valentines Party that you will get to share with your Little Sweetheart. Come join the creative fun! Parent participation is required for this class.

Fee: \$35. Resident Fee: \$26.

31587	11:30 AM -12:30 PM	F	3-5	Kennedy	1/13-2/10
--------------	--------------------	---	-----	---------	-----------

LIVING A FAIRYTALE

Every little prince and princess will enjoy this fairytale adventure class filled with fun, arts & crafts, dance and more. On the last day of class every little princess and prince will share in a special celebration. Everyone will get the chance to dress up in the favorite fairytale attire. Parent participation required for this course.

Fee: \$35. Resident Fee: \$26

31599	11:30 AM-12:30 PM	F	3-5	Kennedy	2/17-3/17
--------------	-------------------	---	-----	---------	-----------

**NATURE-RAMA ARTS & CRAFTS NEW!**

The world around us is an amazing and beautiful place. A variety of nature made items will be used to create fantastic works of art and creative craft projects. We will even keep our earth a greener place by using recycled materials too. From "pet rocks" to "pine cone owls" this class is for you.

(7-week session 1/10-2/21)

Fee: \$38. Resident Fee: \$28.

31604	3:30 PM - 4:30 PM	T	6-12	Hillside
--------------	-------------------	---	------	----------

CREATE YOUR OWN COLORING BOOK**NEW!**

Get in on the latest craze in the "Create Your Own Coloring Book" art class. Artists will create collective coloring book featuring three of their favorite works of art. On the last day of class friends and family are invited to a gallery show of all the art.

(7 week session 1/10-2/21)

Fee: \$38. Resident Fee: \$28.

31602	4:45 PM - 5:45 PM	T	7-14	Hillside
--------------	-------------------	---	------	----------

**CERAMICS**

Join the fun and work with clay! Each week you will enjoy forming and molding clay into creative works of art. Learn the principles of coil art, slab art, scoring, firing, and glazing. It's going to be a creative time of fun!

Fee: \$51. Resident Fee: \$38

31592	4:00PM-5:00PM	W	5-12	Fletcher Hills
31591	4:00PM-5:00PM	TH	5-12	Bostonia

SKATEBOARD CLASS

This class will focus on basic skills and knowledge like safety, making transitions, skatepark etiquette and building self confidence. Skate ID required.

Fee: \$42. Resident Fee: \$32.

Level I

31608 5:00-5:50pm W 7-16 Kennedy 1/11-3/1

Level II

31609 6:00-6:50 pm W 7-16 Kennedy 1/11-3/1

LIL' SKATERS & SCOOTER CLASSES

These classes are for little skaters & scooters. They will learn the basic skills and principles of the skatepark. Our friendly instructors will encourage and teach them how to push, balance, turn, kick-turn, proper footing and even some tricks safely.

Fee: \$42. Resident Fee: \$32.

Lil' Skater

31607 4:00-4:50PM W 5-6 Kennedy 1/11-3/1

Lil' Scooter

31610 4:00-4:50PM Th 5-6 Kennedy 1/12-3/2



SCOOTER CLASS

Do you love riding your scooter and want to learn some new tricks? Our instructors will teach you how to ride the ramps, bowls and rails so you will be able to develop your personal scooting style! Skate ID required.

Fee: \$42. Resident Fee: \$32.

Level I

31611 5:00-5:50pm TH 7-16 Kennedy 1/12-3/2

Level II

31612 6:00-6:50 pm TH 7-16 Kennedy 1/12-3/2

BIKE CLASS

Did you know we allow bikes in the skatepark? Staff will walk you through the nuances of the skatepark while helping you improve your skills, teach you new tricks and take your riding skills to the next level. Skate ID required.

Fee: \$42. Resident Fee: \$32.

31613 7:00-7:50pm TH 7-16 Kennedy 1/12-3/2

FENCING

En garde! Sport fencing offers the thrilling experience of modern swordplay in a safe and supervised environment. Activities include games, drills and fencing duels designed to teach agility, strength and focus. All equipment is provided.

All classes are held at LionHeart Academy, 1331 N. Cuyamaca St., Ste. E in El Cajon.

Fee: \$205. Resident Fee: \$190

31761 4:30-6:00 PM T 7-9 1/10-2/28

31762 4:30-6:00 PM Th 7-9 1/12-3/2

31763 6:30-8:00 PM M 10-17 1/9-2/27

31764 6:30-8:00 PM W 10-17 1/11-3/1

31765 1:30-3:00 PM S 10-17 1/14-3/14

31766 6:30-8:00 PM Th 18+ 1/12-3/2

ARCHERY

Learn the exciting sport of archery. Students start shooting arrows on the first day of class with traditional recurve bows and equipment. Accuracy will improve through a variety of challenging drills and games designed to sharpen the student's focus and technique. Students also learn range safety, shooting-line etiquette and scorekeeping. Instructors are certified by USA Archery.

All classes are held at LionHeart Academy, 1331 N. Cuyamaca St., Ste. E in El Cajon

Fee: \$205. Resident Fee: \$190

Beginner

31756 4:00-5:30 PM M 10-17 1/9-2/27

31757 4:00-5:30 PM W 10-17 1/11-3/1

31758 9:00-10:30 AM S 10-17 1/14-3/4

Intermediate

31759 5:30-7:00 PM F 10-17 1/13-3/3

Adult

31755 7:00-8:30 PM Th 18+ 1/12-3/2

***Youth scholarship opportunities do not apply to Karate, Fencing or Archery Classes.**

LITTLE DRAGONS KARATE

Classes are designed to help children develop self-respect, encourage self-control, increase strength and flexibility while promoting wholesome competition and a sense of fair play and sportsmanship.

Fee: \$100. Resident Fee: \$85.

***31778** 5:45 PM - 6:15 PM M, F 4-6 Hillside

KIDS KARATE

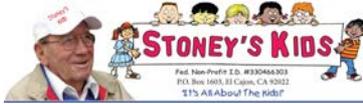
Classes are designed to help children develop self-respect, encourage self-control, increase strength and flexibility while promoting wholesome competition and a sense of fair play and sportsmanship.

Fee: \$110. Resident Fee: \$95.

***31777** 6:25 PM - 7:10 PM M, F 7-14 Hillside

R.E.C. CAMPAIGN

The R.E.C. Campaign raises funds throughout the year for scholarship assistance for youth recreation programming for the El Cajon Recreation Department. We would like to thank key sponsors below for their contributions toward the R.E.C. Campaign. For more information or to donate, please call (619) 441-1750.



Annual Dance & Tumbling Recital

The Annual Dance & Tumbling Recital will be hosted at Greenfield Middle this year on March 18 & 19, 2017. Ticket sales information to attend the recital will be distributed at all classes that will be participating. A complimentary DVD Video will produced and given to each household with children participating. For more information about the recital, please call (619) 441-1534.



Our dance program provides an opportunity for your child to participate in a wide variety of dance experiences. Classes include instruction in steps, techniques, and dance routines. Students may progress from beginning level classes, which emphasize basic skills, to more advanced classes, building strength, developing complex motor skills, and increasing their understanding of dance forms and styles. Our experienced instructors will recommend the ideal level for students Level 2 and above, based upon skill requirements for each level. We strive to create a positive environment, in which each individual child can actively participate and thrive. Children must be able to participate without parent being present. Parents and other visitors are welcome during four observation days each session!

For more information contact: Adam Tronerud, 619-441-1532.

REGISTRATION REFERRALS: Levels which are marked with an asterisk (*) require student registration referral slips to register. See Registration Section for further information.

CLASS LISTINGS INDICATE: Class Number, Time, Day, Age, Center. See facility map in this brochure for center locations.

PRESCHOOL DANCE 1

An introduction to the world of dance through music, rhythms, creative movement, and simple dance moves for ages 3-5. Jazz or ballet and tap shoes are recommended. Children must be able to participate without parent being present. Parents and other visitors are welcome during four observation days each session!

Fee: \$48. Resident Fee: \$36.

31704	10:15 AM - 11:00 AM	M	3-5	Kennedy
31703	4:00 PM - 4:45 PM	M	3-5	Hillside
31707	5:30 PM - 6:15 PM	W	3-5	Renette
31701	4:00 PM - 4:45 PM	TH	3-5	Fletcher
31702	10:15 AM - 11:00 AM	F	3-5	Hillside
31705	10:15 AM - 11:00 AM	S	3-5	Renette
31706	11:15 AM - 12:00 PM	S	3-5	Renette

PRESCHOOL DANCE 2

For those who can perform skills learned in PRESCHOOL DANCE 1 and have instructor's written recommendation. Further instruction in ballet and tap, as well as an introduction to jazz and mini hip hop.

Fee: \$48. Resident Fee: \$36.

*31710	11:15 AM - 12:00 PM	M	3-5	Kennedy
*31708	5:50 PM - 6:35 PM	T	3-5	Bostonia
*31709	11:15 AM - 12:00 PM	F	3-5	Hillside

For dance attire please visit www.elcajonrec.org and click on Activities and Classes.

DANCE 2-GETHER

Dance with me! Together, you and your child will explore the world of dance through movement, music, fun and games. Help your child gain body awareness, self-confidence and a sense of rhythm as you are introduced to a variety of basic dance movements in ballet, jazz, tap and hip hop. Parent or other adult participation is required for this class. Ages: 20 months to 3 years.

Fee: \$48. Resident Fee: \$36.

31632	9:30 AM-10:15 AM	TH	20 mos.-3 yrs.	Renette
31633	10:30 AM-11:15 AM	TH	20 mos.-3 yrs.	Renette



DANCE COMBO

Welcome to the world of dance! Learn a variety of dance forms in this class for ages 4-6. After the session is over, try a jazz, tap, or ballet class, or maybe all three! Jazz or ballet shoes and tap shoes are recommended.

Fee: \$48. Resident Discount: \$36.

31636	5:00-5:45 PM	M	4-6	Hillside
31634	5:00-5:45 PM	T	4-6	Bostonia
31637	4:30-5:15 PM	W	4-6	Renette
31635	3:10-3:55 PM	TH	4-6	Fletcher Hills

HIP HOP

Learn the latest dance moves! This high energy class is great for those who enjoy the latest urban pop music. Fun and fast-paced, Hip-Hop emphasizes syncopated, isolated movements.

Fee: \$48. Resident Fee: \$36.

Mini Hip Hop Groove to the coolest kids tunes!

31660	4:00-4:45 PM	T	5-7	Bostonia
31661	11:15-12:00 PM	S	5-7	Kennedy

Beginning/Level 1

31647	4:15-5:10 PM	TH	8-12	Renette
31646	10:15-11:10 AM	S	8-12	Kennedy

***Beginning/Level 2**

31648	5:15-6:10 PM	TH	8-12	Renette
--------------	--------------	----	------	---------

***Intermediate/Level 3**

31649	6:15-7:10 PM	TH	10-17	Renette
--------------	--------------	----	-------	---------

Teen/Adult Hip Hop

31671	7:15-8:10 PM	TH	13-Adult	Renette
--------------	--------------	----	----------	---------

BALLET

Become more graceful while learning the importance of strength, control in movement, and flexibility. Instruction also includes ballet terminology in French, the universal language of ballet! Advancement requires discipline, increased strength, coordination, and balance.

Fee: \$48. Resident Fee: \$36.

Level I

31640	4:00-4:55 PM	W	5-12	Renette
31639	4:50-5:35 PM	TH	5-7	Fletcher Hills

*Level II

31641	5:00-5:55 PM	W	5-12	Renette
--------------	--------------	---	------	---------

*Level III

31642	5:00-5:55 PM	W	5-12	Renette
--------------	--------------	---	------	---------

*Level IV

31643	4:15-5:10 PM	M	8-14	Renette
--------------	--------------	---	------	---------

*Level V

31644	4:15-5:10 PM	M	8-14	Renette
--------------	--------------	---	------	---------

Ballet Basics for the experienced dancer/athlete

31645	5:15-6:10 PM	M	10-Adult	Renette
--------------	--------------	---	----------	---------

*Advanced Ballet/Pointe

31638	4:15-5:10 PM	M	10-Adult	Renette
--------------	--------------	---	----------	---------

TAP

It's the Sound of the Beat and the Rhythm of your Feet! Enjoy this exciting American dance form. Tap dancing increases coordination and timing. Advancement is based on knowledge of steps, producing clear sounds with increasing tempo, and accurate timing.

Fee: \$48. Resident Fee: \$36.

Level I

31662	4:15-5:10 PM	M	5-12	Kennedy
--------------	--------------	---	------	---------

*Level II

31663	5:15-6:10 PM	M	5-12	Kennedy
--------------	--------------	---	------	---------

*Level III

31664	5:15-6:10 PM	W	5-12	Hillside
--------------	--------------	---	------	----------

*Level IV

31665	6:15-7:10 PM	W	8-14	Hillside
--------------	--------------	---	------	----------

*Level V

31666	6:15-7:10 PM	W	8-14	Hillside
--------------	--------------	---	------	----------

TEEN/ADULT DANCE

Learn variety of dance genres including jazz, tap, ballet and lyrical. Meet new friends, learn new skills and get great exercise. All skill levels are welcome!

Fee: \$48, Resident Fee \$36.

31670	7:45-8:40 PM	T	13-Adult	Renette
--------------	--------------	---	----------	---------

JAZZ

All the fun of hip hop and more! Increase coordination, rhythm, strength, and flexibility. Advancement is based on skill development. Each level becomes more rigorous and dance combinations become more complex.

Fee: \$48. Resident Fee: \$36.

Level I

31651	4:30-5:25 PM	T	8-12	Renette
31650	4:30-5:25 PM	F	5-9	Kennedy

*Level II

31653	4:30-5:25 PM	T	5-12	Renette
31652	5:30-6:25 PM	F	5-12	Kennedy

*Level III

31655	5:30-6:25 PM	T	5-12	Renette
31654	5:30-6:25 PM	F	5-12	Kennedy

*Level IV

31656	5:30-6:25 PM	T	8-14	Renette
--------------	--------------	---	------	---------

*Level V

31657	5:30-6:25 PM	T	8-14	Renette
--------------	--------------	---	------	---------

***Jr. Adv. Jazz - Fee: \$51. Resident Fee: \$38.**

31659	6:30-7:40 PM	T	8-17	Renette
--------------	--------------	---	------	---------

***Advanced Jazz - Fee: \$51. Resident Fee: \$38.**

31658	6:30-7:40 PM	T	8-17	Renette
--------------	--------------	---	------	---------

T-N-T DANCERS

To enroll in TNT Dancers students must obtain a dance instructor's written recommendation* and also enroll in two additional City of El Cajon Recreation dance classes. Proficiency in jazz and one other dance form in levels 4 or higher are required. For ages 7-17.

Fee: \$42.

*31715	4:30-6:30 PM	F	Renette
---------------	--------------	---	---------

T-N-T TRACK DANCERS

The fastest way to gain proficiency into the TNT Performing Company! Participants will learn dance, performance and showmanship skills. Must also be enrolled in one additional City of El Cajon Recreation dance class: level II or III jazz or ballet. Instructor written recommendation is required.

* For ages 5-11.

Fee: \$48, Resident Fee \$36.

*31716	4:30-5:30 PM	F	Renette
---------------	--------------	---	---------



For more information contact: Adam Tronerud, 619-441-1532.

***REGISTRATION REFERRALS:** Levels which are marked with an asterisk (*) require student registration referral slips to register.

CLASS LISTINGS INDICATE: Class Number, Time, Day, Age, Center. See facility map in this brochure for center locations.



TOT 'n' BUDDY

Come and experience a semi-structured gymnastics introduction to basic motor skill development for 1-2 year old boys and girls. Your tot will learn to interact with other toddlers using games, gym play equipment and obstacle courses in a fun and safe environment. **Parent (or other adult) participation required for this class.**

Fee: \$48. Resident Fee: \$36.

31719	9:45 - 10:25 AM	W	1 yr.	Renette
31721	10:30 - 11:10 AM	W	2 yr.	Renette
31720	10:30 - 11:10 AM	S	1 yr.	Renette
31722	11:15 - 11:55 AM	S	2 yr.	Renette

KINDERGYM

Movement, coordination, simple tumbling and basic skills on gymnastic equipment in a positive classroom setting. **A parent must participate with student.** PARENTS SHOULD ARRANGE CHILD CARE FOR ANY SIBLINGS OR OTHER CHILDREN. For boys and girls.

Fee: \$48. Resident Fee: \$36.

31690	6:00 - 6:55 PM	T	3-5	Hillside
--------------	----------------	---	-----	----------

MINIGYM I

Young ones will enjoy this fun, challenging class for the novice student which focuses on beginning tumbling, balance beam, uneven bars, and vaulting skills. Participants will have a great time learning the basics of the sport while gaining strength, endurance, flexibility, balance, poise and coordination! Student must be ready to participate without mom or dad. For boys and girls.

Fee: \$54. Resident Fee: \$40.

31691	5:30-6:25 PM	M	4-6	Hillside
30694	6:00-6:55 PM	TH	4-6	Hillside
30695	10:15-11:10 AM	S	4-6	Kennedy

MINIGYM II

Gymnastics instruction for the more advanced MINIGYM I student who is ready to participate without mom or dad. Students must be able to pass MINIGYM I requirements and have instructor's written recommendation. For boys and girls.

Fee: \$54. Resident Fee: \$40.

*31698	5:30-6:25 PM	M	4-6	Hillside
*31699	6:00-6:55 PM	TH	4-6	Hillside
*31700	10:15-11:10 AM	S	4-6	Kennedy



REGISTER ONLINE... IT'S FAST, EASY AND CONVENIENT!

Online registration is the surest way to guarantee getting a spot in the activities you want! Set up your new account at www.elcajonrec.org or at any recreation center. The online registration system is secure and payment can be made with Visa, MasterCard, American Express and Discover Card. A nominal/non-refundable convenience fee is charged for all online registrations provided by an online registration vendor.



BOYS GYMNASTICS

The boys will learn gymnastics skills and routines on parallel bars, floor exercise, vaulting horse and single bar. A great way to develop strength, coordination and confidence.

Fee: \$54. Resident Discount: \$40.

Level I

31625 7:00-8:00 PM TH 6-12 Hillside

***Level II**

31626 7:00-8:00 PM TH 6-12 Hillside



GIRLS' GYMNASTICS

An excellent introduction to the sport of gymnastics. This program emphasizes skill development and progressions, and offers excellent foundation toward future USGF or High School competitive teams. Levels are arranged with USGF (United States Gymnastics Federation) skills recommendations as a guide.

Fee: \$54. Resident Fee: \$40.

Level I

31673	6:30 - 7:40 PM	M	7-15	Hillside
31674	7:00 - 8:10 PM	T	7-15	Hillside
31675	5:15 - 6:25 PM	W	7-15	Kennedy
31676	6:30 - 7:40 PM	W	7-15	Kennedy
31677	11:15 -12:25 PM	S	7-15	Kennedy

***Level II**

31678	6:30 - 7:40 PM	M	7-15	Hillside
31679	7:00 - 8:10 PM	T	7-15	Hillside
31680	5:15 - 6:25 PM	W	7-15	Kennedy
31681	6:30 - 7:40 PM	W	7-15	Kennedy
31682	11:15 -12:25 PM	S	7-15	Kennedy

***Level III**

31686	6:30 - 7:40 PM	M	7-15	Hillside
31684	5:15 - 6:25 PM	W	7-15	Kennedy
31685	6:30 - 7:40 PM	W	7-15	Kennedy
31687	11:15 -12:25 PM	S	7-15	Kennedy

***Level IV - V**

31686	6:30 - 7:40 PM	M	7-15	Hillside
31689	5:15 - 6:25 PM	W	7-15	Kennedy
31688	6:30 - 7:40 PM	W	7-15	Kennedy
31687	11:15 -12:25 PM	S	7-15	Kennedy

You can probably figure out the physical benefits of gymnastics for your kids but did you know gymnastics can help children improve academically as well?

El Cajon parents have shared the differences they've seen in their kids school work since they started gymnastics. Gymnasts gain strength, balance and improve coordination and gross motor skills by running, tumbling, and swinging through the air. Now, studies show the physical skills also lead to mental acuity as well improving brain efficiency.

Tumbling classes include floor exercise skills to help develop strength, flexibility and coordination. Levels range from very basic to advanced instruction. An excellent compliment to gymnastics classes. Students Level III and above may participate in the annual dance recital and other tumbling demonstrations. For boys and girls.

For more information contact: Adam Tronerud, 619-441-1532.

***REGISTRATION REFERRALS:** Levels which are marked with an asterisk (*) require student registration referral slips to register. See registration section for further information.

CLASS LISTINGS INDICATE: Class Number, Time, Day, Age, Center. See facility map in this brochure for center locations.

TUMBLING FOR BOYS & GIRLS

These tumbling classes are for boys and girls combined. Students will learn skills from forward rolls to back flips. A progressive skill list is used to advance from level to level. Emphasis is placed on connecting skills together in levels III and up.

Fee: \$48. Resident Fee: \$36.

Level I

31724	3:30-4:25 PM	T	5-12	Kennedy
31725	3:30-4:25 PM	W	5-12	Renette
31723	4:30-5:25 PM	TH	5-12	Bostonia
31726	3:30-4:25 PM	TH	5-12	Renette
31727	5:00-5:55 PM	F	5-12	Fletcher Hills

***Level II**

31728	4:30-5:25 PM	T	5-12	Kennedy
31729	3:30-4:25 PM	T	5-12	Renette
31730	4:30-5:25 PM	TH	5-12	Renette
31727	5:00-5:55 PM	F	5-12	Fletcher Hills

***Level III**

31732	4:30-5:25 PM	T	5-13	Renette
31731	3:30-4:25 PM	TH	5-13	Kennedy

***Level IV**

31733	4:30-5:25 PM	TH	5-15	Kennedy
--------------	--------------	----	------	---------

***Level V**

31734	5:30-6:25 PM	TH	5-16	Kennedy
--------------	--------------	----	------	---------



JUNIOR ADVANCED TUMBLING

The Junior Advanced class is for students who have completed level 5 skills and are ready to learn more advanced skills for use in gymnastics competition or cheerleading. Students will learn the importance of proper technique, safety and form. This level will stress combinations of skills from aerials to back flipping in different positions. Instructor written recommendation is required.

Fee: \$54. Resident Fee: \$40.

*31736	5:45-7:00 PM	F	7-17	Renette
---------------	--------------	---	------	---------

ADVANCED TUMBLING

This class is for those who have completed Junior Advanced Tumbling skills, and are serious about learning advanced skills and possibly performing in competitions and exhibitions at some time. Skill level is to whatever level the student is ready to learn including front and back flips involving twisting. Learning new skills, good form, technique and attitude are our goals. Instructor written recommendation is required.

Fee: \$54. Resident Fee: \$40.

*31735	4:30-5:45 PM	F	7-17	Renette
---------------	--------------	---	------	---------



DO WE HAVE YOUR CURRENT E-MAIL ADDRESS?

In order for your e-mail communications to reach you, we need to be sure we have your current e-mail address. You can update your existing account information by sending an e-mail to erec@cityofelcajon.us or by visiting any recreation center. We guarantee the privacy of your information.

TINY TUMBLERS

Roll, jump and have FUN in this novice tumbling class for preschool age boys and girls. This course is designed to develop your child's gross motor skills through beginning tumbling activities. Child must be able to participate without a parent being present.

Fee: \$48. Resident Fee: \$36.

31714	2:30 - 3:15 PM	W	3-5	Renette
31712	3:40 - 4:25 PM	TH	3-5	Bostonia
31713	4:10 - 4:45 PM	F	3-5	Fletcher Hills



TEEN TUMBLING (no referral needed)

For teens who would like to learn tumbling for gymnastics or cheer.

Fee: \$54. Resident Fee: \$40.

*31717	7:00-8:10 PM	T	13-17	Hillside
---------------	--------------	---	-------	----------

"TNT TRACK" TUMBLERS

Want to learn to show off those tricks and join TNT Tumblers? Then take this class with your other tumbling or gymnastics classes for the fastest track to TNT Tumblers! Proficiency and concurrent registration in one other tumbling/gymnastics level 4 or higher class and instructor written recommendation are required.

Fee: \$48. Resident Fee: \$36.

*31717	4:00-5:00 PM	M	6-16	Renette
---------------	--------------	---	------	---------

"TNT" TUMBLERS - Performing Company

The "TNT" Tumblers is a special group of students who represent the City of El Cajon's Recreation Department in a positive and energetic way at various performances and functions throughout the San Diego area. Instructor's written recommendation and concurrent enrollment in one Junior Advanced or higher tumbling or level 4 gymnastics class is required.

Fee: \$42.

*31718	4:00-5:30 PM	M	7-16	Renette
---------------	--------------	---	------	---------



CHEERLEADING PROGRAM

Our cheer classes will provide a wide variety of techniques to all levels, interests and experiences. We promote self-confidence and determination through our classes by providing a non-competitive environment where kids can learn to cheer without the stress of being on a competitive team. Our skilled instructors will offer the knowledge of all phases of cheer including: tumbling, dance, motion stunt and jump.

Fee: \$48. Resident Fee: \$36.

Jr. Cheer

31629	6:00-6:45 PM	M	5-7	Renette
--------------	--------------	---	-----	---------

Cheer 1 (Beginner)

31627	6:50-7:45 PM	M	8-14	Renette
--------------	--------------	---	------	---------

*Cheer 2 (Intermediate)

31628	6:50-7:45 PM	M	8-14	Renette
--------------	--------------	---	------	---------



SORRY...

Sometimes excellent classes with super instructors are canceled if everyone waits until the last minute to register. Please register early to avoid disappointment.

TEEN COALITION

We Invite You to be Involved in Your Community!

Engage, educate and empower! These are the goals of the "Teen Coalition" facilitated by the El Cajon Recreation Department.

The Teen Coalition is for teens in grades 6-12 who are city residents and/or attend city schools.



Members will serve a one-year term, meeting monthly. Community partners play an active role in helping teens by providing meaningful workshops covering such topics as: juvenile justice system, education, local economy and downtown development. The year will culminate with the teens giving back to the community by

developing community service projects. Call 619-441-1678 for more information. Application deadline October, 2015. Please visit www.elcajonrec.org to complete an application.



MENTOR PROGRAM

Experience what it takes to become a valued employee by participating in a mentoring course. Receive hands-on training by Recreation staff. We welcome responsible individuals who wish to challenge themselves through a combination of training, while gaining experience and knowledge in a variety of programs by volunteering 3-5 hours per week. Ages 14 to 17. Call 619-441-1534 for more information.



LEADER IN TRAINING PROGRAM

For Seasonal Volunteers Teens 14-17

Leaders In Training (L.I.T.) positions will be available for teens 14-17 years of age who have some expertise working with children. L.I.T.'s volunteer and participate in all camp activities and receive leadership training. Candidates must submit applications one month prior to camp dates. Apply for positions at one or more camps. Please call 619-441-1534 for more information.



TEEN/ADULT HIP HOP

Attend with a friend or make new ones.

Fee: \$48. Resident Discount: \$36.**31671** 7:15-8:10 PM TH 13-Adult Renette**TEEN/ADULT DANCE**

Learn a wide variety of dance genres including jazz, tap and lyrical. Met new friends, learn new skills and get great exercise. All skill levels are welcome!

Fee: \$48. Resident Discount: \$36.**31670** 7:45-8:40PM T 13-Adult Renette**DRIVER EDUCATION**

This online course is the first step for teens to fulfill the California requirement to receive a driver's license. This course is interactive and includes parental involvement. This is a self-paced internet course. Students will receive a DMV-accepted completion certificate upon successful completion of the course. Does not include behind the wheel driving. Call 619-441-1516 for more information.

31760 Fee: \$75. Ages 14-18.**TEEN TUMBLING** (no referral needed)

For teens who would like to learn tumbling for gymnastics or cheer.

Fee: \$54. Resident Fee: \$40.**31515** 7:00-8:10 PM T 13-17 Hillside**TEEN DODGE BALL**

Teen Dodgeball is back and it will be a hit! Grab a few friends, team up, and go at it in this fun, safe sport. Come play for laughs and bragging rights and you will have a blast and get quite a workout at the same time. All skill levels are welcome. (5 week session)

Fee: \$20, Resident Fee: \$15**31737** 6:00PM-7:00 PM F 13-17 2/24-3/24

BILL BECK PARK
543 N. Pierce Street

Hidden amongst the residential streets off Marshall Ave., this small park has something for everyone. You can spend quality time with your child on the new kid-designed playground, get fit on the new workout equipment or have a picnic under the shade trees. For more information contact the Parks Department at 619-441-1744.



BOSTONIA PARK
1049 Bostonia Street

Bostonia Park, adjacent to the Bostonia Recreation Center and Bostonia Elementary School is a small two acre park with rolling grassy knolls and colorful shaded playground equipment with four slides and climbing areas. Recreation programs are offered at the Recreation Center weekdays, 2:00-9:30pm; 619-441-1670.

EL CAJON CENTENNIAL PLAZA
200 Civic Center Way

This beautiful outdoor plaza is next to City Hall and the new Police Station with grassy areas and walkways. The Plaza can be reserved for special events or performances through the Ronald Reagan Community Center at 619-441-1673.

FIRE STATION PARK
Westwind and Tyrone

After that challenging jog or bike ride up Fletcher Parkway catch your breath and reward yourself with a view of the valley. This very small grassy pad with a picnic table is a nice rest stop adjacent to the Fletcher Hills Fire Station and has trail access down to Hillside Center and Park. For other information, call the Parks Department at 619-441-1744.



HILLSIDE PARK
840 Buena Terrace

This distinctive park on the western hillside along Fletcher Parkway features 19+ acres of multi-level terrain left largely in its natural landscape and vegetation. The upper park offers picnicking, walking trails and a peaceful atmosphere, even a glimpse of a cottontail rabbit or squirrel running through the eucalyptus grove. The lower park has a large grassy playing field and restrooms. The adjacent community center offers recreation programs weekdays, 3:00 to 6:00 pm. For information call 619-441-1674.

JUDSON PARK
Magnolia and Park

This park is well-known for its beautiful white gazebo surrounded by roses. Although small, this grassy, shady park is an ideal place to rest while shopping the four corners of El Cajon. Gazebo reservations are available through the Ronald Reagan Community Center at 619-441-1673.

KENNEDY PARK
1675 East Madison Avenue

This beautiful neighborhood park at the corner of Madison Avenue and Fourth Street offers something for everyone. The ten acre park provides a sports field, lighted ball field, meandering walkways, tot lot and lovely picnicking areas under mature trees. The park is ideal for walking, jogging or tricycling, and is home to the annual Fourth of July picnic and fireworks display. Recreation activities, classes, and park and meeting room schedules are provided through Kennedy Community Center, 441-1676.

Note: Parks may be closed during rainy weather. Please call 619-441-1538 to check for availability

KENNEDY SKATE PARK
1675 East Madison Avenue

The Kennedy Skate Park has an artistic sculpture encompassing approximately 11,000 square feet of concrete bowls, ramps, grinds, jumps and "street" features catering to skateboarders, in-line skaters, BMX bikes and scooters. The supervised skatepark is for skaters 7 years of age and older. A signed waiver must be approved and on file prior to skating. (Parents must sign for all skaters under 18 years old). A \$5 fee is charged for all new and replacement ID cards. Helmet, elbow pads, and knee pads are required at all times (wrist guards are recommended). Hours: Monday-Friday 4:00-9:00pm; Saturday, 12:00-9:00pm; Sunday 1:00-7:00pm. For information contact Kennedy Community Center, 619-441-1676.

RENETTE PARK
935 Emerald Avenue

Come enjoy the park that has everything: a lighted outdoor basketball court, large grassy playing field, mature shade trees and picnic areas, a multi-purpose play court known as the "Plaza" which features skate-able surfaces (for skateboards and roller blades only), tetherball, hop scotch, and small stage. Also featured in the park is a brightly colored playground with modern equipment sections for preschool and school aged youth, and is accessible to the physically challenged. The recreation center offers meeting rooms, game room, gymnasium, and supervised recreation activities weekdays, 2:00PM to 9:30PM and Saturday 12:00 to 4:00pm. call 619-441-1678 for information.

WELLS PARK
1153 East Madison Avenue

This beautiful 18-acre park features one lighted ballfield, one lighted soccer field, large trees, lots of shade, picnic tables and two "tot lot" play areas, handicap accessible, complete with swings, slides and jungle gym. Wells Park is a favorite with walkers and joggers who take advantage of the walkway that encircles the park and the fitness court that offers a self-guided program of exercises from stretching to resistance training. Ballfield reservations and park information can be obtained at the Wells Center office, 619 441-1680

Wells Off Leash Dog Area 1153 East Madison Avenue

This 1.4-acre facility provides an area for local residents to exercise their dogs in a safe controlled environment. This handicapped accessible area has many special features including two separate areas: one for larger dogs and one for smaller/shyer breeds. There are plenty of beautiful shade trees and a shelter area with tables and benches. Your pooch will enjoy a specially designed water fountain for dogs to cool off after their romp. The park has lighting so you will be able to utilize the park at night. Hours: Sunday-Saturday, 7am-9pm. There are guidelines that individuals need to follow in order to utilize the park. For more information about the guidelines and the off leash area itself, call (619) 441-1680.



ALBERT VAN ZANTEN PARK 1495 Greenfield Drive

This 15-acre park offers three baseball/softball fields (one lighted), that are available for community use from 3:30-9:30pm Monday through Friday and all day weekends.

The complex also has playing fields for soccer or football practice and games, a 440-yard track, as well as a concession stand, restrooms and score booths. Outdoor basketball courts are also available after school hours. The park is beautifully landscaped, and is ideally suited for walkers and joggers due to its extensive sidewalks and track. Reservations for this parks are supervised by Bostonia Center at 619-441-1670.

BOSTONIA PARK 1049 Bostonia Street

Bostonia Park features a large multi-purpose field excellent for soccer and football. The park also features one portable and one permanent baseball/softball backstop. To check on field availability call Bostonia Center at 619-441-1670.

CAJON VALLEY MIDDLE SCHOOL PARK 750 Park Avenue

Cajon Valley Park is the City's most extensive sports complex featuring six ballfields (two that are lighted), two playing fields and basketball courts. Sports leagues thrive at this 14-acre park with facilities including concession stands, scorebooths and restrooms. The park is open to the public between 3:00-10:00 pm, Monday through Friday and all day weekends. Field supervision and scheduling are coordinated through Kennedy Center, 619-441-1676.

KARL TUTTLE PARK 379 Chase Avenue

Tuttle Park is a beautifully landscaped 9-acre complex complete with ballfields, a concession stand, score booth and restrooms. A nice path encircles the ball fields and is enjoyed by all, especially walkers and joggers. The welcomed addition of four ballfields has enriched many lives. The one lighted ballfield is named after Arthur Armstrong. Field availability and reservations are administered through Renette Center at 619-441-1678. The ballfield is open to the community after school hours between 4:00-9:30pm, Monday through Friday and all day weekends.



KENNEDY PARK 1675 East Madison Avenue

Kennedy park offers a turfed baseball field lights and also an open play area perfect for soccer games. The park has a cement walkway that is completely flat and ideal for walking and jogging. To check on field availability, please call Kennedy Center, 619-441-1676.

RENETTE PARK 935 Emerald Avenue

Renette Park offers a multi-purpose field ideal for football and soccer practices. It also has the unique feature of lighted outdoor basketball courts that are open until 9:30PM every night. There are also outdoor restrooms available at the park. To check on field availability or if you have any questions please call Renette Center at 619-441-1678.



TENNIS COURTS

The tennis courts at El Cajon Valley High School and Montgomery Middle School are available to the public after school hours. Lighting is provided at the El Cajon Valley Courts, for use up to 10:00PM. Contact 619-441-1680 for more information.

WELLS PARK 1153 East Madison Avenue

Wells Park features a turfed baseball and a softball field (both lighted). Wells Park also has a multi-purpose field with new lights, which is excellent for soccer and football. Wells Park enjoys an open space area adjacent to its sports fields which is ideal for family picnics or kite flying. The facility includes a concession stand, restrooms, and scorebooth. Call 619-441-1676 for more information.

Alcoholic beverages are prohibited in parks & recreation centers in El Cajon with exception of the Community Center. Alcoholic beverages may be permitted in El Cajon Civic Center Plaza with specific permission of the City Council.

For rainout and cancellation info, visit elcajon.org and click on the What's New on the homepage for latest field conditions, or call the Field Hotline at 619-441-1538

LOCATIONS



	MAP KEY	RECREATION CENTER/ MEETING ROOMS	PLAYING FIELDS	PLAYING COURTS	TOT LOT	RESTROOMS IN PARK	PICNIC TABLES	TENNIS COURTS L=LIGHTED	FITNESS COURT	GYMNASIUM	BALLFIELD L=LIGHTED	AMPIITI THEATER/STAGE	OUTDOOR BASKETBALL COURT L=LIGHTED	OFF LEASH DOG PARK
ALBERT VAN ZANTEN PARK 1495 Greenfield Drive	16		◆	◆							◆			
BILL BECK PARK 543 N. Pierce Street	8				◆		◆		◆					
BOSTONIA PARK 1049 Bostonia Street 619-441-1670	6	◆	◆	◆	◆		◆		◆	◆				
CAJON VALLEY MIDDLE SCHOOL PARK 750 Park Avenue 619-441-1676	12		◆	◆						◆	◆		L	
EL CAJON CENTENNIAL PLAZA 200 Civic Center Way	7						◆					◆		
EL CAJON VALLEY HIGH SCHOOL 1035 East Madison Avenue	10			◆				◆					◆	
FIRE STATION PARK Tyrone & Westwind	2													
FLETCHER HILLS PARK & POOL 2345 Center Place 619-441-1672	1	◆		◆	◆		◆						◆	
GRANITE HILLS HIGH SCHOOL 1719 East Madison Avenue	11													
HILLSIDE PARK 840 Buena Terrace 619-441-1674	13	◆	◆				◆			◆				
JUDSON PARK Magnolia & Park	9													
KENNEDY PARK and SKATEPARK 1675 East Madison Avenue 619-441-1676	5	◆	◆	◆	◆		◆			◆	◆			
PRESCOTT PROMENADE 200 Block of East Main Street	18											◆		
RENETTE PARK 935 Emerald Avenue 619-441-1678	3	◆	◆	◆	◆		◆			◆		◆	L	
RONALD REAGAN COMMUNITY CENTER 195 East Douglas Avenue 619-441-1673	14	◆												
TUTTLE PARK 379 Chase Avenue	17		◆								◆			
WELLS PARK and OFFLEASH DOG PARK 1153 East Madison Avenue 619-441-1680	4		◆		◆		◆		◆		◆			◆

Publisher: Freedom Printing, Anaheim, California
 Designer: Jayana Shah
 Recreation Guide
 Editors: Frank Carson & Susan Vaupel



For rainout and cancellation info, visit elcajonrec.org and click on the What's New on the homepage for latest field conditions, or call the Field Hotline at (619) 441-1538

2017 WINTER SESSION DATES

Youth Sports: January 9 - March 23

Classes: January 9 - March 18

Recreation Centers Closed/
No Programs Held:

Monday, January 16th • Monday, February 20th

REGISTRATION

HOW TO REGISTER

EARLY REGISTRATION DATES

Youth Sports: December 5-11

Classes: December 5-11

Go On-line:
www.elcajonrec.org

Online registration is the surest way to guarantee getting a spot in the activities you want! Set up your account at www.elcajonrec.org or at any recreation center. The online registration system is secure and payment can be made with Visa, MasterCard, American Express and Discover Card. A nominal/non-refundable convenience fee is charged for all online registrations provided by an online registration vendor.

or -

Mail to:

Recreation Registration
City of El Cajon, 200 Civic Center Way
El Cajon, CA 92020-3916

LATE REGISTRATION DATES

Youth Sports: December 12-full
Classes: December 12- January 21

On-line, Mail or Walk-In*

*Walk-in: To any recreation center during operational hours through the second week of each program.

Register Early for Programs

Because of the popularity of the programs offered, the program you selected may be full. You are encouraged to register early and select an alternate choice. The Recreation Department reserves the right to cancel, combine classes, or change instructors and/or times as needed.

How To Pay

Payment is required at time of registration by any of the following methods:

- Check, payable to the "City of El Cajon" (A \$20 service fee will be assessed for all checks returned by the bank.)
- Money Order payable to the "City of El Cajon"
- Visa/MasterCard/AMEX/Discover (Online or Walk-In)
- Cash (after Early Registration only. The City of El Cajon is not responsible for cash sent through the mail).

Resident Discount

Customers that reside in or own property within the incorporated city limits of El Cajon qualify for the Resident Fee. Some El Cajon mailing addresses are outside the city limits. For example, communities such as Crest, Blossom Valley and Rancho San Diego have El Cajon mailing addresses, but are outside the incorporated city limits. A complete list of El Cajon addresses can be viewed on the City's website at www.cityofelcajon.us.

Essential Eligibility Requirements

You may be required to provide proof of age for participants. Acceptable documents are: birth certificates, school record, passport, immunization card and health card. A child may be asked to leave an activity if not the correct age or if a child does not follow the code of conduct to safely participate.

Senior Discounts (55 and older)

Resident senior citizens receive a 50% discount on the resident fees for Recreation Department taught classes. Proof of age must be submitted to receive a discount.

Class Referrals (returning registrants)

Student Registration Referral Slips (Green slips) are issued by instructors close to the end of the current session, are valid for the session indicated only, and must be submitted along with your Registration Form for classes marked with an (*).

Aquatics Registration Requirements

Registration is accepted between 2:30-5:30pm Monday-Friday. All children will be evaluated the first day of class and grouped with children of similar skills. Requests for transfers will be considered and processed if class space is available. A \$5.00 fee will be assessed for each transfer.

Refund Policy

Select your activities carefully. Customers will be charged a \$5 administrative fee for each course/activity refund or transfer transaction. Requests for refunds or transfers must be directed to the activity supervisor at least 3 business days before the start of an activity. No refunds or transfers will be given after an activity starts. If the registration fee was paid by credit or debit card, the refund will go back to the credit card used for payment. If the registration fee was paid by check or cash, you will receive the refund by check by mail in 4-6 weeks. If the City cancels an activity you will receive a full refund.

Fee Assistance

A Youth Recreation Scholarship Program is available for families in financial need. Not all programs qualify for fee assistance. Applications may be obtained at all El Cajon recreation centers. Completed applications must be submitted to the Registration Office, 935 Emerald Ave, Monday-Friday, 9:00 AM to 5:00 PM beginning November 21, 2016. Activity registration using a scholarship as a partial payment ends Friday, January 6, 2017. For information on obtaining assistance contact the Registration office at 619-441-1516



ACTIVITY REGISTRATION FORM

On-line - Beat the crowd!
www.elcajonrec.org

(or) Mail to: Recreation Registration
City of El Cajon
200 Civic Center Way
El Cajon, CA 92020-3916

(or) Walk-In to Recreation Centers
Late Registration Only

Adult/Guardian Name: Last _____ First _____

Address: _____ **Apt #:** _____ **City:** _____ **Zip:** _____

Primary Phone: _____ **Secondary Phone:** _____

Text Message Alert Phone: _____ @ _____

Agree to receive text messages

Cell Phone Carrier

E-Mail Address: _____

E-Mail address is required for the Internet Registration's "Forgot My Password" feature. E-mail will be used for registration confirmation and to provide information regarding City Recreation programs. Under no circumstances will e-mail addresses be sold to outside agencies. E-mail to you will not disclose other e-mail addresses.

Participant's Name	Class Name	Course # (1st Choice)	Course # (2nd Choice)	Date of Birth	Grade	FEE	Y/N
				/ /		\$	
				/ /		\$	
				/ /		\$	
				/ /		\$	
				/ /		\$	
FOR OFFICE USE ONLY:				Yes! I would like to donate to the youth scholarship fund.			\$
Staff: _____ Date: _____ Payment Method: _____ Check Check #: _____ _____ Cash _____ Visa _____ MasterCard _____ Disc. _____ AMEX				TOTAL FEES ENCLOSED			\$



The City of El Cajon endeavors to be in total compliance with the Americans with Disabilities Act (ADA). Individuals who wish to participate in City Recreation programs and activities and who may need accommodation, please contact the Recreation Supervisor at 441-1670 a minimum of two weeks in advance of the program start date in order to process the request.

READ, SIGN AND DATE WAIVER *Registration cannot be completed until waiver is signed below.*

By signing this Waiver, I release the City of El Cajon, the El Cajon Recreation Department, and its officers, agents, employees and volunteers from any and all liability for any claim for personal injury, or property damage arising as a result of my, my family's or my organization's participation in recreation activities. In the event of any claim or action, including any claims for negligence against the City, I will indemnify and hold harmless from any and all damages the City of El Cajon, the El Cajon Recreation Department, and its officers, agents, employees and volunteers, and will pay all costs incident to any such claim including, without limitation, attorney's fees. I understand there are certain risks inherent in this activity and I assume all risk associated with this event on my own behalf or on behalf of any minor or dependent child or children participating in this event. I grant full permission for this event's sponsors to use my/my child's name, voice and/or picture in any media or other account of this event for any purpose. I further grant permission for event sponsors to solicit feedback on the program from my child. No city agent may modify this waiver.

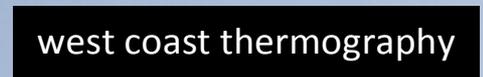
SIGNATURE _____ **DATE** _____

Registration Questions? Call 619-441-1516 or
send us and e-mail to: erec@cityofelcajon.us

"...develops youth, supports families, and provides safe places."

EL CAJON'S **AMERICA** on Main Street

THANK YOU TO OUR SPONSORS:



This activity is not a school-sponsored activity and is not endorsed by the school or Cajon Valley School District. The activities, product, or services advertised in this flyer are not endorsed by the school or the District.

This event/activity is sponsored by the city of El Cajon Recreation Department and is not La Mesa/Spring Valley District-sponsored.

WINTER YOUTH BASKETBALL LEAGUES AGES 6-13

JANUARY 11 – MARCH 24
FEE \$60. RESIDENT FEE \$45

Bostonia Center
(619) 441-1670

Cajon Valley Middle
(619) 441-1676

Hillside Center
(619) 441-1674

Kennedy Center
(619) 441-1676

Renette Center
(619) 441-1678

SEE PAGE 21

