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he Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. Encourage youth to take a proactive role toward leading healthy lives free of drugs and violence.

Outdoor Adventure Program

The County of San Diego's Teen Outdoor Adventure Program allows REC Club participants an opportunity to experience the great outdoors through multiple outdoor adventure trips. The program is free and open to REC Club participants with regular attendance and good behavior. The program focuses on health and wellness, team building, environmental education, community service, leadership skills development, career development. Participants are able to experience their success in the moment, whether it is riding 16 miles on a bike, canoeing for 32 miles down the river, conquering a hill while backpacking, sleeping in a tent in the wilderness, pushing themselves to climb a rock climbing route when they are afraid of heights, or surf in the ocean which is new and unfamiliar to them, they are able to see immediate and positive results in the risks they take. Outdoor Adventure Programs are offered year round; please contact the REC Club for more information

Arts and Crafts

Weekly: 3:30 p.m. – 4:30 p.m.

Cost: Free!

Join the REC Club staff in creating fun arts and crafts projects. This safe and sometimes enjoyably messy activity gives each participant a chance to experience art in variety of ways: painting, collage, printing and more.

What's Cooking?

Thursdays: 3:00 p.m. – 4:00 p.m.

Cost: Free!

Join the REC Club in conjunction with Healthy Adventures Foundation in an hour of hands on cooking. Enjoy creating healthy recipes while learning the fundamental of cooking. Discover how cooking can help to improve your attitude and health while having FUN!

Fun Fitness

Tuesdays: 3:30-4:30 pm.

Cost: Free!

Off the couch and out of the house! This is the idea behind our Fun Fitness program. Join the REC Club in conjunction with Healthy Adventures Foundation in an hour of active and creative outdoor games. Enjoy the company of your fellow REC Club friends in a game of kickball or be the goalie for your floor hockey team. Either way you will get exercise without even knowing it!

Counseling Services

(Offered September – June)

Friday 2-6 pm

Cost: Free!

A Harmonium, Inc. counselor is available for all REC Club participants during the school year. The counselor provides guidance for teens on an individual voluntary basis or the opportunity to participate in Girl and Guy talk

Weekly Activities Include:

- Arts and crafts
- Homework assistance
- Tutoring
- Counseling services
- Nutrition workshops
- Video production
- Leadership groups
- Diversity training
- Team building initiatives
- Community service projects
- Talent shows
- High school only events
- Dance, fitness, cooking, ceramics
- Guitar, computer, and DJ classes

Video Production

Daily: 2:00 p.m. – 5:00 p.m.

Cost: Free!

Come use the 3 Power Mac's in our computer/music room. REC Club staff is available to help teach video/audio programs such as: Final Cut Pro, Adobe Photoshop, iMovie and many more multimedia programs. Standard Windows programs are also available for homework and school projects.

Leadership Groups

Meeting times and days are to be determined.

Supercrew - REC Club Supercrew is a leadership group represented by a diverse group of high school youth. Supercrew helps facilitate decisions regarding events, programming, classes and creativity for the REC Club. Supercrew members participate in multiple community service projects, weekly meetings and team building activities. (Applications to participate in Supercrew are accepted during the month of September)

Hours: 2:00 - 6:00 pm

For more information:

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