

FALL 2023



Community Services Guide



Registration begins August 16

www.carlsbadca.gov/CarlsbadConnect

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

Aug. 30, 2023 – May 30, 2024

Mon. – Fri. 6 – 10:30 a.m.
11:30 a.m. – 7 p.m.

Closed for maintenance: Tues./Thurs. 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.

Labor Day, Sept. 4	Closed at 2 p.m.
Indigenous People's Day, Oct. 9	Closed
Veteran's Day, Nov. 11	Closed
Thanksgiving Day, Nov. 23	Closed
Day After Thanksgiving, Nov. 24	Closed
Christmas Eve, Dec. 24	Closed at 2 p.m.
Christmas Day, Dec. 25	Closed
New Year's Eve, Dec. 31	Closed at 2 p.m.
New Year's Day	Closed

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

Aug. 30, 2023 – May 30, 2024

Mon. – Fri. 6 – 8 a.m.
9 – 7 p.m.

Closed for maintenance: Mon./Wed./Fri. 8 – 9 a.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 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 online 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 – 11:15 a.m.

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.

Water Safety Instructor

Have you always wanted to teach students how to swim? The Water Safety Instructor course will certify instructor candidates to teach the American Red Cross swim lesson program. Prerequisites: must be at least 16 years of age by the last day of class, ability to swim front crawl, back crawl, sidestroke, breaststroke, butterfly, elementary backstroke, tread water and back float. There will be an additional Red Cross certification fee.





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

Child and Babysitter Safety class is a community education program for youth ages 11-16, that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children. Participants receive a digital download of the booklet and a Babysitter certificate from the American Health & Safety Institute and an Infant/Child CPR certificate of participation upon completion.

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

Creepy Creatures at Carrillo Ranch

Join John Taibe from Radical Reptiles & Friends for 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 – 12

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. Ages 6 – 12

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 6th – 9th



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+

www.carlsbadca.gov/CarlsbadConnect

Create your account **today**



Mind/Body Wellness

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

Join us walking in Carlsbad's beautiful natural scenery! Move towards health and wellness while having fun and making new friends. Wear comfortable shoes, a hat, and sunscreen. Dogs, strollers, family, and friends are all welcome! 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+

Adult Ballet

You are never too old to take ballet! Sculpt long, lean muscles, burn fat, build strength, endurance and improve flexibility, coordination and balance. This class offers quality training at a beginning-intermediate level taught by a former professional dancer in a relaxed, easy to learn class accompanied by music. Wear closely fitted dancewear and ballet slippers after first class meeting. Age: 17+



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

6V6 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 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

Preschool School Year 2023-24 Registration

Registration for the Preschool program year running September 2023–June 2024 will be accepted online.

Registration

Any remaining spots can be filled throughout the school year. If you would like to join our Parent-Toddler or Preschool Program, you will need to contact staff at 442-339-2526

[Register here](#)

For questions:

Contact 442-339-2526

Payment Options

The City of Carlsbad Preschool Program has improved their registration process to simplify payments to cover a full school year, Sept. 2023–June 2024.

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 on your Carlsbad account and will then be automatically charged monthly throughout the school year

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. Please contact Recreation Supervisor Eric Sapp at Eric.Sapp@carlsbadca.gov to receive required paperwork.

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 September 1, 2023.

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 24 months old by December 1, 2023.

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 December 1, 2023.

Preschool 3's & 4's

Child must be 3 years old by September 1, 2023.

Preschool 4's

Child must be 4 years old by September 1, 2023.

Pre-Kindergarten

Child must be 4 years old by September 1, 2023.





Adults 50+

Registration required for all programs. Register online: www.carlsbadca.gov/CarlsbadConnect 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

Alignment: Mind, Body, Nature

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

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/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!

Tai Chi for Arthritis & Fall Prevention

Tai Chi for Arthritis and Fall Prevention is hosted by the County of San Diego and certified instructor, Linda Scott. The class includes gentle, low-impact movements and has been shown to improve balance, leg strength, and flexibility, as well as reduce falls among older adults.

Monthly Programs:

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

Volunteers &
instructors needed.



Special Interest

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. Fall sessions include Basics & Skill Building, Intermediate/Advanced, and Greeting Cards.

Ceramics

Instructor Liz Kile provides 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.



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!



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.

Special Events



Sept. 9 – Family Movie Night

Saturday, 5 p.m.
Stagecoach Community Park
3420 Camino de los Coches

Watch a movie under the stars at the City of Carlsbad's Family Movie Night. Bring family and friends, a blanket and low-back chair to Stagecoach Community Park for a night of fun activities and a movie presentation of Night at the Museum (rated PG) on the big screen under the stars.



Oct. 1 – SuperHero Obstacle Race

Sunday, 8 – 10 a.m.
Alga Norte Community Park
6565 Alicante Road

Calling all superheroes to take on the challenge of the City of Carlsbad's Super Hero Obstacle Race. Dress up like your favorite super hero at Carlsbad's Super Hero Obstacle Race at Alga Norte Community Park. Parents and children run together through a super hero themed 2K obstacle course.



Oct. 14 – Pumpkin Plunge

Saturday, 5 p.m., movie starts at dusk
Alga Norte Aquatics Center
6565 Alicante Road

Bring a swimsuit and join the Halloween fun at Alga Norte Aquatic Center that transforms into spooky fun with pool activities and games with prizes, and floating obstacles. The Splash Pad will also be open for the little ones. The night ends with a special movie presentation on the giant outdoor movie screen while you float in the water.



Oct. 28-29 – Día de los Muertos

Saturday and Sunday
Leo Carrillo Ranch Historic Park
6200 Flying Leo Carrillo Lane

Día de los Muertos (Day of the Dead) is a traditional Mexican holiday celebrated by honoring deceased friends and family. The holiday is observed by building private altars, or ofrendas, using marigolds, personal items and favorite foods of the departed.



Dec. 2 – Holiday at the Rancho

Saturday, 5 – 8 p.m.
Leo Carrillo Ranch Historic Park
6200 Flying Leo Carrillo Lane

Explore Leo Carrillo Ranch lit up with holiday lights, decorations, and a backdrop of classic holiday musical performance. Watch the holiday tree lighting and enjoy festive activities, including a visit from Santa. A holiday film will be featured on the outdoor movie screen starting at 6 p.m.

Fun, Friends, Fitness
It's all inside!

