



RECREATION NEWS SPRING 2012

PARKS MAKE LIFE BETTER

Join the California Parks and Recreation Society in our branding campaign for parks and recreation across the state. Parks and Recreation is a valuable part of every community and we want to know how it has effected your life positively....

**Parks
Make
Life
Better!**SM

Why do parks make your life better in National City??

"Recreation centers are great for us because we get to spend time together. We pay more attention to our children. We try to improve their skills in sports and keep them in a safe environment doing positive things."

-Parent & National City Resident, Kimball Park

"Walking. I walk every other day and I was raised here in National City, so this park has been part of my life."

-Grandparent & National City Resident, Kimball Park

AQUATICS

NATIONAL CITY MUNICIPAL POOL 1800 EAST 22ND ST. 91950



The National City Municipal Pool is located at 1800 E. 22nd Street and is open year round. Our American Red Cross trained professional staff of lifeguards offer a wide variety of classes in water safety, fitness, and fun. Come visit our Olympic size pool and join the fun! Bring the entire family. There's something for everyone! For further information please call the Community Services Department at (619) 336-4290.

*Swim test required for use of diving boards and water slides. ALL PATRONS MUST BE WEARING A SWIMSUIT TO BE ON DECK.

*SWIM DIAPERS REQUIRED FOR CHILDREN 4 YEARS OLD AND UNDER.

Swim passes available:

Senior --\$30.00 for 30 Swims

Adults --\$60.00 for 30 Swims

AM LAP SWIM ADULT LAP SWIM: Lap swimming is for fun and exercise. No diving or children allowed on the pool deck. Adults enter pool area through back gate. No locker facilities available, but showers and changing rooms are open.

A.M. Lap Swim

Fee	Day	Time	Ages
\$3.00 Adults \$1.50 Senior	M/W/F	6:30 a – 8:30 a	18 yrs +

Adult Lap Swim

Fee	Day	Time	Ages
\$3.00 Adults \$1.50 Senior	Mon – Sat	11:00 a – 12:50 p	18 yrs +

Water Aerobics

Fee	Day	Time	Ages
\$3.00 Adults \$1.50 Senior	T/TH/SA	10:15 a-11:00 a	18 yrs +



YOUTH SERVICES

SPORTS & KID'S CLUB

Youth Sports Leagues

GIRLS SOFTBALL LEAGUE
PEGGY BROWNLEE
(619) 470-8389
LAS PALMAS PARK

LAS PALMAS LITTLE LEAGUE
CHARLIE MUJICA
(619) 366-3977
LAS PALMAS PARK (MAJOR-MINOR-CAP)

NATIONAL CITY AMERICAN LITTLE LEAGUE
JUDY CASTILLO
(619) 931-0403

KIMBALL PARK (MAJOR-MINOR-CAP)
RICK PICHE
(619) 981-3278

NATIONAL CITY PONY LEAGUE
DAN KORGIE
(619) 475-6564
KIMBALL PARK

National City Youth Sports Program

The National City after school Youth Sports programs are offered to for FREE (plus a small fee for uniforms) at all three of our recreation centers!

The programs are available for youth in grades 3 through 6. Sports are offered from the fall to the spring and change each season.

Fall- Football (Boys) and Cheerleading (Girls)
Winter-Basketball (Boys and Girls)
Spring-Soccer (Boys and Girls)

JOIN OUR FREE AFTER SCHOOL KIDS CLUB!!

Kimball & El Toyon MTWF: 3:00-5:00PM
/ TH 1:00-5:00PM

Camacho MTWF: 2:30-5:00PM/ TH 1:00-4:00PM

Team Sports- Homework Help- Arts & Crafts-
Field Trips- Board Games- Video Games- Pool/
Air Hockey- Dances- Pizza Parties- Contests-
Cheerleading- Movies- & More!!

For more information
contact your local Recreation Center:

CAMACHO: (619) 336-6756
KIMBALL: (619) 336-6754
EL TOYON: (619) 472-6486



SENIOR SERVICES

SENIOR CLUBS & NUTRITION CENTER



The Clubs:

KIMBALL SENIOR CENTER
1221 "D" AVENUE
(619) 336-6760

CLUB MEETINGS:

1st Monday of each Month

*General Membership Meeting 1:00 p.m.

**Senior Club Membership fees \$12 a year

Fee schedule: July 1st – June 30th

CASA DE SALUD RECREATION CENTER
1408 HARDING AVENUE
(619) 336-6760

BILINGUAL SENIOR CLUB MEETINGS

Meet Every Wednesday

*General Membership Meeting 1:00 p.m.

**Senior Club Membership fees \$12 a year

Fee schedule: January 1st – December 31st

ACTIVITIES:

•Bingo • Birthday & Anniversary Celebration • Monthly Senior Dance • Out To Lunch Outings • Cards/Bunko & Dominoes • Monthly Potluck Gathering • Billiards • Wooden Horse Races • Knitting Group • Monthly White Elephant Sale

Why do parks make your life better?

"We're really active. I have more fun now that I'm retired than I did before. I really, really enjoy it."

-Maria, senior club officer

"I get to socialize, meet a lot of friends. It's something to look forward to."

-Mary, senior club member

"It's good therapy."

-Rita, senior club officer

THE GEORGE H. WATERS NUTRITION CENTER
1415 "D" AVENUE, NATIONAL CITY, CA 91950

We offer hot, nutritious meals to seniors 60 years old and older. We provide entertainment, transportation to and from the center, nutrition education, and a free notary service. The Feelin' Fit exercise program is available Mondays, Tuesdays, and Thursdays. A home delivered meal program is available for those who qualify. Se habla espanol.

Suggested contribution of \$3.50 per meal.

All nutrition center is open Monday-Friday
from 11:00 am-12:30 pm.

For more information please call (619) 336-6751.



CITY PARKS & FACILITIES FOR RENT

CITY PARKS & RECREATION CENTERS

EL TOYON PARK & RECREATION CENTER

2005 East 4th Street (619) 472-6486

Recreation Center Hours: 3-5 pm M/T/W/F; 1-5 pm TH

2.5 acres consisting of El Toyon Recreation Center, tennis and basketball courts, baseball and football fields, playground equipment and a horseshoe pit.

KIMBALL PARK & RECREATION CENTER

148 E. 12th St. (619) 336-6754

Recreation Center Hours: 3-5 pm M/T/W/F; 1-5 pm TH

30 acres, site of the Kimball Recreation Center, Community Services Dept. Suite B, M.L.K. Community Center, Civic Center, Public Library, ball fields, tennis courts, basketball courts, amphitheater, picnic area, playground equipment and skate park.

LAS PALMAS PARK & CAMACHO RECREATION CENTER

1810 E. 22nd St. (619) 336-6756

Recreation Center Hours: 2:30 pm to 8:30 pm M-W; 1 - 8 pm Th;

2:30 pm - 4:30 pm Fri; 12 pm- 4 pm Sa & Su

30 acres with a swimming pool, ball fields, tennis courts, picnic areas, playground equipment and Recreation Center/ gymnasium.

NATIONAL CITY MUNICIPAL POOL

1800 E. 22nd St. (619) 336-6758

SWEETWATER HEIGHTS

Cagle & Stockman St.

(619) 336-4290

2.2 acres of open space with playground equipment and a basketball court.

CASA DE SALUD & MANUEL PORTILLO YOUTH CENTER:

1408 E. Harding Ave. (619) 336-6757

Includes a teen center with pool tables, computers, a basketball court, and more!

BASIC RENTAL RULES:

National City Parks are available for use on a first come, first served basis. There are no reservations for tables or special locations. For groups with a large number of participants a Facility Use application* must be completed for approval by the Public Works Director at least one week (MLK center requires 3 weeks) prior to the event. Facility rental rates vary depending on room, set-up, and number of participants. For a large-scale event with amplified music, entertainment or food sales, a Temporary Use Permit (TUP) must be obtained from Neighborhood Services and returned for City Council approval at least 2 months prior to the event. (TUP's are available at Neighborhood Services) 1243 National City Blvd. (Alcohol and tobacco products are prohibited in the parks).

INSURANCE REQUIREMENTS FOR INFLATABLE JUMPS

Inflatable jumps are not allowed in National City Parks without an approved Field and Facility use application and proof of a \$1,000,000 insurance certificate from the Jumper Rental Company's insurance carrier adding the City of National City as an "additional insured." A Field and Facility use form* must be filed at least one week in advance for approval by the Public Works Director. Applications will not be approved without a mailed or faxed certificate of insurance. The processing fee is \$25 (cash only, no checks) to obtain the required permit. PLEASE NOTE: Inflatable jumps are only allowed at Las Palmas Park.

NATIONAL CITY FIELDS

National City ball fields are rented on a first come, first served basis. A Field and Facility use form* must be submitted at least one week in advance for approval by the Director of Public Works. Fees are as follows:

User Fee:

Resident teams/groups	N/A
Non-resident teams/groups	\$50 per hour, 2 hour minimum

Field/Facility Maintenance Cost Recovery:

Resident teams/groups	N/A
Non-resident teams/groups	\$10 per participant, per season

Use of Athletic Field Lights:

Resident teams/groups	\$10 per hour, 1 hour minimum
Non-resident teams/groups	\$20 per hour, 1 hour minimum

A resident team/group is one whose membership consists of over 70% National City residents.

Field and Facility Use application can be obtained at the Public Works Department or online at <http://www.nationalcityca.gov/index.aspx?page=429>

To contact the Public Works Department please call: (619) 336-4580.

PUBLIC WORKS is located at 2100 Hoover Ave. National City, CA 91950.

CLASSES

Kimball Recreation Center

DANCE CLASSES:

Instructor: Yessica Herrero; (619) 395-3110;
\$6/class per child

HIP HOP 1- Learn the basic steps and fundamentals of dance. Have fun and get exercise. Learn dance routines and perform. Child will develop great motivation and self confidence.

HIP HOP 2-Have fun with this fast high energy street style dance class with the most up to date music. Student will also learn how to choreograph and learn how to work a team enhancing their motivation and self confidence.

CHEERLEADING-Learn the basic cheers, moves and chants. Have fun in this class while enhancing flexibility and strength.

PRE-BALLET- Child will learn the basic fundamentals and techniques of ballet and develop strength and flexibility. Class also builds good posture and limber muscles to enhance proper movement and enable them to explore their natural abilities through the joy of dance.

LYRICAL- Class is a mix of ballet, jazz & Hip Hop all in one! Learn basic techniques from all styles of dance and learn how to incorporate them all in one dance. Student will learn how to explore creative body movement through the joy of dance.

Class	Day	Time	Ages
Hip hop 1 & 2	Mon	6-6:50 pm	2 +
Cheer	Mon	7-7:50 pm	2 +
Pre-ballet	Wed	6-6:40 pm	2—5
Lyrical	Wed	7-7:50 pm	7 +

Registration for classes is ongoing. Stop by Kimball Recreation Center before class to register.

FULL BODY AEROBICS

Are you looking to get into shape with an intense fitness class?!?

Fee	Day	Time	Age
FREE	Tu,Th	5:15p-6:15p	Adults

Instructor: Elba Luz; stop by class for more info.



MARTIAL ARTS/ SELF DEFENSE- This martial arts training consists of a technical, physical, and athletic preparation acquiring a balance between flexibility, speed, and strength. Classes focus on Confidence, Self-Control, Discipline, Responsibility, and Personal Awareness. The instructor is black belt certified by the Mexican Federation of Martial Arts and Karate. He has been teaching martial arts and karate for over ten years and is a bilingual professional.

Instructor: Genaro Torres/ www.gtconsult.com/martialarts

Fee	Day	Time	Age
\$40/month	Tu,Th	6:30p-7:30p	Children
\$40/month	Tu,Th	7:30p-8:30p	Teens/adults

Registration is ongoing before the start of each class.

CAPOEIRA ANGOLA

Afro-Brasilian Dance, Martial Art, Game
Come learn this dynamic Afro-Brasilian art form that combines music, self-defense, movement, history, song, and culture!
Instructor: James Diokno, M.A.

Fee	Day	Time	Age
\$10 per class	Fri	7:00pm-8:30pm	12 and up

Voluntary Donation only for ages 17 and under
Please wear white t-shirt, loose white pants, and comfortable shoes

For more information contact:

Email: angoleiropelafronteira@yahoo.com

ZUMBA at the MLK Center

Get your groove back with this fun exercise class.

Fee	Day	Time	Age
\$2/class; \$15/11 classes	M, W, F	6:30p-8:00p	Adults

Instructor: Edith Torres, stop by class for more info.

CLASSES

Casa De Salud Recreation Center

CERAMICS- Work at your own pace. Drop in at your convenience to work on your ceramics design.

Instructor: Leticia Morales

Fee	Day	Time	Age
\$4/class	Tues	9a-8p	All ages
\$4/class	Fri	9a-12p	All ages
\$4/class	Sat	8a-12p	All ages

QUILTING FOR BEGINNERS- Come join our new quilting class! Learn different types of cuts and shapes like triangular, rectangular, spheres, and star shapes. Also learn how to combine materials and colors for making quilts, table runners, pillow cases, throw pillows and table mats. All ages.

Instructor: Leticia Morales; (619) 336-6757 Contact instructor- Tuesdays between 9:00 am to 6:30 pm for more information.

Fee	Day	Time
\$5/class	Thurs (except the 4th Thurs of each month)	5p-8p



Tennis Lessons

Las Palmas Park Tennis Courts

Fee	Days	Time	Grade
\$6	Th- 6 weeks	2:45 pm-3:45 pm	3rd - 6th

El Toyon Park Tennis Courts

Fee	Days	Time	Grade
\$6	Mon- 6 weeks	3:30 pm-4:30 pm	3rd - 6th
\$6	Sa- 6 weeks	9:30 am -11:30 am	Middle/High School age

(Lessons run in 6 weeks sessions. Contact Lindsey Vosburgh (619) 221-9000 x104 for info.)

Kimball Senior Center

BALLROOM DANCE- Learn American-style Ballroom Dance and have fun with other Seniors in the area. Instructor: Russ Maples

Fee	Day	Time	Age
\$5/class	Tues	10-11a	Seniors
\$5/class	Wed	1p-2p	Seniors

TANGO- Learn the basics of Argentine Tango dance and enjoy 1/2 hour of open dancing after each class to practice what you've learned. Instructor: Russ Maples

Fee	Day	Time	Age
\$5/class	2nd Sat./ month	3p-7p	18-Seniors

WEST COAST SWING- Learn the basics of West Coast Swing dance and enjoy 1/2 hour of open dancing after each class to practice what you've learned. Instructor: Russ Maples

Fee	Day	Time	Age
\$5/class	Sat	10a-11a	18-Seniors

ROUND DANCE LEVELS 3,4,5- Intermediate level Round Dance with the Dandy Dancers. Instructors: David & Dorothy Drapers

Fee	Day	Time	Age
\$5/class	Wed	6:30p-9:30p	18-Seniors

Instructors- We are always looking for quality instructors to teach classes at our facilities! Please contact the Community Services Department if you teach a unique class and are interested in teaching in National City!

Camacho Recreation Center

Open Gym BASKETBALL

Fee	Day	Time	Age
FREE	M,T, Th	5 pm-9 pm	All ages

VOLLEYBALL

Fee	Day	Time	Age
FREE	Wed.	5 pm - 9 pm	All ages

CLASSES/TINY TOTS

El Toyon Recreation Center

TINYTOTS PROGRAM

Your Tiny tot will experience a wonderful, fun-filled recreation class with activities such as story-time, games, simple crafts, singing, music, snacks, drama, and special events. Safety, manners, colors, alphabet, shapes, numbers, nature, and more await your child in this special class. Participants must have been born in 2007.

National City Residents have priority.

\$40/resident or \$60/non-resident; Cash or checks are accepted.

Fall session begins on September 19, 2011

Class times: Mondays and Wednesdays from 8:15 am to 11:15 am OR 12:00 pm to 3:00 pm

Please contact the Maria Wright for more information (619) 336-6760.



JAPANESE KARATE- Class begins and ends in ceremony. Members line up according to rank achieved by one's own merits and quietly group meditate. Warm ups are done by class leaders who are selected on the basis of maturity and rank. The Sensei or a teaching leads the class from this point through standing basics, moving basics, and finally a series of challenging moves which include kata and kumite. A cool down period of kata, calisthenics, and light stretching is followed by the closing ceremony with bowing and quiet meditation. Instructor: Rudy Lopez

Fee	Day	Time	Age
\$35/month	M,Th	6:00p-7:00p	12 & under

Register on-site before class.

TEEN PROGRAM



TEEN PROGRAM

Manuel Portillo Youth Center
1408 Harding Ave.
(619) 336-6757

The teen program held at the Manuel Portillo Youth Center offers a variety of positive youth development and recreation programs for teens, ages 12 through 18. Activities range from athletic programs, to educational programs, to entertainment programs, including special events, and dances. New weight equipment has just been added to the teen center. Please call for information on weight lifting and fitness classes.

Monday- Friday 5 - 8 pm
Saturdays 12- 4 pm



Volunteers

We are always looking for volunteers to help with our programs, activities, and special events! Please contact the Community Services Department for more information.

SPECIAL EVENTS/NEIGHBORHOOD COUNCILS

National City's 125th Anniversary Celebrations!

This is the 125th anniversary of National City being founded as a City! Come celebrate with us at a variety of great community events!

4th of July Carnival-	June 30th through July 4th, Kimball Park
Old Town Reunion-	July 21, Old Town National City, Casa De Salud
Movies in the Park-	4th Friday of every months- movies and locations to be determined
National Night Out-	August 2nd
National City Picnic-	September (date to be announced), Kimball Park

Special Events for Seniors

Tuesday, May 29: Meet the Pharmacist Event 10 am - 2 pm at Kimball Senior Center

NEIGHBORHOOD COUNCIL SCHEDULE OF MEETINGS

Come join your friends, neighbors and City staff to learn what National City can do for you. Monthly Neighborhood Council meetings are being held in your neighborhood to listen to your concerns and suggestions and allow you to meet your city officials.

Kimball
First Wednesday, 6:30pm
City Hall- large conference room
1243 National City Blvd

Las Palmas
Third Wednesday, 6:30pm
Granger Jr. High – Library
2020 Van Ness Avenue

El Toyon
Second Thursday, 6:30pm
Paradise Village Board Room
2700 E Fourth

Neighborhood Council Breakfasts
Breakfasts take the place of monthly meetings during the following months:

March
June
September
December

Breakfast dates to be determined.