



Fall/Winter Program Guide



4S Ranch Sports Park
16118 4S Ranch Parkway
San Diego, CA. 92127
858.673.3900
www.sdparcs.org

Adult Leagues

Men's Basketball

The County of San Diego is offering B and C divisions. Come enjoy one of the best facilities for basketball in the County. Bring your "A" game and see how you match up against the competition.

Fee: \$425 per team + \$24 per game ref fee
Location: 4S Ranch Sports Park (Gymnasium)
When: **Tuesday**, League begins November 17th
Games: 6:30 pm, 7:30 pm, 8:30 pm
Sunday, League begins December 6th
Games: 4 pm, 5 pm, 6 pm



Co-Rec Volleyball

Come enjoy one of the best facilities for 4-on-4 Co-Rec Volleyball in the County. One female or male must be on the court at all times. Matches are best 2 out of 3 games with rally scoring to 21 points.

Fee: \$225 per team
Location: 4S Ranch Sports Park (Gymnasium)
When: **Monday**, league begins October 5th
Games: 6:30 pm, 7:30 pm, & 8:30 pm



Open Roller Hockey

Yes, that's right adult roller hockey in San Diego! The County of San Diego offers three skill divisions. If you are just learning how to play or are skating circles around the competition, we have the league for you.

Fee: \$700 per team
Location: 4S Ranch Sports Park (Roller Rink)
When: **Monday:** Beginner league begin October 19th
Tuesday: Intermediate league begins October 13th
Wednesday: Advance league begins October 28th
Matches: 6:30 pm, 7:20 pm, 8:10 & 9:00 pm



Youth Sports Leagues

Youth Roller Hockey League/Clinics

The County of San Diego is offering one of the few youth roller hockey leagues in the area. Come out and enjoy great games and clinics at a very affordable price.

Fee: \$25 per player per team
Location: 4S Ranch Sports Park (Roller Rink)
Age: 6-17 years old
When: **Saturday**, League begins January 9th
Games: 8:30 am – 1 pm



Adult & Youth Fitness Classes

Yang Style Tai Chi

The County of San Diego is offering a martial art that is deceptively effective and overtly empowering. The health benefits of Tai Chi are very positive. This art has been linked to helping overall balance, fatigue, Alzheimer's, hand eye coordination, heart conditions, and lower body strength.

Instructor: Paul Savage
Fee: \$80 for 10 sessions
Location: 4S Ranch Sports Park
Date: **Monday**, class begins October 12th
Time: 6:30 - 7:45 p.m.
Age: 18 years and up



Bak Fu Pai (Kung Fu)

The County of San Diego is offering a martial art that originates in Southern China and the name literally translates to White Tiger Kung Fu. This art brings to the table such items as meditation, speed through relaxation, muscle building and overall cardio fitness.

Instructor: Paul Savage
Fee: \$80 for 10 sessions
Location: 4S Ranch Sports Park
Date: **Monday**, class begins October 12th
Time: 8:15 - 9:30 p.m.
Age: 18 years and up



Tennis

This class is intended to introduce the basic fundamentals beginning with the forehand, backhand, and volley. Class maximum 6 players.

Instructor: Dan Irvine
Age: 6 years and up
Fee: \$140/8 classes or \$70/4 classes
Age: 10 years and older
Date: **Tuesdays & Thursdays**
Times: 3:30-4:30 p.m. (Youth – Beginner: ages 6 – 9)
4:30-5:30 p.m. (Youth – Intermediate: ages 8 – 12)
5:30-6:30 p.m. (Youth – Advanced: ages 10 – 15)
6:30-7:30 p.m. (Adult – Beginner / Intermediate)



Questions?

Contact: Daniel Trautner, Recreation Supervisor
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