

Multi-Age Dance

MODERN AMERICAN SQUARE DANCING - LEVEL 3

Come enjoy Square Dancing, the official national dance of the USA. Meet new people while participating in low impact exercise. Partners are not required. Dress is casual. Mainstream experience required for Level 3.

*Children 12 - 17 yrs. can participate with parents.

Age: 18 and up; Th; 7:00 - 9:00 PM; \$48(R)/\$58(NR)

Jan 28-Mar 18; **Course #12984**

Instructor: Jim Randall; Location: Community Center

TEEN AND ADULT BALLET - LEVEL 1

Improve balance, flexibility, alignment, and coordination in a relaxed atmosphere. Class includes terminology, warm up, center and across the floor movements. Small classes and personal attention. Suitable for those with little or no dance background. Two classes per week recommended. Pink tights, slippers and black leotards recommended after the first class.

Age: 14 and up; M; 6:00 - 7:00 PM; \$63(R)/\$73(NR)

Jan 4-Mar 1; **Course #12986**

Age: 14 and up; W; 6:00 - 7:00 PM; \$72(R)/\$82(NR)

Jan 6-Feb 24; **Course #12989**

Instructor: Marti Neal; Location: Community Center

TEEN AND ADULT BALLET - LEVEL 2

Intermediate level class including terminology, full barre and center, pirouettes, adagio and grand allegro movements taught in a relaxed atmosphere. Small classes and personal attention. Optional pointe performing opportunities with instructor's permission. Two classes per week recommended. Pink tights, slippers and black leotards recommended after the first class meeting.

Age: 14 and up; M; 7:00 - 8:15 PM; \$84(R)/\$94(NR)

Jan 4-Mar 1; **Course #12988**

Age: 14 and up; W; 7:30 - 8:45 PM; \$96(R)/\$106(NR)

Jan 6-Feb 24; **Course #12987**

Age: 14 and up; Sa; 8:45 - 10:00 AM; \$96(R)/\$106(NR)

Jan 9-Feb 27; **Course #12985**

Instructor: Marti Neal

Location: Community Center



Multi-Age Drop-in Activities

Family Enrichment Programs

THURSDAY FAMILY FUN NIGHTS

A fun time for families to play together in the gym at the Encinitas Community Center. Drop by and enjoy free activities such as: ping-pong, air hockey, foosball, basketball, board games, mini-golf, crafts and more. All activities are offered on a drop-in basis and do not require registration. Call (760) 943-2260 for more information.

FUN-TASTIC ACTIVITIES, EVENTS AND OUTINGS

Encinitas Parks and Recreation provides resident families many opportunities to strengthen family bonding, both within their family and with others in the community through the Family Enrichment Program. Family Fun-tastic Activity Nights and Outings are organized monthly throughout the school year. Space is limited, so a registration lottery is held before the start of each season of activities. To be added to the Family Enrichment program mailing list and for additional information regarding registration and current and upcoming activities, please call (760) 633-2759.

TUTORING

Having trouble in math, reading, writing, science or history? Encinitas students in elementary through middle school can receive one hour free tutoring per week on Mondays at Park Dale Lane Elementary and/or Wednesdays at Oak Crest Middle School between 3:30 and 5:30 PM. Onsite completion of contact form and advanced sign up is required. Parents of students in grades K through 3 and students in 4th through 8th grades may sign up to attend one hour study sessions each week—up to 6 weeks in advance. Students must sign in and out each night and must bring study material or homework. Adult tutors monitor participants only while they are being tutored. Please call (760) 633.2759 for more information. Space is limited.

Age: 5 - 14yrs.; M, W; 3:30 - 5:30 PM; FREE

OPEN GYM

We offer Open Gym hours daily for youth, teens and adults. Activities including: basketball, volleyball, badminton and more. Open Gym is offered free on a drop-in basis. Bring an I.D. card to check out any of our gym equipment or bring your own. Pick up your Gym Schedule at the Encinitas Community Center front counter or online at www.EncinitasRecReg.com. Call (760) 943-2260 for more information.

FRIDAY NIGHT SOCIAL

Bring your favorite CDs and dance the night away to your favorite tunes! Snacks will be provided. Come join the fun! This program is for adults with Developmental Disabilities. Program takes place on the 2nd Friday of the month.

Age: 18 and up; F; 6:30 - 9:00 PM; FREE

CAR SEAT CHECKS

San Diego Medical Services Enterprise conducts free car seat checks on the second Monday of each month from 10 AM – 12 PM. in the Community Center Parking Lot. No appointment necessary.

M; 10:00 AM - 12:00 PM; FREE

HORSE SHOES

Join the fun behind the Encinitas Community & Senior Center at the Oakcrest Park horse shoe pits! Men and women are welcome, with or without experience. This is an ongoing program, so you can participate at any time.

F; 9:30 AM - 12:00 PM; FREE

Multi-Age Special Interest

HEARTSAVER CPR

This course is designed for those who need to be trained in basic life support (BLS) for AED/Adult, Child and Infant CPR. This course prepares them to respond to breathing and cardiac emergencies by combining lecture, demonstrations and video with hands on training and practice. Participants take home a Heartsaver BLS CPR certification card. This is not a certified class for healthcare professionals!

Age: 16 and up; Sa; 1:00 - 4:00 PM; \$45(R)/\$55(NR)

Dec 5; Course #12479

Jan 9; Course #12994

Instructor: Tiffany Nelson; Location: Community Center

HEARTSAVER FIRST AID

This AHA Basic First Aid course includes the general principles of Medical Emergencies (chest pain, heart attack, fainting, diabetes, low blood sugar, stroke and seizure). This course also includes everything from cuts, scrapes and environmental emergencies to muscle, bone and joint injuries. Participants take home a Basic First Aid certification card.

Age: 16 and up; Sa; 10:00 AM - 12:30 PM; \$35(R)/\$45(NR)

Dec 5; Course #12481

Jan 9; Course #12996

Instructor: Tiffany Nelson; Location: Community Center

