

YOUTH & ADULT PROGRAMS



Tennis

Class is designed to teach and enhance basic skills in tennis. Loaner rackets will be available. Bring one can of balls to the first class and bring water for yourself.

SY978.410 Winter: Sat. 1/30-3/20 (8 weeks)

SY978.110 Spring: Sat. 4/14-6/2 (8 weeks)

Time: Beg. 10:00-11:00 a.m. **Ages:** 7-11

SC979.410 Winter: Sat. 1/30-3/20 (8 weeks)

SC979.110 Spring: Wed. 4/14-6/2 (8 weeks)

Time: 3:00-4:00 p.m. **Ages:** 12 & up **Fee:** Resident \$50/ Non-resident \$54 **Location:** Mt. Miguel HS (Tennis Court) **Instructor:** Lois Sczeraniak



Circuit Training

Want to get into shape for the New Year but afraid to get started? Ever thought about circuit training? A trained fitness professional from Healthy Adventures Foundation will come out and teach you about nutrition, exercise, weight management and proper goal setting—all while exercising. We can teach you how to use the equipment and how to design a program that matches your goals. But don't come with your work clothes and be prepared to take notes. This is an active class. You will learn by doing! This class is open to those 16 years and older, or 14 and older with a parent/guardian also enrolled. Minimum participants of 6 are required.

SC694.410 Winter: Sat. 1/30-3/20 (8 weeks)

SC694.110 Spring: Sat. 4/17-6/5 (8 weeks)

Time: 9:30-10:30 a.m. **Ages:** 14 & up

Fee: Resident \$40 / Non-resident \$44

Location: SVCC-Spring Valley Park

Instructor: Staff from Healthy Adventures Foundation



School Aged Hip Hop

Have some fun dancing to your favorite hip hop music all while learning the latest age appropriate hip hop moves! This class is full of energy and just a lot of fun! There will also be a final performance at the last class.

SY430.410 Winter: Thur. 1/28-3/18 (8 weeks)

SY430.110 Spring: Thur. 4/15-6/3 (8 weeks)

Ages: 6-12 **Time:** 5:00-6:00 p.m.

SC431.410 Winter: Thur. 1/28-3/18 (8 weeks)

SC431.110 Spring: Thur. 4/15-6/3 (8 weeks)

Time: 6:00-7:00 p.m. **Ages:** 13- up

Fee: Resident \$65 / Non-resident \$69

Location: SVCC-Ketell Hall

Instructor: Janaki Gallelli

Dog Obedience Class

This six week class teaches dog owners how to train and develop a stable companion by using distractions and socialization to improve your dog's obedience performance. Materials needed: choker, 6 ft. & 20 ft. leash. Dogs must be a minimum of four months old and vaccinated. All dogs must have proof of current rabies vaccination.

SC747.410 Winter: Sat. 1/30-3/6 (6 weeks)

SC748.110 Spring: Sat. 4/17-5/22 (6 weeks)

Time: Basic 9:00 – 10:00 a.m

SC747.410 Winter: Sat. 1/30-3/6 (6 weeks)

SC748.110 Spring: Sat. 4/17-5/22 (6 weeks)

Time: Inter. 10:00 – 11:00 a.m.

Fee: Resident \$65/ Non-resident \$69

Location: Spring Valley Park

Instructor: Cindy D'Ambrosia of Castle Creek Kennels, sponsored by Bahia del Sur Kennel Club

Parent & Tot: Creative Movement

A parent involvement class in which children will have a great time while developing motor skills, rhythm, coordination, balance and social skills. Class will use balls, parachute, obstacles, beanbags, music, sports, (Example, T-ball), etc. Basic animal walks and tumbling skills will be introduced. For more information, please contact Robin at (619) 464-6690.

Beginner/Intermediate Line Dance

Join Susie D'Agostino and learn to Line Dance at a slow and relaxed pace. Dancers will learn steps and routines in an easy to remember pace that keeps things fun. Take both classes for the price of one!

Day: Wednesdays

Time: Beg. 10:15 – 10:50 a.m.

Int./Adv. 10:50 – 11:45 a.m.

Location: SVCC - Olsen Room

Donation: \$5 Drop in basis

Lil' Arts Musical Theatre

Lil' Arts Musical Theater is for children who want to develop their vocal, dance and acting skills in a creative, supportive, FUN way! Students will develop their coordination skills, projecting techniques and memorization capabilities. This class is expressive and full of movement! There will also be a final performance at the last class.

SY432.410 Winter: Thur. 1/28-3/18 (8 weeks)

SY432.110 Spring: Thur. 4/15-6/3 (8 weeks)

Time: 7:00-8:00 p.m. **Ages:** 6-12

Fee: Resident \$65 / Non-resident \$69

Location: SVCC-Ketell Hall

Instructor: Kathleen Sorensen

America's Youth Karate



This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration and physical fitness! Open registration up to week 4. This is a year-round program. For additional information, please call (619) 282-3006 or visit us at www.ayop.org.



Class Starts: Tue. 1/5
Time: 5:00-8:00 p.m.
Ages: 4 & up
Fee: \$7 per week, pay weekly.
Registration Fee: \$5
Location: SVCC-Ketell Hall
Instructor: Matt Armstrong

NEW Yoga/Pilates Fusion



Great for beginners or anyone wanting to work at a milder pace. Relaxation included at the end of the class. Bring a towel and exercise mat.

SA678.410 Winter:
 Mon. 1/25-3/15 (8 weeks)
SA678.110 Spring:
 Mon. 4/12-6/7 (8 weeks)
 *Closed on 5/31
Time: 12:00-1:15 p.m.
Ages: 18 & up
Fee: Resident \$48 / Non-resident \$52
Location: SVCC-Olsen Room
Instructor: Paulette Young

NEW Gentle Yoga/Pilates Fusion



A gentler class for adults 18 years and up, designed to promote physical and mental well being. Both yoga and pilates will help improve posture, increase flexibility, firm and tone muscles, as well as improve balance and

coordination. This class is a softer style of Hatha Yoga, blended with gentle Pilates core strengthening exercises.
SA679.410 Winter: Thur. 1/25-3/15 (8 weeks)
SA679.110 Spring: Thur. 4/12-6/3 (8 weeks)
Time: 1:00-2:15 p.m.
Ages: 18 & up
Fee: Resident \$48 / Non-resident \$52
Location: SVCC-Ketell Hall
Instructor: Paulette Young

The Ultimate Party House
 2705 Via Orange Way, Suite C
 Spring Valley, CA 91978
 (619) 660-9357

AirTime holds private birthday parties for up to 25 kids, sports team parties, youth groups, mother's groups, field trips and more. Please call for information and to make reservations or visit us on the web at www.airtimepart.com. Don't forget to ask about Mom's Night Out!



LIFE LONG LEARNING

Spanish Class



Languages are the most efficient way of communication. Participants will enjoy the fun of grammar, linguistic conversations in Spanish. Bring your enthusiasm.

SY422.410 Winter: Fri. 1/29-3/19 (8 weeks)
SY422.110 Spring: Fri. 4/16-6/4 (8 weeks)
Time: 4:00-5:00 p.m.
Ages: 7 & up
Fee: Resident \$60 / Non-resident \$64
Location: SVCC-Senior Lounge
Instructor: Maria Ramirez

NEW Mariachi Class



Participants will learn the fundamentals of Mexican folk music based on Mariachi style. The group consists of violins, trumpets and several guitar-like instruments.

SY337.410 Winter: Fri. 1/29-3/19 (8 weeks)
SY337.110 Spring: Fri. 4/16-6/4 (8 weeks)
Time: 4:15-5:00 p.m.
Ages: 10-18
Fee: Resident \$60 / Non-resident \$64
Location: SVCC-Olsen Room
Instructor: David Ceja



NEW Intro to Music

Participants will learn the fundamentals of music such as: rhythm, melody, harmony, dynamics basic instruments. Music appreciation, singing with motion and beginning playing keyboard will be introduced.

SP154.410 Winter: Wed. 1/27-3/17 (8 weeks)
SP:154.110 Spring: Wed. 4/14-6/2 (8 weeks)
Time: 9:30 - 10:00 a.m.
Ages: 4 - 6
Fee: Resident \$47 / Non-resident \$51
Location: SVCC - Olsen Room
Instructor: Veronica Kara

SENIOR PROGRAM

Catered Adult Lunches

Meet new friends from all walks of life. Join an active group of retired people 69 years and older for lunch Monday through Friday at the Spring Valley Community Center. Lunch is offered for a suggested donation of \$3 per person, under 60 \$5. The meals served are complete and nutritionally balanced. The program is open 9:45 a.m. - 1:00 p.m. Monday through Friday. Please call by 2:00 p.m. one day in advance for lunch reservations. For reservations or information, call (619) 337-1425 Monday- Friday.

Lunchtime Activities

Bingo: Mondays & Thursdays 10:30 a.m. **Blood Pressure:** 2nd Monday and 4th Friday of each month at 10:00 a.m. **Legal Aid:** Call for appointment (619) 447-7921 2nd Wednesday of each month. **Sing-A-Long:** Wednesdays, 10:30-11:15 a.m. Fridays are reserved for entertainment and speakers.

General Information:

A variety of special trips have been planned for seniors 55 & older. All trips include transportation from the

Spring Valley Community Center and entrance fees to the activities.

Flower Fields

March 24, 2010

10:00 a.m.-4:30 p.m.

Fee: \$10

Enjoy the beautiful Flower Fields in Carlsbad on our guided tour of the Rennauclus. Lunch is on your own at the famous Pea Soup Anderson's Restaurant. This is our annual trip and fills quickly.

Crystal Cathedral

April 21, 2010

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

Fee: \$65

We have outstanding seats for the spectacular performance of "The Glory of Easter." Join us for this dramatic and spiritual event in the spacious Cathedral with the glorious sound of music played on the 13,000 pipe Hazel Wright Organ. Lunch is no host at the popular "Plantation Restaurant" in Garden Grove.

Lawrence Welk Theatre

May 26, 2010

10:00 a.m.-5:30 p.m.

Fee: \$55 per person

Gotta sing! Gotta dance! A tribute to the very best in singing and dancing. Thrill to the songs and dances of your favorite composers and performers in an exciting original production, starring the handsome tenor Jim Roberts from the Lawrence Welk Show and the fabulous dancing duo, The Dunhills.

Other exciting upcoming trips include: Del Mar Fair and Barona Casino – June 2010

Sit & Be Fit

Sit & Be Fit is an exercise program designed specifically for people with mobility concerns. These exercises help increase joint flexibility, range of motion, improve balance, help maintain muscle strength, increase overall stamina, as well as increasing your self esteem and self image.

Winter: Fri. 1/29-3/19 (8 weeks)

Spring: Fri. 4/16-6/4 (8 weeks)

Time: 10:00-10:45 a.m.

Ages: Older Adults

Fee: \$2.00 Donation

Location: SVCC-Ketell Hall

Instructor: Kathy McIntyre

PRESCHOOL

Tiny Tot School (Ages 3 - 4)

The Tiny Tot program provides the first learning and growing experience for children. Caring teachers provide an atmosphere where children build self esteem, and develop social, motor and academic skills.

Winter/Spring session: Tuesday / Thursday

SP271.110: Feb. \$88

SP272.110: Mar. \$99

SP273.110: Apr. \$99

SP274.110: May \$88

SP275.110: Jun. \$44 (Graduation, June 12)

Time: 9:30 a.m. - 12:00 p.m.

Location: SVCC-Senior Lounge

Instructor: Mary Delgado / Nesrin Mohammad

Kinder Tot School (Ages 4 - 5)

Through structured curriculum, this program offers children the opportunity to grow socially and emotionally for an easy transition into kindergarten. One session is offered: Monday, Wednesday, and Friday.

Winter/Spring session: Monday / Wednesday / Friday

SP265.110: Feb. \$121 Presidents' Day, Feb. 15

SP266.110: Mar. \$143 Cesar Chavez Day, Mar. 31

SP267.110: Apr. \$143

SP268.110: May \$132 Memorial Day, May 31

SP269.110: June \$55 (Graduation, June 12)

Time: 9:30 a.m. - 12:00 p.m. **Wed.** 10:00 a.m. - 12:30 p.m.

Location: SVCC-Senior Lounge

Instructor: Mary Delgado/Nesrin Mohammad