



City of San Diego Park and Recreation Department

Nobel Park and Recreation Center



2012

www.sandiego.gov

April - June

**8810 Judicial Drive
San Diego, CA 92121
PH: 858 552-1626
FAX: 858 550-8152**

Staff

Area Manager II

Johnny Chou

Center Director III

Carol Wright

Recreation Leaders

Lisa Alvarado

Chris Castro

Janie Rochfort

Tricia Skoglund

Grounds Maintenance

Juan Avalos

Sean Cook

Class registration

Tuesday-Thursday 12-7 PM

Saturday 2-3 PM

***Park Permits are issued by
appointment only.***

Walk-ins not allowed



Nobel Recreation Council

The Nobel Recreation Council is an advisory committee made up of individuals from the community. Recreation Council members work with city staff to promote recreational activities for the citizens of University City. Recreation Council meetings are held the second Wednesday of odd months at 6:30 PM at Nobel Recreation Center. For more information please contact our office at (858) 552-1626.

Payment Policies

- Payment is required at the time of registration.
- Please pay with EXACT cash or a check made payable to NPRC
- Sorry, No credit cards.
- A \$25.00 fee will be charged for all returned checks.
- Class fees are not prorated or discounted after the beginning of the scheduled session.

Hours of Operation

Monday	12 - 7:00PM
Tuesday	12 - 7:00 PM
Wednesday	12 - 8:00 PM
Thursday	12 - 7:00 PM
Friday	12 - 6:00 PM
Saturday	10 - 3:00 PM
Sunday	Closed

All hours and activities are subject to change without prior notice

Refund Policies

- No partial refunds or make-ups for missed classes (i.e. routine illnesses, vacations or other schedule conflict). Sorry, no exceptions!
- All refund requests must be received before the second class.
- A Refund Request Form and your pink registration receipt must be submitted prior to second class meeting.
- If your child has a medical emergency (not regular or routine illness) and cannot participate in class please contact staff as soon as possible.



CITY HOLIDAYS / CLOSURES

Memorial Day May 28, 2012



"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Independent Contractors Requirements

- All contractors, sub-contractors and volunteers are fingerprinted through the City of San Diego Live Scan Process.
- All Contractors have a business license and proof of insurance.
- City staff handles all registration for the program.
- Contractors provide Worker's Compensation coverage for all employees.

PERMIT HOLDER REQUIREMENTS

- Must provide proof of insurance.
- Must provide own advertisement for program.
- Registration handled by the permit holder.

Note: Permit Holder is not required to submit proof of fingerprinting for their coaches, volunteers or instructors.

All Permit Holders are identified with an *asterisk on this program

Volunteers and Donors Needed

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreational programs. If you would like to volunteer, please see staff for more information, or contact the Volunteer Office at (619) 533-4017. Fax: (619) 525-8224.

<http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml> By donating to our park system, you can help the Park and Recreation Department enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks and neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool, or recreation program, please call (619) 221-8910.

SD Rhythmic Gymnastic Academy

Instruction combines elements of dance and gymnastic floor routines to music with the use of small equipment such as balls, hoops, and ribbons.

Recreational students welcomed.



Recreational Class Times

All Recreational Classes

\$75.00 month 4 classes

All Drop-In Classes \$20.00 per hr.

Ages: 4-5 years

Monday: 6:00-7:00pm

Tuesday: 3:10-4:00 PM

Saturday: 1:00-1:50 PM

Minimum of 4 students

Ages: 6+ years

Tuesday : 4:00-4:50 PM

Thursday : 4:00-4:50 PM

Stretching & Conditioning

Ages: 7+ years

Saturday: 3:00-4:00 PM

Stretching and Conditioning Class

\$75.00 per month.

Pre-team / Team

Advanced instruction for students preparing for competition available by appointment. All fees for instruction due first day of each month. Team participation and Sign-up requires coach approval

Instructors:

Irina Mellors (858) 395-9881

Alla Zubkis (619) 852-7439

Elena Silaeva (619) 315-5598

www.sandiegorhythmicgymnastics.com

www.sdrga.com

Recreational Tumbling Basics

Boys and Girls Ages: 6-10 yrs.

Tuesday: 3:10-4:00 PM

Cost: \$75.00 per month 4 classes

This program is intended to introduce basic recreational tumbling skills, which improves coordination, flexibility and strength. The classes are taught in a non-competitive, relaxed and fun environment, which strives to improve confidence and overall self-esteem.

Children's Craft Time

This staff lead activity is designed for parents and children to do together. Craft skill levels vary by activity.

Day: Wednesday

Time: 1:00-2:30 PM

Cost: \$3.00 per class or

5 class pass for \$12.00

Staff: Janie Rochfort



Children's Painting Class

Introduction to painting with Acrylics for 7-12 year olds.

Instruction includes basic painting skills, color theory, and composition. Children will explore a variety of painting styles and techniques.

Day: Monday

Starts: April 16th

Time: 4:30-6:00 PM

Cost: \$24.00 4 weeks

Students provide their own brushes and paper.

For a list of materials see office staff.



GOLF for Adults

Classes are held at Torrey Pines Golf Course. Please register at Nobel Recreation Center. 4 week session

Cost: \$65 plus \$15 range fee

Days: Saturday

Class Sessions-

#1 April 7th—28th

#2 May 5th—26th

#3 June 2nd-23rd

Instructor: Chris Lempa



All City of San Diego Parks & Beaches are Smoke Free



Dance to EvOLvE

Class Descriptions



CLASSES WITH NO SESSION DATES:

This class has no specific start/end date, it is sold in a flexible class card format of 6 or 9 classes.

6-classes: \$89.00

9-classes: \$126.00

Mommy or Daddy & Me

15 mos. - 2+ yrs. 45 min.

(Great for boys and girls.)

Come and spend a magical time with your child while they learn to dance and explore music.

CLASSES WITH SESSION

DATES:

Register for the entire semester save money and secure your place in the class.

Magical Munchkins

(parents in room)

Ages 2 - Young 3 yrs. 45-min.

Introductory combination class, includes tap, ballet, tumbling and dance games.

Tiny Movers Combo Class

Ages 3 - 4 yrs. 55-min.

Children learn the basic dance skills, including tap, ballet.

(Progressive class)

Star Shiners Combo Class

Ages 4 1/2 - 6 yrs. 55-min.

Children learn the basic dance skills, including tap, ballet.

(Progressive class)

Ballet I

Ages 6-9 yrs. 1 hr.

A beginner ballet class focusing on ballet technique through barre and center work. This class begins a young dancer's ballet training by developing grace, strength, and balance while having fun.

Session Dates

12-week semester:

4/10-6/30 12-wks @ \$168.00

Or Each Session:

4/10-5/19 6-wks @ \$89.00

5/22- 6/30 6-wks @ \$89.00

EvOLvE Class Times

Tuesdays

10:00 AM Tiny Movers

11:00 AM Mommy, Daddy & Me

(Music and Movement Activities)

Thursday

3:00 PM Tiny Movers

4:00 PM Star Shiner

5:00 PM Ballet 1 (6-9 yrs.)

Saturday Room A

10:15 AM Tiny Movers

11:15 AM Star Shiners



Saturday Room B

10:15 AM Magical Munchkins

11:05 AM Magical Munchkins

Participate in EvOLvE's June Recital.

TRY A FREE TRIAL CLASS

With Dance to EvOLvE.

For more information

call: (858) 876-LEAP (5327)

or visit our website @

www.danceto evolve.com

Email: info@danceto evolve.com

Director: Brittany White

FREE Adult Yoga

Days: Friday

Time: 5:00-6:00 PM

Cost: FREE

Classes start in April

-Class day and time are subject to change. First timers please call the office prior to attending the class.



San Diego Korean Karate Club

If you are currently a martial arts student, or just want to try it out, you are invited to learn

Tae Kwon Do Chung Do Kwan

Days: Tuesday and Thursday

Time: 6:00-7:30 PM

Cost: \$75.00 - 10 classes

\$40.00- 5 classes

Drop-in \$20.00

Sessions:

#1 April 24- May 24

#2 May 29- June 28

#3 July 3- Aug. 2

Instructor : Master

Joe Montanez

* Fees exclude belt testing, tournaments, training camps, special seminars, and uniforms.

For more information: kore-ankarateclub@gmail.com



Learn to Speak Italian

Day: Wednesday 8 weeks

Intermediate I: 12:00-12:55PM

Intermediate II: 1:00 -1:55 PM

Beginners I: 2:00-2:55 PM

Have fun while learning conversational Italian. These are progressive classes. Minimum class size: 5

Seniors 55+: \$96.00

Adults : \$120.00

Sessions:

#1 April 25- June 13

#2 June 20- Aug. 8

Instructor:

Consuelo Endrigo-Williams

Consueloendrigo@gmail.com

Parlitaliano.com

Ask Parks

See something in the park you liked, have a question or suggestion. Leave us a message at :

<http://www.sandiego.gov/park-and-recreation/general-info/mypark.shtml>



Programs and Classes are subject to change without prior notice.

Gymnasium Schedule

Monday

Basketball	12:00 – 1:30 PM
Pickle ball	1:30 – 4:30 PM
Basketball	4:45 – 5:45 PM

Tuesday

Basketball	12:00 – 2:45 PM
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Wednesday

Basketball	12:00 – 1:30 PM
Pickle ball	1:30 – 4:00 PM
Badminton	4:00—5:45 PM

Thursday

Badminton	12:00 – 2:45 PM
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Friday

Badminton	12:00 – 3:15 PM
Pickle ball	3:30 – 5:45 PM

Saturday

Wheel Chair Basketball	10-12:00 PM
Volleyball	12:00-2:45 PM

Sunday - CLOSED

All hours and activities are subject to change without prior notice.

Handy Contact Information

Doyle Recreation Center
(858) 552-1612

Standley Recreation Center
(858)552-1652

Swanson Pool
(858)552-1653

North University
Community Branch
Library
(858) 581-9637

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). 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) 221-8918 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.



Park and Recreation Department
Community Parks I Division
WWW.SAN.DIEGO.GOV

Free

Please Join us Wednesday March 28, 2012

Doyle and Nobel Parks combined Spring Egg Hunt

Where: Doyle Recreation Center (8175 Regents Road)

Spring Bunny, Crafts, Air Jumps, and much more!

Activities begin at 12:30 PM

EGG Hunt Schedule

- Pre-Kindergarten and Younger...12:30pm
- Kindergarten– 2nd Grade.....12:45pm
- 3rd Grade to 5th Grade1:00pm
- Day Camps.....1:15pm

Gift bags limited to the first 500 (Limit one gift bag per person)



For more information please call

Doyle (858) 552-1612 or Nobel (858) 552-1626

**Thank you to the Doyle and Nobel
Recreation Councils**



Important Information

**AED (Automated External Defibrillators) are located in
the Nobel Recreation Center and North University
Branch Community Library buildings.**

