



## PARKS, RECREATION AND CULTURAL ARTS

IN THE SPOTLIGHT

Places to Play

SEE PAGE 5

Bike Safety

PAGE 6

New Mobile App

BACK COVER



# Welcome



## CONNECT WITH US!

### **City of Encinitas Parks, Recreation and Cultural Arts Department**

Phone: (760) 633-2740  
Fax: (760) 633-2626  
505 S. Vulcan Avenue  
Encinitas, CA 92024  
Email: [EncinitasParksandRec@EncinitasCA.gov](mailto:EncinitasParksandRec@EncinitasCA.gov)

### **Encinitas Community and Senior Center**

Phone: (760) 943-2250  
Fax: (760) 943-2262  
1140 Oakcrest Park Drive  
Encinitas, CA 92024  
Email: [EncinitasParksandRec@EncinitasCA.gov](mailto:EncinitasParksandRec@EncinitasCA.gov)

### **Youth Commission**

Meets the first Wednesday of every month (September - June) 4:30pm

### **Senior Citizen Commission**

Meets the third Tuesday of every month (no meeting in July and December), 2:00pm

### **Commission for the Arts**

Meets the first Monday of every month (no meeting in July), 5:00pm

### **Parks and Recreation Commission**

Meets the third Tuesday of every month (no meeting in July and December), 5:30pm

**Visit [EncinitasCA.gov](http://EncinitasCA.gov) for City Commission information**

# FALL 2022 FEATURES

**Places to Play** Pages 4-5

**Bike Safety & Events** Pages 6-7

**City News** Pages 8-9

**Dia De Los Muertos** Page 33

**Art Night** Page 34

**Holiday Parade** Page 35

**OuterSpatial App** Back Cover

## PROGRAMS

**Tiny Tots** Pages 10-11

**Youth / Teen** Pages 12-15

**Youth Sports** Pages 16-19

**Adults Sports** Pages 20-21

**Adults** Pages 22-23

**Adults 50 & Over** Pages 24-30

**Program Registration** Page 31

**Music & Cultural Arts** Pages 32-33

### Youth Scholarships:

The City of Encinitas offers financial assistance for youth programs to Encinitas Residents who meet income requirements. Please contact the Parks and Recreation Department office at 760-633-2740 for more information.

### Las Becas para Jovenes:

La Ciudad de Encinitas ofrece asistencia financiera para programas juveniles a residentes de Encinitas que cumplan con los requisitos de ingresos. Para obtener más información, favor de comunicarse al Departamento de Parques y Recreación al 760-633-2740.

**PROGRAM FEES:** Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Youth & Teen, Adult and Sports program. Senior Citizen non-residents add \$3. A \$1 processing fee will be added to each Senior program.

## PROGRAM ACCOMMODATIONS

The City of Encinitas Parks, Recreation and Cultural Arts Department is committed to providing inclusive programs and opportunities to increase individual potential for full and active participation in all activities and experiences. Requests for accommodations will be considered on a case-by-case basis.

If you require an accommodation, or need further information concerning inclusive or specialized recreation and accommodation for a city program, please contact us with at least 72 hours notice before the activity date. To request accommodation or for additional information, please email [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov) or call (760) 633-2740.

**Encinitas** PARKS, RECREATION AND CULTURAL ARTS

**JOIN OUR AWESOME TEAM!**

- \*Great work environment
- \*Fun, energetic team
- \*We promote Health, Wellness, Exercise & Recreation
- \*Pay Range \$15.71 - \$19/hr

**PART TIME JOB OPENINGS ARE AVAILABLE AT THE ENCINITAS COMMUNITY & SENIOR CENTER**

**NOW HIRING FOR**

**Kitchen Assistant**  
**Recreation Leader**

Positions are part-time/temporary/reserve and non-benefited. Incumbents work less than 999 hours a year.

**BENEFITS**  
Interns, contract and seasonal employees are in enrolled in ICMA retirement 457 Deferred Compensation Plan and shall accrue sick leave pursuant to the Health Workplace, Health Family Act of 2014 (AB 1522). An on-line application is required. Positions are open until filled.

**VISIT ENCINITASCA.GOV**  
*and click on I Want To...Find Job Openings*

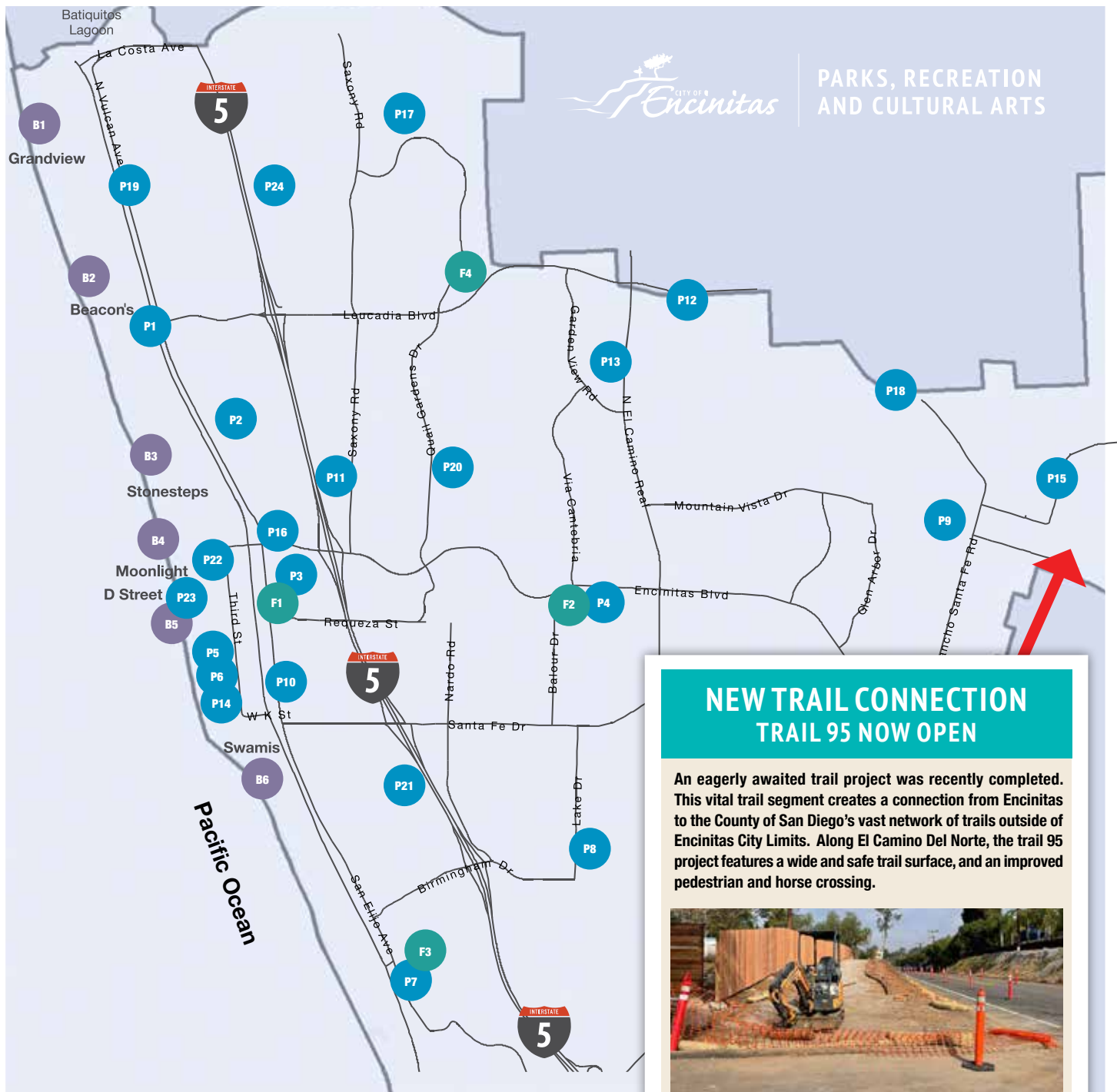
**QUESTIONS CALL (760) 633-2767**

CITY OF ENCINITAS  
COMMUNITY & SENIOR CENTER  
AT WARDEN PARK  
1140  
WARDEN PARK WAY



Site	Facility Name	Trail Head	Playground	Picnic Pavilion	Bathrooms	Off-Leash Hours	Dog Park	Ocean View	Basketball	Volleyball	Baseball	Soccer	Tennis	Horse Shoes	Bocce Ball	Skate Park	Equestrian	BBQ Grill	ADA Accessible	Address
Parks																				
P1	Leucadia Roadside Park																			860 North Coast Hwy 101
P2	Orpheus Park		X	X		X		X											X	482 Orpheus Ave
P3	Encinitas Viewpoint Park		X			X		X											X	56 East D Street
P4	Oakcrest Park	X	X	X	X				X					X	X			X	X	1219 Encinitas Blvd
P5	H Street Viewpoint							X											X	498 H Street
P6	I Street Viewpoint							X											X	498 I Street
P7	Glen Park		X	X	X			X	X	X			X	X				X	X	2149 Orinda Dr
P8	Cardiff Sports Park		X	X	X				X		X	X						X	X	1661 Lake Dr (8am - 9pm)
P9	Wiro Park	X	X	X														X	X	2232 El Camino Del Norte
P10	Mildred MacPherson		X					X	X										X	1045 South Vulcan Ave
P11	Paul Ecke Sports Park				X						X	X							X	278 Saxony Rd (8am - 11pm)
P12	Scott Valley Park		X						X	X								X	X	1602 Willowhaven Rd
P13	Leo Mullen Sports Park	X	X	X	X				X		X	X							X	951 Via Cantebria
P14	J Street Viewpoint							X											X	398 J Street
P15	Little Oaks Equestrian Park	X		X													X			2879 Lone Jack Rd
P16	Cottonwood Creek Park	X	X	X	X				X				X					X	X	95 North Vulcan Ave
P17	Hawk View Park	X	X																X	1309 Blue Heron Ave
P18	Sun Vista Park	X	X	X		X													X	2011 Avenida La Posta
P19	Leucadia Oaks Park		X						X	X						X		X	X	1511 North Vulcan Ave
P20	Las Verdes Park	X	X	X															X	1390 Paseo De Las Verdes
P21	Encinitas Community Park		X		X		X				X	X				X		X	X	425 Santa Fe Dr (Facilities 8am - sunset)
P22	Moonlight Beach Park	X	X		X			X		X			X					X	X	400 B Street
P23	Moonlight Beach Overlook							X											X	400 Moonlight Lane
P24	Olympus Park		X	X			X		X							X			X	701 Olympus Street
City Offices and Facilities																				
F1	Encinitas Parks, Recreation and Cultural Arts Department Offices				X														X	505 South Vulcan Ave 760-633-2740
F2	Encinitas Community and Senior Center	X			X			X	X	X									X	1140 Oakcrest Park Dr 760-943-2260
F3	Scout House Facility at Glen Park				X			X											X	2149 Orinda Dr 760-633-2740
F4	Encinitas Ranch Golf Course	X			X			X											X	1275 Quail Gardens Dr 760-944-1936
F5	Encinitas Library Computer Lab				X														X	540 Cornish Dr 760-943-2260
Beaches																				
B1	Grandview Beach							X												1700 Neptune Ave
B2	Beacon's Beach							X												948 Neptune Ave
B3	Stonesteps Beach							X												350 South El Portal
B4	Moonlight Beach			X	X			X		X								X	X	400 B Street
B5	D Street Beach							X												450 D Street
B6	Swami's Beach				X			X											X	1298 South Coast Hwy 101

# PLACES TO PLAY IN YOUR CITY



## NEW TRAIL CONNECTION TRAIL 95 NOW OPEN

An eagerly awaited trail project was recently completed. This vital trail segment creates a connection from Encinitas to the County of San Diego's vast network of trails outside of Encinitas City Limits. Along El Camino Del Norte, the trail 95 project features a wide and safe trail surface, and an improved pedestrian and horse crossing.



## FOR YOUR INFORMATION

Park hours are 5am - 10pm unless stated otherwise. Beach parking and amenities hours are 5am - 10pm. Beach is closed 2am - 4am. Please no glass containers, polystyrene food containers or smoking allowed at City parks, beaches and trails. All parks are available on a first-come, first-serve basis. Special Event and Facility Use Permits are available for select locations. For complete details on all of the City's parks, beaches, facilities and recreational trails, visit [www.EncinitasParksandRec.com](http://www.EncinitasParksandRec.com) or call the Parks, Recreation and Cultural Arts Department at (760) 633-2740.

# BIKE AND E-BIKE RESOURCES

Electric bicycles (e-bikes) are more popular than ever and allow people of many ages and abilities to get out and enjoy the fun and exhilaration of cycling with assistance from an electric motor. There are many different styles of e-bikes, from cargo e-bikes to beach cruisers to mountain bikes, making them useful and fun in many ways. E-bikes also provide a great alternative to getting in a car to travel around town.

If you ride, or are considering riding an e-bike in and around Encinitas, please take the time to learn what's allowed, what the applicable laws are and follow guidelines and recommendations for riding safely. Visit the City's Electric Bicycle information webpage at [www.EncinitasCA.gov/ebikes](http://www.EncinitasCA.gov/ebikes). Also find our handy E-Bike Road Rules folding pocket brochure available on the webpage or pick one up at Encinitas City Hall and the Encinitas Community Center.



## City Cycling Bike/E-Bike Safety & Skills classes in Encinitas

In our courses, offered in partnership between the City of Encinitas and the San Diego County Bicycle Coalition and under the direction of a trained bike instructor, you will learn the rules of the road and practice essential bike riding skills. Topics covered include where to ride, best practices, emergency maneuvers, and legal rights and responsibilities. The 3-hour class is broken up into 3 parts: lecture, skills drills, and a guided road ride to put your new skills into action! Class content applies to both regular and e-bikes. Make sure your bike is in good working order and ready to ride. Some cycling experience is required as this is not a "learn-to-ride" class. Encinitas residents will receive a refund of registration amount after completion of the course (\$2.50 ActiveNet system processing fee is non-refundable). If under 16, parent registration and participation strongly encouraged. For participants 12 and under, parent registration and participation required. Classes are held monthly on select Saturdays 9am-12pm at the Encinitas Community Center. For info and to register, visit [www.EncinitasCA.gov/Ebikes](http://www.EncinitasCA.gov/Ebikes)

Location: Encinitas Community Center  
Instructor: San Diego County Bicycle Coalition

Date	Time	Day	Fee	Course
8/20	9am – 12pm	Sa	\$10	13199
9/17	9am – 12pm	Sa	\$10	13200
10/15	9am – 12pm	Sa	\$10	13201
11/19	9am – 12pm	Sa	\$10	13202







## SPECIAL SPACES FOR EVERY OCCASION AT THE ENCINITAS COMMUNITY CENTER AND LIBRARY

Contact us to start planning your event - make finding the perfect space the easy part. At the City of Encinitas, we're proud to offer a variety of room choices, complete with amenities, ranging from 315 to 8,000 sq. Ft. Whether you're hosting an intimate gathering, preparing for a seminar, or looking forward to your wedding, let us help you choose the best venue today.

For more information email [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov), call (760) 943-2279, or visit us at [EncinitasCA.Gov/I-Want-To/Rentals-Reservations](http://EncinitasCA.Gov/I-Want-To/Rentals-Reservations)



# EcoFEST ENCINITAS

To Inform & Inspire

## CARE FOR THE PLANET AND HAVE FUN DOING IT.

- Over 75 Eco-Friendly Exhibitors
- Hands-On Demonstrations
- Food & Beer Garden
- Live Music & Local Artists
- Kids Zone & Activities
- Bike Valet & Rodeo
- Eco Car Show
- ... And More!

**October 9  
10AM-4PM**

**Cottonwood  
Creek Park**  
95 N. Vulcan Ave.



[www.EcoFestEncinitas.net](http://www.EcoFestEncinitas.net)

/EcoFestEncinitas

Funded in part by the City of  
Encinitas grant program

# MOVIES IN THE PARK

## THE BAD GUYS

**SATURDAY, OCTOBER 15th**

**Movie starts at dusk.**

**Cottonwood Creek Park - 95 N. Vulcan Ave**

*Bring your seating and picnic items.*



**call 760-943-2261 for more information**  
**Sponsorship opportunities available!**

# CITY NEWS



## San Dieguito Water District Launches Newsletter

In July, the District launched a *quarterly newsletter* to communicate important information about the drought, water conservation, and conservation incentives to their customers. District customers interested in receiving timely information directly in their inbox are encouraged to sign-up for the newsletter here. Unsure about which of Encinitas' two water districts serves you? Find out more at <https://www.sdcwa.org/find-your-water-district/>.



## RIBBON CUTTING

CITY OF ENCINITAS | SANDAG

## EL PORTAL UNDERCROSSING AND STREETSCAPE RIBBON CUTTING

Join us on Sunday, August 14, at 10 a.m. as the City of Encinitas and SANDAG celebrate the completion of the El Portal Undercrossing, the newest pedestrian and cyclist rail undercrossing in the region and the first phase of Leucadia Streetscape. The speaking program and ribbon-cutting ceremony will be followed by a free community event with giveaway items. The new undercrossing will provide a safe path for the community to access schools, businesses, residential areas and the coastline in Leucadia. For more information visit <https://www.facebook.com/events/1240523756694243?ref=newsfeed>







## Segment B-C Restripe Project

Construction is underway for the safety and mobility enhancements on North Coast Highway 101 between Basil Street and La Costa Avenue. The work includes median improvements and pavement rehabilitation by means of slurry seal followed by new traffic striping to provide a dedicated bike lane on both northbound and southbound directions throughout the project corridor. Construction is anticipated to be complete in late-Fall 2022. (Dec. 2, 2022) For more information, please visit our Leucadia Streetscape information page.

**CURBSIDE WASTE SORTING IN ENCINITAS**

With the new organics recycling law, SB 1383, in California, knowing where to dispose of your waste is necessary to ensure your recycling counts! Visit the City's Trash and Recycling webpage at [encinitasca.gov/Trash-Recycling](http://encinitasca.gov/Trash-Recycling) to learn more.

**ORGANICS**

- Food Scraps (Including Meat, Bones, and Dairy)
- Food Soiled Paper & Cardboard
- Yard Waste
- Remember, if it Grows, it Goes!

**RECYCLING**

- Aluminum
- #1 - #7 Plastics
- Carton Containers
- Paperboard/Cardboard
- Mixed Paper
- Glass Containers

All items should be unbagged, clean, empty, and dry.

**LANDFILL**

- Rubber Hoses
- Diapers
- Pet Waste/Litter
- Straws
- Plastic Bags, Film & Wrappers
- Disposable Masks/Gloves
- Compostable Plastics

Do not put household hazardous waste in curbside bins.

**CITY OF ENCINITAS**  
GREENING OUR COMMUNITY



If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. **There is Hope.**  
Just call or text 988 or chat [988lifeline.org](http://988lifeline.org) #988Lifeline



# TINY TOTS

Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.

## DANCE AND MOVEMENT

### Rockin Stars Puppet Theater (ages 3 – 6yrs)

Puppets are a magical and a powerful source of fun and joy to help children break out of their shell! Have your child express their creative talents through puppet play, singing, dancing, and acting! Move and grove to your favorite songs. Puppets, instruments, and fun age-appropriate games are provided. Parent participation required.

Location: Encinitas Community Center  
Instructor: Nicole Florence

Date	Time	Day	Fee	Course
9/12 – 10/17	12:15 – 1pm	M	\$120	13171
10/24 – 11/28	12:15 – 1pm	M	\$120	13172

### Parent & Me Music and Movement (ages 6mo – 4yrs)

Enjoy the interactive play between children and the adults that love them. Your little one will explore sounds, colors, music, and movement along with easy, age-appropriate instruments and fun props. Enjoy meeting new friends!

Location: Encinitas Community Center  
Instructor: Nancy Holden

Date	Time	Day	Fee	Course
9/12 – 10/17	11:15 – 12pm	M	\$120	13177
10/24 – 11/28	11:15 – 12pm	M	\$120	13178

## FREE / DROP IN *At the Center*

### Car Seat Checks

A certified American Medical Response (AMR) child passenger safety technician conducts free car seat checks.

Time: 9:30am-12pm  
Location: Encinitas Community Center Parking Lot

Held first Monday of each month





## Tiny Movers Tap/ Ballet (ages 3 - 4-1/2yrs)

A combination dance class of tap, ballet, and dance games. This energetic and expressive class will have your Tiny Mover learning age-appropriate dance and motor skills, musicality, and rhythm to reach class goals in fun creative ways. This is the first big girls and boys class as parents watch from outside of the room. All participants are invited to be part of the annual spring recital in June 2023!

Location: Encinitas Community Center

Instructor: Brittany White Gonzales

Date	Time	Day	Fee	Course
9/13 – 10/18	3:20 – 4:10pm	Tu	\$107	13165
10/25 – 12/13	3:20 – 4:10pm	Tu	\$125	13166

**No class 11/22**

## Star Shiners Tap & Ballet (ages 4-1/2 – 5yrs)

Keep your Star Shiner moving in this tap and ballet combination dance class. This class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique. Classes start with tap and transition into ballet each week. Classes are designed to be progressive and continuous but payment and registration is per session. All participants are invited to be part of the annual spring recital in June 2023!

Location: Encinitas Community Center

Instructor: Brittany White Gonzales

Date	Time	Day	Fee	Course
9/13 – 10/18	4:15 – 5:05pm	Tu	\$107	13169
10/25 – 12/13	4:15 – 5:05pm	Tu	\$125	13170

**No class 11/22**





## Follow Us!

Keep up with the latest in city news and happenings by following us on social media, including Facebook, Twitter and Instagram. You can find direct links to all of our feeds by visiting [encinitasca.gov/socialmedia](https://encinitasca.gov/socialmedia)



Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.



# YOUTH / TEEN

Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.

## CAMPS

### Seaside Day Camp (ages 5 - 12)

Experience Encinitas parks, trails, ocean, and wildlife in a fun and safe camp environment. Campers are stimulated socially, physically and emotionally through educational field trips and activities. Great memories are made at Seaside Day Camp! Daily snacks are provided. Campers should plan to pack a peanut free lunch each day.

Location: Glen Park Scout House  
Instructor: Parks, Recreation and Cultural Arts Department Staff

#### Fall Break

Date	Time	Day	Fee	Course
10/24 – 10/28	9am - 3pm	M-F	\$200	13218
11/21 – 11/23	9am - 3pm	M-W	\$120	13193

#### Before & Aftercare

Date	Time	Day	Fee	Course
10/24 – 10/28	7am - 9am	M-F	\$30	13219
10/24 – 10/28	3pm - 6pm	M-F	\$45	13220
11/21 – 11/23	7am - 9am	M-W	\$18	13206
11/21 – 11/23	3pm - 6pm	M-W	\$27	13207

#### Winter Break Week 1

Date	Time	Day	Fee	Course
12/26 – 12/30	9am – 3pm	M-F	\$200	13194

#### Before & Aftercare

Date	Time	Day	Fee	Course
12/26 – 12/30	7am - 9am	M-Th	\$30	13204
12/26 – 12/30	3pm - 6pm	M-Th	\$45	13205

#### Winter Break Week 2

Date	Time	Day	Fee	Course
1/2 – 1/6	9am - 3pm	M-F	\$200	13195

#### Before & Aftercare

Date	Time	Day	Fee	Course
1/2 – 1/6	7am - 9am	M-F	\$30	13208
1/2 – 1/6	3pm - 6pm	M-F	\$45	13207

#### No Class 12/28

### Everything But The Turkey (ages 6 - 11)

Your child will not want to miss out on learning how to make yam soufflés, grilled peach and goat cheese croquettes with lavender honey sauce, salted caramel apple pie cookies, rosemary-maple cornbread muffins, pumpkin cheesecake swirl cupcakes... And more!

Location: Encinitas Community Center  
Instructor: Mindy Myers

Date	Time	Day	Fee	Course
11/21 – 11/23	9am – 1pm	M-W	\$225	13054



## ARTS AND CRAFTS

### Get Crafty with Minecraft (ages 7 - 12)

Do you like Minecraft and doing arts and crafts? Well, if you do this is the crafting class for you! During this 6-week class, we will explore how to make squishies, a little on color theory and paint tips, and lastly have fun creating characters in Minecraft art class. Week 1-2: Super squishy TNT cubes. Week 3-4: Paint Steve on a canvas. Week 5-6: Wooden block life-sized diamond sword.

Location: Encinitas Community Center  
Instructor: Nicole Florence

Date	Time	Day	Fee	Course
8/25 – 9/29	3:30 – 4:30pm	Th	\$145	13185

### Harry Potter – A Wizard Crafting Class (ages 7 - 12)

Calling all Witches and Wizards! Enter the wizarding world through crafting. During this 1st year at Hogwart's wizarding craft class, we will be creating magical projects. All levels welcome. Week 1-2: Harry Potter's birthday cake craft. Week 3-4: Make Harry's Owl Hedwig. Week 5-6: Sorting hat experience and create house banners.

Location: Encinitas Community Center  
Instructor: Nicole Florence

Date	Time	Day	Fee	Course
10/6 – 11/10	3:30 – 4:30pm	Th	\$145	13186

### Harry Potter – A Wizard's Christmas Craft (ages 7 - 12)

What a great way to celebrate Christmas, the Harry Potter way! This crafting class is a Harry Potter inspired Christmas ornament crafting class. Throughout this wizarding class, we will create 6-10 amazing ornaments you can display at home for any occasion.

Location: Encinitas Community Center  
Instructor: Nicole Florence

Date	Time	Day	Fee	Course
11/15 – 12/20	3:30 – 4:30pm	Tu	\$155	13187

## DANCE AND MOVEMENT

### Beat Breakers Hip Hop (ages 4 - 6)

These fun, high-energy classes will definitely have you movin' to the beats. Let loose while developing musicality, confidence, coordination, and creativity. No need to be intimidated. These classes are great for those who want to enhance their hip hop groove. All music and moves are age appropriate. Classes are designed to be progressive and continuous, but payment and registration is per session. All participants are invited to be part of the annual spring recital in June 2023!

Location: Encinitas Community Center  
Instructor: Brittany White Gonzales

Date	Time	Day	Fee	Course
9/13 – 10/18	5:10 – 6pm	Tu	\$107	13167
10/25 – 12/13	5:10 – 6pm	Tu	\$125	13168

**No class 11/22**

### Kids Kindness Musical (ages 5 - 13)

Be part of our kids musical video! Sing, dance, play an instrument, write songs, poems, act, create a backdrop. Children are encouraged to share their creative gifts, act, sing and dance about the last 2 years and how sharing their values of kindness and love with classmates, they came through filled with hope for a brighter tomorrow. Visit [Dancewithnance.com](http://Dancewithnance.com) to listen to songs and watch all scenes. Musical video will be performed and filmed live during last class of second session.

Location: Encinitas Community Center  
Instructor: Nicole Florence

Date	Time	Day	Fee	Course
9/12 – 10/17	3:30 – 4:30pm	M	\$120	13173
10/24 – 11/28	3:30 – 4:30pm	M	\$120	13174

Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.

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## FITNESS

### Karate - Beginner (ages 6 - 17)

International Karate League: Modified Okinawa Shorin-Ryu. Learn fundamentals of traditional karate for the purpose of developing character, respect, conditioning, and self-protection. Taught by a Sensei with vast experience teaching children, teens, and adults in a fun, disciplined, and supportive environment. For more information visit [www.ikl.org](http://www.ikl.org).

Location: Encinitas Community Center  
Instructor: Marc Pease

Date	Time	Day	Fee	Course
10/2 – 11/6	1 – 2pm	Su	\$42	13095
10/5 – 11/9	5 – 6pm	W	\$42	13096
11/13 – 12/18	1 – 2pm	Su	\$35	13097
11/16 – 12/21	5 – 6pm	W	\$35	13098

### Karate - Intermediate (ages 6 - 17)

This karate class further develops physical ability, mental acuity, and strength of character. Learn how to move like a martial artist, strengthening balance, posture, breathing, and ambidexterity. Further exploration of kata (forms), and self-defense concepts. Entry to intermediate class requires instructor approval.

Location: Encinitas Community Center  
Instructor: Marc Pease

Date	Time	Day	Fee	Course
10/2 – 11/6	2 – 3:30pm	Su	\$48	13101
10/5 – 11/9	6 – 7:30pm	W	\$48	13099
11/13 – 12/18	2 – 3:30pm	Su	\$48	13102
11/16 – 12/21	6 – 7:30pm	W	\$40	13100

## SPECIAL INTEREST

### Child and Babysitter Safety (ages 11 - 16)

Babysitting Safety Class is a community education program designed to teach youths, age 11 and older, basic care techniques and child safety for infants and children. This class is a hands-on program where the participants can practice infant care skills on dolls and manikins, as well as other babysitter activities! Participants receive a Babysitter booklet and certificate, and CPR for infant/child participation certificate.

Location: Encinitas Community Center  
Instructor: Lockhart Training

Date	Time	Day	Fee	Course
11/5	9:30am – 1:30pm	Sa	\$75	13051

### Mommy & Me - Eat Your Colors (ages 3 and up)

What's better than eating a rainbow of colors? Red day: is red velvet pancakes; Brown day is: pumpernickel grilled cheese, Yellow day is: mac'n cheese; White day is: white bean hummus with pita, with more colors to explore. Each class includes a cooking demo and a story with the same color theme. We ask families to dress in the color of the day. Yummy and fun!

Location: Encinitas Community Center  
Instructor: Mindy Myers

Date	Time	Day	Fee	Course
10/18 – 11/29	1:30 – 2:30pm	Tu	\$180	13056



## Mommy & Me – Mac & Cheese (ages 3 and up)

The day of plain old mac and cheese are over! This class explores various pastas, numerous cheese sauces, sweet and savory additions to the mac and cheese... it's all about transforming the tried and true into something unexpected and sensational!

Location: Encinitas Community Center

Instructor: Mindy Myers

Date	Time	Day	Fee	Course
9/6 – 10/11	1:30 – 2:30pm	Tu	\$180	13055

## Dumplings Round the World (ages 6 - 11)

Some call them perogies, others call them won tons; still others call them kreplach. Whatever you call them, international dumplings are delicious with various fillings and dipping sauces.

Location: Encinitas Community Center

Instructor: Mindy Myers

Date	Time	Day	Fee	Course
9/6 – 10/11	3:30 – 5pm	Tu	\$180	13050

## Tacos and Burritos (ages 6 - 11)

Soft or crunchy - when it's wrapped in a tortilla it's always delicious! Children will create fillings- some traditional fillings like chicken, beans, vegetables, while others are unusual fillings... and sauces like Pico de Gallo, salsa, guacamole, and more!

Location: Encinitas Community Center

Instructor: Mindy Myers

Date	Time	Day	Fee	Course
10/18 – 11/29	3:30 – 5pm	Tu	\$180	13053



Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.



# YOUTH SPORTS

Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.

## BASKETBALL

### Youth Basketball League

Encinitas Youth Basketball leagues are designed for players of all abilities. The season will consist of 8 games plus an end of the season tournament for teams that qualify. We utilize a skills assessment and draft system in an effort to form balanced teams. Sorry, no teammate or specific coach requests are taken. Players will receive a uniform (shorts and jersey), participant medal and guaranteed playing time. Teams have regularly scheduled practices. Space is limited and leagues do fill up fast. Volunteer coaches are an integral part of the leagues success. If interested in coaching please contact Ryan at 858-336-2668 or ryan@mastersports.com.

**Registration Deadline: November 11, 2022**  
 Player Skills Assessment (mandatory): November 12, 2022  
 Player Skills Assessment (make-ups): November 14, 2022

Season Begins: December 9, 2022  
 Listed game days and times for each division are dependent on division sizes and subject to change.

Location: Encinitas Community Center Gymnasium  
 Instructor: Master Sports

#### 1st – 2nd Coed Division

Date	Time	Day	Fee	Course
11/12 – 2/25	Game times vary	Sa	\$195	13105

#### 3rd – 4th Coed Division

Date	Time	Day	Fee	Course
11/12 – 2/25	Game times vary	Sa	\$195	13106

#### 5th – 6th Coed Division

Date	Time	Day	Fee	Course
11/12 – 2/25	Game times vary	Sa	\$195	13107

#### 7th – 8th Coed Division

Date	Time	Day	Fee	Course
11/12 – 2/24	Game times vary	F	\$195	13108

**No League 11/24 - 25, 12/24 - 1/2, 1/16, 2/20**

### Youth Basketball Skill Builder Clinic

Build your physical and mental skills with this awesome program that focuses on basketball essentials, giving every player the tools they need to succeed. This clinic is filled with fun drills and games to improve your game. Incorporated into the lessons is the Fitlight Trainer, to train your brain and your game! Students are divided into groups by skill and age to maximize their workout. Spots are very limited. Includes: Basketball and Dri-fit Performance Shirt.

Location: Encinitas Community Center Gymnasium  
 Instructor: Master Sports

#### Ages 5 - 8

Date	Time	Day	Fee	Course
10/6 – 11/17	4 – 5pm	Th	\$140	13115

#### Ages 8 - 12

Date	Time	Day	Fee	Course
10/6 – 11/17	5 – 6pm	Th	\$140	13116



# GOLF

## Golf Clinic - Youth (ages 6 – 12)

Clinic will cover full swing, chipping, pitching, driving and sand shots. Clinic develops etiquette and knowledge of the game. All levels of players welcome. Bring your own equipment; otherwise, balls and clubs will be provided.

Location: Encinitas Ranch Golf Course  
Instructor: TBD

Date	Time	Day	Fee	Course
10/5 – 11/9	3:30 – 4:30pm	W	\$250	13132
10/1 – 11/5	10 – 11am	Sa	\$250	13133

# SKATEBOARDING

## SD Skatelite Beginner Skateboarding Clinic (ages 5 – 10)

SD Skatelite expert instructor Andrew Barbosa is offering a beginner skateboarding class designed to teach the fundamentals of skateboarding in a safe and comfortable environment. This class will focus on fundamental balance exercises, skateboarding safety, skatepark etiquette, ramp skills and beginner trick progressions! No experience needed. All students must wear a helmet, elbow pads and knee pads to participate (not provided by instructor) Contact instructor for skateboard rental options at: Andrew@sdskatelite.com

Location: Skate Plaza at Encinitas Community Park  
Instructor: Andrew Barbosa

Date	Time	Day	Fee	Course
9/11 – 10/16	9:30 – 10:30am	Su	\$120	13124
9/11 – 10/16	10:30 – 11:30am	Su	\$120	13125
10/30 – 12/11	9:30 – 10:30am	Su	\$120	13127
10/30 – 12/11	10:30 – 11:30am	Su	\$120	13128

## SD Skatelite Intermediate/Advanced Skateboarding (ages 5 – 12)

Participants will work on intermediate and advanced trick progressions, including flat ground flip tricks, stairs, grinds, creating competitive flow runs, airs, pool skating and much more. All students must wear a helmet, elbow pads and knee pads to participate (not provided by instructor) Contact instructor for skateboard rental options at: Andrew@sdskatelite.com

Location: Skate Plaza at Encinitas Community Park  
Instructor: Andrew Barbosa

Date	Time	Day	Fee	Course
9/11 – 10/16	11:30am – 12:30pm	Su	\$120	13126
10/30 – 12/11	11:30am – 12:30pm	Su	\$120	13129

## SD Skatelite Camps (ages 5 – 12)

Join us at the Encinitas Skate Plaza for a week of skateboarding fun! Learn how to skate in a safe and controlled environment with expert instructors from SD Skatelite. This camp is designed to teach skateboarders of any level. Learn skateboarding fundamentals, meet guest professional skateboarders and make new friends. All participants must wear helmets, elbow and knee pads. Contact instructor for skateboard rental options: Andrew@sdskatelite.com.

Location: Skate Plaza at Encinitas Community Park  
Instructor: Andrew Barbosa

### Fall Break

Date	Time	Day	Fee	Course
10/24 – 10/28	9am – 1pm	M-F	\$200	13130

### Winter Break

Date	Time	Day	Fee	Course
12/26 – 12/30	9am – 1pm	M-F	\$200	13131

## Code of Conduct

The City of Encinitas Parks, Recreation and Cultural Arts Department Code of Conduct is to ensure respectful and safe participation in Encinitas recreation programs and activities. Participants, as well as parents of participating minors, may be required to sign Code of Conduct forms to acknowledge program rules, goals, expected behavior and/or consequential actions to support a positive and valued learning and/or recreational experience. This Code is also to be considered and adhered to by all contracted, voluntary and other support staff.

Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.

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# SOCCER

## Soccer Shots Clinics

Introduce your child to the beautiful game of soccer in a creative, age appropriate, non-competitive setting. Soccer Shots classes develop strong youth beyond just the game of soccer. Classes are taught by coaches who are passionate about working with children and teaching soccer.

Instructor: Soccer Shots

### Mini (ages 2 - 3)

Location: Cardiff Sports Park

Date	Time	Day	Fee	Course
10/9 - 12/18	9 - 9:30am	Su	\$250	13146
10/9 - 12/18	9:45 - 10:15am	Su	\$250	13175
10/9 - 12/18	10:30 - 11am	Su	\$250	13147

### Mini (ages 2 - 3)

Location: Encinitas Community Park

Date	Time	Day	Fee	Course
10/8 - 12/17	9 - 9:30am	Sa	\$250	13144
10/8 - 12/17	9:45 - 10:15am	Sa	\$250	13162
10/8 - 12/17	10:30 - 11am	Sa	\$250	13145
10/4 - 12/13	3:20 - 3:50pm	Tu	\$250	13148
10/6 - 12/15	3:20 - 3:50pm	Th	\$250	13149
10/7 - 12/16	3:20 - 3:50pm	F	\$225	13150

### Classic (ages 3 - 5)

Location: Cardiff Sports Park

Date	Time	Day	Fee	Course
10/9 - 12/18	9:45 - 10:25am	Su	\$250	13136
10/9 - 12/18	10:30 - 11:10am	Su	\$250	13137
10/9 - 12/18	11:20am - 12pm	Su	\$250	13141

### Classic (ages 3 - 5)

Location: Encinitas Community Park

Date	Time	Day	Fee	Course
10/4 - 12/13	3:50 - 4:30pm	Tu	\$250	13138
10/6 - 12/15	3:50 - 4:30pm	Th	\$250	13135
10/7 - 12/16	3:50 - 4:30pm	F	\$225	13143
10/8 - 12/17	9 - 9:40am	Sa	\$250	13139
10/8 - 12/17	9:45 - 10:25am	Sa	\$250	13140
10/8 - 12/17	10:30 - 11:10am	Sa	\$250	13161
10/8 - 12/17	11:20am - 12pm	Sa	\$250	13142
10/9 - 12/18	9 - 9:40am	Su	\$250	13176

### Premier (ages 6 - 10)

Location: Cardiff Sports Park

Date	Time	Day	Fee	Course
10/9 - 12/18	11:20am - 12pm	Su	\$250	13152

### Premier (ages 6 - 10)

Location: Encinitas Community Park

Date	Time	Day	Fee	Course
10/4 - 12/13	4:30 - 5:10pm	Tu	\$250	13179
10/6 - 12/15	4:30 - 5:10pm	Th	\$250	13181
10/7 - 12/16	4:30 - 5:10pm	F	\$225	13182
10/8 - 12/17	11:20am - 12pm	Sa	\$250	13151

No class 11/11

# SURF

## After School Surf (ages 9 - 16)

Surfing fundamentals, proper techniques, skill development, and ocean safety are taught to participants in a well-supervised and fun environment. Our professional and experienced staff will make sure students have a great time, whether just beginning to surf or focused on improving their current set of skills.

Location: Moonlight Beach

Instructor: Brent Stephens

Date	Time	Day	Fee	Course
9/6 - 9/27	3:30 - 5pm	Tu	\$250	13029
9/7 - 9/28	3:30 - 5pm	W	\$250	13031
10/4 - 10/25	3:30 - 5pm	Tu	\$250	13157
10/5 - 10/26	3:30 - 5pm	W	\$250	13158



## Little Groms Surf School (ages 5 - 8)

Dedicated to our next generation of surfers and watermen who are just ready to hit the water but may be a bit scared. Your child will learn ocean safety, develop skills to swim in the ocean, bodyboard, and surf, while making some new surf buddies!

Location: Moonlight Beach  
Instructor: Brent Stephens

Date	Time	Day	Fee	Course
9/6 - 9/27	3:30 - 5pm	Tu	\$250	13030
9/7 - 9/28	3:30 - 5pm	W	\$250	13032
10/4 - 10/25	3:30 - 5pm	Tu	\$250	13159
10/5 - 10/26	3:30 - 5pm	W	\$250	13160

## Little Groms Surf Camp (ages 5 - 8)

This camp is dedicated to our next generation of surfers and water kids that are just getting ready to hit the ocean. Our focus is ocean safety, surfing, boogie boarding, bodysurfing and swimming in the ocean. We allow kids to progress at their own pace in this camp, not pushing them past their comfort level. For more info visit [TheLittleGroms.com](http://TheLittleGroms.com).

Location: Moonlight Beach  
Instructor: Brent Stephens

Date	Time	Day	Fee	Course
8/29 - 9/2	9am - 12pm	M-F	\$350	12725
10/17 - 10/21	9am - 12pm	M-F	\$330	13188
10/24 - 10/28	9am - 12pm	M-F	\$330	13189

## Surf Camps (ages 9 - 16)

This surf camp teaches proper surfing fundamentals and techniques with an emphasis on skill development and ocean safety. Surf camp is ideal for BEGINNER and INTERMEDIATE level participants that want to become more efficient surfers. Experienced staff will work with campers individually and in small groups to create a fun and productive environment. Surfboards are provided.

Location: Moonlight Beach  
Instructor: Brent Stephens

Date	Time	Day	Fee	Course
8/29 - 9/2	9am - 12pm	M-F	\$350	12698

## VOLLEYBALL

### Sinjin Smith Beach Volleyball Class (ages 6 - 16)

Sinjin Smith presents beach volleyball class every Saturday 9-10:30 AM at Moonlight Beach! Learn from coaching staff that have learned from the king himself. Beach volleyball coaches will help each participant develop their beach volleyball skills in a fun and safe setting on the sand. Sinjin makes appearances all the time, join us for a chance to meet the king of the beach! For more information please visit [beachvolleyballcamps.com](http://beachvolleyballcamps.com).

Location: Volleyball Courts at Moonlight Beach  
Instructor: Morley Rockett

Date	Time	Day	Fee	Course
10/1 - 11/5	9 - 10:30am	Sa	\$150	13122
11/12 - 12/17	9 - 10:30am	Sa	\$150	13123

### Sinjin Smith Beach Volleyball Camps (ages 8 - 15)

The pros are passing on their winning knowledge, techniques and skills to our future generations! Participants will learn the skills and techniques that made Sinjin one of the most dominant players in beach volleyball history. Receive instruction from coaches who have personally trained with Sinjin to learn and understand his methods and philosophy of the game. Every child receives a free t-shirt! For more information please visit [beachvolleyballcamps.com](http://beachvolleyballcamps.com).

Location: Moonlight Beach  
Instructor: Morley Rockett

Date	Time	Day	Fee	Course
8/15 - 8/19	8am - 12pm	M-F	\$250	12762
8/22 - 8/26	8am - 12pm	M-F	\$250	12763
8/29 - 9/2	8am - 12pm	M-F	\$250	12764
9/3 - 10/8	9 - 10:30am	Sa	\$150	13033



## Follow Us!

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## ADULT SPORTS

Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.

## BASKETBALL

### Women's Basketball League

The Women's Basketball League is for players of all abilities 18 and up. Games are played on Monday nights. All teams will play approximately 10 regular season games and a championship tournament for the top four teams in the league. Game times based on number of teams in the league. Individual sign up only prior to the player draft. Players are then placed on teams. Registration fee \$275/team plus an additional fee for Officials at \$61/game. Fees are collected by the League Administrator. Please call (760) 943-2269 for more information.

Location: Encinitas Community Center Gymnasium

Date	Time	Day	Fee	Course
10/3 – 12/19	6 – 8:45pm	M	\$300	13121

### Women's Basketball Lunch League

Calling all female basketball players! Come join the Encinitas Ladies only lunch league. Games are full court and are a great way to get your cardio in, make new friends and keep your game on point. Times may vary due to other recreation programs. Please review Monthly Gym Calendar for confirmation of times.

Location: Encinitas Community Center Gymnasium

Date	Time	Day	Fee	Course
10/4 – 12/20	11am - 12pm	Tu, F	\$35	13118

**No Program 10/28, 11/11, 11/24-25, 12/23-30**

### Men's Basketball Lunch League

Work got you stressed out? Relieve your stress with a little lunch time basketball. Our lunch league consists of full court games designed to keep the action moving. Teams are formed daily, games are twelve minutes in duration. Come join the action! Times may vary due to other recreation programs. Please review the Monthly Gym Calendar for confirmation of times.

Location: Encinitas Community Center Gymnasium

Date	Time	Day	Fee	Course
10/3 – 12/22	12 – 1pm	M-F	\$88	13117

**No Program 10/28, 11/11, 11/24-25, 12/23-30**

### Morning Basketball

Get your morning hoops on at the Community Center. This is a great way to get in shape while having fun. Games are played 5 on 5 full court. Games are based on continuous play to promote great cardio by keeping games moving.

Location: Encinitas Community Center Gymnasium

Saturdays

Date	Time	Day	Fee	Course
10/1 – 12/17	8 – 10am	Sa	\$35	13119

Sundays

Date	Time	Day	Fee	Course
10/2 – 12/18	8 – 10am	Su	\$35	13120

**No Program 10/29, 11/12, 12/24 – 1/1**



## Adult Indoor Volleyball

This adult coed volleyball program is for anyone 18 and up who wants to play without forming a team, having a team captain, or requiring a roster! In other words, it is a more structured open gym where you can come and play in a fun and social environment. There will be 2 courts available based loosely on level of play – beginner, intermediate, and advanced. Players will be assigned to one of four teams each evening. Ideal participants will have strong skills in passing, setting, and attacking in 6-person role-based play (setter, middle hitter/blocker, outside hitter, etc.). Team assignments will change weekly based on availability of players and their skills and positional strength(s). This gameplay is intended to be friendly, but competitive and sportsmanlike. We look forward to seeing you there!

Location: Encinitas Community Center Gymnasium  
Instructor: City Staff

Date	Time	Day	Fee	Course
10/4 – 12/20	6 – 8pm	Tu	\$40	13203

## Code of Conduct

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Did you know that the Encinitas Community Center offers free open-gym hours throughout the week? Drop-in gymnasium use is allocated for basketball and pickleball, no membership required. Details can be found on the monthly Open Gym Calendar at [EncinitasCA.Gov/Community-Senior-Center](http://EncinitasCA.Gov/Community-Senior-Center).

Additionally, "the Center" is a great place to hang out, relax and enjoy our comfortable lobby area and gym mezzanine, all with free wifi. Our facility is a County designated "Cool Zone" making it a great place to cool off in the hot summer weather. Stop on by! We look forward to meeting you.



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## ADULT

Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.

## DANCE AND MOVEMENT

### Ballet 18 and Up

Ballet is the basis of all other dance forms. A beginning-intermediate level class that covers barre, center and across the floor movements with terminology and stretching, accompanied by beautiful music in a relaxed, easy-to learn setting, taught by a former professional dancer. Close fitting dancewear and ballet slippers after first class meeting.

Location: Encinitas Community Center

Instructor: Marti Neal

Date	Time	Day	Fee	Course
8/16 – 9/27	6:30 – 7:45pm	Tu	\$84	12980
10/4 – 11/8	6:30 – 7:45pm	Tu	\$72	13057
11/15 – 12/13	6:30 – 7:45pm	Tu	\$60	13058

### Soul Line Dancing Class

Line dancing was never meant to be limited to country western tunes. SOUL line dances are choreographed to R&B, jazz, latin and many of your favorite Motown tunes. Grab a friend and come give it a try. No partner or experience needed. Secure footwear required.

Location: Encinitas Community Center

Instructor: Pamela Jackson

Date	Time	Day	Fee	Course
10/6 – 11/3	6:30 – 8pm	Th	\$49	13059
11/10 – 12/15	6:30 – 8pm	Th	\$49	13060

## ENRICHMENT

### The Mellow Project (R&R for Teachers)

A special class designed to help educators Rejuvenate, Recalibrate, and Regenerate! In honor of all that you do, we bring mellow to you. Come and lay down, enjoy breathing techniques, relaxing music, uplifting mindfulness messages, easy stretching and movement.

Location: Encinitas Community Center

Instructor: Nancy Holden

Date	Time	Day	Fee	Course
9/15 – 10/20	3:30 – 4:30pm	Th	\$120	13183
10/27 – 12/8	3:30 – 4:30pm	Th	\$120	13184



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# FITNESS

## T'ai Chi Chih – Beginner

Harmonize your body, mind and spirit with T'ai Chi Chih, joy through movement. T'ai Chi Chih is not a martial art, but an enjoyable easy to learn practice, and moving mindfulness meditation that cultivates health, serenity, and longevity. Tai Chi Chih means "Supreme Ultimate Knowledge."

Location: Encinitas Senior Center  
Instructor: Christina Tillotson

Date	Time	Day	Fee	Course
9/12 – 10/31	6:30 – 7:30pm	M	\$60	13037

**No class 10/10**

# SPECIAL INTEREST

## Meditation for Stress

Learn easy meditation and mindfulness. Breathing based meditation techniques are practiced helping participants manage their stress and anxiety. In addition, learn and practice techniques to deal with stress or anxiety the very moment it is triggered.

Location: Encinitas Senior Center  
Instructor: Mordy Levine

Date	Time	Day	Fee	Course
10/4 – 11/8	6 – 7pm	Tu	\$60	13112
11/15 – 12/13	6 – 7pm	Tu	\$50	13113



Search Course # for complete program information. Non-residents add \$10 to registration fee. A \$2.50 processing fee will be added to each Tiny Tot, Youth & Teen, Adult and Sports program.



# WELCOME TO THE ENCINITAS SENIOR CENTER!

1140 OAKCREST PARK DRIVE  
 FRONT COUNTER: (760) 943-2250  
 LUNCH RESERVATIONS: (760) 943-2258  
 HOURS: M - F, 8AM - 4PM

Programs are offered for those 50 years of age and up, unless otherwise noted. Classes are subject to change and may be canceled if minimum participation is not met.

Fee-based classes for the session require payment in full at the time of enrollment. You may register online, by mail, or in person.

## ARTS AND CRAFTS

### Watercolor and More

Learn the fundamentals of watercolor as you explore and experiment with techniques that are fun and easy to do. No previous experience is necessary. All skill levels are welcome.

Location: Encinitas Senior Center  
 Instructor: Denise McMurtrie

Date	Time	Day	Fee	Course
8/17 – 9/28	1:30 – 3:30pm	W	\$42	12944
8/19 – 9/30	9:30 – 11:30am	F	\$42	12945
10/5 – 11/9	1:30 – 3:30pm	W	\$36	13062
10/7 – 11/4	9:30 – 11:30am	F	\$30	13063
11/16 – 12/14	1:30 – 3:30pm	W	\$30	13064
11/18 – 12/16	9:30 – 11:30am	F	\$24	13065

**No class 11/25**

## DANCE AND MOVEMENT

### Fall Social Monthly Dances

It is time to strike up the band and dance to the classic melodies of yesteryear! A live band will be playing the classics. Couples and singles are welcome. Admission is \$5 cash at the door.

Location: Encinitas Senior Center

Date	Time	Day	Fee	Band
10/21	2 – 4pm	F	\$5	Pier Group
11/18	2 – 4pm	F	\$5	Credit Union

### Senior Center Dance Sponsorship Opportunities

Sponsorships support Encinitas Senior Center programs. Please call (760) 943-2250 for information.



## New Years Eve Social Dance

Dress your best to enjoy live music, delicious refreshments, and a toast to 2023! Tickets go on sale October 21 at the Encinitas Community Senior Center while supplies last. (Max. of 8 tickets per person). Tickets are \$15 per person.

Location: Encinitas Senior Center

Date	Time	Day	Fee	Band
12/31	2 – 4:30pm	Sa	\$15	Rhythm Express

## FITNESS

### Balance and Movement

Learn and practice easy movements to improve balance and reduce the risk of falling. By developing stability and coordination one will see improvement and gain confidence. One will learn to create a routine to do on your own at home.

Location: Encinitas Senior Center  
Instructor: Mordy Levine

Date	Time	Day	Fee	Course
8/18 – 9/29	10 – 11am	Th	\$49	12947
10/6 – 11/3	10 – 11am	Th	\$35	13068
11/10 – 12/15	10 – 11am	Th	\$35	13069

**No class 11/24**

## Forever Fit Seniors

Forever Fit for seniors combines strength training, flexibility, balance and stretch to improve your overall level of fitness and keep you fit for life!

Location: Encinitas Senior Center  
Instructor: Celica McInvale

Date	Time	Day	Fee	Course
8/16- 9/20	11:45 - 12:45am	Tu	\$30	13052
8/19 - 9/23	10:15 - 11:15am	F	\$30	13045
10/4 – 11/8	11:30am - 12:30pm	Tu	\$30	13039
10/5 - 11/9	11:30am - 12:30pm	W	\$30	13110
10/7 - 11/14	8:30 - 9:30am	F	\$25	13214
11/15 – 12/13	11:30am - 12:30pm	Tu	\$25	13109
11/16 - 12/14	11:30am - 12:30pm	W	\$25	13111
11/18 - 12/16	8:30 - 9:30am	F	\$20	13215

**No class 11/25**

### Golden and Toned

Golden and toned is tailored for active older adults, who want to focus on muscle conditioning with light weight activity and some dancing. This class blends the sounds of a Latin music party while doing a total body workout. Low to moderate intensity strength training with 1-pound weights or no weights at all. On occasion, resistance bands may be used but not necessary. Be ready to have fun and tone up in this 30-minute class.

Location: Encinitas Senior Center  
Instructor: Lori Massey

Date	Time	Day	Fee	Course
8/22 – 9/26	9 – 9:30am	M	\$25	12951
10/3 – 11/7	9 – 9:30am	M	\$30	13072
11/14 – 12/12	9 – 9:30am	M	\$25	13073

**No class 9/5**

Search Course # for complete program information. Non-residents add \$3 to registration fee.  
A \$1 processing fee will be added to each Senior program.

Search Course # for complete program information. Non-residents add \$3 to registration fee.  
A \$1 processing fee will be added to each Senior program.

## Health Barre

In this effective total-body conditioning program you will improve your posture, muscle-tone, and strength with basic pilates and ballet movements. Work your entire body using light weights, bands, ballet barre, and your own body weight as well as other methods of resistance to promote lean muscle. Please bring a mat, 1 or 2 lb. hand weights, water, and a towel.

Location: Encinitas Senior Center  
Instructor: Lori Massey

Date	Time	Day	Fee	Course
8/16 – 9/27	9am – 10am	Tu	\$35	12956
8/18 – 9/29	9am – 10am	Th	\$35	12957
8/22 – 9/26	9:45 – 10:45am	M	\$25	12955
10/3 – 11/7	9:45 – 10:45am	M	\$30	13074
10/4 – 11/8	9 – 10am	Tu	\$30	13075
10/6 – 11/3	9 – 10am	Th	\$25	13076
11/10 – 12/15	9 – 10am	Th	\$25	13077
11/14 – 12/12	9:45 – 10:45am	M	\$25	13078
11/15 – 12/13	9 – 10am	Tu	\$25	13079

**No class 9/5**



## Qi Gong

Qi Gong is an ancient system developed in Asia for overall fitness and health. Participants will engage in simple, fluid motions as well as standing and sitting.

Location: Encinitas Senior Center  
Instructor: Andrew Jones

Date	Time	Day	Fee	Course
8/22 – 9/26	8:30 – 9:30am	M	\$25	12960
8/18 – 9/29	8:30 – 9:30am	Th	\$35	12961
10/3 – 11/7	8:30 – 9:30am	M	\$30	13080
10/6 – 11/3	8:30 – 9:30am	Th	\$25	13081
10/10 – 12/15	8:30 – 9:30am	Th	\$25	13082
11/14 – 12/12	8:30 – 9:30am	M	\$25	13083

**No class 9/5**

## T'ai Chi Chih – Intermediate/Beginner

Harmonize your body, mind and spirit with T'ai Chi Chih, joy through movement. T'ai Chi Chih is not a martial art, but an enjoyable easy to learn and to practice moving mindfulness meditation that cultivates health, serenity, and longevity. Tai Chi Chih means "Supreme Ultimate Knowledge."

Location: Encinitas Senior Center  
Instructor: Christina Tillotson

Date	Time	Day	Fee	Course
8/17 – 9/28	10:30 – 11:30am	W	\$35	12963
10/5 – 11/2	10:30 – 11:30am	W	\$25	13084
11/30 – 12/14	10:30 – 11:30am	W	\$15	13085

## Advanced Yoga

Develop poses (asanas) to be most beneficial. Getting into holding and coming out properly will be the hallmark, with extra time in savasana. Exploration of gentle flow will be a part. Bring a yoga mat, blocks, strap and cushion. If you don't have, talk with the instructor.

Pre-requisite: Two concurrent years of yoga classes.

Location: Encinitas Senior Center  
Instructor: Lynda Light

Date	Time	Day	Fee	Course
8/17 – 9/28	1 – 2:15pm	W	\$49	12969

## Restore and Explore Yoga

This gentle practice gives each individual time to relax and recharge, while exploring various poses. Practice includes therapeutic breathing exercises and slow movement. Class is appropriate for most levels and ability. Please bring a yoga mat and a small blanket or towel.

Location: Encinitas Senior Center  
Instructor: Lynda Light

Date	Time	Day	Fee	Course
8/18 – 9/29	12 – 1pm	Th	\$42	12967

## Every-Body Yoga

Re-vitalize your whole being with yoga while strengthening and enhancing flexibility in joints, organs, muscles and bones. Learn the principles of alignment while deepening your ability to enjoy life in each moment. Breath, poses, and balance are an integral part. Create stamina from the inside out and feel the difference. Please bring a yoga mat and a small blanket or beach size towel.

Location: Encinitas Senior Center  
Instructor: Lynda Light

Date	Time	Day	Fee	Course
8/17 – 9/28	12 – 1pm	W	\$36	12965
10/5 – 11/2	12 – 1pm	W	\$24	13086
11/23 – 12/14	12 – 1pm	W	\$24	13087

## Chair Yoga

Enjoy all the benefits of yoga sitting in your chair. Breathe, smile, and flow with the instructor so you can improve your flexibility, breathing, strength, and mental health - all from Chair Yoga. A wonderful class for beginners, experienced, seniors or anyone recovering from an injury. See you there!

Location: Encinitas Senior Center  
Instructor: Mordy Levine

Date	Time	Day	Fee	Course
10/7 – 11/4	12:15 – 1:15pm	F	\$35	13070
11/18 – 12/16	12:15 – 1:15pm	F	\$28	13071

**No Class 11/25**

Search Course # for complete program information. Non-residents add \$3 to registration fee.  
A \$1 processing fee will be added to each Senior program.



Search Course # for complete program information. Non-residents add \$3 to registration fee. A \$1 processing fee will be added to each Senior program.



Have you tried Zumba and been overwhelmed? This program is especially designed for the active over 50 group. Latin rhythms inspire moves to exercise the brain, heart, and all the major muscle groups. You'll enjoy dancing and get a cardio workout. Bring water, dress lightly, and come party with us!

Location: Encinitas Senior Center  
Instructor: Lori Massey

Date	Time	Day	Fee	Course
8/16 – 9/27	10:15 – 11:15am	Tu	\$35	12973
8/18 – 9/29	10:15 – 11:15am	Th	\$35	12974
10/4 – 11/8	10:15 – 11:15am	Tu	\$30	13088
10/6 – 11/3	10:15 – 11:15am	Th	\$25	13089
11/15 – 12/13	10:15 – 11:15am	Tu	\$25	13090
11/10 – 12/15	10:15 – 11:15am	Th	\$25	13091

## GAMES

### Duplicate Bridge Play

Improve your skill level, concentration, and memory by playing the challenging and competitive game of ACBL sanctioned Duplicate Bridge. This is a weekly ongoing program, so you may join at any time throughout the year. Cost includes a book of 8 play coupons/play sessions. No expiration date for coupon books. No refunds or exchanges.

Location: Encinitas Senior Center  
Instructor: Ida Burcham

Date	Time	Day	Fee	Course
Ongoing	12:30 – 4pm	Th	\$40	12563

## NUTRITION

### Encinitas Parks and Recreation Cafe (Lunch Program)

The Encinitas Parks & Recreation Café offers daily nutritious lunches in a welcoming environment. Reservations or cancellations are required and can be made up until 9am the business day before you would like a meal by calling 760-943-2258. The suggested meal contribution is \$4 per meal for seniors 60+. Cost is \$7 per meal for those 60 and under or guests. Please make checks payable to the City of Encinitas. Please check in for lunch from 11:00 – 11:30am. Lunch is served at 11:40am.

The Encinitas Parks & Recreation Café is supported by the Older Americans Act Grant Funds, awarded through the County of San Diego Aging and Independence Services and supported by the City of Encinitas and general meal donations. No eligible person shall be denied a meal because of a failure or inability to contribute. \*Please note, a client intake form is required for all participants age 60+ and must be updated annually.



## Project C.A.R.E.

Project C.A.R.E. is a FREE "Safety Net" program of services for Encinitas seniors. If you live alone, this is a great resource. Services include: Vial of Life, Home Safety Check and information and referrals. Call (760) 943-2250 for more information.

# TRANSPORTATION

## Encinitas Senior Center Lunch Transportation

Transportation is available for eligible senior citizens (60+) to and from the Senior Center for lunches Monday through Friday. If you or someone you know is interested in rides to the lunches, call (760) 943-2258 to request an application. Suggested \$2 donation per round-trip van ride.

## Out and About Volunteer Driver Opportunity

In preparation for the program relaunch, the Encinitas Senior Center is seeking more volunteer drivers to keep up with passenger demand. If you would like to volunteer a few hours a week and receive mileage reimbursement, visit [EncinitasCA.gov](http://EncinitasCA.gov) for an application. For more information, call (760) 943-2256.

## NCTD Breeze

For North County Transit District public bus service call (760) 966-6500.

## NCTD LIFT

Lift offers curb-to-curb transportation for ADA certified passengers. For information and an application visit [gonctd.com/lift](http://gonctd.com/lift). To schedule a ride, call (760) 726-1111.

## On The Go Senior Transportation

Offered by Jewish Family Service. Call 858-637-7320 or visit [jfssd.org/onthego](http://jfssd.org/onthego) for more information.



Search Course # for complete program information. Non-residents add \$3 to registration fee.  
A \$1 processing fee will be added to each Senior program.

# FREE SENIOR COURSES

In-person registration is required for all free programs. Online registration is not available. Programs subject to change based on class enrollment, room availability and volunteer facilitator availability. Visit [EncinitasParksandRec.com](http://EncinitasParksandRec.com) for full course details.

Class	Course#	Description	M	Tu	W	Th	F
Bereavement	12567	Hospice By the Sea Support Group Call 858.794.0195 to Make An Appointment					
Blood Pressure Clinic	12428	An EMT will check your blood pressure				3rd Th 10:30am - 12:30pm	1st Fri 10:30am - 12:30pm
Book Club	12569	Read, review, and analyze books			3rd Wed 1:30 - 3pm		
Computer Lab	12580	Use computers for fun or research	8am - 3:45pm	8am - 3:45pm	8am - 3:45pm	8am - 3:45pm	8am - 3:45pm
Computer Tutor	12561	Assistance with computer needs			9:30 - 11am	9:00 - 10:30am	
Current Events	12570	Discuss current events		1:30 - 3pm			
Elder Law & Advocacy	12429	Call (858) 565-1392 Phone appointment only					
HICAP	11821	Call 858-565-8772 Phone appointment only					
Beginner Italian Conversation	13212	Speak, read, and write Italian				12:30 - 1:30pm, 10/6 - 12/15	
Intermediate Italian Conversation	13213	Speak, read, and write Italian				1:45 - 2:45pm, 10/6 - 12/15	
Mah Jong	12564	Tile-based game				12:30 - 3:30pm	
Party Bridge	12565	Card game				12:30 - 3:30pm	
Pickleball		Open play	visit <a href="http://EncinitasParksandRec.com">EncinitasParksandRec.com</a> for monthly Gym Calendar				
Pool Open Play	12575	Open play billiards	8am - 3:45pm	8am - 3:45pm	8am - 3:45pm	8am - 3:45pm	8am - 3:45pm
Pool - 8-Ball	12573	Weekly No Handicap Pool Tournament				10am - 3:45pm	
Pool - 9-Ball	12574	Weekly Handicap Pool Tournament		10am - 3:45pm			
Challenge Cup Pool - 8-Ball		Challenge Cup Tourny No Handicapped				9/8 10am - 3:45pm	
Challenge Cup Pool - 9-Ball		Challenge Cup Tourny No Handicapped		10/11 10am - 3:45pm			
Senior Citizen Commission	12579	Meetings held at Encinitas City Hall	3rd Tue 2pm - No Meetings: Dec				
Silver Age Yoga	13210 13211	Chair or mat gentle yoga class	2 - 3pm	Session 1: 10/3 - 11/7 Session 2: 11/14 - 12/12			
Sittin' and Knittin'	12560	Knitting/Crocheting	Session 1: 10/3 - 11/17 Session 2: 11/14 - 12/12	10am - 12pm			
Stamp Club	12572	Stamp collecting enthusiasts			1st Wed 10 - 11:30am		

**No Classes 11/11, 24, 25, 12/19-31**



## FALL 2022 REGISTRATION OPENS: AUGUST 15, 8AM



### ONLINE:

1. Visit EncinitasParksandRec.com
2. Click on Programs
3. Create an account or login
4. Search for an activity by course # or keyword
5. Add to Shopping Cart
6. Review enrollment and confirm selections
7. Accept waiver and pay

All activities subject to time/date change. \$2.50 non-refundable registration processing fee is included in each course (\$1 fee for Senior Center programs).

### MAIL-IN:

Mail your completed and signed Activity Registration Form with payment to the City of Encinitas Parks, Recreation and Cultural Arts Department, 505 S. Vulcan Avenue, Encinitas, CA 92024.

### PROGRAM TRANSFER POLICY:

Transfers may be requested up to five (5) calendar days before the start of the program by emailing [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov) and will not incur any fees if the transfer is to a program of equal or lesser value. Transfers to a program of greater value will include the program fee difference and an additional processing fee.

Transfer requests by phone or by leaving a message will not be considered. Transfer requests made less than five (5) calendar days before the start of the class must be submitted by email to [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov). Transfer requests made less than five (5) business days are date-stamped and reviewed by the Recreation Services Manager.

### REFUND/CANCELLATION POLICY:

Activities are subject to change. A full refund will be given if the City cancels the activity. Refunds requested five (5) calendar days before the first program meeting date by emailing [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov) may be granted minus a \$10 cancellation fee. No refunds will be issued for inclement weather. Prorated refunds may be given for a medical reason, based on the number of unattended days. Medical verification is required with a doctor signature and must be submitted no later than five (5) calendar days after the medical incident.

Refund requests made less than five (5) calendar days before the start of the class must be submitted by email to [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov). Refund requests made less than five (5) calendar days are date-stamped and reviewed by the Recreation Services Manager. Refund requests by phone or by leaving a message will not be considered. Submission of request does not guarantee approval.

\* The City of Encinitas Parks, Recreation and Cultural Arts Department reserves the right to adjust the transfer/refund policy depending upon the circumstances and the severity of the situation.

### WAITING LIST POLICY:

Those on the waiting list that receive notification by phone or email that a spot has opened; have until 5:00pm the next City business day to secure registration. You may confirm your registration by calling (760) 633-2740 or (760) 943-2250 to talk to a live customer service representative. Voicemails will not be accepted and do not confirm registration.

### INCLUSION POLICY:

The City is an affirmative action public entity and does not discriminate on the basis of race/color, ethnic origin, national origin, gender, gender identity, religion, age, veteran status or physical or mental disability in employment or the provision of service. The City of Encinitas Parks, Recreation and Cultural Arts Department is committed to the support of inclusive programs and opportunities to increase individual potential for full and active participation in all activities and experiences. Requests for accommodations will be considered on a case-by-case basis. If you require an accommodation, or need further information concerning inclusive or specialized recreation and accommodation for a city program, please contact us as soon as possible or no later than 72-hours prior to disability accommodations being needed via email at [encinitasparksandrec@encinitasca.gov](mailto:encinitasparksandrec@encinitasca.gov) or call (760) 633-2740.



## MUSIC

### Music By The Sea

**September 23, 2022 – Bright Feather Duo**

**October 21, 2022 – Shining Sound Ensemble**

**November 18, 2022 – Max Beitan and Jacopo Giacomuzzi,  
Cello and Piano Duo**

**ENCINITAS LIBRARY, 540 Cornish Drive**

"A much-sought-after opportunity for performers...the talent level is extremely high" - Los Angeles Times. Music by the Sea returns in the fall featuring talented winners of the 2022 Beverly Hills National Auditions. All concerts start at 7:30pm with doors opening at 7:00pm for general seating. Details available at [EncinitasCA.gov/concerts](http://EncinitasCA.gov/concerts) or by contacting City staff at 760-633-2746 or [arts@encinitasca.gov](mailto:arts@encinitasca.gov). Tickets are \$25 each and will be on sale mid-August.



### Wednesdays@Noon

**ENCINITAS LIBRARY, 540 Cornish Drive**

This free concert series has become the highest attended daytime series in the county with attendance of 160+ each week. The 50-minute concerts at the Encinitas Library feature outstanding musicians from throughout Southern California performing all styles of music. Doors open for general seating at 11:30am and close at noon or when the seats are full. We hope to see you often! Visit [Encinitas.Tix.com](http://Encinitas.Tix.com) for the concert lineup.



# ENCINITAS



## CELEBRATE DIA DE LOS MUERTOS THIS OCTOBER!

Visit [EncinitasCA.gov/ddlm](http://EncinitasCA.gov/ddlm) for more information

**Thursday, October 27, 3-6pm**

**Encinitas Library**  
540 Cornish Drive

Start the festivities early and come celebrate loved ones at the community ofrenda in the Library lobby and then enjoy free activities in the afternoon. The ofrenda will be up through November 2.

**3-6pm: Printmaking Workshop**

Using precut blocks with culturally authentic images and bright ink colors, Campana Studios will help guests make a print to be used as an ofrenda card or kept as a piece of art.

**4-6pm: Ballet Folklorico**

Youth and young adult dancers from Ballet Folklorico de San Dieguito will perform in the Community Room.

*Presented by Friends of the Encinitas Library, San Diego County Library, Encinitas Friends of the Arts, and the City of Encinitas Cultural Arts Division.*

**Saturday, October 29, 12-4pm**

**Encinitas Community Center**  
1140 Oakcrest Park Drive

Come enjoy free fun for the whole family with the Danza Azteca blessing at noon, activities and performances throughout the afternoon.

- Ballet folklorico dancers
- Mariachi bands
- Community ofrenda
- Callejeros de Encinitas Car Club
- Art exhibition
- Artmaking workshops
- Face painting contest
- Food truck

*Presented by Encinitas Friends of the Arts and the City of Encinitas Cultural Arts Division.*





# ART NIGHT

## ENCINITAS

SEP 17 & NOV 19  
5:30 - 8:30PM

Enjoy an evening of visual art, live music, and refreshments as the City of Encinitas art spaces and local art galleries swing open their doors for Art Night Encinitas. The event celebrates the city's diverse visual art scene at participating locations and is free to the public. The art open houses also benefit artists through the sale of their art and provide the public an opportunity to interact with artists and learn about the creative process.

Catch a ride on one of the shuttle buses that will transport the public between all three civic art spaces as well as additional stops to access participating spaces and the Institute of Contemporary Art. Please park at Encinitas City Hall, the Encinitas Community Center, and the Encinitas Library to easily access the free shuttle.

For more information, visit:  
**[EncinitasCA.Gov/ArtNight](http://EncinitasCA.Gov/ArtNight)**

**Special thanks to Art Night Encinitas sponsors  
for their generous support:**





# ENCINITAS HOLIDAY PARADE

PRESENTED BY:

ting

**SATURDAY DECEMBER 3, 5:30PM**

Encinitas will kick off the holiday season at the 2022 Encinitas Holiday Parade

The City of Encinitas thanks all of its parade sponsors, including, Ting, AMR Ambulance, and EDCO Disposal for their support of the Encinitas Holiday Parade.

Visit [EncinitasParksandRec.com](https://EncinitasParksandRec.com) this fall for parade information, including the 2022 parade theme and Grand Marshal selection and how to get involved as a volunteer.



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**AMR**

**EDCO**  
edcodisposal.com  
"We'll Take Care of It"