

WINTER 2023 - 2024



# Community Services Guide



Registration begins Nov. 15

[www.carlsbadca.gov/CarlsbadConnect](http://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 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.**

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](http://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 a.m. – 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 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.

# 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.







## Special Interest

### **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

### **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

### **Friday Nights at Pine**

Unwind on Friday nights with some fun at Pine! All middle schoolers are welcome to attend and enjoy activities, food, entertainment, sports, crafts, music, video games, inflatables and more! This is a fun and safe space to hang out with friends while to parents get dinner down in Carlsbad Village!



# 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](http://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](http://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. 'Vertiform' standing floor work burns more calories. Hand/ankle weights are optional. Classes can be selected as 2x or 3x per week. 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

It's never too late 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+

## 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+



### Ballet- Level I Beginner and Level II Intermediate

These classes include basic barre and center exercises, stretching and across the floor movements in a relaxed, easy to learn class accompanied by music. Ages 15+

### Youth Ballet

Introduce your dancer to the beautiful art of ballet! This class will give your dancer a basic introduction to ballet steps and positions, while enhancing their motor skills and coordination with fun exercises in music qualities and rhythms. Ages 9-14

# 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



## Pickleball Lessons

Fun, Fitness, and Friends! Learn America's fastest growing game.

### Beginner:

This class will go over the basic fundamentals of pickleball in a small group setting allowing time for 1 on 1 instruction.

### Advanced Beginner:

For players with some court experience, looking to improve consistency of their shots and game strategy. These lessons will help players develop and maintain solid serve and return of serve shots. In addition, we will review stroke mechanics and footwork for ground strokes and volley shots.





# 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. Practices start week of November 27 and games start the weekend of December 8/9. Player must attend the player assessments. Games will be played on a mix of Friday evenings 4–9 p.m. and Saturdays between 8 a.m.–7 p.m., depending on division. This program is coordinated by Master Sports, not the city. You must contact them.

You must contact Master Sports-Ryan Conroy with any league questions at [ryan@mastersports.com](mailto:ryan@mastersports.com)

## 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](mailto: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 Winter 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](mailto: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 is still open in classes where spots are available.

### Registration

Any remaining spots can be filled throughout the school year. Registration for classes with open spots can be done by contacting Recreation Supervisor Eric Sapp at [eric.sapp@carlsbadca.gov](mailto:eric.sapp@carlsbadca.gov). If you would like to join our Parent-Toddler or Preschool Program, you will need to contact Recreation Supervisor Eric Sapp 442-339-5018.

[Register here](#)

### For questions:

Contact 442-339-5018

### Payment Options

The City of Carlsbad Preschool Program has improved their registration process to simplify payments to cover a full school year.

There are two payment options:

1. Pay in full for remainder of the school year
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 software system 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](mailto: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 2023-24

## 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](http://www.carlsbadca.gov/CarlsbadConnect) or call 442-339-2650. Updated program information in the monthly Seaside Insider available at [www.carlsbadca.gov/seniors](http://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](http://www.seatowntherapy.com).



#### **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

### 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, 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

Have fun and enjoy the low impact exercise with music.

**Beginner** Mondays, 11a.m. – 12:15 p.m.

**High Beginner** Mondays, 9:30 – 11 a.m.

**Improver/Intermediate** Tuesdays, 10:30 a.m. – 12:30 p.m.

**Beginner Hawaiian Dance** Learn the charming dances of Hawaii; both Auana and Kahiko.

Wednesdays, 12:15 – 1:15p.m.

## Fitness

**Carlsbad Cruisers** Join us in the Village on Tuesdays and Calavera Hills on Thursdays at 9 a.m. Registration required for rotating schedule.

### Fitness Room Memberships

Annual, quarterly, monthly and day use rates are available. Visit the front desk to sign up.

Daily \$4

Monthly \$27

Quarterly \$77

Annually \$297

## Games

**Bingo/Bunco** Tuesdays, 12:15 – 4 p.m. Play for cash prizes. Sponsored by the Carlsbad Senior Citizens Association.

**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** Mondays & Wednesdays, Noon – 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.

**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. Tuesdays, 9 – 11 a.m.



### Rock Painting

Dec 4, 1 p.m. – 3 p.m. | Jan 8, 1p.m. – 3p.m.

Feb 5, 1 p.m. – 3 p.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. 2nd Fridays, 10:30 a.m. – Noon.

### Successful Aging in Place series

Dec 19, 11a.m. – Noon | Jan 16, 11a.m. – Noon

Feb 20, 11a.m. – Noon

### Threshold Singers

Dec 14 – Feb 22, Thursdays, 12:30 – 2:30 p.m.

**Writers' Bloc** a critique group dedicated to honing skills for publication or just fun. Fridays, 9 a.m. – Noon.

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

## Other Programs/Services

**Ask the Attorney** Attorney Anna Howard provides free legal and counseling services to clients and their families in the San Diego area. She specializes in: Estate Planning: Wills, Trusts, Power of Attorney, Family Law & Adoption.

**Ask the Orthopedic Surgeon** Do you have aches and pains? Like most people as we age, you probably have concerns about sore joints or muscles, arthritis, back pain or when to see a specialist. Dr. Joel Heiser, retired from his North County orthopedic surgery practice of 33 years, will be happy to answer your questions one-on-one.

**Concerts in the Courtyard** Enjoy guest performances and celebrate a variety of music. 2nd Mondays, 12:30. – 1:30 p.m.

**Nutrition** Delicious and nutritious meals are served Monday through Friday, noon – 1 p.m. for ages 60 and up. 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

Make Carlsbad your destination for Special Events ALL YEAR LONG

	Pumpkin Plunge	EGGstravaganza	Aloha Plunge	Arbor Day	
Super Hero Obstacle Race					Holiday at the Rancho
Family Movie Night					Snores & S'mores
Hot Rods & Cool Treats				Amped Music Throwdown	
	Día de los Muertos	Pirate Plunge	Leo Carrillo Film Festival		



**Fun, Friends, Fitness**  
*It's all inside!*

