CITY OF LA MESA
JEWEL of the HILLS

RecGuide

2016 FALL

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www.cityoflamesa.us/classes

La Mesa Community Services Department
619-667-1300 | 4975 Memorial Drive, La Mesa

Register Online

FIT X FITNESS

Yoga for Inner Strength

Fit-X Fitness **(ages 18 & up)**

Utilize yogic wisdom, breathing techniques, and visualization to deepen your mind-body connection through the physical practice of yoga poses. Bring a yoga mat, water, and wear appropriate work out clothing and sports shoes. Any fitness level may attend.

Recreation Center—Performing Arts Room

Resident: $71.00. Non-resident: $81.00

Course #3415	Thur Sep 1—Oct 27	6:00 - 7 :00 PM
Course #3416	Thur Nov 3—Jan 19	6:00 - 7:00 PM

Othentik Gym

Kwai Sun Studio **(ages 3—Adult)**

Dare to Be Yourself! These are monthly self-defense classes to work on emotional well being, improve energy, build stronger bodies, work on eye -hand coordination, enhance focus and stillness, learn breathing techniques and how to fall and recover, relieve stress, pick up nutrition tips, and build healthy habits. Classes offered: Boxing, Body Consciousness, Combat, Core Focus, Fight Fit, Ready Set Inspire and Self Defense. Monthly classes are broken down into age groups. Bring a water bottle to class each time. First class wear comfortable exercise clothes. First month participants will need to purchase equipment through Kwai Sun Studio. Kwai Sun Studio email: ksssuperhero@gmail.com or 619.713.5566 for more information.

5500 Grossmont Center Dr, Suite 303

Resident: $150.00 Non-resident: $160.00

Varied Days and Times for Classes

PILATES mind & body

Pilates Mat Class

Pilates Mind And Body **(age 18 & up)**

Participants will learn the basic concepts, philosophies, and exercises to practice the classical Pilates method of body conditioning as Joseph Pilates, himself, taught and intended it. No previous experience with Pilates is required; all levels of skill will be addressed. Progress will be rapid and build each week. Mats will be provided and we may use smaller apparatus such as magic circles, weights, theraband, foam rolls, etc. This is an 8-week class with a 9th week makeup/bonus class.

Pilates Mind & Body Studio, 8803 La Mesa Blvd

Resident: $106.00. Non-resident: $116.00

Course #3407	Wed Aug 31—Oct 26	7:30 - 8:30 AM
Course #3408	Wed Nov 2 — Jan 18	7:30 - 8:30 AM
Course #3405	Wed Aug 31—Oct 26	6:00 - 7:00 PM
Course #3406	Wed Nov 2—Jan 18	6:00 - 7:00 PM
Course #3413	Sat Sep 3—Oct 29	10:00 -11:00 AM
Course #3414	Sat Nov 5—Jan 21	10:00 - 11:00 AM

VERLOSITY Master Urban Soul Line Dance

Edward Griffith **(ages 18 & up)**

This is a beginners class, dance experience not necessary. Call 619.667.1322 for more registration information or visit Ed's website at www.verlositydynamics.com

Adult Enrichment Center, 8450 La Mesa Blvd

Resident: $60.00 Non-resident: $70.00

Course #3391	Mon Oct 31—Jan 23	3:30 - 4:30 PM

Hawaiian-Tahitian Dance

Hookupu-O-Hawaii

Hawaiian-Tahitian dance classes for children ages 6-12 years. Learn dances from three of the Polynesian islands: dances Hawaii, New Zealand, and Tahiti. Students will learn the history and details of all three regional dances in each class, including Poi Balls from New Zealand and much more.

Recreation Center-Performing Arts Room

Resident: $59.00 Non-resident: $69.00

	(ages 6-12)	
Course #3398	Mon Aug 29 –Oct 17	5:45 - 7:00 PM
Course #3400	Mon Nov 7—Jan 9	5:45 - 7:00 PM
	(ages 13 to Adult)	
Course #3399	Mon Aug 29—Oct 17	7:00 - 8:15 PM
Course #3401	Mon Nov 7—Jan 9	7:00 - 8:15 PM

LionHeart Academy

Archery

LionHeart Academy **(ages 10 thru 17)**

Experience East County's only indoor archery range at LionHeart Academy in El Cajon. Archers will use recurve bows and start shooting on their first day. Accuracy will improve through a variety of challenging drills and games designed to sharpen the student's focus and technique. Students will also learn range safety, shooting-line etiquette and score keeping. All instructors are certified by USA Archery.

LionHeart Fencing Academy, 1331 Cuyamaca St, El Cajon

Resident: $95.00 Non-resident: $105.00

Course #3691	Mon Aug 29—Sep 26	4:00 - 5:30 PM
Course #3698	Mon Oct 3—Oct 24	4:00 - 5:30 PM
Course #3701	Mon Oct 31—Nov 28	4:00 - 5:30 PM
Course #3709	Mon Dec 5—Jan 9	4:00 - 5:30 PM
Course #3693	Wed Aug 31— Sep 28	4:00 - 5:30 PM
Course #3699	Wed Oct 5—Oct 26	4:00 - 5:30 PM
Course #3705	Wed Nov 2—Nov 30	4:00 - 5:30 PM
Course #3710	Wed Dec 7—Jan 18	4:00 - 5:30 PM
Course #3700	Sat Oct 8—Oct 29	4:00 - 5:30 PM
Course #3692	Sat Sep 3—Oct 1	9:00 -10:30 AM
Course #3703	Sat Nov 5—Dec 3	9:00 -10:30 AM
Course #3711	Sat Dec 10—Jan 21	4:00 - 5:30 PM

Fencing

LionHeart Fencing Academy

Described as physical chess at 100 mph, fencing is lightning fast and teaches agility, strength, focus and tactical thinking - a sure hit for today's video-gaming generation. Students will learn to advance, retreat, lunge, and parry with a sword. As skills progress, students will wear full fencing garb and compete in electric bouts, scoring points like an Olympian.

LionHeart Fencing Academy, 1331 Cuyamaca St, El Cajon

Resident: $95.00 Non-resident: $105.00

	(ages 7-10)	
Course #3716	Tue Aug 30—Sep 27	4:30 - 6:00 PM
Course #3717	Tue Oct 4—Oct 25	4:30 - 6:00 PM
Course #3744	Tue Nov 1—Nov 29	4:30 - 6:00 PM
Course #3719	Tue Dec 6—Jan 17	4:30 - 6:00 PM
Course #3728	Thur Sep 1—Sep 29	4:30 - 6:00 PM
Course #3729	Thur Oct 6—Oct 27	4:30 - 6:00 PM
Course #3730	Thur Nov 3—Dec 1	4:30 - 6:00 PM
Course #3731	Thur Dec 8—Jan 19	4:30 - 6:00 PM
	(ages 10-17)	
Course #3713	Mon Aug 29—Sep 26	6:30 - 8:00 PM
Course #3712	Mon Oct 3—Oct 24	6:30 - 8:00 PM
Course #3714	Mon Oct 31—Nov 28	6:30 - 8:00 PM
Course #3715	Mon Dec 5—Jan 9	6:30 - 8:00 PM
Course #3720	Tue Aug 30—Sep 27	6:30 - 8:00 PM
Course #3721	Tue Oct 4—Oct 25	6:30 - 8:00 PM
Course #3722	Tue Nov 1—Nov 29	6:30 - 8:00 PM
Course #3723	Tue Dec 6—Jan 17	6:30 - 8:00 PM
Course #3724	Wed Aug 31—Sep 28	6:30 - 8:00 PM
Course #3725	Wed Oct 5—Oct 26	6:30 - 8:00 PM
Course #3726	Wed Nov 2—Nov 30	6:30 - 8:00 PM
Course #3727	Wed Dec 7—Jan 18	6:30 - 8:00 PM
	(ages 10-17)	
Course #3732	Sat Sep 3—Sep 24	1:30 - 3:00 PM
Course #3733	Sat Oct 1—Oct 29	1:30 - 3:00 PM
Course #3734	Sat Nov 5—Dec 3	1:30 - 3:00 PM
Course #3735	Sat Dec 10— Jan 21	1:30 - 3:00 PM
	(ages 18 & older)	
Course #3736	Thur Sep 1—Sep 29	6:30 - 8:00 PM
Course #3737	Thur Oct 6—Oct 27	6:30 - 8:00 PM
Course #3738	Thur Nov 3—Dec 1	6:30 - 8:00 PM
Course #3739	Thur Dec 8—an 19	6:30 - 8:00 PM

Medieval Sword

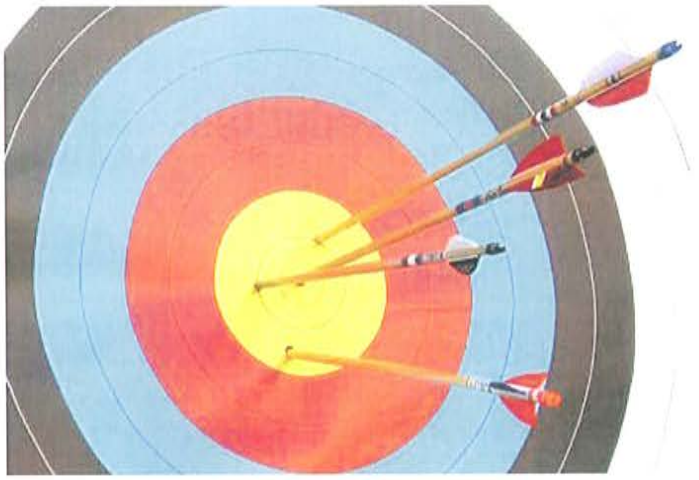
LionHeart Academy **(ages 10-14)**

Have you always wanted to know what life was like for the knights of old? This program lets you experience the skills of a real medieval knight training for battle, duel, or tournament. The focus of Swords of Chivalry is not just on physical skill, but also on the values of self-discipline, respect, trust, sportsmanship, and honor. Whether you want to learn to cross swords and spar with fellow students, or just get a low-impact workout through the physical techniques of the art of defense (it's like yoga with a sword) then this is the class. Lessons are drawn directly from historical source material : "manuals of defense" from the 14th and 15th centuries.

LionHeart Fencing Academy, 1331 Cuyamaca St, El Cajon

Resident: $95.00. Non-resident: $105.00

Course #3740	Thur Sep 1—Sep 29	4:30 - 5:30 PM
Course #3741	Thur Oct 6—Oct 27	4:30 - 5:30 PM
Course #3742	Thur Nov 3—Dec 1	4:30 - 5:30 PM
Course #3743	Thur Dec 8—Jan 19	4:30 - 5:30 PM



Preschool Dance

The Dance Company

This is a combination class for the young dancer which includes tap, ballet, and jazz dance. These students will further develop the basic technique of tap, ballet, and jazz dance as well as develop coordination and motor skills. The class will also teach the value of taking turns and working together. The first half of class will be spent in tap shoes working on rhythm and coordination. The last half of class is spent in ballet shoes working on strength and fluidity of movement.

**Current participants - please contact your instructor for Discount Code.

Recreation Center - West Terrace Room

Resident: $80.00. Non-resident: $90.00

	(ages 2-3)	
Course #3448	Wed Aug 31—Oct 26	10:00 -10:30AM
Course #3788	Wed Nov 2—Jan 18	10:00-10:30 AM
Course #3450	Fri Sep 2—Oct 28	5:00 - 5:30 PM
Course #3451	Fri Nov 4—Jan 20	5:00 - 5:30 PM
Course #3452	Sat Sep 3—Oct 29	9:00 - 9:30 AM
Course #3453	Sat Nov 5—Jan 21	9:00 - 9:30 AM
	(ages 3-4)	
Course #3455	Wed Aug-31—Oct 26	10:30-11:00 AM
Course #3456	Fri Sep 2—Oct 28	5:30 - 6:00 PM
Course #3756	Fri Nov 4—Jan 20	5:30 - 6:00 PM
Course #3457	Sat Sep 3—Oct 29	9:30-10:00 AM
Course #3757	Sat Nov 5—Jan 21	9:30-10:00 AM

Kinder Dance

The Dance Company **(ages 4-5)**

This is an introductory combination class for the preschool-aged dancer which includes tap, ballet, and jazz dance. Proper body position and technique are stressed. (Please note that Jazz and Tap should be strongly considered for the child who has previous dance experience.)

**Multi-class discount available for students taking a combo class and a hip hop class concurrently. Email thedanceco@cox.net for discount

**Current participants - contact your instructor for Discount Code.

Recreation Center - West Terrace Room

Resident: $90.00. Non-resident: $100.00

Course #3330	Wed Aug 31—Oct 26	11:00 - 11:45 AM
Course #3461	Wed Nov 2—Jan 18	10:30 - 11:15 AM
Course #3462	Sat Sep 3—Oct 29	10:00 - 10:45 AM
Course #3463	Sat Nov 5—Jan 21	10:00 - 10:45 AM

Hip Hop

The Dance Company

A fun and high-energy class that mixes music and moves influenced by today's hottest choreographers. Class learns basic elements like how to pop, lock, and isolate movement while encouraging creativity and individual style to come out. The student is introduced to rhythm, musicality, control, dynamics, posture, and performance. Music and movement are always age-appropriate. Please email thedanceco@cox.net for more information.

Recreation Center - West Terrace Room

Resident: $80.00. Non-resident: $90.00

	(ages 3-5)	
Course #3466	Tue Aug 30—Oct 25	4:30 - 5:00 PM
Course #3467	Tue Nov 1—Jan 17	4:30 - 5:00 PM
	(ages 6-11)	
Course #3468	Thu Sep 8—Oct 27	5:00 - 5:30 PM
Course #3469	Thu Nov 3—Jan 19	5:00 - 5:30 PM

Beginning Tap

The Dance Company **(ages 5 & up)**

Children will learn basic steps, rhythms, and combinations as well as musicality and agility. Significance is placed on the articulation of tap sounds while working to perform them with proper technique along with style and presentation. Tap shoes and proper dance attire are required. It is strongly recommended that tap classes be taken concurrently with a jazz class for core strength and body alignment.. Instructor reserves the right to reclassify children at the instructor's discretion.

Recreation Center—West Terrace Room

Resident: $80.00 Non-resident $90.00

Course #3481	Sat Sep 3—Oct 29	11:15 - 11:45 AM
Course #3482	Sat Nov 5—Jan 21	11:15 - 11:45 AM

Intermediate Tap

The Dance Company **(ages 5 & up)**

Children will learn basic steps, rhythms, and combinations as well as musicality and agility. Significance is placed on the articulation of tap sounds while working to perform them with proper technique along with style and presentation. Tap shoes and proper dance attire are required. It is strongly recommended that tap classes be taken concurrently with a jazz class for core strength and body alignment. *Instructor approval required to register in any advanced level class. Instructor reserves the right to reclassify children at the instructor's discretion.

Recreation Center—West Terrace Room

Level 1: Resident: $80.00 Non-resident: $90.00

Course #3483	Tue Sep 6—Oct 25	6:00 - 6:30 PM
Course #3484	Tue Nov 1—Jan 19	6:00 - 6:30 PM

Level 2: Resident: 95.00 Non-resident $105.00

Course #3485	Tue Sep 13—Oct 25	5:00 - 6:00 PM
Course #3487	Tue Nov 1—Jan 17	5:00 - 6:00 PM

Advanced Tap

The Dance Company **(ages 5 & up)**

Children will learn steps, rhythms, and combinations as well as musicality and agility. Significance is placed on the articulation of tap sounds while working to perform them with proper technique along with style and presentation. Tap shoes and proper dance attire are required. It is strongly recommended that tap classes be taken concurrently with a jazz class for core strength and body alignments. *Instructor approval required to register in any advanced level class. Instructor reserves the right to reclassify children at the instructor's discretion.

Recreation Center—West Terrace Room

Resident: $100.00 Non-resident: $110.00

Course #3488	Tue Sep 13—Oct 25	8:00 - 9:00 PM
Course #3489	Tue Nov 1—Jan 17	8:00 - 9:00 PM

Beginning Jazz

The Dance Company **(ages 4-6)**

Children will explore isolations, use of elevation, extension, and control. Turns, leaps, and combinations will be taught and will increase in difficulty with level and age. Flexibility and core strength are strongly emphasized. Instructor approval required to register in any advanced level class. Instructor reserves the right to reclassify children at instructor's discretion. **Multi-class discount available for students taking tap, jazz, and hip hop classes.
Please email thedanceco@cox.net for discount. **Current participants please contact your instructor for Discount Code.

Recreation Center - West Terrace Room

Resident: $80.00. Non-resident: $90.00

Course #3464	Sat Sep 3—Oct 29	10:45 - 11:15 AM
Course #3465	Sat Nov 5—Jan 21	10:45 - 11:15 AM

Intermediate Jazz

The Dance Company **(ages 5 & up)**

Children will explore isolations, use of elevation, extension, and control. Turns, leaps, and combinations will be taught and will increase in difficulty with level and age. Flexibility and core strength are strongly emphasized. *Instructor approval required to register in any advanced level class.
Instructor reserves the right to reclassify children at instructor's discretion. **Multi-class discount available for students taking tap, jazz, and hip hop classes. Please email thedanceco@cox.net for discount. **Current participants - please contact your instructor for Discount Code.

Recreation Center— West Terrace Room

Resident: $80.00 Non-resident: $90.00

Level 1:	**Course# 3475**	Tue Sep 6—Oct 25	6:30 - 7:00 PM
	Course #3476	Tue Nov 1—Jan 19	6:30 - 7:00 PM

Resident: $95.00 Non-resident: $105.00

Level 2:	**Course #3477**	Wed Sep 14—Oct 26	5:00 - 6:00 PM
	Course #3478	Wed Nov 2—Jan 18	5:00 - 6:00 PM

Advanced Jazz

The Dance Company **(ages 5 & up)**

Children will explore isolations, use of elevation, extension, and control. Turns, leaps, and combinations will be taught and will increase in difficulty with level and age. Flexibility and core strength are strongly emphasized. *Instructor approval required to register in any advanced level class. Instructor reserves the right to reclassify children at instructor's discretion. **Multi-class discount available for students taking tap, jazz, and hip hop classes. Please email thedanceco@cox.net for discount. **Current participants - please contact your instructor for Discount Code.

Recreation Center— West Terrace Room

Resident: $95.00 Non-resident: $105.00

Course #3479	Tue Sep 13—Oct 25	7:00 - 8:00 PM
Course #3480	Tue Nov 1—Jan 17	7:00 - 8:00 PM

tdc

Award Winning Dance Competition Team

Register online for best selection and immediate registration confirmation.

CALIFORNIA BALLET SCHOOL

Ballet Tiny Tot

California Ballet School **(ages 3 & 4)**

This class begins to develop rhythm, creative ability, motor skills and coordination while cooperating in a group setting.

Recreation Center - Performing Arts Room

Resident: $95.00. Non-resident: $105.00

Course #3596	Mon Aug 29—Oct 24	3:00 - 3:45 PM
Course #3606	Mon Oct 31—Jan 10	3:00 - 3:45 PM

Ballet A

California Ballet School **(ages 4 & 5)**

This class is for all 4 and 5 year olds without ballet experience. Beginning ballet technique is introduced, with emphasis on creative expressive response to music and the development of strength, poise, and group interaction skills. Imagination is encouraged through activities such as skipping, marching, and music interpretation.

Recreation Center - Performing Arts Room

Resident: $110.00. Non-resident: $120.00

Course #3590	Mon Aug 29—Oct 24	4:00 - 5:00 PM
Course #3600	Mon Oct 31—Dec 19	4:00 - 5:00 PM
Course #3591	Thur Sep 1—Oct 27	3:00 - 4:00 PM
Course #3601	Thur Nov 3—Jan 19	3:00 - 4:00 PM

Ballet B

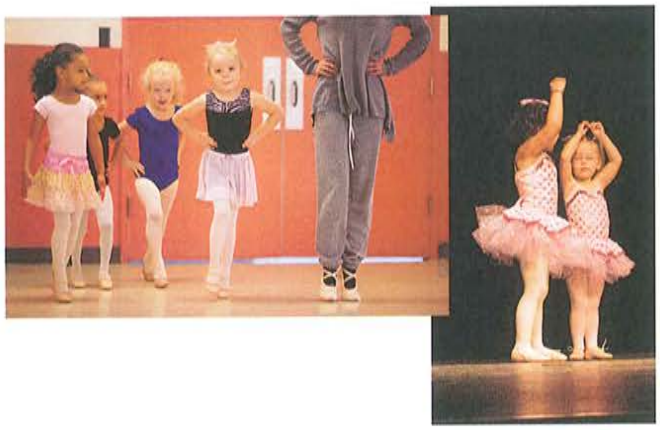
California Ballet School **(ages 5 & 6)**

This class is for 5 year olds with ballet experience or 6 year olds without experience. Beginning ballet technique is introduced, with emphasis on creative expressive response to music and the development of strength, poise, and group interaction skills. Students are taught basic ballet positions and steps, building on what was taught in Ballet A.

Recreation Center - Performing Arts Room

Resident: $110.00. Non-resident: $120.00

Course #3593	Tue Aug 30—Oct 25	3:00 - 4:00 PM
Course #3603	Tue Nov 1—Jan 17	3:00 - 4:00 PM



Ballet C

California Ballet School **(ages 6 & 7)**

This class is for 6 year olds with ballet experience and 7-year olds without experience. Students increase their knowledge of ballet terminology, positions, and movements as the body and mind develop. Emphasis is placed on coordination, musicality, and rhythm.

Recreation Center - Performing Arts Room

Resident: $110.00. Non-resident: $120.00

Course #3594	Thur Sep 1—Oct 27	4:00 - 5:00 PM
Course #3604	Thur Nov 3—Jan 12	4:00 - 5:00 PM

Ballet D

California Ballet School **(ages 7 & 8)**

This class is for 7 year olds with ballet experience or 8-year olds without experience. Building on what is taught in Ballet C, emphasis is placed on coordination, musicality, and rhythm. Students are challenged by new terminology, positions, and combinations of movements.

Recreation Center - Performing Arts Room

Resident: $110.00 Non-resident: $120.00

Course #3595	Tue Aug 30—Oct 25	4:00 - 5:00 PM
Course #3605	Tue Nov 1 –Jan 17	4:00 - 5:00 PM

Ballet 1

California Ballet School **(ages 8 - 11)**

This class is for 8 - 11 year olds with 1 to 2 years ballet experience. The primary focus of this level is on developing technique, musicality, proper placement, strength and poise. Each class will include stretching, exercises at the barre, and in the center and across the floor movements.

Recreation Center - Performing Arts Room

Resident: $110.00. Non-resident: $120.00

Course #3587	Mon Aug 29—Oct 24	5:00 - 6:00 PM
Course #3597	Mon Oct 31—Dec 19	5:00 - 6:00 PM
Course #3588	Thur Sep 1—Oct 27	5:00 - 6:00 PM
Course #3598	Thur Nov 3—Jan 12	5:00 - 6:00 PM

Ballet 2

California Ballet School **(ages 11-13)**

This class is for 11- to 13 -year olds with 2 to 3 years of ballet experience. This level is the first preparation for Pointe work and helps to build strength, self-determination, and motivation skills. Students learn to understand how steps taught in ballet class relate to choreography.

Recreation Center - Performing Arts Room

Resident: $110.00. Non-resident: $120.00

Course #3589	Tue Aug 30—Oct 25	5:00 - 6:00 PM
Course #3599	Tue Nov 1—Jan 10	5:00 - 6:00 PM

Adult Ballet

California Ballet School **(ages 15 & up)**

This class is for ages 15 and older. Designed for adults who wish to enjoy the physical and aesthetic benefits of dance in a recreational atmosphere. Class accommodates beginners as well as those with dance experience. Ballet is a perfect complement to other forms of exercise - improving coordination, muscle tone, and flexibility.

Recreation Center - Performing Arts Room

Resident: $110.00. Non-resident: $120.00

Course #3592	Mon Aug 29—Oct 24	7:00 - 8:00 PM
Course #3602	Mon Oct 31—Jan 9	7:00 - 8:00 PM

Celebrate your next birthday party at the park!

RESERVE ONLINE!
www.cityoflamesa.us/parks

Wee Gym

Gym Trix **(ages 1-2)**

Introduces child and parent to gymnastics skills. Balance, strength, development of motor skills, and interaction with other toddlers. Parent participation is required.

Recreation Center - Performing Arts Room

Resident: $95.00. Non-resident: $105.00

Course #3635	Mon Aug 29—Oct 24	10:00 - 10:30 AM
Course #3676	Mon Oct 31—Jan 9	10:00 - 10:30 AM
Course #3643	Tue Aug 30—Oct 25	10:00 - 10:30 AM
Course #3684	Tue Nov 1—Jan 17	10:00 - 10:30 AM
Course #3649	Wed Aug 31—Oct 26	10:00 - 10:30 AM
Course #3688	Wed Nov 2—Jan 18	10:00 - 10:30 AM
Course #3639	Sat Sep 3—Oct 29	8:30 - 9:00 AM
Course #3680	Sat Nov 5—Jan 21	8:30 - 9:00 AM

Wee Gym

Gym Trix **(ages 2-3)**

Introduces child and parent to gymnastics skills. Balance, strength, development of motor skills, and interaction with other toddlers. Parent participation is required.

Recreation Center - Performing Arts Room

Resident: $95.00. Non-resident: $105.00

Course #3637	Mon Aug 29—Oct 24	10:30 - 11:00 AM
Course #3678	Mon Oct 31—Jan 16	10:30 - 11:00 AM
Course #3645	Tue Aug 30—Oct 25	10:30 - 11:00 AM
Course #3686	Tue Nov 1—Jan 17	10:30 - 11:00 AM
Course #3647	Wed Aug 31—Oct 26	10:00 - 10:30 AM
Course #3690	Wed Nov 2—Jan 18	10:00 - 10:30 AM
Course #3641	Sat Sep 3—Oct 29	9:00 - 9:30 AM
Course #3682	Sat Nov 5—Jan 21	9:00 - 9:30 AM

Kindergym

Gym Trix **(ages 3 & 4)**

This 1/2 hour gymnastics class will expose your child to gymnastic equipment - floor, low balance beam, and bars, and work on coordination, flexibility, and balance. Athletic attire must be worn to class. Please come to class with long hair pulled back out of face and bare feet.

Recreation Center - Performing Arts Room

Resident: $95.00. Non-resident: $105.00

Course #3623	Mon Aug 29 -Oct 24	11:00 - 11:30 AM
Course #3664	Mon Oct 31—Jan 9	11:00 - 11:30 AM
Course #3627	Tue Aug 30—Oct 25	11:00 - 11:30 AM
Course #3668	Tue Nov 1—Jan 17	11:00 - 11:30 AM
Course #3629	Wed Aug 31—Oct 26	11:00 - 11:30 AM
Course #3670	Wed Nov 2—Jan 18	11:00 - 11:30 AM
Course #3621	Fri Sep 2—Oct 28	3:30 - 4:00 PM
Course #3662	Fri Nov 4—Jan 20	3:30 - 4:00 PM
Course #3625	Sat Sep 3—Oct 29	9:45 - 10:15 AM
Course #3666	Sat Nov 5—Jan 21	9:45 - 10:15 AM

Gymnastics Beginning 1 & 2

Gym Trix **(ages 5 & up)**

Beginning 1 - beginning skills taught for ages 5 and up - no prerequisites for this class. This is a combo class with Beginning 2.

Beginning 2 - must be able to do forward & backward straddle rolls, handstands, cartwheels, and round-offs. This is a combo class with Beginning 1.

Athletic attire must be worn to class! Leotards are preferred. Please come to class with hair pulled back out of face and bare feet.

Recreation Center - Performing Arts Room

Resident: $105.00. Non-resident: $115.00

Course #3611	Fri Sep 2—Oct 28	4:00 - 5:00 PM
Course #3652	Fri Nov 4—Jan 20	4:00 - 5:00 PM
Course #3613	Sat Sep 3—Oct 29	10:15 - 11:15 AM
Course #3654	Sat Nov 5—Jan 21	10:15 - 11:15 AM

Gymnastics Intermediate 1

Gym Trix **(ages 5 & up)**

Intermediate 1 - must have mastered beginning skills. Will learn front limbers and backbend kick-overs. Athletic attire must be worn to class! Leotards are preferred. Please come to class with hair pulled back out of face and bare feet.

Recreation Center - Performing Arts Room

Resident: $105.00. Non-resident: $115.00

Course #3619	Sat Sep 3—Oct 29	11:15 - 12:15 PM
Course #3660	Sat Nov 5—Jan 21	11:15 - 12:15 PM

Gymnastics Intermediate 1 & 2/ Advanced

Gym Trix **(ages 5 & up)**

Intermediate 1 - must have mastered beginning skills. Will learn front limbers, and backbend kick-overs. Intermediate 2 - must have mastered Intermediate 1 skills. Advanced - must have mastered Intermediate 2 skills: walking on hands, front walkovers, back walkovers, and front handsprings. *NOTE: All Intermediate and Advanced Classes need instructor approval. Athletic attire must be worn to class! Leotards are preferred. Please come to class with hair pulled back out of face and bare feet.

Recreation Center - Performing Arts Room

Resident: $105.00. Non-resident: $115.00

Course #3615	Fri Sep 2—Oct 28	5:00 - 6:00 PM
Course #3656	Fri Nov 4—Jan 20	5:00 - 6:00 PM

Gymnastics Intermediate 2 & Advanced

Gym Trix **(ages 5 & up)**

Intermediate 2 - must have mastered Intermediate I skills.
Advanced - must have mastered Intermediate 2 skills: walking on hands, front walkovers, back walkovers and front handsprings. *NOTE: All Intermediate and Advanced Classes need instructor approval. Athletic attire must be worn to class! Leotards are preferred. Please come to class with hair pulled back out of face and bare feet.

Recreation Center - Performing Arts Room
Resident: $105.00. Non-resident: $115.00

Course #3617	Sat Sep 3—Oct 29	12:15 - 1:15 PM
Course #3658	Sat Nov 5—Jan 21	12:15 - 1:15 PM

Tumbling Level 1

Gym Trix **(ages 5-12)**

This class is geared toward students wanting to learn tumbling skills such as handstands, limbers, handsprings, tucks, and aerials.
Tumbling 1: Will learn rolls, cartwheels, handstands, and front and back limbers. Athletic attire must be worn to class, leotards are preferred. Please come to class with hair pulled back out of face and bare feet.

Recreation Center - Performing Arts Room
Resident: $105.00. Non-resident: $115.00

Course #3779	Mon Aug 29 - Oct 24	4:00 - 5:00 PM
Course #3780	Mon Nov 7– Jan 16	4:00 - 5:00 PM

Tumbling Level 2

Gym Trix **(ages 5-12)**

Must have mastered all beginning tumbling skills. Students will learn handsprings, walkovers, tucks and aerials. Athletic attire must be worn to class! Leotards are preferred. Please come to class with hair pulled back out of face and bare feet.

Recreation Center - Performing Arts Room
Resident: $105.00. Non-resident: $115.00

Course #3781	cancelled	5:00 - 6:00 PM
Course #3782	Mon Nov 7—Jan 16	5:00 - 6:00 PM

Lockhart Training

Babysitter Training

Lockhart Training **(ages 11-16)**

Babysitter Training Class is a fun, hands-on community education program for youth ages 11-16 years. This class will help Babysitters become better prepared. Participants practice infant skills on dolls and learn and practice CPR for infants and children. Topics include: babysitter responsibilities, sitter safety, diapering procedures, recognizing an emergency, infant and child CPR, and basic first aid. Participants receive a booklet from the American Safety & Health Institute, Babysitter certificate and starter first aid kit. This one-day class is taught by Lockhart Training. Instructor Sue Lockhart has been training babysitters in San Diego for over 20 years. Bring pen or pencil, paper, snack, lunch and water bottle to class.

Community Center-Conference Room
Resident: $65.00. Non-resident: $75.00

Course #3402	Sat Nov 19	9:30 AM - 1:30 PM

Tiny Sports

Alicia Bianchi **(ages 2.5 - 4)**

Children age 2 1/2 to 4 will learn basic skills in soccer, t-ball, and basketball. The plan is to play t-ball for the first three weeks and soccer for the next three weeks at Aztec Park. Then we will finish off with three weeks of basketball at the Community Center in MacArthur Park. This class includes stretching, motor skills, games, teamwork and sportsmanship. Some adult involvement is required. Boys and girls of all ability levels will play and learn together. We encourage all the children to eat a good breakfast and have a snack before class. That way, they are not distracted by food during class or eating in front of the other children. During rainy weather, call 619-667-1332 after 8:15 AM for recorded class updates.

Aztec Park—7945 Morocco Drive, La Mesa
Resident: $74.00. Non-resident: $84.00

Course #3403	Wed Aug 31—Oct 26	9:15 - 10:00 AM
Course #3404	Wed Nov 2—Jan 18	9:15 - 10:00 AM

Talking Tots

RL Speech Therapy **(ages 15 mos-3)**

Speech Development Class - This is a new fun class for young toddlers and parents! If you are noticing your little one is acquiring language just a little slower than his/her peers or just want to give your toddler's communication skills a boost, this is the class for you! Created by a pediatric Speech Pathologist and mother of two. Each week we will have fun incorporating music, toys, and games along with a strategy to help elicit your child's language skills, Children will love learning to talk and socialize with their friends, while parents will leave with tools and strategies to use at home. Parent/Guardian participation is required.

La Mesa Fire Station 12, 8844 Dallas St, La Mesa
Resident: $130.00 Non-resident: $140.00

Course: #3753	Sat Sep 3—Oct 8	10:00 - 10:45 AM
Course: #3784	Tue Nov 1—13 Dec	10:30 - 11:15 AM
Course: #3754	Sat Nov 5—Dec 17	10:00 - 10:45 AM

Fun on the Farm

Hidden Haven Farms **(ages 2-6)**

This fun class introduces city preschoolers to fun on the farm through hands-on interaction with real live farm animals through grooming, Holding, and feeding! Collect eggs, slop the piggy's, hold a chicken, watch a funny emu take a bath, milk a goat. Fun farm craft to take home, singing with puppets and crazy farm dog, and a pony ride each week.
-Please wear closed -toed shoes and bring a bike helmet-
Material fee of $20.00 payable directly to the instructor on the first day of class.

Hidden Haven Farms, 18240 W Boundary Truck Trail, Jamul
Resident: $75.00 Non-resident: $85.00

Course #3431	Mon Aug 29—Sep 19	10:00 - 11:00 AM
Course #3432	Mon Sep 26—Oct 17	10:00 - 11:00 AM
Course #3433	Mon Oct 24—Nov 14	10:00 - 11:00 AM

Horse Fun for Preschoolers

Hidden Haven Farms **(ages 3-6)**

City slickers learn horsemanship, safety, grooming, saddling and basic riding skills. This is a basic introduction to the horse world! Please wear closed toed shoes and bring a bike helmet. Material fee of $20.00 payable directly to the instructor on the first day of class.
(No unregistered siblings)

Resident: $75.00 Non-resident: $85.00

Hidden Haven Farms, Jamul CA

Course #3434	Mon Aug 29—Sep 19	11:00 - 12:00 PM
Course #3435	Mon Sep 26—Oct 17	11:00 - 12:00 PM
Course #3436	Mon Oct 24—Nov 14	11:00 - 12:00 PM

Horse Fun for Kids

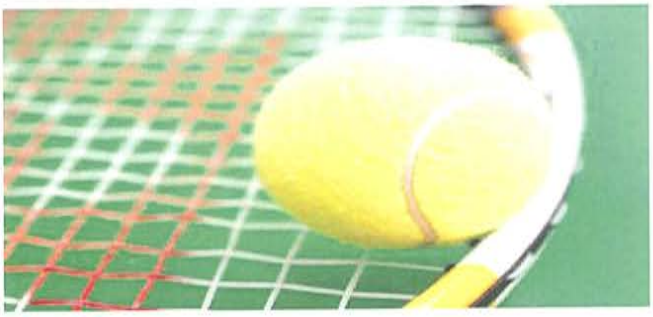
Hidden Haven Farms **(ages 7-12)**

City slickers learn horsemanship, safety, grooming, saddling and basic riding skills. This is a basic introduction to the horse world! Please wear closed toed shoes and bring a bike helmet. Material fee of $20.00 payable directly to the instructor on the first day of class.
(No unregistered siblings)

Resident: $75.00 Non-resident: $85.00

Hidden Haven Farms, Jamul CA

Course #3767	Mon Aug 29—Sep 19	4:00 - 5:00 PM
Course #3768	Mon Sep 26—Oct 17	4:00 - 5:00 PM



Team Diaz Tennis USA

Jay Diaz **(ages 5-10)**

PLAY AND LEARN CLASSES: High performance tennis instruction for 5-10 -year olds, for beginner through advanced beginners and intermediate -level players. Classes are offered at La Mesita Tennis Courts, Saturdays, 4:00 pm thru 5:30 pm.

Red, Orange, and Green dot balls. Players will be placed in their appropriate ability groups.

Tennis Red (Beginner) - Court 3: Learn to play fast, learn foot work, hand/eye coordination, and hitting techniques.

Tennis Orange/Green Adv (Beginner/Intermediate) - Court 4: Improve foot work, applying the basic fundamentals in ball control and hitting techniques.

Resident: $117.00 Non-resident: $127.00

Course #3546	cancelled	4:00 - 5:30 PM

- Students are required to have their own tennis racket.
- To maintain the condition of the courts please wear tennis shoes.
- Instructor reserves the right to transfer students to appropriate level.
- If rain is a possibility on the day of your scheduled class, please contact the coach directly to verify if classes will be held or rescheduled.
- For other class info call 619-667-1300.

La Mesita Park Tennis Courts, 8855 Dallas Street

Tennis Rallying Rattlers (Red Ball)

Nathan Welden **(ages 6-10)**

Ideal for young beginners, this clinic is designed for players interested in learning the basics. The class will focus on ball control, footwork, and rallying on the small (36 foot) court.

Resident: $107.00 Non-resident: $117.00

Course #3395	Sat Nov 5—Jan 21	9:00 - 10:00 AM

Tennis Competitive Ball

Nathan Welden **(ages 7-10)**

This clinic is offered for young athletes with basic strokes and able to rally on the 36-foot court. Students are required to have their own tennis racket.

Resident: $107.00 Non-resident: $117.00

Course #3393	Sat Sep 3—Oct 29	10:00 - 11:00 AM
Course #3396	Sat Nov 5—Jan 21	10:00 - 11:00 AM

Tennis Competitive Orange Ball

Nathan Welden **(ages 7-10)**

(TRANSITION TO GREEN DOT BALL)

This clinic is offered for young, competitive athletes. Ideal for players interested in competing in junior tournaments who have the basics down and understand basic match format on a 60 foot court. The class will transition to using the full 72-foot court. Students are required to have their own tennis racket. To maintain the condition of the courts, please wear appropriate athletic shoes. If rain is a possibility on the day of your scheduled class, please contact the coach directly to verify if classes will be held or rescheduled.

Resident: $107.00 Non-resident: $117.00

Course #3394	Sep 3—Oct 29	11:00 - 12:00 PM
Course #3397	cancelled	11:00 - 12:00 PM

La Mesa Community Center 619.667.1300
www.cityoflamesa.us/classes

Tennis Red

Tom Draffan **(ages 8 & under)**

For kids 8 and under who play novice (beginners). In Red Tennis, kids will learn to: hit basic forehands, backhands with topspin, volley, overheads, and serves with proper grips. Rally consistency, play fun 7 point games in singles and doubles, and learn simple match play strategies. Kids play on a 36 foot court and racket size is up to 23".

Resident: $92.00 Non-resident: $102.00

Course #3563	Mon Aug 29—Oct 24	5:00 - 6:00 PM
Course #3583	Mon Oct 31—Jan 9	5:00 - 6:00 PM

Tennis Green

Tom Draffan **(ages 9-10)**

For kids ages 9-10 years that compete on a full-size court - 78 feet. In Green Tennis, kids will learn to: improve techniques on forehands, backhands, improve court movement, footwork and recovery, hit volleys, overheads, serves with proper grips, rally with consistency, greater control and shot placement, play round robin formats or modified sets, and learn regular and no-add scoring. Racket size is 25" to 27".

Resident: $92.00 Non-resident: $102.00

Course #3553	Thu Sep 1—Oct 27	5:00 - 6:00 PM
Course #3573	Thu Nov 3—Jan 19	5:00 - 6:00 PM

Tennis Orange

Tom Draffan **(ages 9-10)**

For kids 9-10 years who play novice (beginner level). In Orange Tennis, kids will learn to: develop their forehands, backhands with top spin, learn to slice, hit volleys, overheads, serves with proper grips, rally with consistency, and greater control and shot placement. Play fun 2 out of 3 in 4-game short sets in singles and doubles. Learn regular scoring and discover more advanced match play strategies. Kids play on a 60-foot court and racket size is 23" to 25".

Resident: $92.00 Non-resident: $102.00

Course #3559	Tue Aug 30—Oct 25	5:00 - 6:00 PM
Course #3560	Tue Aug 30—Oct 25	6:00 - 7:00 PM
Course #3579	Tue Nov 1—Jan 17	5:00 - 6:00 PM
Course #3580	Tue Nov 1—Jan 17	6:00 - 7:00 PM

Tennis Yellow

Tom Draffan **(ages 11-14)**

For kids ages 11 years and older who compete in all levels on a full-size court - 78 feet. They will continue to develop their skills, strokes, and strategies to prepare for tournaments and middle and high school teams. Racket size is 25"-29".

Resident: $92.00 Non-resident: $102.00

Course #3565	Thu Sep 1—Oct 27	6:00 - 7:00 PM
Course #3585	Thu Nov 3—Jan 19	6:00 - 7:00 PM

Tennis Beginning

Tom Draffan **(age 15 & up)**

Beginner Level for players just starting to play tennis. Students are required to have their own tennis rackets and one can of balls on the first day of class.

Resident: $92.00 Non-resident: $102.00

Course #3551	Wed Aug 31—Oct 26	5:00 - 6:00 PM
Course #3774	Wed Nov 2—Jan 18	5:00 - 6:00 PM

Tennis Intermediate

Tom Draffan **(age 15 & up)**

Intermediate - Can hit over the net but lacks depth, serve with more consistency, play and lobs.

Resident: $92.00 Non-resident: $102.00

Course #3556	Mon Aug 29—Oct 17	6:00 - 7:00 PM
Course #3575	Mon Oct 31—Jan 9	6:00 - 7:00 PM
Course #3557	Wed Aug 31—Oct 26	6:00 - 7:00 PM
Course #3577	Wed Nov 2—Jan 18	6:00 - 7:00 PM

Tennis Advanced

Tom Draffan **(ages 15 & up)**

Advanced Level Class - Have good consistency on ground strokes and volleys. Can put away easy and short balls. Also have good serve and can have good placement of the serve and lobs.

Resident: $92.00 Non-resident: $102.00

Course #3547	Mon Aug 29—Oct 24	7:00 - 8:00 PM
Course #3567	Mon Oct 31—Jan 9	7:00 - 8:00 PM
Course #3569	Wed Aug 31—Oct 26	7:00 - 8:00 PM
Course #3775	Wed Nov 2—Jan 18	7:00 - 8:00 PM

La Mesa Adult Enrichment Center
8450 La Mesa Blvd
619-667-1322

Offers classes through Adult Education, trips and tours, senior nutrition lunch program and more!!!

www.cityoflamesa.us/seniors

Pre-Engineering: Minecraft, Build using LEGO®

Play-Well TEKnologies **(ages 5 thru 8)**

Bring Minecraft to life using tens of thousands of LEGO! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities.

Recreation Center - Performing Arts Room
Resident: $128.00 Non-resident: $138.00
Course #3610 Tue Dec 27—Dec 30 9:00 - 12:00 PM

Engineering FUN: Minecraft, Build using Lego®

Play-Well TEKnologies **(ages 7 thru 13)**

Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

Recreation Center - Performing Arts Room
Resident: $128.00 Non-resident: $138.00
Course #3609 Tue Dec 27—Dec 30 1:00 - 4:00 PM

Jedi Engineering using Lego®

Play-Well TEKnologies **(ages 5 thru 6)**

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building project such as LEGO X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Nan Couts Cottage
Resident: $128.00 Non-resident:: $138.00
Course #3607 Tue Jan 3—Jan 6 9:00 - 12:00 PM

Jedi Master Engineering using Lego®

Play-Well TEKnologies **(ages 7 thru 12)**

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, fortresses, and other complex machines and structures from a galaxy far, far away. Play-Well's Jedi instructors reinforce key engineering concepts and more as students tap into the powerful forces of imagination and engineering.

Nan Couts Cottage
Resident: $128.00 Non-resident: $138.00
Course #3608 Tue Jan 3—Jan 6 1:00 - 4:00 PM

Gymnastics Camp

Gym Trix **(ages 5 & up)**

Perfect your skills and learn some new ones! Gymnastics Camp is for boys and girls beginning to advanced levels. We will work on flexibility, strength, tumbling skills and basics on bars, beams, vault and floor. We will finish off our week with a parent show to demonstrate the skills we have learned.

Recreation Center - Performing Arts Room
Resident: $195.00 Non-resident: $205.00
Course #3429 Tue Jan 3— Fri Jan 6 9:00 - 3:00 PM

"Buckaroo" Time for Young Farmers

Hidden Haven Farms **(ages 5 thru 12))**

This is a great class for the child that wants more time with the animals. Slop the hogs, collect eggs, wash an emu, create a fun farm craft! Kids will learn equestrian skills through horsemanship, safety, feeding, washing, equine science, grooming, saddling and riding.
Camp meets Tuesday and Wednesday. Bring a water bottle and lunch each day. Please wear jean pants or shorts and closed-toed shoes.

Hidden Haven Farms, 18540 W Boundary Truck Trail, Jamul
Resident : $100.00 Non-resident: $110.00
Course #3770 Tue/Wed Dec 22—Dec 23 9:00 - 2:00 PM
Course #3438 Tue/Wed Dec 27—Dec 28 9:00 - 2:00 PM

Fun Food & Silly Snacks Cooking

4Little Cooks—Chef Janet Burgess **(ages 8-12)**

"Fun Foods and Silly Snacks Cooking for 2017" - This hands-on 3 day camp will focus on nutrition and making food fun. The students will learn to measure correctly, read product labels, and each child will receive a copy of the recipes as well as a copy of the instructor's cookbook for kids "CHOP, COOK, MUNCH!", $20 value. To view previous classes go to www.4littlecooks.com or 4littleCOOKS on FaceBook.

Recreation Center - Kitchen
Resident: $95.00 Non-resident: $105.00
Course #3428 Tue Dec 27—Dec 29 1:00 - 4:00 PM