

# El Cajon Gateway



Fall 2016  
*City News & Guide to Recreation*



**SPECIAL EDITION**  
*District Election Information Inside!*

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El Cajon Civic Center  
200 Civic Center Way  
El Cajon, CA 92020  
[www.cityofelcajon.us](http://www.cityofelcajon.us)

## City Council (619) 441-1788

Mayor Bill Wells  
Mayor Pro Tem Tony Ambrose  
Councilmember Star Bales  
Councilmember Gary Kendrick  
Councilmember W. E. "Bob" McClellan

## City Departments

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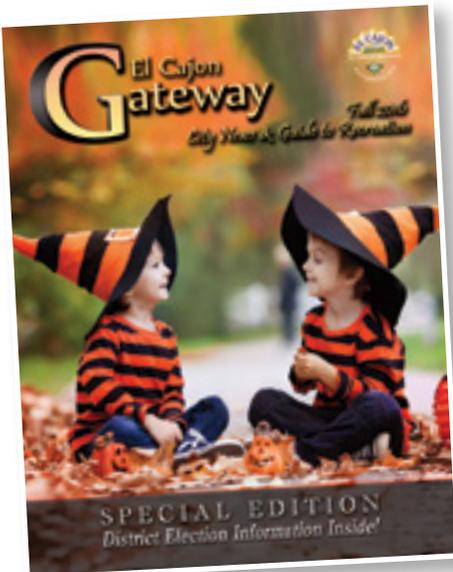
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## About The Cover

It's Fall!

Cover Design by Mary Ann Prall



## New Flag Pole

On Flag Day, June 14, a dedication ceremony was held for a new flag pole in front of El Cajon City Hall. The El Cajon City Council, the Veterans Commission, and the public were on hand for the special afternoon dedication. The new pole is 50 feet in height and is alongside the POW Memorial.

## City of El Cajon 2016 Ballot Initiative - "Measure S" MOVING TO DISTRICT ELECTIONS

### What is the CVRA?

*The California Voting Rights Act of 2001 (CVRA) seeks to ensure that every community has an opportunity to elect candidates of their choice in local elections.*

### Key Terms

**At-large election (currently used):** Voters elect city council members that provide citywide representation.

**District election:** Voters elect city council members to represent a specific district within the city.

### Where we are:



Several cities in Southern California have been notified that they may be in violation of the California Voting Rights Act (CVRA). At-large elections are being challenged as a violation of the CVRA. While El Cajon has NOT been sued, the City is at risk for a potential lawsuit.



- Fight a potential lawsuit
- Put the decision to voters



### Why this is important:

If the residents vote to proceed: The City will put a measure on the November 8, 2016 ballot for voter consideration. If voters decide to move to district elections, there will be extensive outreach and opportunities for public input on how the districts should be drawn. The first City Council district elections would not be held until 2018. The Mayor and City Council would continue to be elected citywide.

If the residents vote not to proceed: The City is vulnerable to a CVRA lawsuit. No local agency has ever prevailed in a lawsuit brought under the CVRA. One example: In 2007, the California State Supreme Court upheld the CVRA in *Sanchez v. The City of Palmdale*. The City settled and was responsible for paying \$7 million in attorney fees, using taxpayers dollars. There are many similar examples of this occurring, including with the City of Escondido.

For more information, visit [www.cityofelcajon.us/District-Elections](http://www.cityofelcajon.us/District-Elections).

## EDUCATIONAL WORKSHOPS ON District Elections Ballot Initiative “MEASURE S”

For your convenience the same educational workshop is being offered on three different days.

7:00 p.m. - 8:30 p.m.

September 14 - Greenfield Middle School

September 15 - Flying Hills Elementary School

October 3 - Emerald Middle School

Come get informed and educated on this very important issue!

- Hear what benefits district elections offer residents
- Better understand the California Voting Rights Act
- Learn about the potential risk to the City
- Understand the process
- Get your questions answered
- Translation services available in Spanish & Arabic

For more information: [www.cityofelcajon.us/District-Elections](http://www.cityofelcajon.us/District-Elections)  
or call (619) 441-1716

In partnership with

## New Marriott Hotel Coming Soon To Downtown El Cajon



Earlier in the year officials broke ground on the much anticipated new hotel for the City of El Cajon, a four-story Marriott Courtyard. Construction of the 88,000 square foot hotel, featuring 120 rooms, is now underway. The hotel will also feature a swimming pool, outdoor dining areas, a business center, two meeting rooms, and two commercial lease spaces on the ground floor at the corner of Magnolia Avenue and Rea Avenue. The Marriott plans to open for business mid-2017.



The development of urban east county's first true four-star hotel by a renowned company such as Marriott marks an economic turning point for the City of El Cajon. The development of the well-regarded Courtyard brand will not only be visually iconic within our downtown but will inevitably draw additional business investment into nearby areas. In fact, the City is currently discussing a second major hotel, near Parkway Plaza, involving another well-known hotel.



Groundbreaking Ceremony on April 5, 2016



## Animal Care Facility

The City is a step closer to building a new animal shelter! A conceptual plan for a 10,800 square foot building at a budget cost of \$8.5 million is being drafted. The project was given to the architect to prepare schematic designs and the site plan. The design development is scheduled for completion soon and will culminate with a proposal from the contractor. The proposal and a design-build contract will be scheduled for City Council approval in the fall of this year, with construction beginning by mid-2017.



Tony Ambrose, Star Bales, and Bob McClellan, took part in the opening ceremony and closing ribbon cutting. Thank you to the 200 plus volunteers for their help in building this customized playground in less than five hours - in the rain! Be sure to stop by Neighborhood Park and enjoy the beautiful new playground.

## New Playgrounds for Renette Park

In June of 2015, the First 5 San Diego Commission approved \$200,000 in matching grant funds to the City of El Cajon through their "Parent Education and Family Engagement Program" for the building of a new playground at Renette Park. First 5 San Diego is an organization focused on providing programs and services that enhance the well-being of children up to age 5. These programs and services are funded by the County of San Diego.

Construction included demolishing the existing playground and constructing two new playgrounds. One will be built for children up to age 5 and the other will be for ages 2-12 meeting the requirements set by the First 5 San Diego organization. There are new Sidewalk Activity panels, picnic tables, a playground shade structure, fencing, and security cameras. Funding also included reallocated CDBG funds.

The new playground will open in September of this year and will be a great benefit to the community surrounding Renette Park, which is located at 935 Emerald Avenue. City staff wants to thank the County of San Diego and the First 5 San Diego Commission for selecting the City of El Cajon as the recipient of this generous grant. For more information about all City parks visit: [www.elcajonrec.org](http://www.elcajonrec.org).



like a challenge. 100% of the funding for the Dog Agility Course addition came from the Housing Related Parks Program Grant from the State of California Housing & Community Development Department. The park is also equipped with lighting to enjoy this area at night.

The park is open every day from 7:00 a.m. to 9:00 p.m. There are guidelines that individuals need to follow in order to utilize the park, located at 1153 East Madison Avenue. For more information about these guidelines and the off-leash area itself, call Wells Center at (619) 441-1680.

## A Fourth KaBOOM!

For the fourth time in three and half years, the City of El Cajon acquired a special grant from KaBOOM! to install a new playground in the City. On March 30, despite the rain, the City of El Cajon, in conjunction with KaBOOM!, CarMax, Stoney's Kids and the Kiwanis Club of El Cajon Valley, installed another brand new playground, this time at Neighborhood Park, located at 195 E. Douglas Avenue, in front of the Downtown El Cajon Library.

As with previous playgrounds, it was created by kids and adults in the neighborhood from personal drawings during a special design day. Unique features include a special swing designed for individuals that are physically disabled. El Cajon Mayor Bill Wells, and City Councilmembers



## New Dog Agility Course at Wells Park

This beautiful 1.4-acre facility at Wells Park provides an area for local residents to exercise their dogs in a safe, controlled environment. This handicap or wheelchair accessible area has many special features including two separate areas: one for larger dogs and one for smaller/shyer dogs.

The new Dog Agility Course at Wells Park complements the two existing small and large off-leash dog parks at the same location. The new agility course is meant for all dog sizes and is intended for more active dogs that

## New Modern Apartments At Cornerstone Place

This exciting project is a new mixed-use development located at 230 South Sunshine Avenue in El Cajon. This four-story 70-unit, multi-family building, includes 1 & 3 bedroom units, 3,493 square feet of office space, community room, out-door seating, and various other amenities. This development will be a non-smoking development project. Cornerstone will provide high quality housing for veterans and families with an environmentally-conscious design. The developer plans to achieve a silver rating of Leadership in Energy and Environmental Design (LEED).

For more information, please contact Katherine McFadden at South Sunshine Associates, L.P. at: [katherine@domusd.com](mailto:katherine@domusd.com).



## Apply Online For A Building Permit

Need a permit - file it online! Go to the City of El Cajon website at [www.cityofelcajon.us/Building-Permits](http://www.cityofelcajon.us/Building-Permits). This allows the public to submit plans and pay electronically for permit applications. Fill out all of the fields on that page in order to submit for a plan check (permit number only required for resubmission of plan check corrections). Be sure to include a permit application available from our forms library as part of your submission. Plans must be in pdf format.

If you have any questions or difficulties, please do not hesitate to contact the staff of the Project Assistance Center (PAC) for help on the third floor of El Cajon City Hall, 200 Civic Center Way, or by calling (619) 441-1726.





## Greenfield Pedestrian Improvement Project

Construction was recently completed on the Greenfield Pedestrian Improvement Project. The project involves a large section of Greenfield Drive from Third Street to East Main Street. This greatly improved the safety for vehicles and pedestrians, especially for students walking through this neighborhood to nearby schools.

Due to the size of the project, construction was broken up into two phases. The first phase started from Third Street to Hayden Lane, and the next phase started at Hayden Lane, ending at East Main Street. Construction included curbs, gutters, sidewalks, and driveways. The roadway was "base paved" with conventional asphalt with a final cap of rubberized asphalt, final striping, and signage. Additional enhancements included radar feedback signs, new street lights, and video detection cameras at intersections.

The City went to great lengths to work with property owners prior to and during the Greenfield Drive project. The goal of providing a "Safe Route to School" was accomplished by installing sidewalks on both sides of Greenfield Drive for pedestrian access and bike lanes for bicyclists. The City was assisted in this effort by Safe Routes to School grant, and additional funds from TransNet and Waste Water funding. For more information, please visit [www.cityofelcajon.us/greenfield](http://www.cityofelcajon.us/greenfield).

## Be Safe El Cajon

The City was awarded an Active Transportation Program grant by the San Diego Association of Governments to develop and implement a citywide campaign to encourage, educate and raise awareness for active transportation and pedestrian safety throughout the City. This is a partnership between Circulate San Diego and the City of El Cajon. The campaign is citywide and will focus on diverse populations and key locations known for disproportionately high pedestrian injury rates throughout the community. Education, encouragement, and awareness strategies will focus toward priority populations, which include youth/school-aged children and refugees located within the project area.

The Be Safe El Cajon project has conducted several community outreach and pedestrian safety training events including Meet Up walking tours and information booths at a variety of community events, including the City's America on Main Street.

The Be Safe El Cajon booth distributed information primarily on the Be Safe El Cajon campaign, as well as information about the Safe Routes to School program and the Active Transportation Plan.





## Body Cameras For El Cajon Police

On August 9, the El Cajon City Council approved Body Worn Cameras (BWC) for the Police Department. BWCs are an emerging trend in law enforcement throughout the country. In December 2014, the El Cajon City Council directed the City Manager to fully investigate the possible acquisition of BWCs for Police. In January 2015, a committee was formed to research existing BWC technology, identify requirements, and evaluate solutions. Taser Axon Body Worn Cameras was found to meet all of the City's requirements. The system includes digital evidence management software for accountability and interfere with other county justice agencies. The approved purchase will include software, storage, 88 cameras, and accessories at a cost of \$160,032.



## Fire Station 6 Renovations

The headquarters for Heartland Fire & Rescue in El Cajon, Fire Station 6, has undergone some much needed renovations. Built in 1986, the fire station was allocated \$1.6 million to remodel the facility. Renovations included the restrooms, gymnasium, day room, and the administrative area, including the front lobby and reception area. Another change included constructing individual, private dorms for on-duty firefighters. In years past, crew members slept in one common dorm with partitions. Modifications were also made to the firefighter parking area, adding new security fencing and camera system upgrades.

In addition, work crews refurbished the apparatus bay with new paint, skylights, overhead doors, new equipment to comply with storm water regulations, and the installation of a new breathable air compressor. The entire facility, located at 100 E. Lexington Avenue, has a new station alerting system installed and technology upgrades that include computer system and telecommunications infrastructure.



## New Stores & Rewards Program At Parkway Plaza

Parkway Plaza has launched San Diego's first mall-wide rewards program! Oh, So Simple Rewards is a simple shop and earn program. Shoppers are rewarded \$10 when they spend \$250 at Parkway Plaza's stores, restaurants or theater. No additional membership cards to carry and no hard to reach reward plateau. Your rewards are tied to your individual credit or debit card and the rewards can then be redeemed at any Parkway Plaza retailer. Oh, So Simple Rewards accounts can be created in person at Parkway Plaza kiosks or online at: [www.shoppingparkwayplaza.com/Rewards](http://www.shoppingparkwayplaza.com/Rewards).

Also, there are new stores open! Pandora Jewelry opened a beautiful new boutique in the Center Court of Parkway Plaza. Along with traditional jewelry, Pandora has made a name for itself by selling charms crafted in hundreds of different designs. Customers can buy them based on their preferences and add them to bracelets and other types of jewelry helping women tell their story, thereby inspiring them to express their individuality.



There is a new Victoria's Secret PINK store at Parkway Plaza! This 10,500 square foot showcase is a welcome addition to the north main entrance of the mall. The new store features a variety of signature lingerie and comfortable apparel including hoodies, tees and tanks, sweats, and yoga gear as well as accessories, beauty and fragrance. The signature emblems and the "Love PINK" logo will carry through.

To make room for the new Victoria's Secret PINK, some stores, such as: Crazy 8, GNC and Robert Wayne, have moved to brand new locations in the mall. Don't forget to check out the newly remodeled Tilly's and explore their wide selection of always on-trend apparel. Visit [www.shoppingparkwayplaza.com](http://www.shoppingparkwayplaza.com) regularly for all the latest news and events happening at Parkway Plaza!



## Panera Bread Now in El Cajon!

Panera Bread is now open in El Cajon at the corner of Fletcher Parkway and Johnson Avenue. Panera is well known for its fresh

baked goods and for being ahead of the industry when it comes to "clean" food, or food without preservatives or artificial ingredients. Panera is all about making food you can feel good about eating, and they believe in raising, serving and eating food that is good and good for you. From their delicious breads to fresh soups, sandwiches and salads, Panera is already an El Cajon favorite! Panera Bread is open from 6:00 a.m. to 9:00 p.m. seven days a week

## Dunkin' Donuts – What's Brewing?



A Dunkin' Donuts store is a step closer to coming to El Cajon. Construction could start by the end of the year. They'll be moving to the four-hundred block of Fletcher Parkway, in front of Home Depot, across from Parkway Plaza. Not only are they known for their delicious donuts, they also have a growing reputation in providing a large variety of great coffee drinks, smoothies, breakfast meals, and sandwiches. There are only a few Dunkin' Donuts in the County.

**FREE  
ADMISSION!**

**FAMILY  
FRIENDLY!**



**FRIDAY, OCTOBER 21  
5:00 - 10:00 PM**

The fifth annual "HauntFest on Main" will be held Friday evening, October 21, in Downtown El Cajon! Hours are 5:00 p.m. to 10:00 p.m. with thousands expected to attend. This popular Halloween themed event will feature live music, a haunted car show, a variety of local food and craft vendors, children's crafts and game booths, including Candy Challenge activities, a Pumpkin Patch, and numerous carnival rides!

A costume contest with cash prizes will be held for four age categories: babies/toddlers, children, teens and adults. This event is presented by the City of El Cajon, and the Downtown El Cajon Business Partners. For more information, please visit: [www.hauntfest.org](http://www.hauntfest.org).



# 12 City Events

## The Mother Goose Parade Sunday, November 20

The 70<sup>th</sup> Annual Mother Goose Parade will be held the Sunday before Thanksgiving! Also known as the children's parade, the parade will be on Sunday, November 20, 2016, beginning at 1:00 p.m. The theme of this year's parade is "Home Grown!" See over 100 colorful and exciting parade entries, including floats, marching bands, clowns, and eloquent equestrians, local dignitaries and Santa Claus! Additional special guests include child stars from National Television shows and movies. This popular parade is one of the largest parades in Southern California and a wonderful way to officially kick off the holiday season! For more information please visit: [www.mothergooseparade.org](http://www.mothergooseparade.org).

## Following The Parade... Holiday Lights On Main Street!

You're invited to enjoy "Holiday Lights on Main Street" at the Prescott Promenade, located in the 200 block of E. Main Street. Enjoy live music, an ice skating rink, vendors, and a special holiday tree lighting ceremony at the corner of Main Street and Magnolia Avenue. This event is hosted by the Downtown El Cajon Business Partners. For more information, please go to: [www.downtownelcajon.com](http://www.downtownelcajon.com).



## Honoring Our Veterans

On Friday, November 11, join us for the Veterans Day Ceremony in Downtown El Cajon – "Honoring Our Veterans." It is scheduled from 1:00 p.m. to 2:00 p.m. at Centennial Plaza, 200 Civic Center Way. The presentation of colors by the MCAS Miramar Color Guard and music performed by Valhalla High School. Light refreshments will be provided and the community is invited!

Call (619) 441-1756 for more information.



## New Pavement Management Program

The City of El Cajon has approximately 200 centerline miles of streets to maintain. The 200 centerline miles are equivalent to approximately 452 travel lane miles for Public Works staff to manage, maintain, and perform needed repairs. The street system is one of the City's most important infrastructure assets valued at approximately \$400M. To stay on top of the street maintenance and any needed repairs, the City utilizes a Pavement Management Program. The City currently maintains separate, detailed information in an existing database, called the Road Register. The Road Register contains historical information on all City streets and will soon migrate to a new Pavement Management Program partially funded by TransNet and Indian Gaming Grant funds.

The new Pavement Management Program will assist staff in making cost-effective decisions for providing, evaluating, and maintaining our streets in a serviceable condition over a period of time by systematically organizing and analyzing massive amounts of inspection data about the condition of our street pavement.

This is a much needed and costly effort for these heavily traveled roadways. All cities wishing to be eligible for federal and state grants for pavement projects must have a Pavement Management Program in place.

Coming up in September, the City will be advertising for competitive bids for the Pavement Overlay Thoroughfares 2016 Project. This project will overlay approximately four (4) miles of streets at an approximate value of \$1.3M. Funding for this project comes from TransNet and Gas Tax.



## Daylight Saving Time Ends

Fall back on November 6<sup>th</sup>! Be sure to move your clocks back one hour and welcome Fall. This is also a good time to change batteries in your smoke and carbon monoxide detectors!

## El Cajon Storm Water Protection Program

### Pet Pollution Can Be a Serious Problem!

When taking your dog on their daily walk in public places, they can leave behind a surprising amount of bacteria-filled waste. It seems like such a small amount when you think it's just your dog out there, but it really does add up. Many people don't realize how important it is to take care of their pet waste so it stays out of our storm drains, streams, rivers, beaches and ocean.

Studies show that about half of all dog owners walk their dogs in public places, and about 40 percent of them fail to clean up after their pets.

In a community the size of El Cajon (about 110,000 people with roughly 6,000 dogs), dogs generate close to 1.5 tons (3,000 pounds) of feces per day. That's over 1 million pounds a year.

Since a significant percentage is not properly disposed of, that's a lot of bacteria coming from our neighborhoods and entering our storm drains, polluting our waterways. Pet waste left on the ground can be washed into our local storm drains, all of which drain directly into natural water bodies without treatment of any kind. There, the waste contributes to all sorts of problems, such as sick children and mucky waterways with algal mats that suffocate fish and can be poisonous to humans. The same bacteria that make pet waste dangerous to people in parks can make the water unsafe for swimming or drinking. Children and others can get sick if they dunk their heads or accidentally get a mouthful of polluted water. And when waste gets



into shellfish beds, it can make clams and oysters unsafe to eat. Children and others who play in yards or in parks where pets eliminate waste, can pick up illnesses from disease-causing bacteria and parasites, including diarrhea, fever, muscle aches, headaches, vomiting and roundworms.

#### How You Can Make A Difference And Keep Our Water Clean!

When walking with your pet, take a plastic bag or paper cup along and dispose of the waste properly by:

- Putting the pet waste in the household trash after securely wrapping it.
- Picking up after your pets before cleaning patios, driveways and other hard surfaced areas. Never hose pet waste into the street or gutter.
- Cleaning up pet waste in your yard frequently.
- You would not want to live in a city that lacked a public sewer system! With as many dogs living in the City of El Cajon, not cleaning up and properly disposing of pet waste can be a huge pollution problem. By cleaning up your pet waste and properly disposing of it, you can be an active important part of the pollution solution.

For more information or to report illegal dumping you can contact the El Cajon Storm Water Protection Program at (619) 441-1653 or at <http://www.cityofelcajon.us/stormwater>.



THE CITY OF EL CAJON

**REC**  
Dept.

# Guide to Recreation

Fall 2016



**Parks  
Make  
Life  
Better!**<sup>SM</sup>



**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](http://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](http://www.cityofelcajon.us)

**City Council & Manager 619-441-1788**

Mayor	Bill Wells
Mayor Pro Tem	Tony Ambrose
Council member	W.E. “Bob” McClellan
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**

**Public Works Division 619-441-1653**

**Leader of the Season**



Selected each quarter, this part-time recreation leader has been recognized for outstanding service to the El Cajon Recreation Department. Pictured is Dante Daniels.

**MISSION STATEMENT**



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

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## 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\*

**Fall 2016**..... September 26 - December 10

**Winter 2017** ..... January 9 - March 18

**Spring 2017** ..... April 3 - June 10

**Summer 2017** ..... July 3- September 9

*\*Dates subject to change without prior notice*

## Register for Programs

### EARLY REGISTRATION DATES

**Aquatics, Youth Sports & Classes :**  
**September 6-11**

**Go On-line @ [www.elcajonrec.org](http://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](http://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

**Aquatics: September 12 until full**

**Youth Sports: September 12 until full**

**Classes: September 12 - October 8**

*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 49 for complete Registration Information and page 50 for the Registration Form.**

## Fall Session Dates

**Aquatics - September 6-October 13**

**Youth Sports - September 26-December 2**

**Instructional Classes - September 26-December 10**

**\*No classes held November 11,  
November 21-26**

## 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 August 29, 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 varies per program. 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](http://www.elcajonrec.org).

# 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



**The Ronald Reagan Community Center will be renovated in 2016!**

- Increased Facility Capacity
- Larger Outdoor Use Areas
- Updated Facilities
- Expanded Office

**More details coming soon!**

## 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.



## Less than 70 Guests?

### Baby Shower - Birthday - Small Training

Space is available at the following locations:

**Bostonia Center**

1049 Bostonia Street  
619-441-1670

**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

# PRESCOTT PROMENADE

**201 East Main Street, El Cajon, CA 92020 ~ 619-441-1673**

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.



# CENTENNIAL PLAZA

**200 Civic Center Way, El Cajon, CA 92020 ~ 619-441-1673**



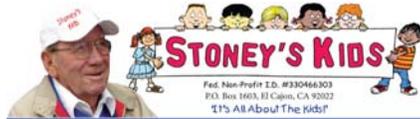
The Centennial Plaza is located at the entrance to City Hall. This multi-level rental area has a courtyard setting and an open air stage. The Plaza is a perfect location for wedding ceremonies, performances, musical events and community gatherings. The stage area has a decorative awning and can be seen 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.

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

[www.elcajonrec.org](http://www.elcajonrec.org) • 619-441-1673

# 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.



## ALL FORE R.E.C. GOLF TOURNAMENT

Friday, September 16, 2016  
At the Sycuan Resort

Proceeds help fund youth scholarship programs. Registration will be taken through September 2, 2016.

For more information link to [www.elcajonrec.org](http://www.elcajonrec.org) or call (619) 441-1673



Presented by the El Cajon Recreation Department and Crest Kiwanis



# 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.

## FALL PROGRAM ACTIVITIES:

Fall Drop in Sports	9/6-10/27	T-Th	3:30-5:00 PM	Grades 1-5	Free
Fall Basketball	9/28-11/16	W	See Youth Sports pages for more information.		
Fun Crafts	Starts Aug. 26	F	3:30-4:30 PM	Ages 6-14	Free
Kindersports (Class #31560)	9/26-11/7	M	2:30-3:15 PM	Ages 4-5	Fee \$38 Resident Fee \$28

## 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.

**Parks  
Make  
Life  
Better!**

# FLETCHER HILLS COMMUNITY CENTER

**2345 Center Place, El Cajon, CA 92020 ~ 619-441-1672**  
**Fall 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.

## FALL PROGRAM ACTIVITIES:

Kids Night Out Pool Party (9/9)	F	6:00-8:30 PM	Ages 7 -12	\$10
Kids Night Out (12/2)	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.

# FLETCHER HILLS POOL

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.

**Extended Summer Sessions**  
**September 6 - September 22**  
**September 27 - October 13**  
 Tuesdays, Wednesdays and Thursdays

**Registration Dates**  
 Ongoing - Until Full

Registration done at Fletcher Hills Center only during registration hours.  
Please have forms filled out and all information with you at time of registration. For more information, please call 619-441-1672.



Class Times	Tiny Tot Swim 9/6-9/22 Ages 3-5 Fee: \$51 Res. Fee: \$38	Tiny Tot Swim 9/27-10/13 Ages 3-5 Fee: \$51 Res. Fee: \$38	Learn to Swim 9/6-9/22 Ages 6-12 Fee: \$43 Res. Fee: \$32	Learn to Swim 9/27-10/13 Ages 6-12 Fee: \$43 Res. Fee: \$32	Parent Tot 9/6-9/22 Ages 18mos.-3 yrs Fee: \$41 Res. Fee: \$30	Parent Tot 9/27-10/13 Ages 18mos.-3 yrs Fee: \$41 Res. Fee: \$30	Swim Team 9/6-9/22 Ages 6-13 Fee: \$43 Res. Fee: \$32	Swim Team 9/27-10/13 Ages 6-13 Fee: \$43 Res. Fee: \$32	Water Aerobics 9/6-9/22 Ages 15+ Fee: \$41 Res. Fee: \$30	Water Aerobics 9/27-10/13 Ages 15+ Fee: \$41 Res. Fee: \$30
3:30-4:00PM	31129	31133	31005	31108						
4:10-4:40PM	31130	31134	31006	31109						
4:50-5:20PM	31131	31135	31007	31010						
5:30-6:00PM	31132	31136			31019	31020				
6:10-7:00PM							31078	31079		
7:10-8:00PM									31139	31140

## Description of Extended Summer Session 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:** (must have passed level 2) 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**

**H**illside 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!

## **FALL PROGRAM ACTIVITIES:**

Women’s Volleyball (Course #31404)	F	10:00AM-12:00PM	Adult	Fee: \$16/Resident Fee: \$12
Kindersports (Course #31409)	M	10:00 AM-10:45 AM	3-5	Fee: \$35/Resident Fee: \$26
Businessman’s Basketball (Course #31406)	T/Th	12:00PM-2:00PM	Adult	Fee: \$35/Resident Fee: \$26
Youth Indoor Soccer				<b>See Youth Sports pages for more information</b>
5 on 5 Flag Football				<b>See Youth Sports pages for more information</b>
Youth Basketball				<b>See Youth Sports pages for more information</b>
Youth Dodgeball (Course #31405)	M			<b>See below for more information</b>
“Bon Appetit” Cooking Program (Course #31411)				<b>See below for more information</b>
Pumpkin Carve – October 28	M	5:00PM-6:00PM	5-12	Fee: \$5 per child
Kid’s Night Out - December 16(Course #31412)	F	6:00PM-9:00PM	5-12	Fee: \$10 per child
Little Kickers (Course #31410)	TH	11:00AM-11:45AM	3-5	Fee: \$38/Resident Fee: \$28

## **FREE YOUTH SPORTS CLINICS**

Whether you’ve played these sports before or just wanted the opportunity to develop your skills, come join us for one or all of these youth sports clinics. You’ll have fun, make new friends and work with friendly and knowledgeable Hillside Coaches. Pre-registration is required. Please arrive 15 minutes prior to your clinic time to check in. Players will need to wear gym shoes for any clinic and be prepared to have some fun! Call Hillside Center at 619-441-1674 for more details, and to sign up for the one or all of these fantastic clinics.

***Clinics are FREE from 4:00PM-4:50PM. Participants will be grouped with youth of similar ages.***

<u>BASKETBALL</u>	<u>INDOOR SOCCER</u>	<u>INDOOR SOCCER</u>	<u>LITTLE KICKERS</u>	<u>5 ON 5 FLAG FOOTBALL</u>
(* Ages: 6-14)	(* Ages: 6-11)	(Ages 4-5)	(Ages 3) Parent participant required	* (Ages: 6-14)
<u>Sept 14th</u> Wednesday	<u>Sept 15th</u> Thursday	<u>Sept 16th</u> Friday	<u>Sept 16th</u> Friday	<u>Sept 16th</u> Friday

## **“BON APPETIT” COOKING PROGRAM**

Bon Appetit 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: \$10**  
**31411 4:00PM-5:00 PM TH 6-12 Hillside 9/29-11/10**

## **YOUTH DODGEBALL**

Dodgeball is back again by popular demand. We will provide the officials, equipment, court and lots of fun. Don’t miss out! You and your friends will have a blast and get quite a workout at the same time. All skill levels are welcome. (8 week session)

**Fee: \$38. Resident fee: \$28**  
**31405 4:00-5:00 PM M 7-12 HILLSIDE 9/26-11/14**

**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
- Tap Levels 3-4
- Adult Fitness Classes
- Zumba
- Karate
- Nature - Rama Arts and Crafts
- Make your Own Coloring Book



**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, 12:00-4:00PM

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, foosball, ping-pong, air hockey or a variety of table and board games.

## FALL PROGRAM ACTIVITIES:

Kids Can Cook	T	4:30PM - 5:30PM	Ages 6-12	Fee: \$10 (pre-registration required)
Fall Sports	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
- Little Elves Arts & Crafts
- Little Tyke Arts and Crafts
- Trick or Treat
- Preschool Dance Level 1
- Preschool Dance Level 2
- Hip Hop Level 1
- Mini Hip Hop
- Jazz Levels 1-3
- Tap Levels 1-2
- Teen/Adult Hip Hop
- Tumbling Levels 1-5
- MiniGym Levels 1-2
- Girls Gymnastics Levels 1-5
- Zumba
- Adult Indoor Boot Camp

## KIDS CAN COOK

The summer is over and our very popular Kids Can Cook program is back. The cooking program 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: \$10 per child.** This is a 7-week program.

**31424 4:30-5:30PM T 6-12 Kennedy 10/4-11/15**

## FREE PLAY

Kennedy Center is offering a brand new program called Free Play. It's offered every Tuesdays starting August 23rd till 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!**

## **Skate & Scooter Clinics Ages 7 - Adult**

Join us from 4pm-6pm every Wednesday for Skate and Scooter Clinics. In the clinic you will get one-on-one instructions to improve your skills or even learn a new trick or two. Our expert instructors are patient and can teach to all ages and skill levels. It’s never too early or too late to learn how to skateboard or scooter. The cost is \$8.00 per clinic. A Kennedy Skatepark ID card, elbow pads, kneepads, and a helmet are required for participation. Call 619-441-1676 to learn more!

### **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**

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

- 4:00-6:00 pm- Skateboard/Scooter Clinic
- 6:00-6:50 pm- Skateboard Level I
- 7:00-7:50 pm - Skateboard Level II
- 8:00-9:00 pm- Skateboard Adult Only

#### **Thursday**

- 4:00-4:50 pm - Lil' Skateboard 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!

**FALL PROGRAM ACTIVITIES:** September 27 - November 18, 2016

Arts & Crafts	F	4:30pm - 5:30pm	Ages 6-12	Free (9/30-10/27)
Youth Basketball	W	See youth sports pages for more information		
Youth Volleyball	TH	See youth sports pages for more information		



**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 REQUIRED AT RENETTE CENTER ONE DAY PRIOR TO CLASS. SPACE IS LIMITED.

Fee: \$11

**31576** 4:30-5:30 PM W 6-12 Renette 9/28-10/26

## RENETTE ADULT & SENIOR ACTIVITIES

Call 619-441-1678 for additional information

### INSTRUCTIONAL CLASSES

In addition to recreation center based activities, the fee based classes listed below are offered at Renette 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 Tot Preschool Enrichment  
 Cardio Boxing and Stretching  
 Teen/Adult Hip Hop  
 Teen/Adult Dance  
 Cheerleading  
 Preschool Dance Level 1  
 Dance 2-gether  
 Advanced/Pointe Ballet  
 Ballet Basics  
 Ballet Levels 1-5  
 Dance Combo  
 Hip Hop Levels 1-3  
 TNT Track Dancers  
 TNT Performing Company  
 Tot"n" Buddy  
 Adult Fitness  
 Zumba Gold  
 Little Tots Preschool Enrichment  
 Wee Play  
 Tiny Tumblers  
 TNT Tumbling  
 TNT Track Tumbling  
 Tumbling Levels 1- Advanced

### Zumba Gold

Zumba Gold is the same Zumba fun designed for less active adults, seniors and those with physical limitations. See page 45 for more information.

### Aerobics

Increase your cardiovascular endurance with fast-paced, low impact aerobics as well as tone and strengthen your muscles with a variety of fitness exercises. Bring a mat! (This class is offered in partnership with Foothills Adult School. You must register online at [adultschool.guhsd.net](http://adultschool.guhsd.net) or call 619-588-3500 for further information). Monday, Wednesday and Friday at 9:00 am to 10:15 am.

### Yoga/Yogilates

Increase strength and flexibility while relieving stress and calming your mind. All levels welcome! (This class is offered in partnership with Foothills Adult School. You must register online at [adultschool.guhs.net](http://adultschool.guhs.net) or call 619-588-3500 for further information). Tuesday and Thursday at 9:00 am to 10:15 am and 10:30 am to 12:00 pm.

### Duplicate Bridge

Try your hand at this challenging game! Partners are required for this tournament held weekly at Renette Center. No registration required, offered on a drop in basis. No fee! Friday at 12:00 - 4:00 pm.

### Adult Open Play Volleyball

Our co-ed adult open play volleyball nights are a great way to show off and improve on your volleyball skills! Come play with different levels of competitors and have fun! There is an annual fee of \$13 for unlimited play all year long! All skill levels welcome! All participants must be 18 to play. Tuesday at 6:30 - 9:00 pm.

### KARL TUTTLE PARK

Tuttle Park is a beautifully landscaped 9-acre complex complete with ball fields, a concession stand, score booth and restrooms. A nice path encircles the ball fields and it is enjoyed by all, especially walkers and joggers. The 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 to Friday and all day weekends.

### 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 brightly colored 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.

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. No classes held on 11/11/16 or 11/25/16.

**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)**

**31560** 2:30-3:15 PM M 4-5 Bostonia 9/26-11/7  
**\*31409** 10:00-10:45 AM TH 3-5 Hillside 9/29-11/10  
 \*Parent participation is required for this class.

**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.**

**Look for this class Winter 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)**

**31570** 3:30 PM-4:15 PM F 4-5 Hillside 9/30-12/2  
**31571** 3:30 PM-4:15 PM F 4-5 Kennedy 9/30-12/2

**"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.**

**31410** 11:00AM-11:45AM TH 3-5 Hillside 9/29-11/10

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





**FALL YOUTH BASKETBALL**

Come learn fundamental skills, basic rules of basketball while focusing on personal success and effort. Equal participation, sportsmanship and teamwork are emphasized. All skill levels are welcome. (8 week session)  
**Space limited to 20 spots per age group.**  
**Fee: \$42. Resident fee: \$32**

<b>31545</b>	3:45-4:30 PM	W	6-8	Bostonia	9/28-11/16
<b>31546</b>	4:40-5:25 PM	W	9-11	Bostonia	9/28-11/16
<b>31547</b>	5:35-6:20 PM	W	12-14	Bostonia	9/28-11/16
<b>31548</b>	5:35-6:20 PM	M	6-8	CVMS	9/28-11/16
<b>31549</b>	6:30-7:15 PM	M	9-11	CVMS	9/28-11/16
<b>31550</b>	5:35-6:20 PM	W	12-14	CVMS	9/28-11/16
<b>31551</b>	3:45-4:30 PM	W	6-8	Hillside	9/28-11/16
<b>31552</b>	4:40-5:25 PM	W	9-11	Hillside	9/28-11/16
<b>31553</b>	5:35-6:20 PM	W	12-14	Hillside	9/28-11/16
<b>31554</b>	3:45-4:30 PM	M	6-8	Kennedy	9/26-11/14
<b>31555</b>	4:40-5:25 PM	M	9-11	Kennedy	9/26-11/14
<b>31556</b>	5:35-6:20 PM	M	12-14	Kennedy	9/26-11/16
<b>31557</b>	3:45-4:30 PM	W	6-8	Renette	9/28-11/16
<b>31558</b>	4:40-5:25 PM	W	9-11	Renette	9/28-11/16
<b>31559</b>	5:35-6:20 PM	W	12-14	Renette	9/28-11/16

Our youth sports leagues are a fun eight-week program where participants will learn fundamental skills, basic rules, focus on personal success and effort. Equal participation, sportsmanship, and teamwork is emphasized. No classes held on 11/11/16 or 11/25/16.

**VOLLEYBALL SKILLS CLASS**

The fall volleyball program will help youth learn and develop the fundamentals of volleyball. Kids will not only learn the rules and develop skills like setting and bumping, but also learn how to use them to create effective teamwork. All skill levels are welcome. Space is limited per age group, so don't miss out on this exciting program! (8 week session)

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

<b>31543</b>	4:40-5:25 PM	TH	9-11	Renette	9/27-11/17
<b>31544</b>	5:35-6:20 PM	TH	12-14	Renette	9/27-11/17

**YOUTH INDOOR SOCCER SKILLS CLASS**

This fun and engaging instructional program will help develop your child in the game of indoor soccer. The program focuses on the fundamentals, proper technique, basic rules, teamwork, and sportsmanship that will lead to personal growth. The age groups will consist of 6-8 and 9-11 years old with all skill levels welcome.

**Space is limited to 24 spots per age group.**

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

<b>31572</b>	3:45-4:30 PM	TH	6-8	Hillside	9/29-11/17
<b>31573</b>	4:40-5:25 PM	TH	9-11	Hillside	9/29-11-17
<b>31574</b>	5:35-6:20 PM	TH	6-8	CVMS	9/29-11/17
<b>31575</b>	6:30-7:15 PM	TH	9-11	CVMS	9/29-11-17

**5 ON 5 FLAG FOOTBALL**

We have made our flag football program faster and more exciting while keeping it fun. Join us in this 5 on 5 flag football program where your child will use their skills in designing and implementing their own plays with their teammates. The players will be divided into even teams and play against each other. All skill levels are welcome.

**Fee: \$42. Resident fee: \$32.**(A Round Robin Tournament will be held the last two weeks of the season) (8 week session in total).

<b>31561</b>	3:45-4:30 PM	T	6-8	Hillside	9/27-11/15
<b>31565</b>	4:40-5:25 PM	T	9-11	Hillside	9/27-11/15
<b>31567</b>	5:35-6:20 PM	T	12-14	Hillside	9/27-11/15
<b>31563</b>	3:45-4:30 PM	T	6-8	Kennedy	9/27-11/15
<b>31564</b>	4:40-5:25 PM	T	9-11	Kennedy	9/27-11/15
<b>31569</b>	5:35-6:20 PM	T	12-14	Kennedy	9/27-11/15



Participants must meet minimum age requirements by the end of the first two weeks of the session.

**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. No classes Veterans Day (11/11) or Thanksgiving week (11/21-11/26)

**2 DAYS A WEEK CLASSES**

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

<b>31420</b>	9:30 AM-12:30 PM	T, TH	3 yrs	Hillside	9/27-12/8
<b>31418</b>	9:30 AM-12:30 PM	M, W	3 yrs	Kennedy	9/26-12/7
<b>31419</b>	9:30 AM-12:30 PM	T, TH	4-5yrs	Kennedy	9/27-12/8

**NEW!**

<b>31423</b>	9:30 AM-12:30 PM	T, TH	3 yrs	Renette	9/27-12/8
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**3 DAYS A WEEK CLASSES**

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

<b>31422</b>	9:30 AM-12:30 PM	M, W, F	4-5 yrs	Hillside	9/26-12/9
<b>31421</b>	9:30 AM-12:30 PM	M, W, F	4-5 yrs	Bostonia	9/26-12/9

**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.**

<b>31416</b>	9:30-10:15AM	M	1 yr	Renette	9/26-10/24
<b>31417</b>	9:30-10:15AM	M	1 yr	Renette	10/31-12/5

**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.**

<b>31414</b>	10:30-12:00 PM	M	2 yrs	Renette	9/26-10/24
<b>31415</b>	10:30-12:00 PM	M	2 yrs	Renette	10/31-12/5

**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](http://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. No Classes on 11/11 and 11/21-26.

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

### 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 "downtime" and functions as a stress reliever.



### LITTLE ELVES ARTS & CRAFTS

You and your little one will enjoy making all kinds of special holiday ornaments and decorations in this class. What better gifts for the season than those made with little hands? Projects may include tree ornaments, wall decorations, wrapping paper, gift bags and more. Parent participation required for this course.

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

**31407** 11:30 AM-12:30 PM F 3-5 Kennedy 11/4-12/16

### LITTLE TYKE 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 participation required. Please arrange appropriate child care for siblings and other children.**

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

**31399** 9:30 AM -10:15 AM F 2-4 Kennedy 9/30-10/28

**31400** 9:30 AM -10:15 AM F 2-4 Kennedy 11/4-12/16

**31401** 10:30 AM - 11:15 AM F 2-4 Kennedy 9/30-10/28

**31402** 10:30 AM - 11:15 AM F 2-4 Kennedy 11/4-12/16

### TRICK OR TREAT

With Halloween just around the corner you wouldn't want your little goblin to miss out on this class. Children will have a howling good time making crafts, reading stories, singing songs, playing games and doing all sorts of fun and creative activities. This class will focus on the fun of the season and not the spooky aspects. Parent participation required.

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

**31408** 11:30 AM -12:30 PM F 3-5 Kennedy 9/30-10/28



**Parks  
Make  
Life  
Better!**

### SORRY...

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

### SKATEBOARD CLASS

This 8 week long class will focus on basic skills and knowledge like safety, how to use the different areas of the skatepark, making transitions, skatepark etiquette and building self confidence. Skate ID required.

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

**Level I**

**31425** 6:00-6:50pm W 7-16 Kennedy 10/5-11/30

**Level II**

**31426** 7:00-7:50 pm W 7-16 Kennedy 10/5-11/30

### LIL' SKATERS CLASS

This 8 week long class is for little skateboarders. 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. The little skaters will also get the opportunity to explore all the different areas of the skatepark and how to use them safely.

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

**31427** 4:00-4:50pm TH 5-6 Kennedy 10/6-12/1



### SCOOTER CLASS

Do you love riding your scooter and want to learn some new tricks? Our enthusiastic 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**

**31428** 5:00-5:50pm TH 7-16 Kennedy 10/6-12/1

**Level II**

**31429** 6:00-6:50 pm TH 7-16 Kennedy 10/6-12/1

### 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. We have an assortment of jumps, ledges, street features, stairs and much more. Skate ID required.

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

**31430** 7:00-7:50pm TH 7-16 Kennedy 10/6-12/1

### 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**

<b>31378</b>	4:30-6:00 PM	T	7-9	9/27-11/15
<b>31379</b>	4:30-6:00 PM	Th	7-9	9/29-11/17
<b>31380</b>	6:30-8:00 PM	M	10-17	9/26-11/14
<b>31381</b>	6:30-8:00 PM	W	10-17	9/28-11/16
<b>31382</b>	1:30-3:00 PM	S	10-17	10/1-11/19
<b>31383</b>	6:30-8:00 PM	Th	18+	9/29-11/17



### 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**

<b>31372</b>	4:00-5:30 PM	M	10-17	9/26-11/14
<b>31373</b>	4:00-5:30 PM	W	10-17	9/28-11/16
<b>31374</b>	9:00-10:30 AM	S	10-17	10/1-11/19

**Intermediate**

<b>31375</b>	5:30-7:00 PM	F	10-17	9/30-11/18
<b>Adult</b>				
<b>31371</b>	7:00-8:30 PM	Th	18+	9/29-11/17

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

**We don't want you to miss a thing! Please register at least one week before the day activities and events begin.**

### 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.

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

**31403** 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.

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

**31398** 4:15 PM - 5:15 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.**

**31397** 4:00 PM-5:00 PM W 5-12 Fletcher Hills

**31396** 4:00 PM-5:00 PM TH 5-12 Bostonia



### 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.**

**\*31395** 6:00 PM - 6:30 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.**

**\*31394** 6:35 PM - 7:20 PM M, F 7-14 Hillside

**\*Youth scholarship opportunities do not apply to Karate, Fit 4Drums, Fencing or Archery Classes.**

### FIT 4 DRUMS FOR FAMILIES

Fit4Drums, the European fitness craze, uses the revolutionary bodrum for a fun, new and exciting way to stay fit. Participants utilize the irresistible bodrum and group tailored choreography to a variety of popular songs for fun total body workout. Perfect for all ages, abilities and fitness levels.

**Fee: \$95. Resident Fee: \$80.**

**31385** 5:00 PM - 6:00 PM M 6-Adult Bostonia

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.**

<b>31508</b>	10:15 AM - 11:00 AM	M	3-5	Kennedy
<b>31507</b>	4:00 PM - 4:45 PM	M	3-5	Hillside
<b>31505</b>	4:00 PM - 4:45 PM	TH	3-5	Fletcher
<b>31506</b>	10:15 AM - 11:00 AM	F	3-5	Hillside
<b>31509</b>	10:15 AM - 11:00 AM	S	3-5	Renette
<b>31510</b>	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.**

<b>*31514</b>	11:15 AM - 12:00 PM	M	3-5	Kennedy
<b>*31512</b>	5:50 PM - 6:35 PM	T	3-5	Bostonia
<b>*31513</b>	11:15 AM - 12:00 PM	F	3-5	Hillside



**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.**

<b>31440</b>	5:00-5:45 PM	M	4-6	Hillside
<b>31438</b>	5:00-5:45 PM	T	4-6	Bostonia
<b>31441</b>	4:30-5:15 PM	W	4-6	Hillside
<b>31439</b>	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!

<b>31464</b>	4:00-4:45 PM	T	5-7	Bostonia
<b>31465</b>	11:15-12:00 PM	S	5-7	Kennedy

**Beginning/Level 1**

<b>31451</b>	4:15-5:10 PM	TH	8-12	Renette
<b>31450</b>	10:15-11:10 AM	S	8-12	Kennedy

**\*Beginning/Level 2**

<b>31452</b>	5:15-6:10 PM	TH	8-12	Renette
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**\*Intermediate/Level 3**

<b>31453</b>	6:15-7:10 PM	TH	10-17	Renette
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**Teen/Adult Hip Hop**

<b>31475</b>	7:15-8:10 PM	TH	13-Adult	Renette
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For dance attire please visit [www.elcajonrec.org](http://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: \$32. Resident Fee: \$24.**

<b>31436</b>	9:30 AM -10:15 AM	TH	20 mos.-3 yrs.	Renette	11/13-12/1
<b>31437</b>	10:30 AM -11:15 AM	TH	20 mos.-3 yrs.	Renette	11/13-12/1

## 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

<b>31444</b>	4:00-4:55 PM	W	5-12	Renette
<b>31433</b>	4:50-5:35 PM	TH	5-7	Fletcher Hills

### \*Level II

<b>31445</b>	5:00-5:55 PM	W	5-12	Renette
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### \*Level III

<b>31446</b>	5:00-5:55 PM	W	5-12	Renette
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### \*Level IV

<b>31447</b>	4:15-5:10 PM	M	8-14	Renette
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### \*Level V

<b>31448</b>	4:15-5:10 PM	M	8-14	Renette
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**Ballet Basics** for the experienced dancer/athlete

<b>31449</b>	5:15-6:10 PM	M	10-Adult	Renette
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### \*Advanced Ballet/Pointe

<b>31442</b>	5:15-6:10 PM	M	10-Adult	Renette
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## 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

<b>31466</b>	4:15-5:10 PM	M	5-12	Kennedy
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### \*Level II

<b>31467</b>	5:15-6:10 PM	M	5-12	Kennedy
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### \*Level III

<b>31468</b>	5:30-6:25 PM	W	5-12	Hillside
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### \*Level IV

<b>31469</b>	5:30-6:25 PM	W	8-14	Hillside
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## 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.**

<b>31474</b>	7:45-8:40 PM	T	13-Adult	Renette
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## 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

<b>31455</b>	4:30-5:25 PM	T	8-12	Renette
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<b>31454</b>	4:30-5:25 PM	F	5-9	Kennedy
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### \*Level II

<b>31457</b>	4:30-5:25 PM	T	5-12	Renette
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<b>31456</b>	5:30-6:25 PM	F	5-12	Kennedy
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### \*Level III

<b>31459</b>	5:30-6:25 PM	T	5-12	Renette
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<b>31458</b>	5:30-6:25 PM	F	5-12	Kennedy
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### \*Level IV

<b>31460</b>	5:30-6:25 PM	T	8-14	Renette
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### \*Level V

<b>31461</b>	5:30-6:25 PM	T	8-14	Renette
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**\*Jr. Adv. Jazz - Fee: \$54. Resident Fee: \$40.**

<b>31463</b>	6:30-7:40 PM	T	8-17	Renette
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**\*Advanced Jazz - Fee: \$54. Resident Fee: \$40.**

<b>31462</b>	6:30-7:40 PM	T	8-17	Renette
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## 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.**

<b>*31519</b>	4:30-6:30 PM	F	Renette
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## 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.**

<b>*31520</b>	4:30-5:30 PM	F	Renette
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**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.**

<b>31523</b>	9:45 - 10:25 AM	W	1 yr.	Renette
<b>31525</b>	10:30 - 11:10 AM	W	2 yr.	Renette
<b>31524</b>	10:30 - 11:10 AM	S	1 yr.	Renette
<b>31526</b>	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.**

<b>31494</b>	6:00 - 6:55 PM	T	3-5	Hillside
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**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](http://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.

**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.**

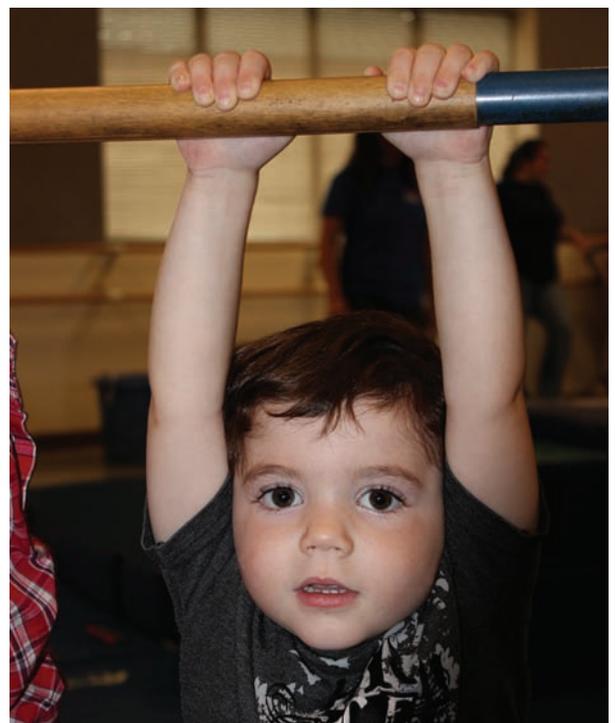
<b>31495</b>	5:30-6:25 PM	M	4-6	Hillside
<b>31496</b>	5:30-6:25 PM	M	4-6	Hillside
<b>31497</b>	5:30-6:25 PM	M	4-6	Hillside
<b>31498</b>	6:00-6:55 PM	TH	4-6	Hillside
<b>31499</b>	10:15-11:10 AM	S	4-6	Kennedy
<b>31500</b>	10:15-11:10 AM	S	4-6	Kennedy
<b>31501</b>	10:15-11:10 AM	S	4-6	Kennedy

**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.**

<b>*31502</b>	5:30-6:25 PM	M	4-6	Hillside
<b>*31503</b>	6:00-6:55 PM	TH	4-6	Hillside
<b>*31504</b>	10:15-11:10 AM	S	4-6	Kennedy





**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**

**31431** 7:00-8:00 PM TH 6-12 Hillside

**\*Level II**

**31432** 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**

<b>31477</b>	6:30 - 7:40 PM	M	7-15	Hillside
<b>31478</b>	7:00 - 8:10 PM	T	7-15	Hillside
<b>31479</b>	5:15 - 6:25 PM	W	7-15	Kennedy
<b>31480</b>	6:30 - 7:40 PM	W	7-15	Kennedy
<b>31481</b>	11:15 -12:25 PM	S	7-15	Kennedy

**\*Level II**

<b>31482</b>	6:30 - 7:40 PM	M	7-15	Hillside
<b>31483</b>	7:00 - 8:10 PM	T	7-15	Hillside
<b>31484</b>	5:15 - 6:25 PM	W	7-15	Kennedy
<b>31485</b>	6:30 - 7:40 PM	W	7-15	Kennedy
<b>31486</b>	11:15 -12:25 PM	S	7-15	Kennedy

**\*Level III**

<b>31490</b>	6:30 - 7:40 PM	M	7-15	Hillside
<b>31488</b>	5:15 - 6:25 PM	W	7-15	Kennedy
<b>31489</b>	6:30 - 7:40 PM	W	7-15	Kennedy
<b>31487</b>	11:15 -12:25 PM	S	7-15	Kennedy

**\*Level IV - V**

<b>31490</b>	6:30 - 7:40 PM	M	7-15	Hillside
<b>31493</b>	5:15 - 6:25 PM	W	7-15	Kennedy
<b>31492</b>	6:30 - 7:40 PM	W	7-15	Kennedy
<b>31491</b>	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?*

*ElCajon 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**

<b>31528</b>	3:30-4:25 PM	T	5-12	Kennedy
<b>31529</b>	3:30-4:25 PM	W	5-12	Renette
<b>31527</b>	4:30-5:25 PM	TH	5-12	Bostonia
<b>31530</b>	3:30-4:25 PM	TH	5-12	Renette
<b>31531</b>	5:00-5:55 PM	F	5-12	Fletcher Hills

**\*Level II**

<b>31532</b>	4:30-5:25 PM	T	5-12	Kennedy
<b>31533</b>	3:30-4:25 PM	T	5-12	Renette
<b>31534</b>	4:30-5:25 PM	TH	5-12	Renette
<b>31531</b>	5:00-5:55 PM	F	5-12	Fletcher Hills

**\*Level III**

<b>31536</b>	4:30-5:25 PM	T	5-13	Renette
<b>31535</b>	3:30-4:25 PM	TH	5-13	Kennedy

**\*Level IV**

<b>31537</b>	4:30-5:25 PM	TH	5-15	Kennedy
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**\*Level V**

<b>31538</b>	5:30-6:25 PM	TH	5-16	Kennedy
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**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.**

<b>*31540</b>	4:30-5:45 PM	F	7-17	Renette
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**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.**

<b>*31539</b>	4:30-5:45 PM	F	7-17	Renette
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**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](mailto: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.**

<b>31518</b>	2:30 - 3:15 PM	W	3-5	Renette
<b>31516</b>	3:40 - 4:25 PM	TH	3-5	Bostonia
<b>31517</b>	4:10 - 4:45 PM	F	3-5	Fletcher Hills



### 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

<b>31435</b>	5:00-5:45 PM	M	5-7	Renette
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Cheer 1 (Beginner)

<b>31433</b>	5:50-6:45 PM	M	8-14	Renette
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\*Cheer 2 (Intermediate)

<b>31434</b>	6:50-7:45 PM	M	8-14	Renette
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### TEEN TUMBLING (no referral needed)

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

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

<b>31515</b>	7:00-8:10 PM	T	13-17	Hillside
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### "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.**

<b>*31521</b>	4:00-5:00 PM	M	6-16	Renette
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### "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.**

<b>*30519</b>	4:00-5:30 PM	M	7-16	Renette
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### SORRY...

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

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
<b>KENNEDY 441-1676</b>	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 - 3:00 Open Play
<b>HILLSIDE 441-1674</b>	3:00-3:45 Open Play	3:00-5:30 Open Play	7:00 -9:00 *Adult Open Play	Scheduled use	5:45-7:00 Open Play ----- 7:30-9:00 Teen Open Play	Center Closed
<b>RENETTE 441-1678</b>	2:00 - 6:00 Open Play ----- 6:30 - 9:00 Teen Open Play	2:00 - 6:00 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 - 6:00 Open Play ----- 6:00 - 9:00 Family Night	12:00 - 4:00 Open Play
<b>BOSTONIA 441-1670</b>	4:00 - 6:00 Open Play ----- 6:30 - 9:00 Teen Open Play	2:00-6:00 Open Play ----- 6:30 - 9:00 * Teen/Adult Volleyball	2:00-3:00 Open Play ----- 6:30 - 9:00 * Adult Open Play	2:00-5:30 Open Play ----- 7:30 - 9:00 Teen Open Play	2:00-6:30 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  
 7:30-9:00 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

## 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](http://www.elcajonrec.org) to complete an application.

## 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.



## 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.

## 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.

**31377** Fee: \$75. Ages 14-18.



## TEEN/ADULT HIP HOP

Attend with a friend or make new ones.

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

**31475** 7:15-8:10 PM TH 13-Adult Renette

## TEEN/ADULT DANCE

Learn a wide 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**

**31474** 7:45-8:40PM T 13-Adult Renette



**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.

**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 and Sunday from 7:30 AM-9:30 AM at the El Cajon Valley High School Tennis Courts. For more information regarding this program call Don Green at 619-588-8522. FREE

**BILL BECK FITNESS COURT**

Make it a family outing! Enjoy an outdoor workout on the new fitness stations while your children play on the playground.

**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.

**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.

**BUSINESSMAN'S BASKETBALL**

**All Skill Levels Welcome**

Fee: \$35. Resident Fee: \$26. Sr. Fee: \$22. Sr. Resident Fee: \$13.  
**31406** 12:00 -2:00 PM T, Th Adults Hillside

**WOMEN'S VOLLEYBALL**

**All Skill Levels Welcome**

Fee: \$16. Resident Fee: \$12. Sr. Fee: \$10. Sr. Resident Fee: \$6.  
**31404** 10:00 AM - 12:00 PM F Adults Hillside

**SALVATION ARMY SENIOR SERVICES**

The Salvation Army of El Cajon, located at 1011 E. Main St, offers several senior services to the community including exercise classes, nutrition services and more. To learn more, please call (619) 440-4683 or visit them on the web at [www.salvationarmyelcajon.com](http://www.salvationarmyelcajon.com)

**GROSSMONT UNION SCHOOL DISTRICT CLASSES**

Classes are offered through Grossmont Union High School District. Registration is processed through Foothills Adult School. Call 619-588-3500 for more information.

**Aerobics-Low Impact at Renette Center - Fee: \$55**

M, W, F 9:00-10:15AM

**Yoga at Renette Center - Fee: \$47**

T, TH 9:00-10:15AM or 10:30-Noon

**\*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.

**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. For further information call Barbara Hanson at (619) 328-5286.

**SQUARE DANCE**

Ready to learn how to square dance? The Valley Twirlers Square Dance Club is starting a class for new dancers on Tuesdays, beginning September 20 at Bostonia Rec from 6:30 to 8 p.m. Caller Steve Moore will have you dancing in no time! Already know how to square dance? Help fill in squares for our new students or join us from 8 to 9 p.m. each Tuesday for more advanced calls. A \$5 donation is suggested. For more information, call Paul and Debbie Andreen at 619-466-1681.

**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](mailto:melomom1229@aol.com)

**IMPORTANT PHONE NUMBERS for senior services, referral and activity information:**

211 Information.....	211	Elder Law.....	858-565-1392, ext. 200
AARP Chapter 4800.....	619-444-8679	Fletcher Hills Library.....	619-466-1132
Adult Protective Services.....	858-495-5660	Foothills Adult School.....	619-588-3500
Aging and Independence Services.....	800-510-2020	Meals on Wheels (East County).....	619-447-8782
Better Business Bureau.....	858-496-2131	MTS Transportation (ADARide).....	877-232-7433
City of El Cajon.....	619-441-1716	Renters Rights.....	858-571-1166
Consumer Fraud.....	619-531-3507	Rides4Neighbors.....	619-667-1321
ECAN (East County Action Network).....	619-401-3994	Social Security Administration.....	800-772-1213
El Cajon Library.....	619-588-3718		

**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.**

**31389** 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.**

**31386** 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.**

**31388** 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.**

**31387** 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: \$75, Resident Fee: \$60. Sr. Fee: \$45, Sr. Resident Fee: \$30**

**31390** 6:30 PM - 7:30 PM M 13-Adult Hillside

**31391** 6:30 PM - 7:30 PM T 13-Adult Kennedy

**31392** 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: \$75, Resident Fee: \$60. Sr. Fee: \$45, Sr. Resident Fee: \$30**

**31393** 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**

**31376** 10:15 AM-11:10 AM S Adults Renette

### FIT 4 DRUMS - FOR ADULTS

Fit4Drums, the European fitness craze uses the revolutionary bodrum for a fun, new and exciting way to stay fit. Participants utilize the irresistible bodrum and group tailored choreography to a variety of popular songs for a fun total body workout. Perfect for all ages, abilities and fitness levels.

**Fee: \$95. Resident Fee: \$80**

**31384** 6:30 PM-7:30 PM M Adults Bostonia



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

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For rainout and cancellation info, visit [elcajonrec.org](http://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

**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 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 park 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 and 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](http://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

**2016 FALL SESSION DATES**

Youth Sports: September 26 - December 10  
Classes: September 26-December 10

**Recreation Centers Closed/  
No Programs Held:**

**Friday, November 11 (Veterans Day) • November 21-26 (Thanksgiving week)**

**HOW TO REGISTER****EARLY  
REGISTRATION  
DATES**

**Youth Sports:** September 6-11  
**Classes:** September 6-11  
**Aquatics:** September 6-11

**Go On-line:**  
[www.elcajonrec.org](http://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](http://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:** September 12- full  
**Classes:** September 12-  
October 8  
**Aquatics:** September ongoing  
untill full

**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](http://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 (\*). Please bring your Referral Slip to the first class of the next session.

**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**

If the City of El Cajon cancels an activity, full refunds will be issued. Requests for refunds, transfers and credits may be granted if received by the Registration Coordinator in writing or via email at least three (3) business days before the start of an activity. No refunds or transfers will be given after an activity starts. Customers will be charged a \$5 administrative fee for each course/activity transaction. If the registration fee was paid by credit card or debit card, the refund will go back to the credit card used for payment. If the registration was paid by cash or check, you will receive the refund by check in the mail within four (4) to six (6) weeks.

**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 August 29 2016. Activity registration using a scholarship as a partial payment ends Friday, September 23, 2016. 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
				/ /		\$	
				/ /		\$	
				/ /		\$	
				/ /		\$	
				/ /		\$	
<b>FOR OFFICE USE ONLY:</b>				<b>Yes! I would like to donate to the youth scholarship fund.</b>			\$
Staff: _____ Date: _____ Payment Method: _____ Check _____ Check #: _____ _____ Cash _____ Visa _____ MasterCard _____ Disc. _____ AMEX				<b>TOTAL FEES ENCLOSED</b>			\$



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.

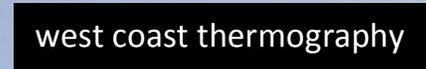
**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

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

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

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

## THANK YOU TO OUR SPONSORS:





**City of El Cajon**  
200 Civic Center Way  
El Cajon, CA 92020

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## POSTAL CUSTOMER

# ENJOY EL CAJON!

*Below are some upcoming events in El Cajon. For more information & to stay up-to-date, visit our website at [www.cityofelcajon.us/events](http://www.cityofelcajon.us/events).*

### CAJON CLASSIC CRUISE CAR SHOW

**Wednesdays, August 24 - October 26**

5:00 p.m. - 8:00 p.m.

*Downtown El Cajon*

(619) 334-3000

[www.elcajonclassiccruise.org](http://www.elcajonclassiccruise.org)

### DINNER & A CONCERT

**Fridays, August 26 - October 7**

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

*Prescott Promenade - 201 E. Main Street*

(619) 334-3000

[www.downtownelcajon.com](http://www.downtownelcajon.com)

### ALL FORE R.E.C. GOLF TOURNAMENT

**Friday, September 16**

12:00 p.m.

*Sycuan Resort - 3007 Dehesa Road*

(619) 441-1673

[www.elcajonrec.org](http://www.elcajonrec.org)

### OKTOBERFEST IN EL CAJON

**September 30, October 1, 2  
October 7, 8, 9**

Fri 4-10 p.m.

Sat 12-10 p.m. - Sun 12-9 p.m.

*German American Societies  
1017 S. Mollison Avenue*

(619) 442-6637

[www.germanclubsandiego.org](http://www.germanclubsandiego.org)

### EL CAJON FIRE OPEN HOUSE

**Saturday, October 8**

10:00 a.m. - 2:00 p.m.

*Fire Station 6 - 100 E. Lexington Avenue*

(619) 441-1737

[www.heartlandfire.org](http://www.heartlandfire.org)

### HAUNTFEST ON MAIN

**Friday, October 21**

5:00 p.m. - 10:00 p.m.

*Downtown El Cajon*

(619) 442-5129 - ext 115

[www.hauntfest.org](http://www.hauntfest.org)

### HONORING OUR VETERANS

**Friday, November 11**

1:00 p.m. - 2:00 p.m.

*Centennial Plaza - 200 Civic Center Way*

(619) 441-1756

[www.cityofelcajon.us](http://www.cityofelcajon.us)

### MOTHER GOOSE PARADE

**Sunday, November 20**

1:00 - 3:00 p.m.

*Downtown El Cajon*

[www.mothersgooseparade.org](http://www.mothersgooseparade.org)

### JINGLE PAWS

**Saturday, December 3**

9:00 a.m. (8:00 a.m. Registration)

*Water Conservation Garden*

*12122 Cuyamaca College Drive West*

(619) 593-2205

[www.acesfoundation.org](http://www.acesfoundation.org)

**Farmers' Market Every Thursday from 3:00 p.m. - 7:00 p.m.**  
Prescott Promenade - 201 E. Main Street - [www.elcajonfarmersmarket.org](http://www.elcajonfarmersmarket.org)

*If you would like to contact the Mayor about any issue,  
please email him at [bwells@cityofelcajon.us](mailto:bwells@cityofelcajon.us)*