

FALL 2022



Community Services Guide



Registration begins August 10

carlsbadconnect.org

Aquatics

Monroe Street Pool

3401 Monroe St. 92008 • 442-339-2685

The Monroe Street Pool includes a 25-yard by 25-meter pool, two 1-meter diving boards, a 3-meter diving board, a shallow play area and access ramp and plenty of deck space. The aquatic building includes tiled shower areas and full locker room facilities. Lockers are available for daily use; please bring your own lock. On-site parking is available for pool users only.

Lap Swim Schedule

Mon. – Fri.	Morning hours TBD* 3 p.m. – 7 p.m.*
Sat./Sun.	8 a.m. – 4 p.m.

Recreation Swim Schedule

*Lap availability has been impacted by the labor shortage; for the most up to date lap swim schedule please view the pool use schedule available online.

May 25, 2022 – August 29, 2022

Mon. – Fri.	12 p.m. – 7 p.m.
Sat./Sun.	11 a.m. – 4 p.m.

August 30, 2022 – December 31, 2022

Call for available days and times.

Important

Schedules are subject to change due to special events and/or programming.

Pools will close at 3 p.m. on Sep. 5 for Labor Day

Pools will be closed all day on Nov. 24 for Thanksgiving.

Pools will close at 3 p.m. on Dec. 24 for Christmas Eve and will be closed all day on Dec. 25 for Christmas Day.

Pools will close at 3 p.m. on Dec. 31 for New Year's Eve and will be closed all day on Jan. 1, 2023 for New Year's Day.

Alga Norte Aquatic Center

6565 Alicante Rd. 92009 • 442-339-5777

Alga Norte Aquatic Center is a state of the art facility featuring: a 56-meter by 25-yard competition pool, 25-yard warm-water instructional pool, two 1-meter and two 3-meter diving boards, a large scoreboard/timing system, a therapeutic spa for adults, a splash pad spray ground for children, separate family and team restrooms, a swim specific fitness room and abundant parking. Lockers are available for day use; please bring your own lock.

Recreation and Lap Swim Schedule

June 5, 2022 – August 29, 2022

Mon. – Fri.	6 a.m. – 7 p.m.
Sat.	8 a.m. – 5 p.m.
Sun.	9:30 a.m. – 5 p.m.

August 30, 2022 – December 31, 2022

Mon. – Fri.	6 a.m. – 7 p.m.
Sat.	8 a.m. – 4 p.m.
Sun.	9:30 a.m. – 4 p.m.

Spray Ground

The spray ground is open during recreation swim hours if the outside temperature is above 70°F.

Diving Boards

A swim test consisting of 25 yards of front crawl, with face in the water using side breathing, is required for all patrons wishing to use the diving boards.

Check the pool use schedule online for diving board schedule.

50-Meter Long Course

50-meter long course is not offered at this time. Check the pool use schedules online for changes or updates in programming.

Recreation swim

Recreation swim is available to patrons of all ages. **An adult must accompany children under 8 in the water.** One child under 3 is admitted free with a full paying adult. To enter deep water you must demonstrate your swimming ability to the lifeguard. Children under 10 years of age must have continuous on-site parental supervision. Classes, special events and programs are not included; rates are subject to change.

Swim lesson registration does not include admission to recreation or lap swim or any other programs. Swim lesson participants may enter the facility ten minutes prior to their lesson and must exit within ten minutes after their class ends. Please check with the office staff for lessons admission.

Lap swim

Lap swim is available to all patrons who are swimming continuous laps. A pace clock, kickboards and pull-buoys are available on deck. For detailed information about 25 yard and 50 meter lap swimming please call any aquatic facility or visit the City of Carlsbad website at www.carlsbadca.gov.

Passes

Recreation and lap swim passes cover admission to the fitness room and therapeutic spa at Alga Norte Aquatic Center and all aquatic facilities during recreation and lap swimming times. Patrons 17 and under do not have access to the fitness room or therapeutic spa. Classes, special events and programs are not included; rates are subject to change seasonally.

Private Lessons

Designed for students who need to master a specific skill set or to learn new skills in an individualized setting. Instructors will focus on any requests and can cater to any ability level. Flexible scheduling as you can sign up for one lesson or ten, depending on what works for your schedule. Each lesson is 30 minutes and are offered Monday – Thursday, Saturday, or Sunday. Register over the phone or in person at Alga Norte Aquatic Center.

Masters Swim

The Master's program is focused on stroke improvement through guided workouts that include a main set as well as stroke drills. Workouts are generally 3500-4000 yards. Ability to swim 100 yards of freestyle and knowledge of backstroke, breaststroke and butterfly is suggested. Masters memberships cover unlimited admission to the fitness room and all aquatic facilities during recreation and lap swimming times.

Per workout fees drop-in \$7

Passes

Individual one month	\$70
Individual three month	\$196

Schedule

Mon. – Fri.	6 a.m. – 7:15 a.m. 12 p.m. – 1:15 p.m.
Sat.	8 a.m. – 9:30 a.m.
Sun.	9:30 a.m. – 10:45 a.m.

Swim Lessons: 5 & Under

Parent Infant/Toddler Aquatics

Prerequisite: 6 months to 3 years of age, no skill prerequisite. **"PIT"** provides infants and toddlers an opportunity to explore an aquatic environment in a safe setting with an aim to build comfort in the water so they are willing and ready to learn to swim. Parents will also be provided with information and techniques geared toward fostering a safer aquatic experience for their children.

Preschool Aquatics 1

Prerequisite: 3 to 5 years of age, no skill prerequisite. **"PSA 1"** is designed to orient young children to the aquatic environment and to provide a solid foundation on which to build. True locomotion should not be expected at this level. Skills practiced include entering/exiting the water safely, blowing bubbles, bobbing, floating, and leg and arm actions on front and back. All skills will be performed with instructor support. Safety topics including recognition of emergencies, identifying lifeguards, knowing how to call for help, and sun safety will be covered. Upon successful completion of **ALL** skills, advance to PSA 2.

Preschool Aquatics 2

Prerequisite: 3 to 5 years of age, must pass **ALL** PSA 1 requirements. **"PSA 2"** builds on the skills introduced in PSA 1 while decreasing support from the instructor. Participants begin gaining rudimentary propulsive skills, marking the beginning of true locomotion. Skills practiced include entering the water by jumping from the side, fully submerging and breath holding, retrieving submerged objects, rolling from front to back and back to front, and introducing treading. The safety topics introduced in PSA 1 will be reinforced. Upon successful completion of **ALL** skills, advance to PSA 3.

Preschool Aquatics 3

Prerequisite: 3 to 5 years of age, must pass **ALL** PSA 2 requirements. **"PSA 3"** continues to build on the skills learned in PSA 1 and 2, increasing coordination and endurance. Skills in PSA 3 are performed independently, with little or no support from the instructor. Skills practiced include entering the water by jumping from the side, fully submerging and breath holding, retrieving submerged objects, rolling from front to back and back to front, and treading water. Upon successful completion of **ALL** skills, advance to PSA Advanced/Level 2.

Preschool Aquatics Advanced

Prerequisite: 3 to 5 years of age, must pass **ALL** PSA 3 requirements. **"PSA Advanced"** was designed to target those individuals who have excelled in their skills but may not be ready for Level 2 due to their age or maturity. Participants practice a recognizable front crawl, with rotary breathing, and the elementary backstroke. Participants will also be introduced to a variety of new kicks. Head first entries from the sitting and kneeling positions may be taught (optional, based on availability of deep water). Upon successful completion of **ALL** skills, advance to Level 2 or 3 (based off instructor recommend).

Preschool Aquatics Combo 1/2

Prerequisite: 3 to 5 years of age, PSA 1 or PSA 2 ability level. **"PSA Combo 1/2"** was designed to accommodate those individuals of PSA 1 and PSA 2 skill levels during times of limited course offerings. The similar nature of skills taught in PSA 1 and PSA 2 allow for a combined class, with the instructor providing more or less physical support depending on each individual's specific abilities. Please refer to the course descriptions for PSA 1 and PSA 2 for more specifics regarding skills taught.

Swim Lessons: All Ages

Level 1: Intro To Water Skills

Prerequisite: None. **Level 1** introduces basic aquatic skills. Participants begin developing effective swimming habits and safe practices in and around water. True locomotion should not be expected at this level. Skills practiced include entering/exiting the water safely, blowing bubbles, bobbing, floating, and leg and arm actions on front and back. Safety topics including recognition of emergencies, identifying lifeguards, knowing how to call for help, and sun safety will be covered. Upon successful completion of **ALL** skills, advance to Level 2.

Level 2: Fundamental Aquatic Skills

Prerequisite: Must pass **ALL** Preschool Aquatics 3/Level 1 requirements. **Level 2** builds on the skills introduced in Level 1 while decreasing support from the instructor. This level marks the beginning of true locomotion. Skills practiced include entering the water by jumping from the side, fully submerging and breath holding, retrieving submerged objects, rolling from front to back and back to front, introducing treading, and reinforcing arm and leg actions. The safety topics introduced in Level 1 will be reinforced. Upon successful completion of **ALL** skills, advance to Level 3.

Level 3: Stroke Development

Prerequisite: Must pass **ALL** Level 2 requirements. **Level 3** is the first chance for participants to practice a recognizable front crawl, with rotary breathing, and the elementary backstroke. Participants will also be introduced to the scissor, dolphin, and breaststroke kicks, as well as an increased duration of treading water. Head first entries from the sitting and kneeling positions may be taught (optional, based on availability of deep water). Safety topics will expand on the recognition of emergencies, and how to prevent and respond to emergencies. Upon successful completion of **ALL** skills, advance to Level 4.

Level 4: Stroke Improvement

Prerequisite: Must pass **ALL** Level 3 requirements. **Level 4** participants will be introduced to the back crawl, and be provided with opportunities to increase their endurance and to begin refining the basic strokes learned in Level 3. Participants will also add arm actions to the previously introduced kicks to perform rudimentary butterfly, side, and breaststroke. Head first entries from the compact and stride positions may be taught (optional, based on availability of deep water). Upon successful completion of **ALL** skills, advance to Level 5 or Pre-Competitive Swim Team.

Level 5: Stroke Refinement

Prerequisite: Must pass **ALL** Level 4 requirements. **Level 5** participants will work to refine each of the six strokes; front and back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke. Participants will aim to increase their endurance, increasing the distances they can swim, with an emphasis on proper technique. Flip turns will be introduced, as well as shallow-angle dives (optional, based on availability of deep water).



Aquatic Programs

Aqua-Fit

Aqua-Fit is an instructor-led low impact water exercise class held in the approximately 85-degree, shallow-water Instructional Pool on Tuesdays and Thursdays. This full-body workout, held in a friendly social atmosphere, is perfect for adults of any skill level. All necessary equipment is provided.

Deep Water Boot Camp

This instructor-led, zero impact water exercise class is held in the approximately 78-degree, 14-foot deep Competition Pool on Mondays, Wednesdays, and Fridays. This full body exercise utilizes various (provided) equipment and movements to get your heartrate up. A great workout for those who want a calorie burning challenge, core workout, and toning in a friendly social atmosphere.

Pre-Competitive Swim

Prerequisite: Must pass **ALL** Level 4 requirements. This course is perfect for those who have a comfortable foundation of aquatic skills and swimming strokes, and who are interested in, but not yet ready for, swimming on a competitive swim team. Differing from a true instructional course, Pre-Comp coaches will lead participants through basic swim sets, focusing on building endurance and polishing skills in preparation for a swim team.



Aquatics: Certifications & Trainings

Lifeguard Academy

Do you want to become a Lifeguard? Get your Lifeguard certification on us!

Prerequisite: Prerequisites: must be at least 15 years of age by the last day of class, 300-yard swim using front crawl and breaststroke, 2 minutes treading water without use of hands and a 20-yard swim with surface dive to retrieve a 10 lb. brick and return. This course does require home study.





Special Interest

Sewing, All Levels

All materials, tools and sewing machines provided; students may each bring their own sewing machine if they would like help learning how to use it. Students are welcome to bring outside projects appropriate to their skill level. Ages 7 – 15

Babysitting Training

This class is hands-on program where the participants can practice their infant care skills on dolls and manikins, as well as other babysitter activities! The four-hour class is for ages 11 – 17 years old.

Sumi-E & Japanese Ink Art

Explore the ancient Japanese brush painting world in a friendly and relaxing classroom setting. Instruction includes stroke demonstration, sumi ink calibration, various painting methods, and calligraphy demonstration. All skill levels are welcome. Materials not included but available to try out in first class. Ages 18+

Hybrid Sumi-E & Japanese Ink Art

Explore the art of self-discovery through ancient Japanese watercolor technique. Learn the elegance of strokes emanating from the Zen philosophy. This class will be taught with alternating in person and virtual classes. The first introductory class will be in person. Instruction includes stroke demonstration, sumi ink calibration, various painting methods, and calligraphy demonstration. Materials not included but available to try out in the first class. Ages 18+

Painting Like the Masters

This class is for young artists who want to experiment with art techniques of Master Artists. Students will paint with acrylics on canvas to create a masterpiece in the artistic styles of Monet, Van Gogh, Matisse and others while learning about the lives of great artists. Ages 6 – 10

Creepy Creatures Halloween Camp at Carrillo Ranch

Join John Taibe from Radical Reptiles & Friends for a special one-day camp with a hair-raising introduction to various monsters including creepy arachnids, crawly reptiles, spooky insects and more! Children will uncover the beasts of the animal kingdom at this eerie experience. Ages 6 – 13

Holly Jolly Creatures at Carrillo Ranch

Join John Taibe from Radical Reptiles & Friends for a holiday party featuring all sorts of jolly arachnids, reptiles, insects and more! Children will discover and celebrate the animal kingdom at this exciting experience.

L.I.T.E.

L.I.T.E. (Leadership in Training & Education) after-school program is designed to provide teens a place to come and learn essential life skills in a fun and safe environment that will enrich their life. We focus on career builders, communication, community service, finances, college, team builders, and leadership. They will receive homework assistance each day. This program will incorporate fun and social aspects as well. This program will help keep teens excited about their community and get them involved in a program that can enrich their lives. Grades 6 – 9

Martial Arts



Karate

Toddler

This class is a fun introduction to Karate. The students will be learning how to follow directions, balance, punch, block, and kick in an age-appropriate atmosphere. They will learn to start in a class and graduate into the Preschool Karate class. Ages 2–3

Open

Students learn standing basics, kicks, punches, blocks and moving basics, stances with combinations of block, punches and kicks follow by Katas (Forms) of the traditional Japanese Shito-Ryu karate do. This Class improves motor skills, balance and coordination. As the Student progresses, they will move through the belt system, students also will learn joint locks techniques. Karate uniforms are required and may be purchased from instructor. Ages 9+

Level I

Students will learn basic kicks, punches, blocks and stances of Shito-Ryu style karate. Students will begin to advance through belt structure. Good choices and behavior are taught along with respect and discipline. Karate uniforms are required and may be purchased from instructor for \$27. Age overrides are not permitted for this program. Ages 4–8

Japan Karate Federation

Beginning

A class that offers families and beginning students an opportunity to train in an authentic martial arts environment. Students will develop karate techniques self-discipline, self-respect and confidence. Students will begin to advance through rank by learning kicks, blocks, punches, strikes, and kata. Please visit japankaratefederation.com. Ages 5–12

Advanced

This class is a continuance from the training obtained in the JFK beginning karate class. Once the student has reached a certain age and rank this class is an opportunity to hone their techniques and training to potentially receive a black belt in the federation. Ages 12+



Mind/Body Wellness

Refresh & Renew Yoga in Nature

This gentle yoga class offers the perfect opportunity to stretch out some tight areas of your body, work on your balance, slow down and learn some calming breathing techniques – all while connecting with the beauty of nature surrounding you at Leo Carrillo Ranch! Beginners and those living with persistent pain are encouraged to attend. Ages 18+

Yoga Circle

Lift your spirit with this gentle, yet strengthening, yoga class! You will learn a flow of postures designed to enhance flexibility and improve balance, as muscles, bones and joints get stronger. Deep breathing will relax and rejuvenate you, harmonizing body, mind and spirit. Come relax, rejuvenate and have fun! Bring a mat. Ages 18+

Yoga Beginning/Intermediate

Traditional Hatha Yoga class in a relaxed and friendly environment. Each session includes postures that are sequenced to provide a safe and balanced flow. Yoga offers the opportunity for improved spinal stability, posture, abdominal strength, coordination and balance, as well as to manage stress. Yoga Alliance 200 RYT registered instructor. Ages 18+

Jacki Sorensen's Aerobic Dancing

Dance and tone your way to fitness with the ORIGINAL aerobic dance program. Simple dance routines choreographed for fun (and for the non-dancer too) all to upbeat and motivating music. All fitness levels welcome. 'Vertifirm' standing floor work burns more calories. Hand/ankle weights are optional. Classes can be selected as 2x or 3x per week. Ages 18+

Tai Chi Chuan

Experience, introduction and instruction on the Chinese exercise/discipline of Tai Chi Chuan. This slow non-strenuous exercise places emphasis on balance, flexibility and ease of movement for the continuation or improvement of health for the rest of your life. Ages 18+

Carlsbad Cruisers

Tired of walking alone? Looking for a new way to motivate yourself and others to get moving? Being active in the secret to staying healthy and walking is one of the easiest and least expensive ways to get moving. Join us to move towards better health & wellness while having fun and making new friends. Ages 18+

Dance

Adult

Country Line Dancing Beginning/Intermediate

Stomp Your Boots!! Fun energizing line dance class for beginners with some line dancing experience and intermediate line dancers. Country music with some Pop, R&B and Latin. Improve cardio fitness, muscle strength and coordination. Wear shoes to SLIDE! Dances taught will be at High Beginner/Low-Mid Intermediate levels. Ages 18+



Sports

Tennis

Pee Wee

Little rackets, little nets, lots of fun games to start the love of tennis. Bring the young ones out to learn racket to ball skills. Ages 5–7

Juniors Beginning

Learn all the basics with the proper technique. Forehand, backhand, serve, introduction to volleys and overheads. Ages 7–12

Juniors Beginner/Intermediate

Learn all the basics with the proper technique. Forehand, backhand, serve, introduction to volleys and overheads. Ages 7–12

Juniors Intermediate

Review your stroke technique, learn ball control, placement and consistency while playing games. Ages 8–15

Juniors Advanced

Teacher approval required before registering. No exceptions. This class is for the skilled Junior looking to gain an edge over the competition. Ages 10–16

Adult Beginning

You can start fresh whether you are a first timer who has never touched a racquet or someone who may have played years ago. By the end of this class you should be able to successfully serve, sustain a rally and play sets. Ages 16+

Adult Beginner/Intermediate

Review basic strokes using proper technique. Learn ball control, placement and consistency while playing games. Ages 16+

Adult Intermediate

Review your stroke technique, learn ball control, placement and consistency while playing games. Ages 16+

Adults Intermediate/Advanced

Review basic strokes using proper technique. Learn ball control, placement and consistency while playing games. Ages 16+

Volleyball

Coed Four-Person

This program is a coed league for competitive players that are highly skilled with high level experience. Four-person teams and divisions are determined and divided on the first night. For possible inclusion, new players will be evaluated on the first night. Ages 18+



Friday Night Hoops

Presented by Master Sports! Improve your basketball skills. Whether your child is a beginner or an intermediate player, this program will give players the keys to the court! Scrimmage games, learn proper shooting techniques, leadership, ball handling, transition game, passing and decision making. Benefit from this fun, high energy and exciting basketball night.

Sports Leagues

Master Sports Youth Basketball League

Master Sports Youth Basketball League is a high energy game! Players will learn the game of basketball and to play as a team and showcase their skill during league games. Practice starts the week of September 6th and games start on Saturday, September 18th. Player must attend the player assessments. Games played on Saturdays between 8am-7pm. All games at Calavera Hills Gym. Teams will practice at their respective team's location. Master Sports is the official league provider and coordinator of the program. The city does not coordinate the day to day operations, you must contact Master Sports with any league related questions. You must contact Master Sports-Ryan Conroy with any league questions at 858-336-2668 or ryan@mastersports.com.

Boys Basketball 3rd & 4th Grade
Boys Basketball 5th & 6th Grade
Boys Basketball 7th & 8th Grade
Coed Basketball 1st & 2nd Grade
Girls Basketball 3rd – 5th Grade

Kickball for Grown Ups Coed Fall League: Free Agent

Don't have a team to play on? Register as a free agent and if enough players register, we can form a team. Echo Athletics is a social athletic organization created to advance the joy of kickball. Each week will be a theme and all teams are encouraged to dress up, of course you do not have to if you're the shy one. Food and music are encouraged before, after and why not during the games. Our goal is to provide a unique league with an inclusive adult coed social culture and establish our kickball experience as the standard of recreational sports. Successfully bringing together families, friends, coworkers and people alike who simply like to play in our fun high energy coed kickball leagues. This non-competitive league will be played at Alga Norte Park on turf fields, and the team fee is for a full team of twenty. Please contact Jesse Daner at echoathletics@gmail.com with any questions. Echo Athletics is the league coordinator and provider, not the City of Carlsbad. Ages 18+

Kickball for Grown Ups Coed Fall League: Team Registration

Echo Athletics is a social athletic organization created to advance the joy of kickball. Each week will be a theme and all teams are encouraged to dress up, of course you do not have to if you're the shy one. Food and music are encouraged before, after and why not during the games. Our goal is to provide a unique league with an inclusive adult coed social culture and establish our kickball experience as the standard of recreational sports. Successfully bringing together families, friends, coworkers and people alike who simply like to play in our fun high energy coed kickball leagues. This non-competitive league will be played at Alga Norte Park on turf fields, and the team fee is for a full team of twenty. Please contact Jesse Daner at echoathleticsca@gmail.com with any questions. Echo Athletics is the league coordinator and provider, not the City of Carlsbad. Ages 18+



Early Childhood

Fall 2022 Open and Priority Registration

Registration for the Preschool program year running Sept. 2022 through June 2023.

Registration

Registration is now open and accepted online at www.CarlsbadConnect.org or by calling Recreation Supervisor Kevin Gohres at 442-339-5024. You are able to enroll into the preschool program at any time.

[Register here](#)

For questions:

Contact 442-339-5024 or kevin.gohres@carlsbadca.gov

Payment Options

The City of Carlsbad Preschool Program has improved their registration process to simplify payments to cover a full school year, Sept. 2022 – June 2023.

There are two payment options:

1. Pay in full at the time of registration
2. Participate in a monthly payment plan *

*If participating in the monthly payment plan, you must pay for the first month by credit card which will securely be saved in the carlsbadconnect.org software system and will then be automatically charged monthly for eight installments throughout the school year. A full refund can be given if you contact the Recreation Supervisor by Thursday, Aug. 25.





Parent Participation

Learning is fun at the Parent Participation Preschool & Toddler Program. This developmental program meets the changing needs of children from 12 months to 5 years. Preschool classes include hands on science, math, language activities, creative arts and field trips along with parent education meetings once per session. Toddler classes include basic arts, singing, group play and other pre-learning activities along with daily parent education opportunities.

Parent Participation Requirements

Toddler Class Requirements

Parent participates in each class session with child. Parent agrees to assist with bringing snack and paper supplies on a rotating basis.

Preschool Class Requirements

Parent assists in preschool classes two to three times during the session and brings snack once per session. Parents must attend parent meeting once per session. Kruger House parents must participate in two maintenance days per school year. Parent orientation is required for all new students.

All parents/guardians assisting in the preschool program (excluding Parent-Toddler classes) must be fingerprinted by the City of Carlsbad prior to the start of the session.

My First Art Class

For the beginner artist! This is a unique class for children and parents (or their helpers). Explore shapes, colors, textures, and art techniques while developing concentration, focus, creativity, motor, and language skills. Children are introduced to materials and techniques to create a framed masterpiece each class. New lessons each session!

School Year 2022-23

Parent-Toddler 1's

Developmentally appropriate activities are provided through sensory exploration, hands-on learning and physical development. Parent participates in each class with child. Parent assists with bringing a snack and paper supplies on a rotating basis. Child must be 12 months old by Sept. 1, 2022.

Parent-Toddler 2's

Developmentally appropriate activities are provided through sensory exploration, hands-on learning and physical development. Parent participates in each class with child. Parent assists with bringing a snack and paper supplies on a rotating basis. Child must be 12 months old by Dec. 1, 2022.

Preschool 3 - Pre-K

A variety of experiential learning activities inside and out. Cooperative play and independent problem solving are encouraged.

Preschool 3's

Child must be 3 years old by Dec. 1, 2022.

Preschool 3's & 4's

Child must be 3 years old by Sept. 1, 2022.

Preschool 4's

Child must be 4 years old by Sept. 1, 2022.

Pre-Kindergarten

Child must be 4 years old by Sept. 1, 2022.



Adults 50+

Registration required for all programs. Register online at www.carlsbadconnect.org or call 442-339-2650. Updated program information in the monthly *Seaside Insider* available at www.carlsbadca.gov/seniors.

Dance

24k Zumba Gold® with Saleemah

Offered virtually through Zoom or onsite at the Senior Center! Cha-cha, merengue, salsa and swing are just a few of the infectious rhythms that will get you moving your feet, clapping your hands, shaking your hips and having so much fun you'll forget you're exercising! Easy-to-follow dance steps makes this class suitable for beginners and experienced alike!

Zumba Gold® Toning with Saleemah

A safe and fun class designed to tone the entire body, increase muscular endurance, strength, and stamina. All the Latin and International rhythms of Zumba Gold that you already love...with the added benefits of focused strength training.

Zumba Gold® Seated with Saleemah

Welcome to Zumba Gold® Seated! This 45- minute class is designed to provide safe and fun movement for everybody, especially those that may have balance or mobility issues, injuries, disabilities, or obesity. We'll dance to a variety of Latin, classics, and international rhythms. An armless chair is best, and dress comfortably



Mind/Body Wellness

Beginning Heart Coherent Tai Chi

Heart Coherence neutralizes stress, improves balance, increases strength without tension. Learn and practice the Classic Heart Coherence Form, consisting of circular, coordinated breath and movement patterns. These are helpful tools for attaining and maintaining body/mind and spirit wellness.

Intermediate and Advanced Heart Coherent Tai Chi

Comfortable with Classic Form? Confident of ability to contribute harmony and radiance? Welcome! Class begins with Coherent Heart Meditation followed by Radiance Attunement. Then practice one of eight additional forms until each form flows with easy confidence. Class finishes with Classic Form and opportunities to question or contribute observations.

Restorative Yoga

Relax and Renew thru a series of Restorative Yoga Poses. Class will begin on time with a brief introduction, a breathing meditation, and move into Gentle and Restorative yoga poses. This class is for all levels, it will introduce beginners to the benefits of the poses and gives instructions for each pose.

Better Balance And Mobility

This is a progressive balance and mobility program that improves balance, strength, gait, flexibility, posture, sensory systems, walking systems, confidence and safety awareness. The goal is to help reduce the risk of falling in the older adult.

Chair Yoga

Enjoy the benefits of yoga from the comfort of your chair. Build strength and stamina, improve flexibility, and learn to harmonize all the levels of your life. This gentle class will teach you how to incorporate the healing power of deep breathing into all your movements.

Gentle Yoga

Lift your spirit with this gentle, yet strengthening, yoga class. You will learn a flow of postures designed to enhance flexibility and improve balance as muscles, bones, and joints get stronger. Deep breathing will relax and rejuvenate you, harmonizing body, mind, and spirit. Bring a mat and eat after class.



The Art Of Meditation –The Study

For those who wish to explore more deeply the nature of soul, the nature of individual being, the nature of this world and the nature of prayer. Class includes group reading from publications "The Art of Meditation" and "The Infinite Way" by Joel S. Goldsmith followed by Silent Meditation. Limited books provided for classroom use. Virtual option now available!

The Art Of Meditation –The Practice

Resting in the Silence of Soul, Meditation opens the way to experience the flow of Grace (gift) of Spirit within. It expresses itself as the Harmony and Peace seek and fulfill our needs in day to day living. Group participation enhances the many benefits of The Practice. Meditation experience not necessary.

Yin Yoga

This gentle yoga class will introduce beginners to the benefits of a true YIN PRACTICE. Class will begin on time with a breathing meditation and move into YIN yoga poses slowly. You come into a Yin pose designed to target areas, relax the targeted area, and stay in the pose for between two and five minutes. Yin poses target and stimulate the dense connective tissue, promotes tissue strength, vitality, hydration, and resilience.

Volunteers Needed

Support your community!

Home meal delivery drivers, instructors,
and more areas needed.

Call 442-339-2650 to share
your availability and interests.

Mind/Body Wellness continued

Silver Paddles Pickleball

Join 2019 USA Pickleball National Champion, Raudel Barba, to learn the fastest growing sport in North America. This 90-minute class will prepare you for the skills needed to play this fun social game.

Silver Paddles Pickleball – Intermediate

Strokes to Strategies: This class is for players that are experienced and play at least three days a week and are at a level of (3.5 to 4.0) park or club level. This is a high energy workout that focuses on fast ball rallies and advanced strategies.

Special Interest

Intermediate Advanced Watercolor

Have fun challenging your artistic abilities by applying exciting watercolor techniques that make your paintings truly beautiful. Class includes step-by-step demonstrations, supportive feedback, plus a color reference photo and line sketch. No drawing required. Materials not included. Watercolor experience required.

Watercolor Workshop: Holiday Greeting Cards

Have fun creating beautiful Holiday Greeting Cards in watercolor. Like sending a letter, cards are especially appreciated during the holidays; make your cards into a very special friend and family “keepsake.” Drawing is not required.



Services and Activities

Computer Room

Open Lab Library satellite lab so Carlsbad Library Card required. Open Monday through Friday, 8 a.m. – 5 p.m. and Saturday, 9 a.m. – 12 p.m.

Dance

Line Dancing Beginner Line Dancing provides you an opportunity to learn how to line dance, find the beat and improve your balance or just come to have fun and enjoy the low impact exercise with music. You can jump on in any time and see how easy it is to join in.

Beginner I Mondays, 12:15 – 1:15 p.m.

Beginner II Mondays, 11 – 12 p.m.

High Beginner Mondays, 9:30 – 11 a.m.

Fitness

Posture Realignment, Wednesdays, 9:30 – 11 a.m.

Fitness Room Memberships

Regain your weight-bearing ability and balance with posture realignment for improved physical wellness. Memberships include an orientation session. Annual, quarterly, monthly and day use rates are available. Visit the front desk to sign up.

Daily	\$4	
Monthly	\$24.30 resident	\$27 non-resident
Quarterly	\$69.30 resident	\$77 non-resident
Annually	\$267.30 resident	\$297 non-resident

Games

Bingo Tuesdays, 12:30 – 4 p.m. Play for cash prizes. Bingo Game Packets stop selling at 1 p.m. Games begin at 1:15 p.m. Sponsored by the Carlsbad Senior Citizens Association. 10 games played. Bring your own daubers.

Canasta 1st Thursday, and 3rd Friday, 1 – 4 p.m.

Chess Tuesdays, 1 – 4 p.m.

Duplicate Bridge Fridays, 12:30 – 4 p.m.

Mahjongg Wednesdays, 12:30 – 3 p.m.

Ping Pong Tuesdays and Fridays, 12:30 – 4 p.m., and Saturdays, 9 a.m. – 12 p.m.

Hobbies & Personal Enrichment

Ceramics Club Wednesdays, 1 – 4 p.m.

Community Garden Club Tuesdays, 10 – 11 a.m.

Carlsbad Tech Users Group 1st and 3rd Thursdays, 1:30 – 3:30 p.m.

Digital Photo and Tech Classes Check *Seaside Insider* for topics. 3rd and 4th Wednesdays, 2 – 3:15 p.m.



Needlecraft Come socialize with others while working on your own project. Help is available to get you started if you need assistance. Tuesdays, 9 – 11 a.m.

Sewing/Quilting Group Share technique, laughter and friendship. All levels are welcome. Wednesdays, 1 – 4 p.m.

Stamp Collectors Trade, talk stamps, show and tell and learn stamp values. Open to all philatelists; new and experienced. 2nd Fridays, 10:30 a.m. – Noon.

Writers' Bloc Writers' Bloc is a critique group dedicated to honing skills for publication or just fun. The group is open to anyone new, or experienced, who writes in any format; non-fiction, fiction, plays or poetry, and enjoys constructive ideas. Fridays, 9 – 12 p.m.

Writing our Lives Use life stories and memories as springboards to tell your story. Tuesdays, 1 – 3 p.m.

Other Programs/Services

For details and updates call 442-339-2650 or check online www.carlsbadca.gov/seniors

Concerts in the Courtyard Come and join us in our beautiful courtyard while we enjoy guest performances and celebrate a variety of music from various genres. 2nd Mondays, 12:30 p.m. – 1:30 p.m.

Nutrition Delicious and nutritious meals are served Monday through Friday, noon – 1 p.m. for ages 60 and up. Reservations must be made by noon the day before by calling 442-339-2650. Lunch served promptly at noon. A \$3.50 donation is requested. Guests under age 60 accompanying a senior may dine for a fee of \$5 per person.

Transportation Available for Carlsbad residents, age 60 and up, who do not have a driver's license. Transportation to the center lunch program is available Monday – Friday with a \$4 voluntary contribution. Transportation to medical appointments is available on Tuesday and Thursday afternoons. There is a \$5 fee for this service. Those utilizing medical transport services must be ambulatory. Appointments must be scheduled in advance and depends up on availability. For additional transportation and meal service options, call 2-1-1.

Fun, Friends, Fitness
It's all inside!

