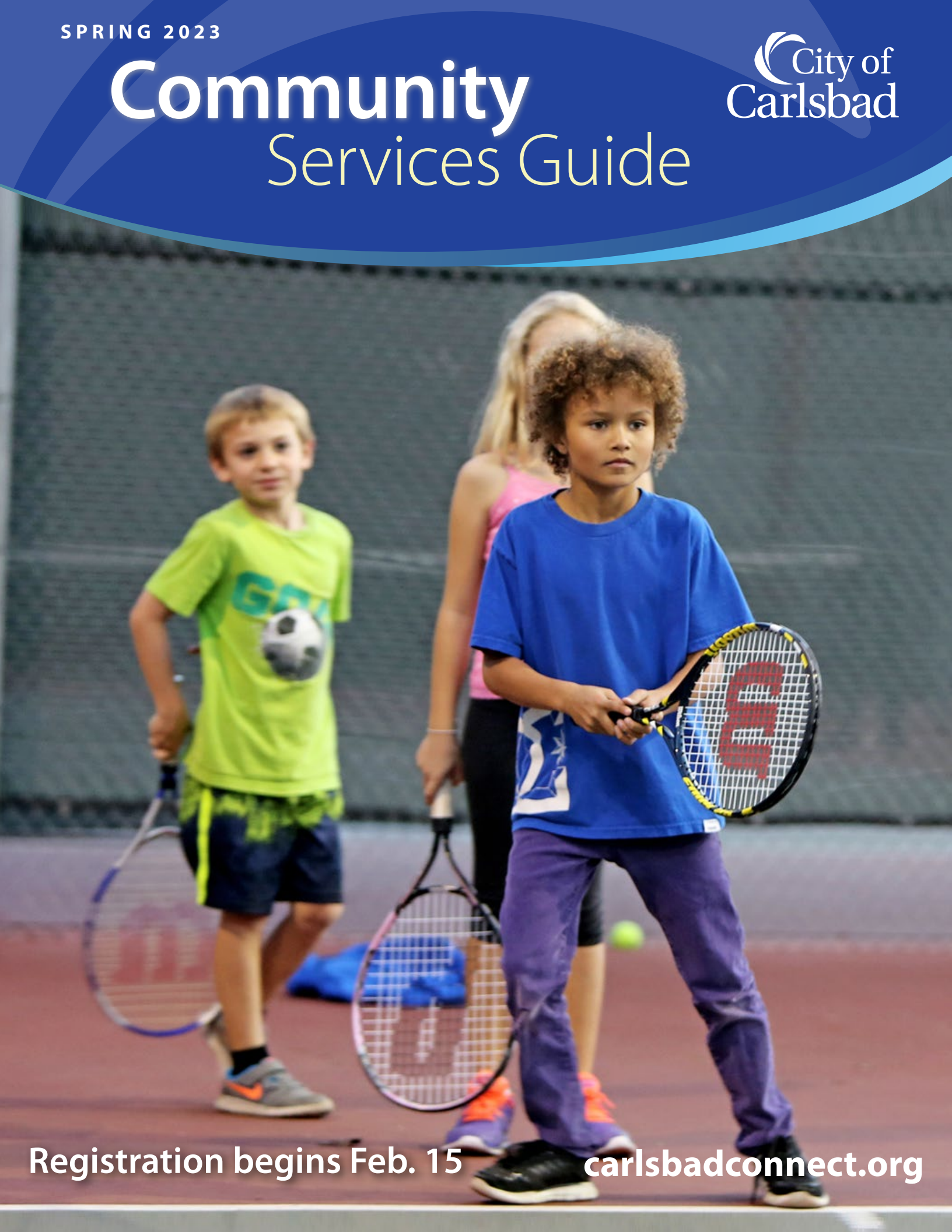


SPRING 2023

Community Services Guide



Registration begins Feb. 15 [carlsbadconnect.org](https://www.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

Jan. 1, 2023 – May 30, 2023

Mon. – Fri.	6 – 10:30 a.m. 11:30 a.m. – 7 p.m.
Closed for maintenance	10:30 – 11:30 a.m.
Sat./Sun.	8 a.m. – 4 p.m.

Important

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

Presidents' Day, Feb. 20, 2023	Open
Memorial Day, May 29, 2023	Closed at 3 p.m.



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.

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

Jan. 1, 2023 – May 30, 2023

Mon. – Fri.	6 – 11 a.m. 12 – 7 p.m.
Closed for maintenance	11 a.m. – 12 p.m.
Sat.	8 a.m. – 4 p.m.
Sun.	9:30 a.m. – 4 p.m.

Competition pool is closed on Sundays from 11 – 11:30 a.m. to reset the pool back to 25 yard configuration.

Spray Ground

The spray ground is open during recreation swim hours if the outside temperature is above 70, or by request.

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 offered Sunday mornings 9:30 – 11:00 a.m.

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.

Per lesson fee \$33

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 – 7:15 a.m. 12 – 1:15 p.m.
Sat.	8 – 9:15 a.m.
Sun.	9:30 – 11 a.m. (Long course workout)

Swim Lessons: 5 & Under

Parent Infant/Toddler Aquatics

6 months to 3 years

Infants and toddlers will build comfort in the water, so they are ready and willing to learn to swim when of age to join the lesson program. Parents will also be provided with information and techniques to create a safer aquatic experience for their children.

Preschool Aquatics 1 (PSA 1)

3 to 5 years

PSA 1 will help young children become comfortable in the water and provide the groundwork for future aquatic skills. Floating, breath control, and body control will be the focus. Basic skills will be performed with an instructor's full support. Safety topics will be covered daily.

Preschool Aquatics 2 (PSA 2)

3 to 5 years

PSA 2 builds on the skills covered in PSA 1 by increasing the distances and durations skill are done with less support from the instructor. The safety topics taught in PSA 1 will be reviewed.

Preschool Aquatics Combo 1/2

3 to 5 years

PSA Combo is a combined PSA 1 and PSA 2 class, with the instructor providing hands on support that meet the needs of each student. Please see PSA 1 and PSA 2 course descriptions for more details.

Preschool Aquatics 3 (PSA 3)

3 to 5 years

PSA 3 continues to build on the skills learned in PSA 1 and 2, with more body control and larger distances covered. Skills in PSA 3 are performed with little or no support from the instructor.

Preschool Aquatics Advanced

3 to 5 years

PSA Advanced is designed for students who have passed the basic PSA skills but may not be ready for the next set of lessons (Levels 1 – 5) due to their age or maturity. Students will begin to learn the front crawl and elementary backstroke. Safety topics will be reviewed and built upon.

Above 5 Years Old

Level 1: Intro to Aquatic Skills

5 to 16 years

Level 1 begins to build comfort in the water and provide the groundwork for future aquatic skills. Floating, breath control, and body control will be the focus. Safety topics will be covered daily.

Level 2: Fundamental Aquatic Skills

5 to 16 years

Level 2 builds on the skills learned in Level 1 with less support from the instructor. Level 2 marks the start of true swimming; students will cover short distances on their front and back without instructor support. Safety topics introduced in Level 1 will be reviewed and expanded upon.

Level 3: Stroke Development

5 to 16 years

Students will learn the front crawl, with a focus on side breathing, and elementary backstroke. The scissor, dolphin, and breaststroke kicks will also be taught. Safety topics will include how to notice, prevent, and respond to emergencies.

Level 4: Stroke Improvement

5 to 16 years

Students will continue to improve their front crawl and be taught the back crawl. Arm actions will be added to the kicks learned in Level 3 to perform basic butterfly, side stroke, and breaststroke. Students will gain more body control and add to the distance they can swim.

Level 5: Stroke Refinement

5 to 16 years

Students will work to improve each of the six strokes: front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke. Flip turns may be taught, as well as shallow-angle dives (optional, based on availability of deep water).

Pre-Competitive Swim

7 to 16 years

Coaches will focus on preparation for swim team while keeping participants active and having fun. This course is perfect for those who are interested in, but not yet ready for, a competitive swim team or for those who are looking to swim for fitness and fun.



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 heart rate up. A great workout for those who want a calorie burning challenge, core workout, and toning in a friendly social atmosphere.

Aquatics: Certifications & Trainings

Lifeguard Academy

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

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.

Drawing & Painting

The best of both worlds! Students explore the elements of drawing and painting rolled into one class. Projects will cover a variety of concepts, including composition, contour, shading, perspective, color theory, color mixing, brush handling and how to use a variety of both dry and wet media. We will use pencils, charcoal, pastels, watercolors, acrylics, gouache, inks and make unique and personal works of art. Materials fee of \$20 payable to instructor at first class for supplies. Ages 6 – 11

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+

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

L.I.T.E. Afterschool Program

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

Carlsbad Service Leaders

Are you looking for a creative way to support your community? Do you need work experience or have school community service requirements? Carlsbad Service Leaders offers a variety of opportunities with the Parks & Recreation Department including the Carlsbad Senior Center, Pine Avenue Community Center, and special events to name a few.

Join the email list to learn about current programs, sign up for events, and discuss new program ideas. Registration is on a seasonal basis and participants are asked to attend at least 3 individual events during that season.

Contact Program Specialist Andi Koller at andi.koller@carlsbadca.gov with questions.

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+

carlsbadconnect.org

Create your
account **today**



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 to the beauty of nature surrounding you at the park! Beginners and those living with persistent pain are encouraged to attend. Can't commit to an entire session? Sign up for our Single Day Pay option. Ages: 18+

Chair Yoga

Join us for a fun and friendly hour of chair yoga. Enjoy stretching, building core strength, and improving your balance all from a seated position. It's OK to stand for the poses using your chair for balance if that's comfortable for you. Instructor is a registered YA-200 yoga instructor through Yoga Alliance and is certified in chair yoga instruction. Chairs are provided but bring your own yoga mat, water, and a small towel. Wear comfortable clothing that allows you to stretch. 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+

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+

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+

The Culinary Lab

The Culinary Lab is for foodies who want to whip up fun, food, health and science to optimize an epicurean lifestyle. Become the master of your taste buds while learning the health benefits of creative dishes made with fresh ingredients. Channel your culinary artist while sharpening your science acumen. Taste test for one week and you'll be hungry for more! 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. Grades 1st – 6th



Sports Leagues

Soccer

11v11 Men's Monday Nights Soccer

8V8 Men's Wednesday Nights Soccer

Looking to get back out on the pitch? Whether you are a competitive player, or just looking to get back into form, you will find our well-lit regulation size fields at Aviara and Poinsettia to be a perfect fit for your team. Spring league registration is accepted in January and fall registration begins in June. The city accepts rosters for complete teams only, no individual sign-up are accepted. Get your team ready to make the charge into the postseason and take home the cup! Registration closes when full. Maximum of teams is limited so register early. We do not hold spots. Games are played at either Poinsettia, Pine or Aviara soccer fields. Ages 18+

Kickball for Grown Ups Coed 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 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+

Softball Adults – COED or Men's League

The City of Carlsbad offers one of the largest softball programs in San Diego County. With more than 11 fields including Calavera Community Park, Stagecoach Community Park, Aviara, Poinsettia and Alga Norte location. Whether you have a men's or coed team there are a variety of leagues that will suit your level of play from, recreational or intermediate. No competitive or tournament teams. League sign-ups are accepted in December or January for the spring league and June for the fall league. Games are played on Wednesdays or Thursday nights from 6 - 10 p.m. The city accepts rosters for complete teams only. Individual sign-ups are not accepted. Open until full. Ages 18+



Early Childhood

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!





Spring Break Camps

Kidz/Explorer Camp

Spring break is finally here! Now it's time to squeeze as much fun into that week as you can. This great well-rounded camp offers sports, crafts, trips, water play, and so much more. Register early, this camp fills quickly. Ages 5 – 13

Master Sports Basketball Camp

Throughout this camp participants will key in on the fundamentals of basketball. Our instructors will help them increase their skills and knowledge of the sport through drills and games. For beginner and intermediate individuals. Ages 6–12



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. Activities and times are subject to change.

Mind/Body Wellness

A Long Vital Life With Qigong

Increase energy, reduce stress, strengthen immune system, improve mental acuity & enhance innate healing abilities. Vitalize body and mind with deep relaxation & mindfulness techniques, breathwork, gentle tension releasing exercises either seated in chair and/or standing. NIH verifies effective for recovery & prevention of many medical conditions. All Welcome.

Physical Therapy With Tracey

Tracey Olsen is bringing group fitness and physical therapy classes to the Carlsbad Senior Center! She has over 15 years experience in Physical Therapy and Aquatic Therapy and is a certified Pilates Instructor. Check out more of her info online at www.seatowntherapy.com.

Seated Core Strengthening

Practice simple exercises that target Core Strength as well as Balance and Posture. Class is taught in a chair, but students should also be comfortable with supported standing exercises. Breath work and a short meditation are included. Please bring a yoga mat to be placed under your chair to create a non-slip surface. Limited number of mats available for use in class.

Zumba Gold® With Saleemah

Cha-cha, merengue, salsa and swing and 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! Special seated and toning classes also available!

Yoga With Cynthia

Join instructor Cynthia Collier for yoga in the afternoon! Cynthia encourages students to attuned to themselves on all levels so that yoga becomes a communion with oneself and the palpable interconnection of everyone present. Atmosphere is nurturing and noncompetitive.

Yoga With Joanne

Instructor Joanne offers both Restorative and Yin Yoga at the Carlsbad Senior Center and has over 7 years of experience. Her classes are gentle and adjustable to all levels. Not sure which one is the right fit? Reach out to the front desk at 442-339-2650 to learn more!

Mind/Body Wellness continued

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. Beginning, Intermediate, and Advanced levels offered.

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. Beginning and Intermediate levels offered!

Monthly Programs:

Adults 50+ excursions
Silver screen matinee
Featured artists & more!

Volunteers & instructors
needed.



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.

Ceramics

Welcome new art instructor, Liz Kile! Sessions will include detailed instruction along with demonstrations for a variety of projects will be presented in each class followed by guided studio time to create your own pieces. A \$30 material fee is due on the first day of class if you are not bringing your own clay. Please see front desk for more information.



FUNDamentals Of Drawing & Painting

Join us as we explore the FUNDamentals of drawing and painting with instructor Liz Kile! We will take a multimedia approach using a variety of materials. Required materials include a sketchbook, drawing pencil, and eraser and additional recommended supplies will be discussed in the first class. All levels welcome! *Decorative painting*



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 Mondays, 11 a.m. – 12:15 p.m.

High Beginner Mondays, 9:30 – 11 a.m.

Fitness

Calavera Cruisers Join us as we explore Calavera Hills, walking its beautiful natural scenery! Thursdays, 9 – 10 a.m.

Carlsbad Cruisers Tuesdays, 9 – 10 a.m.

Fitness Room Memberships

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, 12:15 – 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.

Creative Crafting 1st & 3rd Fridays, 1 – 3 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 voluntary contribution 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 Monday, 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!