

Multi-Age Dance

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; 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; \$64(R)/\$74(NR)

Jun 15-Aug 3; *Course #11178*

Age: 14 and up; W; 6:00 - 7:00 PM; \$64(R)/\$74(NR)

Jun 17-Aug 5; *Course #11180*

Location: Community Center; Instructor: Marti Neal

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; personal attention. Optional pointe/performing opportunities with instructor permission. This class meets twice per week. Pink tights, slippers and black leotards recommended after the first class meeting.

Age: 14 and up; M; 7:00 - 8:15 PM; \$80(R)/\$90(NR)

Jun 15-Aug 3; *Course #11179*

Age: 14 and up; W; 7:30 - 8:45 PM; \$80(R)/\$90(NR)

Jun 17-Aug 5; *Course #11181*

Location: Community Center; Instructor: Marti Neal

Multi-Age Drop-in Activities

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. Call program supervisor at (760) 943-2259 for more information.

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

Jul 10, Aug 14, Sep 11

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.

Age: 18 and up; F; 9:30 AM - 12:00 PM; FREE

"Taking ballet as an adult has helped me regain flexibility, balance and strength. It is a beautiful form of exercise for all ages."

-Jay Nunez, Student

CAR SEAT CHECKS

San Diego Medical Services Enterprise conducts FREE car seat checks on the third Monday of each month from 10 AM - 1 PM. No appointment necessary.

Family Enrichment Programs

THURSDAY FAMILY FUN NIGHTS - FREE

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.

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)

Jul 11; *Course #11187*

Sep 5; *Course #11188*

Location: Community Center; Instructor: Tiffany Nelson

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)

Jul 11; *Course #11190*

Sep 5; *Course #11191*

Location: Community Center; Instructor: Tiffany Nelson