



LOCAL PHONE NUMBERS TO KNOW

The City of San Diego neither sponsors nor endorses this information, leagues, activities or organizations.

Distribution of this material is provided by the City as a community service. Any questions or comments should be directed to the sponsoring agency or instructor.

YOUTH ADULT

*Albion Soccer (Comp.) 619-279-2812
 *Peninsula Youth Soccer (Rec.) 619-225-1112
 *Point Loma Soccer Assoc.
 *Peninsula Little League
 *Coastal Tritons Football & Cheer 619-226-6134
 *Ocean Beach Day Camp 619-531-1527
 *Camp Boogie 619-990-6192
 *Peninsula Girls Softball 619-972-1396
 *South Swell Lacrosse 858-405-2435
 *One on One Youth Basketball 858-354-6439

www.albionsoccer.org
www.albionsoccer.org/psl/index_E.html
www.plsa4kix.com
www.eteamz.com/PeninsulaLL/
www.thecoastaltritons.org

www.campboogie.com
www.peninsulasports.com
www.eteamz.com/southswell/index.cfm
www.1on1basketball.com

*Huff & Puff Men's Soccer 619-222-6846
 *Men's Flag Football 858-715-0083
 *Old Aztecs Rugby Club 858-337-1863
 *Coed Softball (Robb Field-Sun) 619-588-0655
 *Peninsula Women's Soccer 858-268-1832
 *Recovery Program Softball 619-300-9060
 *SD County Men's Soccer 858-354-2349
 *SD Men's Softball (Tu/Wed/Th) 619-322-0067
 *SD Surfers Women's Rugby 858-232-9846
 *SD Women's Softball (Mon) 858-435-6208
 *OB 16" Men's Softball 619-531-1527
 *Armada Rugby 619-886-7303
 *VAVi Sport & Social Club 858-273-3485
 *Dodgeball 4 Life
 *Peninsula Tennis Club 619-226-3407
 *Secret Squirrel Society
 *Ocean Beach Library 619-531-1532
 *Point Loma Library 619-531-1539

www.oldaztecrfc.com

www.pwsl.org

www.sdsurferrugby.com

www.sdarmada.com

www.govavi.com

www.dodgeball4life.com

www.secretsquirlsports.com



Ocean Beach Recreation Center



HOURS OF OPERATION

Monday	12:00 – 8:00 pm
Tuesday	12:00 – 7:00 pm
Wednesday	12:00 – 8:00 pm
Thursday	12:00 – 7:00 pm
Friday	12:00 – 6:00 pm
Saturday	10:00 – 2:00 pm
Sunday	CLOSED

Hours are subject to change without notice

Closed on all observed City Holidays



Park & Recreation Department
Community Parks I Division

OCEAN BEACH RECREATION CENTER

4726 Santa Monica Ave.
San Diego, CA 92107
PH: 619-531-1527
FX: 619-531-2746

www.sandiego.gov

“We Enrich Lives Through Quality Parks and Programs”

OCEAN BEACH STAFF

- Monica Honoré Area Manager II
- Brian Anthony Center Director III
- Alex Edwards Barragan Grounds Maint. Worker II
- Cristiana Donelli-Weaver Recreation Leader I
- Joe Monsour Recreation Leader I
- Yvette Nourie-Burns Recreation Leader I
- Daniel Napolitan Recreation Leader I



TANGLED will be our FREE Movie in the Park August 26th!!

REGISTRATION INFORMATION

- Registration is on a first come, first serve basis.
- Registration is on a monthly basis, unless otherwise noted.
- Register prior to start date of each session/month, but no later than the second class meeting. Classes will not be prorated.
- Please bring check or money order when registering for classes made out to **OBRC**. If paying with cash, please bring EXACT CHANGE.
- A reduced fee waiver is available upon request for low income families. Fee waiver requests require a copy of last year's income tax form.
- There will be a \$25 service charge for all returned checks.
- Registration prices are for San Diego Residents. Non-residents subject to higher fees.
- Classes may be cancelled due to lack of enrollment, instructor illness, weather conditions, and changes in operation hours.

PARK RESERVATION INFORMATION

For information about reserving the following parks for sporting events, leagues & tournaments, group picnics (over 50 people), parties, inflatable jumps, etc...

Please call 619-531-1527 or come into the main office at the Ocean Beach Recreation Center.

- OCEAN BEACH RECREATION CENTER
- BOB KENNY FIELD * DANA SCHOOL FIELDS
- PLUMOSA PARK * DUSTY RHODES PARK
- BILL CLEATOR PARK * COLLIER PARK



All City of San Diego Parks & Beaches are Smoke Free

CITY HOLIDAYS / CLOSURES

The Ocean Beach Recreation Center will be closed in observance of the following Holidays

Memorial Day	May 30, 2011
Independence Day	July 4, 2011
Labor Day	September 5, 2011
Veteran's Day	November 11, 2011
Thanksgiving	November 24, 2011
Christmas	December 26, 2011

RECYCLING

A recycling bin is located in the parking lot of the Ocean Beach Recreation Center in the back off the alley. Metal, aluminum, plastic bottles, newspapers, magazines, and cardboard can all be dropped off.

VISIT OUR OTHER LOCAL RECREATION CENTERS

- Robb Field Athletic Area**
2525 Bacon Street, San Diego, 92107
619-531-1563
- Cabrillo Recreation Center**
3051 Canon Street, San Diego, 92106
619-531-1534
- Presidio Recreation Center**
2811 Jackson Street, San Diego 92110
619-692-4918

Upcoming Events

Ocean Beach Summer Day Camp

The Ocean Beach Summer Camp is for children ages 6-12 years old. Campers will participate in a variety of activities, games, sports and, arts and crafts. Weekly rates include weekly field trips, transportation, a daily snack and Friday lunches.

Weekly Field Trips include: Padre Game, Boomers, San Diego Zoo, UTC Ice Town, Knott's Berry Farm, Knott's Soak City, Lasertag, Chuck E Cheese, Belmont Park, and Hodad's.

YOU MUST REGISTER IN ADVANCE!

When: June 14th – Sept 2nd, 2011
 Cost: \$80 – 150 per week depending on the field trips
 Ages: 6 – 12 years old
 Camp Hours: 9:00 am – 4:00 pm
 Extended Care: 8:00 am – 6:00 pm (Additional \$30.00 per week)
 Daily Drop In: \$30.00 per day (\$45.00 for field trip day and only if available)
 Camper Limit: 25 Campers per day including drop-ins
\$15.00 off full fee for additional sibling(s) * Does not apply for Drop-ins*



Youth Flag Football

The Ocean Beach Recreation Center is looking for players ages 9-12 for two Flag Football Teams. Teams will participate in a City Wide league playing other Recreation Centers. Games will most likely be played at Pacific Beach, Ocean Beach, & Clairemont Recreation Centers

Cost: \$40.00
 Ages: 10-under (8-10 years old) cannot turn 11 before 12/10/11
 12-under (11-12 years old) cannot turn 13 before 12/10/11
 Dates: Registration begins in August, Practice Begins in September, Games will be played October – December with the City Wide Playoffs in December.

SIGN UPS START AUGUST 9th

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8804) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.

**Ocean Beach Area
Recreation Councils**
(Public meetings)

**OCEAN BEACH
RECREATION
COUNCIL**

The Ocean Beach Recreation Council is an advisory committee made up of individuals from our community. Recreation Council members work with city staff to promote recreational activities for the citizens of Ocean Beach. The recreation council meets the 2nd Tuesday of every even month at 6:00 pm at the Ocean Beach Recreation Center. 2011 meetings will take place on June 14th, August 9th, October 11th, & December 13th.

**ROBB FIELD
RECREATION
COUNCIL**

The Robb Field Recreation Council meets on the 4th Thursday of each month at 7:00 pm at Jim Howard Hall meeting room. The meeting is open to the public; please call the office to confirm about the meeting @ 619-531-1563.

**DUSTY RHODES
RECREATION
COUNCIL**

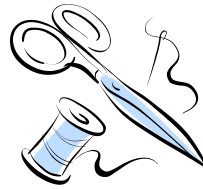
The Dusty Rhodes Recreation Council is an advisory committee made up of local volunteers who work with city staff to promote recreational activities for the Dusty Rhodes Park and also oversee the Dusty Rhodes Dog Park. The recreation council meets at 5:30 pm at the Ocean Beach Recreation Center on the 4th Thursday of every odd month. 2011 Meetings will take place on July 28th, September 22nd, & November 17th.



SEWING

Beginning Sewing Class in the Craft Room. Everything provided to start with. Learn basic sewing skills needed to do alterations or make your own clothes.

Day: Saturdays
Cost: \$40.00 / Month
Times: 11:45am – 1:45 pm
Teens - Adults



Instructor: Sandra Mangusing

BEGINNING HIP HOP

Fun & simple dance routines to the latest music.

Day: Mondays
Cost: \$32.00 / Month
Times: 4:00 – 4:45 pm
4 – 8 years old

Instructor: Sandra Mangusing

**OB DANCE CREW
(FOR PERFORMERS)**

Day: Fridays
Cost: \$15.00 / Month
Times: 4:00 – 6:00 pm
All Ages

Instructor: Sandra Mangusing

Call Sandra @ 619-952-2529 for more info or look online at:

www.sandrakaydanceanddesign.com

CITY DANCE CLASSES

will return in the fall...

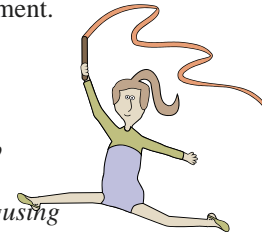
The City of San Diego Park and Recreation Department Civic Dance Arts currently conduct dance classes for children at the Ocean Beach Recreation Center. Tap, Jazz, and Ballet are offered. **Registration is done through the instructor during the first week of class on Sept 22nd.**

For more information on specific start times of classes please visit www.cividdancearts.org or call 619-525-8258

TUMBLING

Learn the basics skills of tumbling. Flexibility, creative strength training, summersaults, cartwheels, round-offs, developing coordination and so much more. Learn floor routines in a fun and positive environment.

Day: Mondays
Cost: \$36.00 / Month
Times: 5:00 – 6:00 pm
5 years old – up



Instructor: Sandra Mangusing

BALLET

Ballet is an excellent way for kids to develop their motor and spatial skills, while learning fun dance steps and exercises. Small classes, personal attention, kind, positive reinforcement makes this a great environment to learn Ballet.

Day: Tuesdays
Times: 4:15 – 5:00 pm
\$32.00 3 – 5 years old
5:00 – 5:45 pm
\$36.00 6 – 9 years old

Instructor: Sandra Mangusing



ADULT DANCE CLASS

A fun exercise class with easy dance movements. A little bit of everything: cardio, core, flexibility & strength. Learn fun dance routines from various dance styles.

Day: Mondays
Cost: \$40.00 / Month
Times: 6:00 – 7:30 pm

Instructor: Sandra Mangusing

Call Sandra @ 619-952-2529 for more info or look online at:

www.sandrakaydanceanddesign.com

BLUE WAVE KARATE

Whether you are looking to get into better shape or learn self defense. Our “All Ages/Family” program develops listening skills, teaches self-discipline, introduces students to self-esteem training, enhances motor coordination skills, and aids in the development of self-confidence.

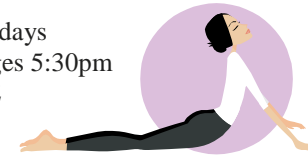
Day: Mondays & Wednesdays
Time: 5:00 – 7:00 pm
Ages: All Ages & Families
Cost: \$35.00/Individual /month
\$30.00/Families / month

Instructor: Tom Blamey

**YOGA
FREE CLASS!!!**

Learn Vinyasa flow style yoga. Please wear comfortable clothing and bring a yoga mat.

Days: Thursdays
Ages: All ages 5:30pm
Cost: FREE



Instructor: Laci Chioda

ADULT INDIVIDUAL SPORTS



We call ourselves *The Secret Squirrel Society* and we are a sports and social group whose focus is to join people through playing sports, socializing, meeting new people and giving back to the community.

Day: Monday: Volleyball 7-8:45pm
Tuesday: Basketball 4:45-6:45pm
Wednesday: Dodgeball 7-8:45pm
Cost: \$5.00 per sport per day

Open to adults with a liability waiver

CHILDREN’S CERAMICS

Have your child explore their creative side as they learn the key *fundamentals* of ceramics where you will learn the casting, cleaning, and painting of ceramics. Supplies will be provided.

will return in the fall...

**ADULT POTTERY &
CLAY SCULPTURE**

Instruction for Beginning, Intermediate, and Advanced Ceramist. Students learn pinch pot, slab, coiling, throwing on the wheel, coil work, slab work, and an animal sculpture. Students supply tools and clay. \$10.00 extra for materials.

Instruction Day: Tuesdays 3:00 – 5:00 pm
Studio Time: Thursdays 3:00 – 5:00 pm

Cost: \$60.00 month
Instructor: Jane Good



**CLAY CLASS
for two**

This class will serve 3rd through 6th graders AND their parents or caregivers. Classes will give one-on-one time while also teaching both generations how to make keepsakes out of clay. Pieces will include: pinch pots, coil work, slab work, and an animal sculpture. \$10.00 additional fee for clay, tools, glazes and firings.

Day: Mondays
Time: 2:00 –4:00 pm & 4:00 –6:00 pm
Cost: \$40.00 / pair monthly \$10.00 extra for materials, as needed.

Instructor: Jane Good

Senior Lunch Program (Monday, Wednesday, & Friday)

Age: 55 Years and Up
Time: 12:30 – 2:00 pm
Cost: \$3.50 per lunch
ADVANCE, PAID RESERVATIONS ARE REQUIRED
For more information, please call Marilyn Joyce @ 707-228-8974



Volunteers Needed

Ongoing opportunities are available at Recreation Centers, Pools, and Regional Parks throughout the City of San Diego, as well as, with Senior and Therapeutic Recreation programs. If you would like to volunteer or see what kind of volunteer opportunities are out there, please call the Volunteer Office at 619-533-4017 or visit us online at www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml

**City of San Diego
Independent Contractor
Requirements**

1. All Contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
2. Contractors must submit a business license and proof of insurance.
3. City staff handles all registration for the program.
4. Contractor must provide Worker’s Comp. coverage for all employees.

**City of San Diego Permit
Holder Requirements**

1. Must provide proof of insurance.
 2. Must provide own advertisement for program.
 3. Registration handled by the permit holder.
- Note: Permit Holder is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors

All permit holders will be identified with an *Asterisk on this program



Classes are monthly unless otherwise noted