



**THE CITY OF SAN DIEGO  
PARK AND RECREATION DEPARTMENT  
COMMUNITY PARKS I DIVISION**



**NOBEL ATHLETIC FIELDS**

**8810 JUDICIAL DRIVE**

**SAN DIEGO, CA 92122**

**(858) 552-1626**

**Fax (858) 550-8152**

**WINTER-SPRING**

**2009**

**DECEMBER-MARCH**

**Our Staff**

**Stacy McKenzie... Area Manager**

**Carol Wright.....Center Director**

**Recreation Leaders**

**Adam Baez**

**Chris Castro**

**Laurie Rogers**

**Grounds Maintenance**

**Juan Avalos**

**Alex M. Basco**

**Hours of Operation**

**Monday 12:00 — 7:45 PM**

**Tuesday 12:00 — 6:45 PM**

**Wednesday 12:00 — 6:45 PM**

**Thursday 12:00 — 6:45 PM**

**Friday 12:00 — 5:45 PM**

**Saturday 10:00 — 2:45 PM**

**Sunday Closed**

**Subject to change without prior notice.**



**Recreation Center Closures**

**New Years Day Thurs. Jan.1**

**Martin Luther King Day Mon. Jan.19**

**Presidents Day Mon. Feb. 16**

**Cesar Chavez Day Tues. March 31**

**Memorial Day Mon. May 25**

# Important Info.

## Recreation Council

Do you want to be involved in your community? Nobel Park and Recreation Council is an advisory committee made up of individuals who work or live in our community. Recreation council members work with City staff to promote recreation activities for citizens in the North University area. The council meets the second Wednesday of odd months at 6:30 PM. Share your ideas!

Get involved! Everyone is welcome!



## Volunteers and Donors Needed

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreational programs. If you would like to volunteer, please see staff for more information, or contact the Volunteer Office at (619) 525-8284 or visit

[www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml)

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

## Registration, Payment and Refund Policies

### Payment Policies

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

### **Permits by appointment only**

### **For appointment please call**

**(858) 552-1626**



### Registration Information

Registration for our programs is taken on a first come, first serve, walk in basis. No phone or mail in registration accepted. Children under 18 must be registered by their parent/ legal guardian.

***NO EXCEPTIONS***

### Refund Policies

- No partial refunds or make-ups for missed classes (i.e. routine illnesses, vacations or other schedule conflict). Sorry, no exceptions!
- A \$20.00 service fee will be charged per registrant for each refund request.
- Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for your understanding.
- If your child has a medical emergency (not regular or routine illness) and cannot participate in class please contact staff as soon as possible.
- A Refund Request Form and your pink registration receipt must be submitted prior to second class meeting.
- **Camp Refunds** All refunds for camps must be in compliance with Center Refund Policy and must be submitted seven (7) days prior to the start of camp.

# Youth Programs

## San Diego Dance and Rhythmic Club

Rhythmic Gymnastic combines elements of dance and gymnastic floor routines to music with the use of small equipment such as balls, hoops, and ribbons. All instructors are European Medalists in Rhythmic Gymnastics. [www.sandiegorhythmicgymnastics.com](http://www.sandiegorhythmicgymnastics.com)

### Recreational Class Times

<b>Ages: 4-6 years</b>	<b>Tuesday</b>	<b>3:10-4:00 PM</b>
	<b>Saturday</b>	<b>3:00-3:50 PM</b>
<b>Minimum of 4 students</b>		
<b>Ages: 7+ years</b>	<b>Tuesday</b>	<b>4:00-4:50 PM</b>
		<b>5:00-5:50 PM</b>
	<b>Thursday</b>	<b>4:00-4:50 PM</b>
		<b>5:00-5:50 PM</b>

### Tuesday Sessions (5 weeks)

#1 Jan. 13 – Feb 10  
 #2 Feb.17 - March 17  
 #3 March 24 - April 21      **ALL SESSIONS \$65.00**  
 #4 May 28 - May 26

### Thursday Sessions(5 weeks)

#1 Jan. 15 – Feb 12  
 #2 Feb.19 - March 19      **ALL SESSIONS \$65.00**  
 #3 March 26 - April 23  
 #4 April 30 - May 28

### Saturday Sessions

#1 Jan. 17 – Feb 14  
 #2 Feb.21 - March 19  
 #3 March 27 - April 23      **ALL SESSIONS \$65.00**  
 #4 May 2 - May 30

**Instructors :** Irina Mellors (858) 395-9881  
 Alla Zubkis (619) 852-7439

*Programs and fees are subject to change without prior notice.*



## Stretching and Conditioning Classes

**Ages: 7+ years**      **Tuesday**      **6:00-7:00 PM**  
    **Saturday**      **3:00-4:00 PM**

**Cost: \$65.00 per month**

**Instructor: Elena Silaeva (619) 840-4111**

## Pre-team / Team

S.D. Rhythmic Gymnastics Academy also offers advanced instruction for students preparing for Competitive Rhythmic Gymnastics competition.

**All fees for stretching classes, pre-team and team classes are due the first day of each month.**

Participation and Sign-up requires coach approval. For more information contact instructor.

**Tuesday**      **4:00-7:00 PM**  
**Wednesday**      **1:00-4:00 PM**  
**Thursday**      **4:00-7:00 PM**  
**Saturday**      **3:00-6:00 PM**

S.D. Dance and Rhythmic Club offers private and semi-private instruction by appointment.

**Instructor: Elena Silaeva (619) 840-4111**

## **WINTER WONDERLAND EVENT**



**December 17, 2008**

**6:00– 7:30 PM**

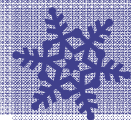
**Villa Musica Community Chorus**

**Children Musical Moments**

**Craft time**

**Cookies to Decorate**

**Event limited to first 75  
sign-up now at the Recreation  
Center**



# YOUTH AND ADULT PROGRAMS

## Jikishin-Kai International

### Beginning Children's Karate

This special program is designed to help children develop self respect, encourage self control, increase strength and flexibility, while promoting wholesome competition and a sense of fair play and sportsmanship.

### Little Dragons

Days: Tues. & Thurs.

Ages: 3-4 years

Time: 1:30--2:00 PM

Sessions Cost \$125.00 for 10 weeks

#1 Jan. 13 – March 19

#2 April 28 - July 2

### Leadership Karate

Days: Wed. & Fri.

Ages: 5-9years Time: 4:15-5:00 PM

Ages: 10-17 years Time: 5:00-6:00 PM

Sessions Cost \$155.00 for 10 weeks

#1 Jan. 14 - March 20

#2 April 22 - July 3

Instructors: Masayki Shimabukuro  
Kanakano Shimabu



## Indoor Pee Wee Soccer

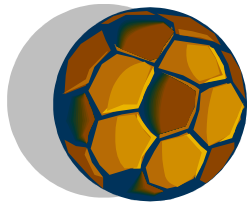
This is an introductory league for our youngest patrons. It is designed to develop and improve soccer skills. All games are played in the recreation center's gymnasium. The games will be very exciting, with lots of scoring. Games will last about one hour. Kids will need to wear sneakers, shin guards and bring a water bottle.

Boys/Girls: 3-5 years old

Days: Saturdays

Jan 17—Mar 7

Times: 9:00-11:00am



## ADULT KARATE 18+

KA- KARATE JU- JUDO/JUJITSU KEN-  
KENPO BO- CHINESE BOXING

Developed in Hawaii in 1947, Kajukenbo is an eclectic martial arts system that blends Karate, Judo/Ju Jitsu, Kenpo, and Chinese Boxing into one adaptive and progressive system that is designed to continually evolve with the student. Kajukenbo is designed to increase physical fitness levels, build self-confidence, self-esteem, and self-discipline, while building strong moral character, respect, and leadership abilities.

Days: Tues. & Thurs.

Time: 5:30-7:00 PM

All session 5 weeks.

Classes meet twice weekly.

#1 Jan. 13 – Feb.12

#2 Feb.17 - March 19

#3 March 24 - April 23

#4 May 28 - May 28

ALL SESSIONS \$80.00

*Sifu Philip Dang*

*Kajukenbo International - San Diego*

[www.kajukenbopride.com](http://www.kajukenbopride.com)

(619) 840-6964



[www.carrascoarts.com](http://www.carrascoarts.com)

Join Angel Carrasco for personalized class instruction on basics of modeling, emphasizing creativity, proper old world and modern fabrication techniques in all phases of mold making and design.

First class Jan. 14 / Time 12:30-2:30 PM

Jan. 21, 28, February 4 and 11/ Time 12:30-4 PM

Cost \$250.00 Supply fee \$60.00

Watch counter for class flyers.



*Programs and fees are subject to change without prior notice.*



# NOBEL PARK AND RECREATION

## ***GYMNASIUM SCHEDULE***

### **Monday**

Basketball	12:00 – 1:00 PM
Badminton	1:00 – 3:00 PM
Exhibition Basketball	4:00 – 5:50 PM

### **Tuesday**

Basketball	12:00 – 2:45 PM
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### **Wednesday**

Basketball	12:00 – 1:00 PM
Badminton	4:00 – 5:45 PM

### **Thursday**

Badminton	12:00 – 3:00 PM
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### **Friday**

Badminton	12:00 – 3:00 PM
Exhibition Basketball	4:00 – 6:00 PM

### **Saturday**

Volleyball	11:15 – 1:00 PM
Exhibition Basketball	1:10 – 2:50 PM

### **Sunday - CLOSED**

*Subject to change without prior notice.*

## **Coming in January**

*Baton Twirling lessons for kids, teens and adults. Taught by Debra Castaneda.*

*If you ever wanted to lead a parade here is your chance. Watch for more information on class times days, and cost.*



*Private piano lessons and group Music lessons for adults and children offered by Villa Musica San Diego's Center for Community Music Education. Watch for more information on dates, times, and cost.*



## **Coming in March**

*Golf Clinic Classes Juniors (7 to 17 yrs), ladies, senior, and coed Golf clinic classes will be offered by certified instructors from Torrey Pines Golf Course. Clinics will include the three major aspects of the game, putting, chipping, and full swings. Affordable small classes. Watch for more information on dates, times, and cost.*



**NOBEL SPORTS FIELDS WILL BE CLOSED TO THE PUBLIC JANUARY AND FEBRUARY 2009**

It's up to all of us to keep  
Our beaches and bays  
Clean, so let's Think Blue!

**Learn to Think Blue**



**FOR MORE INFORMATION ON SAVING OUR OCEANS**

[sandiego.gov/thinkblue/](http://sandiego.gov/thinkblue/)

**Storm Water Hot Line (619) 235-1000**

**Want to play an Exhibition Game using the full court?**

Nobel Recreation Center offers City run 10-Minute/11 Point mini games on Monday, Friday, and Saturdays. Check out play times and join us. Rules available on request.



# Sports Leagues

Nobel Athletic Fields 8810 Judicial Drive San Diego CA 92122

Phone (858) 552-1626 FAX (858) 550-8152

## *In our gym*

### Adult Basketball League

Day: Monday  
Time: 6:00-8:00PM

### 60 + Men's League Basketball

Day: Wednesday  
Time: 6:00-8:00 PM

For more information or to register  
Contact Lance Allison at (619) 991-8902  
[www.sandiegoabl.com](http://www.sandiegoabl.com)



## *On our fields*

### Adult 18+ 3 Pitch Coed Softball League

Day: Monday  
Time: 7:00 - 10:00 PM

### Adult 18+ Men's slow Pitch Softball League

Day: Wednesday  
Time: 6:30—10:00 PM

For more information please contact  
Pete McNamara at (858) 752-9757

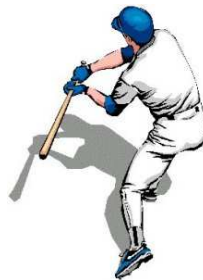
### VAVi Coed Kickball

Day: Thursdays  
Time 6:00-9:00 PM

### VAVi Coed Softball

Day: Tuesdays  
Time 6:00-9:00 PM  
Day: Friday  
Time 6:00-9:00 PM

For more information or to register please  
contact VAVi at (858) 273-3485 or [www.govavi.com](http://www.govavi.com)



## *Ping Pong Time*

Bring your own equipment or borrow ours

Mon. 12:00-3:00 PM  
Tues. 12:00-3:30 PM  
Weds. 1:00-3:00 PM  
Thurs. 12:00-3:30 PM



## *Badminton in our gym*

Bring your own equipment or borrow ours.

Mon. 1:00-3:00 PM  
Wed. 4:00-5:45 PM  
Thurs. 12:00-3:00 PM  
Fri. 12:00-3:00 PM

Subject to change without  
prior notice.



## Important Information

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



## **IMPORTANT COMMUNITY PHONE NUMBERS**

Standley Recreation Center  
Swanson Pool (858) 552-1653  
UC Racquet Club (858) 452-5683  
UC Library (858) 552-1655  
NUC Library (858) 581-9637  
Mesa Soccer (858) 558-MESA  
Doyle Recreation Center (858) 581-7170



For information on Gym and Ball field rentals

Call (858) 552-1626

Just think....Your empty ink cartages, old, toner cartridges and cell phones can help pay for children's programming. Drop your discards at the recreation center office.



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8918 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.