

September - December 2015

Apple Valley Park & Rec

Fall Recreation Guide



TRIATHLON



SANTA IN APPLE VALLEY



MOST TALENTED KID



AVrecreation.org

See inside for

Classes . Sports . Aquatics . Events and more

Fall 2015

Recreation Activities Guide

TOWN OF APPLE VALLEY PARK AND RECREATION DEPARTMENT

TOWN COUNCIL

Larry Cusack Mayor
 Barb Stanton Mayor Pro Tem
 Curt Emick Council Member
 Scott Nassiff Council Member
 Art Bishop Council Member

Meets the 2nd & 4th Tuesday of every month at 6:30 pm in the Town Council Chambers

PARKS AND RECREATION COMMISSION

Michael Martin Chairman
 Patrick Doran Vice-Chairman
 Richard Cambridge Commissioner
 Donald Tatera Commissioner
 Jiles Smith Commissioner
 The Commission meets the 1st Thursday of every other month at 6 pm in the Town Council Chambers. Call (760) 240-7000 ext 7885 for meeting dates.

PARKS AND RECREATION STAFF

Ralph Wright Parks & Rec Manager
 Maribel Hernandez Admin Secretary
 Lena Quinonez Rec Supervisor
 Joseph Ramos Rec Supervisor
 Andy Shoup Rec Coordinator
 Alicia Dannelley Rec Coordinator
 Jacquelynn Auzenne Rec Asst
 Christine McCaffrey Sr Office Asst
 Tashina Miniszewski Office Asst

IN THIS ISSUE.....

Aquatics 3



Arts 5

Camps 7

Fitness 8

Gymnastics/
Dance 11



Preschool 14

Special Events 15

Runs 20



Sports 22

Youth Sports 23

Teens 25



Special Apples 26



Wellness 27

Community Information 28

Registration Information 29



Parks & Facilities 30

Office Hours
 Located at Town Hall
 14955 Dale Evans Parkway
 (760) 240-7880

Monday - Thursday
 7:30 am - 5:30 pm
 Alternating Fridays
 7:30 am - 4:30 pm

HOLIDAY CLOSURES
 9/7, 10/12, 11/11, 11/26, 11/27,
 12/24 - 1/4/16

Get Connected!

Get the most up-to-date information on Parks and Recreation programs and services in Apple Valley.

View the interactive, digital version of this brochure online at www.AVRecreation.org

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facebook



Pool Highlights



The Aquatic Center will be closed on Thursday, November 26th and again from Saturday, December 19th through Monday, January 1st for the holidays. We will re-open bright and early on Saturday, January 2nd, 2016!

Lap Swim Fees

The Quick Card is a prepaid discount admission card that provides access to lap swim.

A photo is taken at the time of initial purchase.

Cost for the card is an additional \$2.

Passes are non-transferable.

Quick Cards can be purchased at the Aquatic Center. When you have a Quick Card, you can renew the card only once the pass has expired. Passes are only valid during the season in which they were purchased.

| Pass Type: | |
|----------------------------------|------|
| Unlimited (for 1 month only) | \$68 |
| 30 visit | \$92 |
| 15 visit | \$48 |
| 5 visit | \$18 |
| Daily | \$4 |
| *Winter rates subject to change* | |

Morning Lap Swim

Civic Center Park Aquatic Center

Early morning lap swim is a great opportunity for the early bird swimmer. We set up 8 lanes according to speed levels. Schedule is subject to change. No lap swim 9/26 & 11/26.

| DATES | DAY | TIME | FEE | AGES |
|------------|----------|----------------|-------------------|---------|
| 8/31-12/18 | M/W/F | 5:30 - 9:15 am | See Lap Swim Fees | 10 & Up |
| 9/1 -12/19 | Tu/Th/Sa | 7:45 - 9:15 am | See Lap Swim Fee | 10 & Up |

Lunchtime Lap Swim

Civic Center Park Aquatic Center

Join us on your lunch break during the warmest part of the day. A nice refreshing swim is sure to brighten up your day. We set up 8 lanes according to speed levels. Schedule is subject to change.

| DATES | DAY | TIME | FEE | AGES |
|--------------|-------|-----------------|-------------------|---------|
| 8/31 - 12/18 | M/W/F | 12:00 - 1:30 pm | See Lap Swim Fees | 10 & Up |

Aquatics

Private Swim Lessons

Enjoy five hours of one-on-one instruction with one of our fantastic swim instructors. Our staff will work with participants to gain complete independence in the pool as well as develop and refine advanced skills. No matter what skill you are looking to learn, we will make sure you are successful! All lessons are designed around the participant's personal schedule to ensure anyone can participate.

Cost: \$97/person

Semi-Private Swim Lessons

Just like with our Private Swim lessons, these lessons are individualized to meet your specific needs; however, during these lessons you can bring some friends! Semi-Private lessons can hold up to four participants, all of whom must know each other and register at the same time. In order to receive maximum benefit, all swimmers need to be close in skill level.

| | |
|---------------------|------------------------|
| 2 Children | \$60 per person |
| 3 Children | \$55 per person |
| 4 + Children | \$50 per person |

Apple Valley Swim Club

Civic Center Park Aquatic Center

Apple Valley Swim Club is a recreational swim club that focuses on developing inexperienced swimmers into strong, confident athletes. Ages 5 - 18 will be grouped based on skill level and will have workouts tailored to their needs; eventually leading them to our advanced level. The advanced level encourages competition against each other, in High School swimming or USA Swimming! Must have ability to perform at swim level 3. No Class 11/26.

Beginning \$45 **Intermediate \$55** **Advanced \$65**
3 days/week **4 days/week** **5 days/week**

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|----------------|-----------|--------|
| 8/31 - 9/25 | M-F | 5:30 - 6:30 pm | See Above | 5 - 17 |
| 9/28 - 10/23 | M-F | 5:30 - 6:30 pm | See Above | 5 - 17 |
| 10/26 - 11/20 | M-F | 5:30 - 6:30 pm | See Above | 5 - 17 |
| 11/23 - 12/18 | M-F | 5:30 - 6:30 pm | See Above | 5 - 17 |

Aqua Fitness

Civic Center Park Aquatic Center

An invigorating and strengthening exercise in the water! Improve blood circulation, strength, core stability, and muscle tone with this low-impact, high-resistance class! Instructor: Kathy Estudillo

| DATES | DAY | TIME | FEE | AGES |
|--------------|-------|----------------|------|---------|
| 9/2 - 9/30 | M/W/F | 8:00 - 9:00 am | \$40 | 16 & up |
| 10/2 - 10/30 | M/W/F | 8:00 - 9:00 am | \$40 | 16 & up |
| 11/2 - 11/30 | M/W/F | 8:00 - 9:00 am | \$40 | 16 & up |
| 12/2 - 12/23 | M/W/F | 8:00 - 9:00 am | \$28 | 16 & Up |



Splash Dance

Civic Center Park Aquatic Center

Come enjoy a high-energy, low-impact workout that strengthens and tones from head to toe! Most land exercises can be done effectively in water, with the added benefit of support and resistance. We'll lunge, jump, jog, crunch, kick, twist and dance to great music in the pool. The people are FUN and the water is FINE! No class on 9/26 & 11/26. Instructor: Pam Adams

| DATES | DAY | TIME | FEE | AGES |
|--------------|----------|----------------|------|---------|
| 9/1 - 9/29 | T/Th/Sat | 8:00 - 9:00 am | \$40 | 15 & up |
| 10/1 - 10/31 | T/Th/Sat | 8:00 - 9:00 am | \$40 | 15 & up |
| 11/3 - 11/28 | T/Th/Sat | 8:00 - 9:00 am | \$40 | 15 & up |
| 12/1 - 12/17 | T/Th/Sat | 8:00 - 9:00 am | \$28 | 15 & up |

****Try one class for just \$7****

Guitar Lessons

Town Hall Recreation Center

Learn how to play the guitar with no prior experience needed. Basic chords, strumming and scales will be covered for those who are just starting. Intermediate and advanced guitarists can also enjoy lessons focused on technique and theory. Instructor: Neil Allen Garcia

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|----------------|------|--------|
| 9/7- 9/28 | Mon | 5:45 - 6:45 pm | \$58 | 8 & Up |
| 10/5- 10/26 | Mon | 5:45 - 6:45 pm | \$58 | 8 & Up |
| 11/2- 11/23 | Mon | 5:45 - 6:45 pm | \$58 | 8 & Up |
| 11/30 - 12/21 | Mon | 5:45 - 6:45 pm | \$58 | 8 & Up |

Beginning Acting Class

James Woody Community Center Auditorium

Have you ever wanted to be involved in a play? Well here's your chance to learn the fundamentals of acting while having fun! You will audition for a play while learning stage directions, how to create a character and so much more! The children will be performing "A Peter Pan Christmas." A one time fee of \$30 for materials is due, in cash, on the first day of class. Instructor: Melanie Myers

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|--------|
| 8/5 - 8/26 | Wed | 4:30 - 5:30 pm | \$37 | 6 & Up |
| 9/2- 9/30 | Wed | 4:30 - 5:30 pm | \$37 | 6 & Up |
| 10/7 - 10/28 | Wed | 4:30 - 5:30 pm | \$37 | 6 & Up |
| 11/4 - 11/25 | Wed | 4:30 - 5:30 pm | \$37 | 6 & Up |
| 12/2- 12/16 | Wed | 4:30 - 5:30 pm | \$37 | 6 & Up |



Introduction to Photography

Apple Valley Conference Center

This course is an introduction to basic camera skills needed for photography, with a little competition mixed in! Students will learn general camera operation, and basic techniques. Once camera operation is mastered, practical photographic techniques will be introduced: the first two weeks will focus on taking the perfect portrait, the second two weeks will focus on environmental and action shots. Students will have the opportunity to visit a wide variety of recreation activities and events to use for their action shots, and all students will be entered for a chance to have their photo used on the cover of a publication of this brochure! Students must provide their own cameras. Class is perfect for beginners as well as returning students! Instructor: Kenneth Sousa

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|---------|
| 9/2 - 9/23 | Wed | 5:30 - 7:30 pm | \$32 | 12 & Up |
| 10/7 - 10/28 | Wed | 5:30 - 7:30 pm | \$32 | 12 & Up |
| 11/4 - 11/25 | Wed | 5:30 - 7:30 pm | \$32 | 12 & Up |
| 12/2 - 12/23 | Wed | 5:30 - 7:30 pm | \$32 | 12 & Up |

Advanced Acting Class

James Woody Community Center Auditorium

If you love to be on stage, this class is for you! Join us for an in-depth acting experience! You will audition for a play, and as we rehearse, you will learn characterization, improvisation, pantomime, accents, and so much more! This is a 5-month rehearsal/performance class. The children will be performing "Yours Truly, Jack Frost." A one time fee of \$30 for materials is due, in cash, on the first day of class. Instructor: Melanie Myers

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|---------|
| 8/5 - 8/26 | Wed | 5:30 - 7:00 pm | \$37 | 12 - 17 |
| 9/2 - 9/30 | Wed | 5:30 - 7:00 pm | \$37 | 12 - 17 |
| 10/7 - 10/28 | Wed | 5:30 - 7:00 pm | \$37 | 12 - 17 |
| 11/4 - 11/25 | Wed | 5:30 - 7:00 pm | \$37 | 12 - 17 |
| 12/2- 12/16 | Wed | 5:30 - 7:00 pm | \$37 | 12 - 17 |

Share your pictures with us at
#avrecreation



Instagram

After School Activities Program Fun Factory

We serve the following schools

Academy for Academic Excellence - Mojave River
Rio Vista Elementary School
Sitting Bull Academy
Vanguard Preparatory School

Our program offers

Homework Club
Dance & Music
Cooking
Arts & Crafts
Afternoon Snack



\$37/weekly registration
Call (760) 240-7880
for details!





Day Camp

Grades K - 6

Town Hall Recreation Center

Take a trip to beautiful Yosemite National Park without ever getting in the car. Campers will learn about the wildlife that lives near that area, tips on hiking, survival and of course how to set up a tent! Campers will learn valuable skills for their next outdoor adventure! Join in the fun and register today!

| DATES | DAY | TIME | WEEKLY FEE |
|---------------|-------|----------------|--|
| 10/12 - 10/16 | M - F | 7 am - 6:15 pm | \$97 (full time) \$50 (1/2 days) \$58 (3 days) |

NOW HIRING!!

*Independent Contractors as
Instructors for Recreation Classes*

This is a perfect opportunity to teach your favorite skill or activity to others in the community. Turn your hobby into cash in your pocket! If you have the skill, knowledge, experience and desire to earn as you help others learn, contact the Town of Apple Valley Recreation Department to become an independent contract class instructor.

WHAT WE PROVIDE:

- * Communication of your knowledge and proficiency.
- * Promotion of your class in the *Better Way to Play* recreation brochure.
- * We handle all class registration and promotional materials.
- * Contact Andy Shoup at (760) 240-7000, ext 7894

TIME COMMITMENT:

- * 1 - 2 hours weekly per class

Nutrition Day Camp

Town Hall Recreation Center

Learn about being healthy at our winter Nutrition Camp! Campers will learn fun new recipes, portion size and creative crafts with food. Exciting games and activities will also be on the menu. This camp will have an emphasis on health and wellness, but don't worry - we didn't leave out the fun! Come get healthy with us at Nutrition Camp! Campers will need to bring a healthy morning snack and lunch, all other snacks will be provided.

| DATES | DAY | TIME | FEE | AGES |
|---------------|-------|-------------------|------|-------|
| 12/21 - 12/23 | M/T/W | 7:00 am - 6:15 pm | \$58 | K - 6 |
| 12/28 - 12/30 | M/T/W | 7:00 am - 6:15 pm | \$58 | K - 6 |

Basketball Camp

James Woody Gym

Learn the fundamentals of shooting, dribbling, rebounding, passing and defense, as well as scrimmage games at this elite basketball skills camp! Coach: William Ramsey

| DATES | DAY | TIME | FEE | Grades |
|---------------|-------|-----------------|------|------------|
| 10/12 - 10/16 | M - F | 9:00 - 11:00 am | \$40 | 3rd - 6th |
| 10/12 - 10/16 | M - F | 12:00 - 2:00 pm | \$40 | 7th - 12th |

Sit and be Fit

Town Hall Recreation Center

We would all like to take care of our well being, but those dance steps and the strain of the up and down on a mat are too much! Welcome, to Sit and be Fit. A safe, seated class to stretch, breath, and strengthen. The chair is an available support for the standing portion of the class to aid in balance, alignment, and larger range of motion movements. Check it out and be a part of your improved wellness. Instructor: Mary Anne Carroll

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|-----------------|---------|---------|
| 9/3 - 9/24 | Th | 11:00 - 1150 am | \$23 | 16 & Up |
| 10/1 - 10/22 | Th | 11:00 - 1150 am | \$23 | 16 & Up |
| 10/29 - 11/19 | Th | 11:00 - 1150 am | \$23 | 16 & Up |
| 12/3 - 12/17 | Th | 11:00 - 1150 am | \$17.75 | 16 & Up |

Ready...Set...RUN!

Civic Center Park

Get ready for your first (or next) event. Avoid injury from over training. Learn about performance fuels. Lose weight effectively. No class 9/7, 10/12 and 11/11. Instructor: Lori Cooper

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|---------|---------|
| 8/31 - 9/28 | M/W | 7:00 - 8:00 pm | \$20 | 16 & Up |
| 9/30 - 10/28 | M/W | 7:00 - 8:00 pm | \$20 | 16 & Up |
| 11/2 - 11/30 | M/W | 7:00 - 8:00 pm | \$20 | 16 & Up |
| 12/2 - 12/23 | M/W | 7:00 - 8:00 pm | \$17.75 | 16 & Up |

Beachbody Fitness

Apple Valley Conference Center - South Room

This high-intensity, full-body workout will help you get (or keep) your best figure in the shortest time possible. Suitable for both beginners and advanced. Floor mat and light hand weights required. No class 9/7, 10/12 and 11/11. Instructor: Lori Cooper

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|---------|
| 8/31 - 9/28 | M/W | 6:00 - 7:00 pm | \$49 | 18 & Up |
| 9/30 - 10/28 | M/W | 6:00 - 7:00 pm | \$49 | 18 & Up |
| 11/2 - 11/30 | M/W | 6:00 - 7:00 pm | \$49 | 18 & Up |
| 12/2 - 12/23 | M/W | 6:00 - 7:00 pm | \$43 | 18 & Up |

Mommy & Me Belly Dancing

James Woody Community Center Arts & Crafts Room

Learn to shimmy, shake and discover a deeper appreciation for your body- without worrying about a babysitter. Belly dance is a fantastic workout and is open to women of all shapes and sizes. Strengthen core muscles and burn calories while learning graceful new dance moves. Children may dance with parent/guardian or play to the side. Choreographies will be taught each month that can be performed with your child. No class on 10/12. Instructor: April Vincent

\$30/1 child • \$35/2 children • \$40/3 children

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|-----------------|-----------|------|
| 9/14 - 9/28 | Mon | 9:30 - 10:30 am | See above | All |
| 10/5 - 11/2 | Mon | 9:30 - 10:30 am | See above | All |
| 11/9 - 11/30 | Mon | 9:30 - 10:30 am | See above | All |
| 12/7 - 12/21 | Mon | 9:30 - 10:30 am | See above | All |

All programs require pre-registration.
We recommend you register no later
than a week prior to
the start date as space fills up fast

Belly Dancing

James Woody Community Center Arts & Crafts Room

Learn the art of Belly Dance for fun and fitness. Great for all ages and fitness levels. Class focuses on the basics of belly dance in American Cabaret style. No class 10/12. Instructor: Diane Ona

| DATES | DAY | TIME | FEE | AGES |
|-----------------|-----|----------------|------|---------|
| Beginner | | | | |
| 9/1 - 9/22 | Tu | 8:15 - 9:15 pm | \$35 | 16 & Up |
| 10/6 - 10/27 | Tu | 8:15 - 9:15 pm | \$35 | 16 & Up |
| 11/3 - 11/24 | Tu | 8:15 - 9:15 pm | \$35 | 16 & Up |
| 12/1 - 12/22 | Tu | 8:15 - 9:15 pm | \$35 | 16 & Up |
| Advanced | | | | |
| 9/1 - 9/22 | Tu | 7:15 - 8:15 pm | \$35 | 16 & Up |
| 10/6 - 10/27 | Tu | 7:15 - 8:15 pm | \$35 | 16 & Up |
| 11/3 - 11/24 | Tu | 7:15 - 8:15 pm | \$35 | 16 & Up |
| 12/1 - 12/22 | Tu | 7:15 - 8:15 pm | \$35 | 16 & Up |

Yoga Fit

Town Hall Recreation Center

Change is Good! Check out this non-competitive, classical Yoga practice with both powerful and relaxing asana. Moving through power poses, sustained balance, core work, posture and active transitional flows. Have fun and connect with your gift of breath and being while improving your strength and self awareness. Mat required. No class 9/7, 10/12 & 11/11. Instructor: Mary Anne Carroll

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|---------|---------|
| 8/31 - 9/28 | M/W | 5:30 - 6:30 pm | \$32 | 16 & Up |
| 9/30 - 10/28 | M/W | 5:30 - 6:30 pm | \$32 | 16 & Up |
| 11/2 - 11/30 | M/W | 5:30 - 6:30 pm | \$32 | 16 & Up |
| 12/2 - 12/23 | M/W | 5:30 - 6:30 pm | \$28.25 | 16 & Up |



Tai Chi

James Woody Community Center Arts & Crafts Room

Learn to increase your level of energy through fluid movements, breath work and inner focus. Tai Chi helps regulate blood circulation, mobilizes joints, ligaments and muscles. Tai Chi also increases respiratory capacity. Tai Chi is not strenuous and requires no special equipment or ability. No class 9/7 & 10/12. Instructor: Chris Urmston

\$35/2 classes a week/month • \$45/3 class a week/month

| DATES | DAY | TIME | FEE | AGES |
|---------------|-------|-----------------|-----------|---------|
| 9/2 - 9/30 | M/W/F | 11:00 - 12:00pm | \$35/\$45 | 16 & Up |
| 10/2 - 10/30 | M/W/F | 11:00 - 12:00pm | \$35/\$45 | 16 & Up |
| 11/2 - 11/27 | M/W/F | 11:00 - 12:00pm | \$35/\$45 | 16 & Up |
| 11/30 - 12/18 | M/W/F | 11:00 - 12:00pm | \$27/\$35 | 16 & Up |

Zumba®

Town Hall Recreation Center

A totally exhilarating workout that will have your energy level soaring! Burn hundreds of calories while dancing to exotic rhythms and international beats. Join the experience and you'll see that working out is finally FUN! No class 11/11 & 11/26. Class 10/12 - 16 will be in Conference Center North. Instructor: Liz Fratt

**\$21/1 class a week/month • \$31/2 classes a week/month
\$41/3 classes a week/month • Try 1 class for only \$6**

| DATES | DAY | TIME | FEE | AGES |
|--------------|-------|-----------------|-----------|---------|
| 9/1 - 9/30 | Tu/Th | 5:30 - 6:30 pm | \$21-\$41 | 13 & Up |
| 9/1 - 9/30 | Wed | 9:00 - 10:00 am | \$21-\$41 | 13 & Up |
| 10/1 - 10/29 | Tu/Th | 5:30 - 6:30 pm | \$21-\$41 | 13 & Up |
| 10/1 - 10/29 | Wed | 9:00 - 10:00 am | \$21-\$41 | 13 & Up |
| 11/3 - 11/24 | Tu/Th | 5:30 - 6:30 pm | \$21-\$41 | 13 & Up |
| 11/3 - 11/24 | Wed | 9:00 - 10:00 am | \$21-\$41 | 13 & Up |
| 12/1 - 12/17 | Tu/Th | 5:30 - 6:30 pm | \$21-\$41 | 13 & Up |
| 12/1 - 12/17 | Wed | 9:00 - 10:00 am | \$21-\$41 | 13 & Up |

COMBO ZUMBA

Interested in attending both ZUMBA and ZUMBA Gold? For \$41/month you can attend either class, up to 3 times per week!

Zumba® Gold

Town Hall Recreation Center

Zumba® Gold is a low impact Zumba Fitness class that uses modified Zumba moves designed for active older adults, individuals with special needs and beginners wanting a fun exercise class that focuses on balance, flexibility and cardiovascular strength. No class on 9/7 & 10/12. Class 10/12 - 16 will be in Conference Center North.

Instructor: Liz Fratt

Try 1 class for only \$6.

\$21/1 class a week/month • \$31/2 classes a week/month

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|-----------|---------|
| 9/2 - 9/30 | M/W | 1:00 - 2:00 pm | \$21/\$31 | 25 & Up |
| 10/5 - 10/28 | M/W | 1:00 - 2:00 pm | \$21/\$31 | 25 & Up |
| 11/2 - 11/30 | M/W | 1:00 - 2:00 pm | \$21/\$31 | 25 & Up |
| 12/2 - 12/16 | M/W | 1:00 - 2:00 pm | \$21/\$31 | 25 & Up |

Indoor Rock Climbing

**The Bullet Hole,
15315 Cholame Rd, VV 92392**

Introduction to rock climbing. Learn about the gear, the knots and the basic movements of rock climbing. In addition to climbing during each session, participants will do basic calisthenics involving push-ups, sit-ups, squats and lunges to improve strength and endurance and stretching to improve flexibility. Rock climbing is a fun way to exercise!

Instructor: Craig Buchanan

| DATES | DAY | TIME | FEE | AGES |
|--------------|-------|----------------|------|--------|
| 9/1 - 9/29 | Tu/Th | 5:30 - 6:30 pm | \$50 | 5 & Up |
| 10/1 - 10/29 | Tu/Th | 5:30 - 6:30 pm | \$50 | 5 & Up |
| 11/3 - 11/24 | Tu/Th | 5:30 - 6:30 pm | \$50 | 5 & Up |
| 12/1 - 12/22 | Tu/Th | 5:30 - 6:30 pm | \$50 | 5 & Up |



Kickboxing

**The Bullet Hole
15315 Cholame Rd, VV 92392**

Learn the proper kickboxing stance, basic punches and kicks. Kickboxing training sessions incorporate endurance exercises such as jump rope, heavy bag, speed bag and double-end bag work, as well as one-on-one focus mitts. Included in the training are basic calisthenics involving push-ups, sit-ups, squats and lunges that will improve strength and endurance. Kickboxing improves hand/eye coordination, focus, self-confidence and one's ability to protect oneself - and it is a fun way to exercise!

One time \$10 fee for hand wraps.

Instructor: Craig Buchannan

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|--------|
| 9/2 - 9/30 | M/W | 5:00 - 6:00 pm | \$65 | 5 & Up |
| 10/5 - 10/28 | M/W | 5:00 - 6:00 pm | \$65 | 5 & Up |
| 11/2 - 11/25 | M/W | 5:00 - 6:00 pm | \$65 | 5 & Up |
| 12/2 - 12/23 | M/W | 5:00 - 6:00 pm | \$65 | 5 & Up |

Tae Kwon Do

James Woody Community Center Mini-Gym

Learn amazing Tae Kwon Do techniques while becoming a more confident, courageous and courteous person. Dr. George uses a proven scientific approach to learning Tae Kwon Do.

Instructor: Gellen Fitness

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|----------------|------|--------|
| 9/7 - 9/30 | M/W | 5:45 - 6:45 pm | \$55 | 7 & Up |
| 10/5 - 10/28 | M/W | 5:45 - 6:45 pm | \$55 | 7 & Up |
| 11/2 - 11/25 | M/W | 5:45 - 6:45 pm | \$55 | 7 & Up |
| 11/30 - 12/23 | M/W | 5:45 - 6:45 pm | \$55 | 7 & Up |

Little Tigers Tae Kwon Do

James Woody Community Center Mini-Gym

Students will learn balance, flexibility and Tae Kwon Do techniques that will teach them courage, confidence and courtesy. Optional \$45 fee for uniform. Instructor: George Hanshaw

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|----------------|------|-------|
| 9/7 - 9/30 | M/W | 5:45 - 6:15 pm | \$45 | 3 - 6 |
| 10/5 - 10/28 | M/W | 5:45 - 6:15 pm | \$45 | 3 - 6 |
| 11/2 - 11/25 | M/W | 5:45 - 6:15 pm | \$45 | 3 - 6 |
| 11/30 - 12/16 | M/W | 5:45 - 6:15 pm | \$45 | 3 - 6 |

Park W.O.D.

(Workout of the Day)

Civic Center Park & The Aquatic Center

Park W.O.D. is a fast-paced, challenging workout in the park! The W.O.D.s (Workouts of the Day) vary from lifting weights, to bodyweight movements, to swimming, and yes, even running; sometimes a combination of any or all of those! This class will benefit anyone from a teen trying to make varsity, to someone just trying to get back in shape. From fat loss, to muscle gain, your goals will be met! Instructor: Doug Fugate

| DATES | DAY | TIME | FEE | AGES |
|--------------|-------|----------------|---------|---------|
| 8/31 - 9/30 | M/W/F | 6:00 - 7:00 pm | \$65 | 16 & Up |
| 10/2 - 10/30 | M/W/F | 6:00 - 7:00 pm | \$65 | 16 & Up |
| 11/2 - 11/30 | M/W/F | 6:00 - 7:00 pm | \$65 | 16 & Up |
| 12/2 - 12/23 | M/W/F | 6:00 - 7:00 pm | \$54.50 | 16 & Up |

360 Gymnastics

360 Freestyle Gymnastics Academy provides a safe, fun and healthy experience for our gymnasts. It is our philosophy that gymnastics can be for everyone and most of all...it's fun! We stress a positive learning experience and provide high quality instruction in an atmosphere that promotes positive self-esteem and encourages the "habit" of physical fitness for life. Register in advance at Town Hall. A \$40 annual registration fee is due on the first day of class and paid directly to 360 Gymnastics, in cash.

* 22355 Powhatan Road, Suite C-1, Apple Valley *

Baby Bears Gymnastics

Mommy and Me Gymnastics is a child/parent interactive program that stimulates your child's athletic ability.

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|---------|----------------------|
| 9/7 - 9/28 | Mon | 3:00 - 3:30 pm | \$37 | 1 ^{1/2} - 3 |
| 9/2 - 9/30 | Wed | 3:00 - 3:30 pm | \$37 | 1 ^{1/2} - 3 |
| 10/5 - 10/26 | Mon | 3:00 - 3:30 pm | \$37 | 1 ^{1/2} - 3 |
| 10/7 - 10/28 | Wed | 3:00 - 3:30 pm | \$37 | 1 ^{1/2} - 3 |
| 11/2 - 11/30 | Mon | 3:00 - 3:30 pm | \$37 | 1 ^{1/2} - 3 |
| 11/4 - 11/25 | Wed | 3:00 - 3:30 pm | \$37 | 1 ^{1/2} - 3 |
| 12/7 - 12/21 | Mon | 3:00 - 3:30 pm | \$37 | 1 ^{1/2} - 3 |
| 12/2 - 12/23 | Wed | 3:00 - 3:30 pm | \$28.25 | 1 ^{1/2} - 3 |

Wild Bears Gymnastics

This class is a recreational program designed to introduce boys and girls to the sport of gymnastics. Register in advance at Town Hall. Saturday is a girls-only class.

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|------------------|---------|--------|
| 9/7 - 9/28 | Mon | 4:15 - 5:30 pm | \$52 | 6 - 12 |
| 9/5 - 9/26 | Sat | 11:30 - 12:45 pm | \$52 | 6 - 12 |
| 10/3 - 10/26 | Mon | 4:15 - 5:30 pm | \$52 | 6 - 12 |
| 10/10 - 10/31 | Sat | 11:30 - 12:45 pm | \$52 | 6 - 12 |
| 11/2 - 11/23 | Mon | 4:15 - 5:30 pm | \$52 | 6 - 12 |
| 11/7 - 11/28 | Sat | 11:30 - 12:45 pm | \$52 | 6 - 12 |
| 11/30 - 12/21 | Mon | 4:15 - 5:30 pm | \$52 | 6 - 12 |
| 12/5 - 12/19 | Sat | 11:30 - 12:45 pm | \$39.50 | 6 - 12 |

Gym Bears Gymnastics

This class is designed to introduce young children to the fundamentals of gymnastics. Register in advance at Town Hall. No class 10/13.

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|------------------|------|-------|
| 9/7 - 9/28 | Mon | 3:30 - 4:15 pm | \$42 | 4 - 6 |
| 9/5 - 9/26 | Sat | 10:30 - 11:15 am | \$42 | 4 - 6 |
| 10/5 - 10/26 | Mon | 3:30 - 4:15 pm | \$42 | 4 - 6 |
| 10/3 - 10/31 | Sat | 10:30 - 11:15 am | \$32 | 4 - 6 |
| 11/2 - 11/23 | Mon | 3:30 - 4:15 pm | \$42 | 4 - 6 |
| 11/7 - 11/28 | Sat | 10:30 - 11:15 am | \$42 | 4 - 6 |
| 11/30 - 12/21 | Mon | 3:30 - 4:15 pm | \$42 | 4 - 6 |
| 12/5 - 12/19 | Sat | 10:30 - 11:15 am | \$32 | 4 - 6 |



Gymnastics & Dance

Preschool Tap & Ballet

James Woody Community Center A & C Room

Kids will learn basic ballet and tap steps and routines, and how to keep time with the music. We will have activities, games and fun days. Students should wear a leotard and a skirt or shorts and tap and ballet shoes. Instructor: Victoria Baker

| DATES | DAY | TIME | FEE | AGES |
|--------------|------------|----------------|------|-------|
| 9/1 - 9/29 | Tue or Thu | 5:15 - 6:00 pm | \$35 | 2 - 6 |
| 10/1 - 10/29 | Tue or Thu | 5:15 - 6:00 pm | \$35 | 2 - 6 |
| 11/3 - 11/24 | Tue or Thu | 5:15 - 6:00 pm | \$35 | 2 - 6 |
| 12/1 - 12/22 | Tue or Thu | 5:15 - 6:00 pm | \$35 | 2 - 6 |

Tap and Ballet

James Woody Community Center A & C Room

Learn basic ballet and tap steps. Kids will learn how to keep time with music and will learn routines. We will have activities, games and fun days. Students should wear a leotard and a skirt or shorts and tap and ballet shoes. Instructor: Victoria Baker

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|--------|
| 9/1 - 9/29 | Tue | 6:10 - 7:00 pm | \$35 | 7 - 12 |
| 10/6 - 10/27 | Tue | 6:10 - 7:00 pm | \$35 | 7 - 12 |
| 11/3 - 11/24 | Tue | 6:10 - 7:00 pm | \$35 | 7 - 12 |
| 12/1 - 12/22 | Tue | 6:10 - 7:00 pm | \$35 | 7 - 12 |

Youth Tumbling

James Woody Community Center Mini-Gym

Learn jumps, rolls, cartwheels and more. Class also covers stretching and conditioning exercises. Form-fitting clothing and gymnastics shoes are also required. Instructor: Victoria Baker

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|-------------|------|--------|
| 9/1 - 9/29 | Tue | 4:10 - 5 pm | \$35 | 5 - 12 |
| 10/6 - 10/27 | Tue | 4:10 - 5 pm | \$35 | 5 - 12 |
| 11/3 - 11/24 | Tue | 4:10 - 5 pm | \$35 | 5 - 12 |
| 12/1 - 12/22 | Tue | 4:10 - 5 pm | \$35 | 5 - 12 |

Baton Twirling

James Woody Community Center Auditorium

March in the Disneyland parade, and perform at Knott's Berry Farm too! Learn to march, dance, and twirl the baton, while focusing on coordination and self-discipline. Instructor: Shari Taylor

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|--------|
| 9/17 - 9/24 | Th | 6:00 - 6:45 pm | \$20 | 6 - 12 |
| 10/1 - 10/22 | Th | 6:00 - 6:45 pm | \$36 | 6 - 12 |
| 11/5 - 11/19 | Th | 6:00 - 6:45 pm | \$28 | 6 - 12 |
| 12/3 - 12/17 | Th | 6:00 - 6:45 pm | \$28 | 6 - 12 |

Pom Pom

James Woody Community Center Auditorium

Join us with the Shining Stars and possibly march in the Disneyland Main Street Parade. Marching and dance routines will be taught. Tennis shoes and comfortable clothing are required. Pom poms can be purchased from the instructor for \$20. Instructor: Shari Taylor

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|----------------|------|--------|
| 9/17 - 9/24 | Th | 6:55 - 7:40 pm | \$20 | 6 - 12 |
| 10/1 - 10/22 | Th | 6:55 - 7:40 pm | \$36 | 6 - 12 |
| 11/5 - 11/19 | Th | 6:55 - 7:40 pm | \$28 | 6 - 12 |
| 12/3 - 12/17 | Th | 6:55 - 7:40 pm | \$28 | 6 - 12 |

Hip Hop Dance

Town Hall Recreation Center

This introductory-level class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment. No class 11/26 Instructor: Denise Stevenson.

Beginners

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|----------------|------|--------|
| 9/1 - 9/22 | T | 5:00 - 6:00 pm | \$30 | 5 - 10 |
| 9/29 - 10/20 | T | 5:00 - 6:00 pm | \$30 | 5 - 10 |
| 10/27 - 11/17 | T | 5:00 - 6:00 pm | \$30 | 5 - 10 |
| 11/24 - 12/15 | T | 5:00 - 6:00 pm | \$30 | 5 - 10 |

Advanced

| DATES | DAY | TIME | FEE | AGES |
|---------------|------|----------------|------|---------|
| 9/1 - 9/24 | T/Th | 6:00 - 7:00 pm | \$50 | 11 - 17 |
| 9/29 - 10/22 | T/Th | 6:00 - 7:00 pm | \$50 | 11 - 17 |
| 10/27 - 11/19 | T/Th | 6:00 - 7:00 pm | \$50 | 11 - 17 |
| 11/24 - 12/22 | T/Th | 6:00 - 7:00 PM | \$50 | 11 - 17 |



Apple Valley Municipal Animal Shelter



22131 Powhatan Road
Apple Valley, CA 92308
(760) 240-7000 x 7555

Tuesday - Saturday (9:00 a.m. to 4:00 p.m.)
Closed Sunday, Monday and Designated Holidays

After-Hours Emergency (760)961-6001

Dog Obedience

Corwin Park

In this basic course your dog will learn to walk on a leash, sit, lay down, stay, come when called and stand still for grooming/exams. Dogs must be current on all vaccines, including rabies. Bring your vaccination records and registration receipt to the first class. Leashes and collars available for purchase during the first two classes. For more information call Claudia Wolff at (760) 298-1369. Register at Town Hall.

| DATES | DAY | TIME | FEE | AGES |
|-------------|-----|-----------------|--------------|---------|
| 9/5 - 10/17 | Sat | 9:00 - 10:00 am | \$98/7 weeks | 15 & Up |

Pet Vaccination Clinic

Apple Valley Animal Shelter

To help maintain the health and safety of our pets, all dogs four months of age or older must have their rabies vaccination and a current license in the Town of Apple Valley. To help residents meet this requirement the Animal Services Department is holding a low-cost vaccination clinic. Rabies shots are \$6 each. Other vaccinations are available at a reduced price. Cash only. Dog licensing and microchip services are available the same day. Clinic for October will be at the Paws n' Claws Pet Fair at Civic Center Park. For more information please call (760) 240-7000 ext 7555 or visit AppleValley.org.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------------|-----------|----------|
| 8/5 | Sat | 5:00 - 7:00 pm | See above | All Ages |
| 11/4 | Sat | 5:00 - 7:00 pm | See above | All Ages |

Paws n' Claws

Civic Center Park

Join the Town of Apple Valley Animal Services Department at the 10th Annual Paws n' Claws Pet Fair. To commemorate 10 years of the department's annual celebration of pets, this event will feature something very special. Apple Valley Animal Services will attempt to break a GUINNESS WORLD RECORD for the most dogs in an obedience class! Event details will be updated on avanimals.org, including how to participate. As before there will be a kid's area, vendors, food, vaccine clinic, snake avoidance training, microchipping, and more! Admission and parking are free.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|--------------|------|----------|
| 10/24 | Sat | 10 am - 3 pm | FREE | All Ages |

Night at the Shelter

Apple Valley Animal Shelter

Have you ever wondered what happens at the animal shelter when the lights go out? Spend the night at the shelter and find out during this fun, educational activity for children 10 years or older and their chaperone. To maintain a safe environment there must be one chaperone per five children. Continental breakfast is included. Pre-registration is required at the Animal Shelter.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----------|----------------|-------------|---------|
| 08/21 | Fri & Sat | 6:30 pm - 8 am | \$10/person | 10 & Up |

Junior Pet Keeper Fall Camp

Apple Valley Animal Shelter

Spend your Fall break learning about animals as a Junior Pet Keeper at the Town of Apple Valley Municipal Animal Shelter Fall Camp! Live animal encounters, basic animal responsibility, pet health care, fun and games, arts and crafts.

Register at Animal Shelter.

****Must bring your own sack lunch****

| DATES | DAY | TIME | FEE | AGES |
|-------------|------|-----------------|-------------|---------|
| 11/23-11/24 | Tu/W | 9:00am - 4:00pm | \$45/person | 10 - 15 |

Giggles & Wiggles Play Group

James Woody Community Center Mini-Gym

Join us weekly for some fun! This non structured play group will allow children the opportunity to learn how to share with others, improve fine motor skills, introduction to play equipment and crafts. We hope that you will join us in a morning of fun with your little ones! No pre-registration required or just drop in whenever you would like! Caregiver must stay with child and is welcome to participate.

| \$3/1st child ~ \$2/2nd child ~ \$1 each additional | | | | |
|--|-----|-----------------|-----------|---------|
| DATES | DAY | TIME | FEE | AGES |
| Sep - Dec | Tue | 8:30 - 10:00 am | See above | Under 4 |

Ms. Ann's Tots Academy

Town Hall Recreation Center

A complete and comprehensive drop-off class designed to prepare your child for kindergarten. Emphasis on letter and number recognition, phonics/reading readiness and review of shapes and colors. Fun with related crafts and story. Parents are encouraged to volunteer a minimum of one day a month. An annual \$20 registration fee is due, in cash, the first day of class and paid to the instructor. Please bring a healthy snack. No "pull-ups" - children must be potty-trained. No class 10/12 - 10/16. Instructor: Ann Davis

| DATES | DAY | TIME | FEE | AGES |
|---------------|------|-----------------|------|-------------------------------------|
| 8/31 - 9/28 | M/Th | 8:30 - 10:30 am | \$70 | 3 ^{1/2} - 4 ^{1/2} |
| 10/1 - 10/29 | M/Th | 8:30 - 10:30 am | \$70 | 3 ^{1/2} - 4 ^{1/2} |
| 11/2 - 11/19 | M/Th | 8:30 - 10:30 am | \$53 | 3 ^{1/2} - 4 ^{1/2} |
| 11/30 - 12/17 | M/Th | 8:30 - 10:30 am | \$53 | 3 ^{1/2} - 4 ^{1/2} |

Ms. Ann's Parent & Tot

Town Hall Recreation Center

Parent & Tot is a class for both you and your toddler. We will learn the basics by having fun with activities, crafts and story time. An annual \$20 registration fee is due, in cash, the first day of class and paid to the instructor. Please bring a healthy snack. Instructor: Ann Davis

| DATES | DAY | TIME | FEE | AGES |
|---------------|------|------------------|------|-------|
| 8/31 - 9/21 | M/Th | 11:00 - 12:15 pm | \$55 | 3 - 5 |
| 10/1 - 10/29 | M/Th | 11:00 - 12:15 pm | \$55 | 3 - 5 |
| 11/2 - 11/19 | M/Th | 11:00 - 12:15 pm | \$38 | 3 - 5 |
| 11/30 - 12/17 | M/Th | 11:00 - 12:15 pm | \$38 | 3 - 5 |

Academic Tots

This popular enrichment program for tiny tots is aimed at encouraging intellectual, physical and social growth for a positive transition into kindergarten. Classes are taught by Ms. Olivia Ayala who has over 23 years of hands-on experience. Classes follow the AVUSD calendar. An annual \$25 registration fee is due, in cash, on the first day of class and paid to the instructor. Call Olivia at (760) 240-1159 for more information. Please bring a healthy snack and wear closed-toed shoes. No class 10/12 - 10/16 & 11/23 - 11/27.

Small Fries

James Woody Community Center Auditorium

- * Class provides an opportunity for children to separate from their parents.
- * Introduction to sharing and cooperative play.
- * Introduction to early learning: colors, shapes, counting and alphabet.
- * Increase attention span, improve social growth and develop language skills.

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|-----------------|------|------|
| 8/5 - 8/28 | W/F | 8:30 - 11:00 am | \$70 | 3 |
| 9/2 - 9/25 | W/F | 8:30 - 11:00 am | \$70 | 3 |
| 9/30 - 10/30 | W/F | 8:30 - 11:00 am | \$70 | 3 |
| 11/4 - 12/4 | W/F | 8:30 - 11:00 am | \$70 | 3 |
| 12/9 - 12/18 | W/F | 8:30 - 11:00 am | \$36 | 3 |

Tater Tots Pre K

James Woody Community Center Auditorium

- * Child must be 4 by September 1, 2015
- * Program progresses as child progresses in a developmentally appropriate environment.
- * Emphasis on letter recognition, math concepts and kindergarten readiness.
- * Reinforcement of letters, phonics and number recognition.
- * Learn to follow directions, improve language skills and social growth.

| DATES | DAY | TIME | FEE | AGES |
|--------------|-------|-----------------|------|------|
| 8/4 - 8/27 | Tu/Th | 8:30 - 11:00 am | \$70 | 4 |
| 9/1 - 9/24 | Tu/Th | 8:30 - 11:00 am | \$70 | 4 |
| 9/29 - 10/29 | Tu/Th | 8:30 - 11:00 am | \$70 | 4 |
| 11/3 - 12/3 | Tu/Th | 8:30 - 11:00 am | \$70 | 4 |
| 12/8 - 12/17 | Tu/Th | 8:30 - 11:00 am | \$36 | 4 |

Concerts in The Courtyard

Apple Valley Commons Courtyard

Enjoy local bands in an intimate setting at the Courtyard at Apple Valley Commons. This outdoor patio is located next to Round Table Pizza, near several eateries. Bring your friends, grab some food, and enjoy music under the stars! It fills up fast, so bring your own chairs. Concerts are every Thursday in September. Call (760) 240-7000 ext 7071 for more information or visit AppleValleyEvents.org.

| DATES | DAY | TIME | FEE | AGES |
|----------------------|-----|----------|------|----------|
| 9/3- 9/24 | Th | 6 - 8 pm | FREE | All Ages |
| *Bonus Concert 10/1* | | | | |

Movies in the Park

Civic Center Park

Enjoy a one-of-a-kind experience that offers everyone the opportunity to sit back, relax and enjoy a movie under the stars. Seating is available 1 hour prior to sunset . Movie will be **Enchanted**. Event may be cancelled due to weather.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|---------------------|------|----------|
| 9/4 | Fri | Movie starts @ dusk | FREE | All Ages |

Giving the Gift of Sight

James Woody Community Center Auditorium

Join us for a special collaboration of community partners to offer a health and resource day. Thanks to the Apple Valley Lions Club and California Lions Friends in Sight the event will offer free eye exams and for those needing them free recycled eyeglasses. Hearing tests, blood pressure and diabetes screening will also be offered. Community resources, entertainment and activities for the kids too! All community members needing assistance with vision are encouraged to attend. Sponsorship opportunities available! Contact Lion Jim Peugh (760) 810-0204.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|------------|------|----------|
| 9/19 | Sat | 8 am- 2 pm | FREE | All Ages |



Apple Valley Reverse Triathlon

5K Run, 12 mile Ride, 150 yard Swim

Civic Center Park

Come join over 500 athletes from all over the west coast, in our annual Reverse Triathlon! Held in Civic Center Park, this event kicks off with a 5k run, transitioning to a 12 mile bike ride, ending with a 150 yard swim to the finish line! This event is great for both seasoned athletes, as well as those looking to compete for the first time!

Individuals can compete in the entire race, break into a relay team, or run just the 5k. A Kids Triathlon, with shorter distances, will also be held.

For registration and additional information: AVRevTri.org.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|---------|--------|--------|
| 9/26 | Sat | 7:00 am | Varies | 5 & Up |

Community Clean Up Day

Check in at Town Hall - 14955 Dale Evans Parkway

Take pride in your Town and contribute to "A Better Way of Life." Join nearly 1,000 local volunteers as we clean streets, sidewalks and vacant lots all around town. Get all the supplies you need plus lunch and an event T-shirt while supplies last. Pre-register from 9/2 - 9/23. Call ((760) 240-7000 ext 7071 or visit AppleValleyEvents.org to register in advance.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|-----------------|------|----------|
| 10/3 | Sat | 8:30 am - 12 pm | FREE | All Ages |

Special Events

Dance off Diabetes

Town Hall Recreation Center

Diabetes can be isolating and challenging. Come join a fun, caring community of people, with and without diabetes and plenty of non dancers! Join us for movement and fun as well as a questions and answers segment with April Popejoy a certified diabetes educator from St. Mary Hospital. We will dance dance dance the diabetes away!

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|------------------|------|---------|
| 9/8 | Tu | 11:00 - 12:00 pm | Free | 13 & Up |
| 10/13 | Tu | 11:00 - 12:00 pm | Free | 13 & Up |
| 11/10 | Tu | 11:00 - 12:00 pm | Free | 13 & Up |

Happy Trails Chili Cook-Off

Lenny Brewster Sports Center

From world class chili champions to your grandma's favorite recipe, your taste buds will not be disappointed! Presented by the Rotary Club of Apple Valley in partnership with the Town, you'll also enjoy shopping, food and drinks, a beer garden and kid's play zone. This regional cook-off is sanctioned by the International Chili Society and also includes a "community cook" division. Admission fee includes 5 tasting tickets and more can be purchased inside. Visit www.HappyTrailsChiliCookOff.com for more information.

(10 and under are free if they are not tasting chili.)

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|--------------|---------------|----------|
| 10/10 | Sat | 10 am - 3 pm | \$5 Admission | All Ages |

The Town of Apple Valley's Healthy Apple Valley program is trying to bring back the Farmer's Market! Are you an interested vendor of fresh produce, egg, honey, flowers or hummus? Give us a call to be put on the interest list for next spring! Lena 760-240-7000 ext 7883.

First Annual Fall Hafla!

James Woody Auditorium

Soooo.....What is a Hafla? It's a belly dance party! Haflas always involve lots of dancing and socializing. It is an open performance platform for dancers of all levels who want to showcase their skills in front of a supportive and encouraging audience. All resident are encouraged to attend and participate in this fun, family-friendly dancing event. Come see Folk, Egyptian, Turkish, American Cabaret, and Fusion style dancing. Performances will be done by both students and teachers, if you are interested in being part of the line up please call Lena Quinonez at 760-240-7880.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------------|------|----------|
| 11/7 | Sat | 6:00 - 8:00 pm | FREE | All Ages |

Holiday Craft Fair

Apple Valley Conference Center

The Annual Holiday Craft Fair is like visiting 48 stores all at once! Items are 100% hand-crafted and include jewelry, wood work, fabric arts, home decor, fine art and much more. Kids can enjoy a free "make-it and take-it" craft table and get pictures taken with Santa. For more information call (760) 240-7000 ext 7071 or visit AppleValleyEvents.org.

| DATES | DAY | TIME | FEE | AGES |
|-------------|-----------|-------------------|------|----------|
| 11/7 & 11/8 | Sat & Sun | 9:00 am - 3:00 pm | FREE | All Ages |

Apple Valley's Most Talented Kid

James Woody Community Center Auditorium

The Town of Apple Valley wants to showcase our most talented kids! Join us for a night filled with singing, dancing, fun and old-fashioned root beer floats. Sign up deadline is 11/19. Performers must fill out an information sheet and attend a rehearsal on Wednesday, 12/2. Participants will be judged and the top 3 performers in each category will receive an award. Space is limited, so sign up soon!

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------------|---------------------------------|--------|
| 12/4 | Fri | 6:00 - 9:00 pm | \$5/participant \$1/entrance | 7 - 18 |

Winter Wonderland

Civic Center Park

Santa is stopping in at Town Hall and turning this desert oasis into a Winter Wonderland. There will be holiday crafts, photos with Santa, face painting, a holiday train ride, live entertainment, Christmas caroling, warm treats and a tree lighting to top it all off. For more information call (760) 240-7000 ext 7071 or visit AppleValleyEvents.org.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------|------|----------|
| 12/5 | Sat | 2 - 6 pm | FREE | All Ages |



Santa in the Park

James Woody Community Center Park

Santa will be making his way to Apple Valley early this year. Join us after school for an afternoon in the park with Santa. He will listen to children's wish lists and will be available for photos. Don't forget to bring your camera!

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|-------------|------|----------|
| 12/9 | Wed | 3 - 4:30 pm | FREE | All Ages |
| 12/16 | Wed | 3 - 4:30 pm | FREE | All Ages |

Rent - a - Santa

Reserve Santa and he'll visit your home or party! Santa is available to deliver packages, listen to children's wish lists or sing a few carols. Reservations available for November 1 - December 24 \$50/1st half hour; \$30 each half hour after + 55^{1/2} cents per mile from Town Hall to your location. Reserve your date today! Call (760) 240-7880 for information.

Gingerbread House Decorating

Town Hall Recreation Center

Bring the sweetest kind of holiday cheer to your family this season: a handcrafted gingerbread house! Each pre-built house comes with everything you need to decorate your house, but you are welcome to bring your own candy as well. Drinks are provided and feel free to bring your own food. There will be a prize for the house voted "best decorated"! You must pre-register by 12/11 at 12pm. For more information call Alicia Dannelley at 760-240-7000 ext 7891. Each gingerbread house kit is \$16 for up to 4 people. Each additional person is \$4 for a maximum of 6 people per kit.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------------|-----------|----------|
| 12/16 | Wed | 5:30 - 8:00 pm | See above | All Ages |

Cocoa and Carols with Santa

Town Hall Recreation Center

Enjoy an evening with Santa and get into the spirit of Christmas by singing carols, reading stories and sharing in some hot cocoa and cookies with your friends and loved ones. Bring a wrapped gift for Santa to present to your child. **Space is limited so pre-registration is required.**

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|-------------|-----------|----------|
| 12/18 | Fri | 5 - 6:30 pm | \$4/child | All Ages |

Sponsors & Volunteers

Thank You!

Volunteers (Teen Zone)

The Town of Apple Valley Recreation Department would like to express our gratitude to the exceptional teens that have made such a difference in our programs. The following teens volunteered at least 35 hours from Jan - July, 2015. Their combined hours total more than 1,300..

| | |
|-------------------|-----------------|
| Abbygale Gonzales | Kara Perkins |
| Addison Hall | Marshall McKoy |
| Ayleen Luna | Monica Collins |
| Breauna Rhoades | Paulina Ruggles |
| Charlie Colbert | Russell Weaver |
| Christian Collins | Sara Dean |
| Erica Piar | Tatiana Chavez |
| Hunter McKoy | Teadja Owings |
| Jasmine Sedillo | Tyler Foss |

Our sponsors and volunteers are essential to our ability to provide quality programming for our residents. The Apple Valley Park and Recreation Department would like to thank each and every one of you for your exceptional effort, caring and generosity in helping to make our recreation programs the best in the High Desert!



2015 Summer Basketball Coaches

The Town of Apple Valley Park and Recreation Department would like to thank all of our volunteer coaches for making our Winter Basketball League a success!

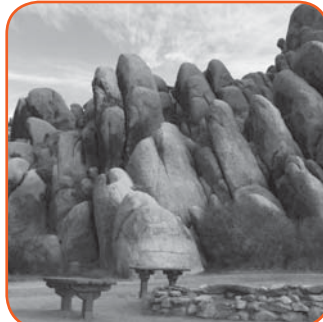
| | | | | | |
|------------------|------------------|---------------|-----------------|---------------------|-----------------|
| Ronald Coleman | Walter Ellison | Sarah Ellison | William Ramsey | Katherine Hernandez | Kyle Schwedes |
| Keneth Lindsey | Lulu Ruiz | Oscar Muro | Brittany Byrd | Gerald Thomas | Andrew Kilkenny |
| Jason Rae | Patrick Geisel | Tony Long | Chris Vernon | Roger Bradford | Erick Cruz |
| Daniel Santarpio | Princeton Givens | Dexter Wills | Russell Schultz | Chad Goodro | |

2015 Volleyball Coaches

| | | | | | |
|----------------|-----------------|--------------|----------------|---------------------|-----------------|
| Patrick Geisel | Mayra Gasparico | Magi Gibbons | Patrick Geisel | Alejandra Henriquez | Michelle Walker |
|----------------|-----------------|--------------|----------------|---------------------|-----------------|

Special Use Facilities

Facilities including picnic shelters, ball fields, skate park, gymnasiums, amphitheater, campsites and horse arenas are also available to rent. Let us assist you with making your event a success! More information on all parks and facilities is available at www.AVRecreation.org [click on Parks and Facilities]. Call **(760) 240-7880** for availability and fees.



Apple Valley Golf Course

15200 Rancherias Road

The most storied club in the High Desert is OPEN TO THE PUBLIC. Known for having the "purest putting surfaces in Southern California," Apple Valley Golf Course boasts a rich history and reputation for pristine golf course conditions. Amenities available for public use include an 18-hole golf course, driving range, two tennis courts, banquet and meeting rooms. Golf and tennis lessons are also available call (760) 240-7880 for more information.

Call (760) 242-3653

or visit www.avcc.com for more information.



Open 7 days
a week!
Golf passes
available!

James Woody Community Center Gym

Located at 13413 Navajo Road, the facility includes a full-size basketball court and two full-size volleyball courts.

Children under 12 must be accompanied by an adult

Call (760) 240-7880 for details and schedule



*Have any great
photos for
the Recreation
brochure?*

Send them to
recreation@applevalley.org

Reverse Triathlon



Saturday, September 26
 You may also register at www.avrevtri.org



Make checks payable to: Town of Apple Valley
 14955 Dale Evans Parkway, Apple Valley, CA 92307 • Phone: (760) 240-7880



Triathlon Triathlon-Relay 5K Kid's Triathlon

| | August | September |
|------------------------|--------|-----------|
| Triathlon - Individual | \$65 | \$70 |
| Triathlon - Relay | \$105 | \$110 |
| 5K | \$40 | \$45 |
| Kid's Triathlon | \$35 | \$40 |

Name: _____ Gender: _____ Age (race day): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Relay Team Name: _____

Relay Team Members: _____

Age Division: <17 18 - 25 25-29 30-39 40-49 50-59 60+

Release of Liability

I, the undersigned, understand the following:

I am aware that recreational activities can be hazardous and I am voluntarily participating in these activities with knowledge of the hazard involved and hereby agree to accept any and all risks of injury or death. I understand the race is run on public streets that are not closed to vehicular traffic. I will run on the shoulder whenever possible and take all safety precautions when on the road. The Town is not responsible for participant's injuries or damages occurring from hazardous recreation activities (CA Government Code 831.7). The Town does not provide participants with medical insurance or treatment for injuries. I agree to hold harmless and release the Town of Apple Valley, its officers, agents and employees from any and all liability arising from or related to my participation in Town of Apple Valley program activities. This release includes, but is not limited to, all liability for death, personal injury or property damage resulting from the active or passive negligence of the Town of Apple Valley or its agents or any defective or hazardous condition of any property or equipment owned, operated or maintained by the Town of Apple Valley. I am responsible for any loss, theft or damage to either personal or Town equipment, articles or facilities while using said equipment, articles and/or facilities.

Participant Signature _____ Date _____

Parent Signature (if under age 18) _____ Date _____

Office Use: Date Paid _____ Amount Paid _____ CA/CK _____ Shirt Rec'd _____ Initials _____

5K Walk & 5K/10K Run
Saturday, November 21

Turkey Run

Check in at 7 a.m.
 Race starts at 8 a.m.
 Town Hall Recreation Center

Help the Town of Apple Valley kick off the holiday season by running in the 12th Annual Turkey Run! Separate awards will be given to men, women and children in different age divisions. A signed liability waiver is required for all participants. FREE commemorative race T-shirts for the first 50 pre-registered, paid runners. Pre-register by November 18 at \$17.



Official Run Entry Form

Mail to: Town of Apple Valley Recreation Department, 14955 Dale Evans Parkway, Apple Valley, CA 92307

Name _____ Date of Birth _____ Age _____

Address _____ City _____ Zip Code _____

Phone _____ Alternate Phone _____ E-mail _____

\$17 Pre-register by Nov. 18 @ 5 pm • \$20 after Nov. 18 • 5K Walk FREE (no medal) • \$10 Walk W/Medal

I Wish to Enter the Following: 5K Run 10K Run 5K Walk FREE 5K Walk W/Medal

Gender: Female Male

Age Divisions: 12 & under (5K only) 13 - 17 18 - 29 30 - 39 40 - 49 50 - 59 60 & up
 (only applies to run participants; walkers do not need to circle an age group)

T-shirt: \$10 (limited supply)

Please circle size: S M L XL

Release of Liability

I, the undersigned, understand the following:
 I am aware that recreational activities can be hazardous and I am voluntarily participating in these activities with knowledge of the hazard involved and hereby agree to accept any and all risks of injury or death. I understand the race is run on public streets that are not closed to vehicular traffic. I will run on the shoulder whenever possible and take all safety precautions when on the road. The Town is not responsible for participant's injuries or damages occurring from hazardous recreation activities (CA Government Code 831.7). The Town does not provide participants with medical insurance or treatment for injuries. I agree to hold harmless and release the Town of Apple Valley, its officers, agents and employees from any and all liability arising from or related to my participation in Town of Apple Valley program activities. This release includes, but is not limited to, all liability for death, personal injury or property damage resulting from the active or passive negligence of the Town of Apple Valley or its agents or any defective or hazardous condition of any property or equipment owned, operated or maintained by the Town of Apple Valley. I am responsible for any loss, theft or damage to either personal or Town equipment, articles or facilities while using said equipment, articles and/or facilities.

Participant Signature _____ Date _____

Parent Signature (if under age 18) _____ Date _____

Office Use: Date Paid _____ Amount Paid _____ CA/CK _____ Shirt Rec'd _____ Initials _____ FREE Shirt _____

Sports - Adult

Fall Co-Ed Softball League

Lenny Brewster Sports Center

Fall league now forming! All players must be over 18 years of age. Contact the Recreation Office at (760) 240-7880 to register your team. Registration deadline is 8/28. Only 12 teams will be accepted in this league, so register early! Men must use a wooden softball bat 2 1/4" in diameter.

| DATES | DAY | TIME | FEE | AGES |
|-------------|-----|-----------------|------------|---------|
| 9/18 - 12/4 | Fri | 6:00 - 10:45 pm | \$350/team | 18 & Up |

Introduction to Adult Golf

Apple Valley Golf Course

Students will learn the basic rules and etiquette of golf as well as the fundamentals of putting, chipping and the full swing. Dress code for class is a collared shirt - no jeans. Fee includes use of golf clubs and balls. Deadline to register is 1 week prior to start of each monthly class. Register at Town Hall.

Instructor: Gary Matteson

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|---------------------|------|---------|
| 9/5 - 9/26 | Sat | 11:00 am - 12:00 pm | \$65 | 13 & Up |
| 10/3 - 10/24 | Sat | 11:00 am - 12:00 pm | \$65 | 13 & Up |
| 11/7 - 11/28 | Sat | 11:00 am - 12:00 pm | \$65 | 13 & Up |



Fall Men's Adult Basketball League

James Woody Community Center Gym

It's time to dust off those old basketball shoes and sign up your team to play some hoops! This league is fast break and will run for 8 weeks. Only 8 teams will be accepted. Registration deadline is 9/24.

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|----------------|------------|---------|
| 10/11 - 12/13 | Sun | 5:00 - 9:00 pm | \$360/team | 18 & Up |

Open Gym (Basketball)

Schedule is subject to change and will vary depending on current league schedule.

Wednesdays 6:00 pm - 9:00 pm

Fridays 6:00 pm - 9:00 pm

Sundays 12:00 pm - 3:00 pm

Cost: \$2/youth \$3/adult

Adults must provide valid picture I.D. Minors must have parent-signed emergency card on file.

Adult Tennis Lessons

Apple Valley Golf Course tennis court

Adults of all skill levels will learn and improve on the basic skills of tennis. Bring a tennis racquet and a can of balls. Register at Town Hall. No class 9/19 and 11/21. Instructor: Bill Mocharnuk

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|------------------|---------|---------|
| 9/5 - 9/26 | Sat | 10:00 - 11:00 am | \$25.25 | 18 & Up |
| 10/3 - 10/24 | Sat | 10:00 - 11:00 am | \$33 | 18 & Up |
| 10/31 - 11/28 | Sat | 10:00 - 11:00 am | \$33 | 18 & Up |
| 12/19 - 12/26 | Sat | 10:00 - 11:00 am | \$17.50 | 18 & Up |

Adult Softball and Basketball Officials Needed

CIF and SCMAF certification preferred.
Call (760) 240-7880 to get started

Pee Wee Tennis

Apple Valley Golf Course tennis courts

Small group lessons are offered for the young tennis enthusiast. Sign up today and your child will experience a challenging learning environment and will master new skills. Please bring a tennis racquet and a can of balls. Register at Town Hall. Instructor: Bill Mocharnuk

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|----------------|------|-------|
| 9/5 - 9/26 | Sat | 8:00 - 8:30 am | \$23 | 3 - 5 |
| 10/3 - 10/24 | Sat | 8:00 - 8:30 am | \$30 | 3 - 5 |
| 10/31 - 11/28 | Sat | 8:00 - 8:30 am | \$30 | 3 - 5 |
| 12/19 - 12/26 | Sat | 8:00 - 8:30 am | \$16 | 3 - 5 |



Adventures in Pee Wee Sports

James Woody Community Center Retention Basin

This 6-week program will stress the basic skills needed for our department's team sports including soccer, basketball and T-ball. We emphasize sportsmanship, fair play and safety. Due to limited capacity, registration prior to the deadline is recommended. Registration deadline is one week prior to the start date.

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|------------------|------|---------|
| 9/30 - 11/4 | Wed | 4:30 - 5:20 pm | \$45 | 3 - 4 |
| 10/10 - 11/14 | Sat | 10:30 - 11:20 am | \$45 | 3 - 4 |
| 10/10 - 11/14 | Sat | 11:30 - 12:20 pm | \$45 | 4.5 - 5 |

Pee Wee Soccer

James Woody Community Center Retention Basin

Boys and girls are invited to join this fun, fall program for an introduction to soccer, sportsmanship and teamwork. Tuesday is limited to 36 participants. Volunteer coaches are needed. Cost includes T-shirt, trophy and team party. Due to limited capacity, registration prior to the deadline is recommended. Games and practices are played on the same day (1/2 hour practice; 1/2 hour game). Registration deadline is 8/26.

| DATES | DAY | TIME | FEE | AGES |
|--------------|-----|-----------------|------|-------|
| 9/8 - 10/13 | Tu | 5:00 - 6:00 pm | \$45 | 3 - 4 |
| 9/12 - 10/17 | Sat | 9:00 - 10:00 am | \$45 | 3 - 4 |

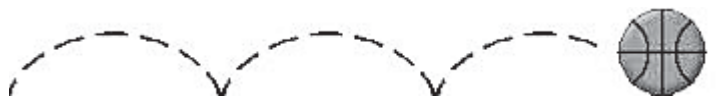
Pee Wee & Hot Shots Basketball

James Woody Community Center Mini-Gym

A fun, non-competitive introduction to basketball for the little ones. Basic skills will be taught while having fun with other youngsters! Volunteer coaches needed. Cost includes T-shirt, team party and trophy. Registration deadline is 12/2.

Pee Wee: Ages 3 - 4 • Hot Shots: Ages 5 - 6

| DATES | DAY | TIME | FEE | AGES |
|-------------|-----|--------|------|-------|
| Starts 1/09 | Sat | Varies | \$45 | 3 - 4 |
| starts 1/09 | Sat | Varies | \$45 | 5 - 6 |



Toddler Olympics

James Woody Community Center Gym

Sign your toddler up for the Apple Valley Toddler Olympics! Each tot will have the opportunity to compete in five different Olympic activities throughout the morning. Start practicing your ball throwing and jumping skills for this fun and exciting event. Reregistration deadline is 11/5. All participants will receive a participation medal.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|--------------------|-----|-------|
| 11/14 | Sat | 9:00 am - 11:00 am | \$5 | 3 - 5 |

Sports - Youth

Youth Tennis

Apple Valley Golf Course tennis courts

Kids of all skill levels will learn and improve on the basic skills of tennis. Bring a tennis racquet and a can of balls. Register at Town Hall. No class 9/19 & 11/21. Instructor: Bill Mocharnuk

Beginning 8:30 - 9:15 am

Intermediate/Advance 9:15 - 10 am

| DATES | DAY | TIME | FEE | AGES |
|---------------|-----|-----------|------|--------|
| 9/5 - 9/26 | Sat | See above | \$23 | 6 - 17 |
| 10/3 - 10/24 | Sat | See above | \$30 | 6 - 17 |
| 10/31 - 11/28 | Sat | See above | \$30 | 6 - 17 |
| 12/19 - 12/26 | Sat | See above | \$16 | 6 - 17 |

3 Diamond Skate Park

James Woody Community Center

Open 9 am - dusk

Skateboard and BMX aficionados can enjoy the 3 Diamond Skate Park. The park accommodates both skateboard and bike use.

The park has a distinct plaza style with stairs, ledges, a huge quarter pipe and more. BMX bikes, skateboards, roller skates and in-line skates are allowed.

All park users please be aware that the Town of Apple Valley's Municipal Code 11.68.060 requires users to wear a helmet, elbow and knee pads at all times while in the skate park. The rules are enforceable and citable. Thank you in advance for obeying the law.

2nd Annual Cross Country Meet

Horsemen's Center

The Park and Recreation Department will be hosting our second annual cross county meet at Horsemen's Center. The following distances will be used: 3rd & 4th grades, .8 miles; 5 & 6th grades, 1.2 miles, 7th & 8th grades, 2 miles. Early registration ends 10/16. Late registrations taken between 10/19 & 10/22 is \$5. No registrations on the day of the meet.

Check in at 8 am • Race starts at 9 am

| DATES | DAY | TIME | FEE | GRADES |
|-------|-----|---------|--|-----------|
| 10/24 | Sat | 8:00 am | \$3/person until 10/16 \$5/person 10/19-10/22 | 3rd - 8th |



Winter Youth Basketball

James Woody Community Center Gym

Boys and girls, grades 2 - 12 are invited to play in this exciting winter league. Practice (1 hour per week) will begin in mid-December. Registration deadline is 11/10. Separate leagues for girls and boys will be offered in the following grade divisions: 2nd grade, 3rd & 4th, 5th & 6th, 7th & 8th (boys), 7th - 9th (girls) and High School (co-ed). Space is limited so sign up early! Practices start the week of 12/21. Games played on Saturdays will start on 1/09/16.

| DATES | DAY | TIME | FEE | GRADES |
|------------|-----|------------------------------------|------|--------|
| starts 1/9 | Sat | Games between 8:00 am - 5:00 pm | \$56 | 2 - 12 |



Teen Workshops

Healthy Relationships

Conference Center

This is a fun, interactive workshop designed to help identify unhealthy interpersonal relationships with partners, friends, family and others. This educational course addresses issues of abuse, sexting, and other relationship issues pertinent to the 13-18 year old age group. Teens will get a better understanding about what a healthy relationship should be. Guest speaker will be Melissa Woods with the Family Assistance Program. Register by 9/16, 5p.m.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------------|------|---------|
| 9/18 | Fri | 5:00 - 7:00 pm | FREE | 13 - 18 |

Healthy Cooking for the College Bound

Conference Center

Hey You, Put Down that Cup O' Noodle!

This hands on workshop is designed to help teens, especially those going off to college soon, learn how to prepare healthy meals and snacks. This three hour class will show teens how they can put down that Cup O' Noodle and reach for a food that will improve their brain and help with study skills. Teens will help make 8 different meals or snacks that they will get to taste and bring home the recipes. Nutritional education will be offered by Registered Dietitian, April Vincent, from St. Mary's Hospital. Register by 10/8, 4pm.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|-----------------|-----|---------|
| 10/15 | Thu | 11:00 - 2:00 pm | \$3 | 13 - 18 |

Driver's Education

Ages 14 - 17

Driver's Education is a California-required course that must be taken to receive a driver's license. DMV-accepted completion certificates are issued upon successful completion of the course. Class does not include behind-the-wheel training.

Internet Course \$40

Within 48 hours of registration, the student will have an account created and receive a welcome e-mail and access to the course online.



Teen Zone

Ages 13 - 17

Do you have a desire to help your community? Volunteer with the Recreation Department and you can earn school credit and gain valuable job experience while having fun helping with sports programs and special events. You can also attend quarterly parties and earn awards throughout the year. If you are interested in getting involved, pick up an application at the Town Hall Recreation Center. This is a year round program that is limited to 45 participants and is currently at capacity. Please submit an application to be placed on the waiting list and you will be notified when the next volunteer orientation will take place."

For more information contact Alicia Dannelley at (760) 240-7000 ext 7891



AV PAL Youth Center

The Apple Valley Police Activities League (PAL) provides after school mentoring programs and athletic and life skills to our children at little or no cost.

Boxing • pool table • ping pong
computers • internet

Ages 8 - 17

For more details and hours call (760) 961-0754
You can also visit our website at www.avpal.org

Programs are offered at:

Youth Center: James Woody Community Center
Ward Room, 13467 Navajo Road
Boxing Center: 22390 Eyota Road

Therapeutic Recreation



Special Apples.....

Changing the world one disability at a time.

Special Apples encompasses a variety of community-based recreation programs for individuals with disabilities. Participants have an opportunity to socialize and meet new friends. Beyond just fun, recreation participation brings opportunities for physical fitness, self-confidence and cooperation. Join us on the 2nd Saturday of each month at various Park and Recreation locations for an evening of fun! All events include a snack.

Special Apples Basketball

James Woody Community Center Gym

Hoop it up at the Special Apples Basketball Night! We will start with stretching and warm-ups and then organize teams and play a game. Come prepared to have a great time! Make sure to bring a water bottle.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------|-----|--------|
| 9/12 | Sat | 6 - 8 pm | \$3 | 5 & up |

Special Apples Halloween Dance

Apple Valley Conference Center

Start getting your costumes ready for the hottest Halloween party in town! Costume contest for the Scariest, Most Original and Crowd Favorite. Prizes will be given throughout the night for games and the dance contest. We will serve pizza, so bring your favorite side dish!

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------|-----|--------|
| 10/10 | Sat | 6 - 8 pm | \$5 | 5 & up |

Special Apples Craft Night

Town Hall Recreation Center

Gobble, gobble, gobble. Come and make a turkey with us! Tonight we will be painting, beading and gluing a turkey for Thanksgiving. After our craft is complete, we will play bingo for prizes.

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------|-----|--------|
| 11/14 | Sat | 4 - 6 pm | \$5 | 5 & up |



First Aid

Town Hall Recreation Center

We cover the basic first aid procedures for burns, allergic reactions, shock, and more. If taking both CPR and First Aid, the fee will be discounted to \$85. Instructor: Andy Shoup

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------------|------|---------|
| 9/5 | Sat | 1:30 - 3:30 pm | \$55 | 12 & Up |
| 10/10 | Sat | 1:30 - 3:30 pm | \$55 | 12 & Up |
| 11/7 | Sat | 1:30 - 3:30 pm | \$55 | 12 & Up |
| 12/12 | Sat | 1:30 - 3:30 pm | \$55 | 12 & Up |



CPR/AED

(Community & Workplace)

Town Hall Recreation Center

Class follows the American Red Cross guidelines. We will cover one and two person CPR/AED for adult/child/infant. This class is not for medical personnel. If taking both CPR and First Aid, the fee will be discounted to \$85. Instructor: Andy Shoup

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|--------------------|------|---------|
| 9/5 | Sat | 9:00 am - 12:30 pm | \$55 | 12 & Up |
| 10/10 | Sat | 9:00 am - 12:30 pm | \$55 | 12 & Up |
| 11/7 | Sat | 9:00 am - 12:30 pm | \$55 | 12 & Up |
| 12/12 | Sat | 9:00 am - 12:30 pm | \$55 | 12 & Up |



ServSafe Manager Food Certification

Conference Center DS 1

Looking to move up in the food service industry or add to your current resume? I'm offering fun, interesting food safety classes and test to help you become certified! Class will cover the importance of good personal hygiene, food safety, time/temperature control, preventing cross-contamination, receiving/storing food, methods of thawing, cooking and reheating food and cleaning and sanitizing. We will also cover HACCP (Hazard Analysis and Critical Control Points) and food safety regulations. Instructor: Kelli Valencia

| DATES | DAY | TIME | FEE | AGES |
|-------|-----|----------------|-------|---------|
| 9/26 | Sat | 9:00 - 6:00 pm | \$200 | 16 & Up |
| 12/12 | Sat | 9:00 - 6:00 pm | \$200 | 16 & Up |

Schedules for programs or classes may change. For up-to-date information please check our website.

Community Information

TOWN OF APPLE VALLEY

14955 Dale Evans Parkway • Apple Valley, CA 92307

www.applevalley.org

Dial (760) 240-7000 and one of the following extensions:

| | |
|---------------------------|-------|
| Animal Services..... | 7555 |
| Building & Safety..... | 7100 |
| Business Licenses..... | 7707 |
| Code Enforcement..... | 7560 |
| Economic Development..... | 7900 |
| Engineering..... | 7353 |
| Human Resources..... | 7600 |
| Mayor & Town Council..... | 7808 |
| Parks Maintenance..... | 6200 |
| Planning..... | 7200 |
| Police Department..... | 7400 |
| Public Information..... | 7074 |
| Public Services..... | 7500 |
| Recreation..... | 7880 |
| Town Clerk..... | 7800 |
| Town Manager..... | 7051. |

Sports Organizations....

| | |
|--------------------------------------|--|
| Apple Valley BMX | applevalleyBMX.com • 760-240-5266 |
| Apple Valley Little League..... | applevalleyll.com • 760-247-5441 |
| Apple Valley Rattlers Football..... | applevalleyrattlers.org • 760-559-2868 |
| Apple Valley Rebels Football..... | avrebels.com • 760-403-6724 |
| Apple Valley Seminoles Football..... | avseminoles.com • 760-247-5424 |
| Apple Valley Storm Soccer..... | avscstorm.org • 760-508-6192 |
| High Desert Judo (P.A.L.)..... | avpal.org • 760-961-0754 |
| High Desert Pony Baseball..... | hdpleague.com • 760-927-9994 |
| High Desert Youth Soccer League..... | hdysl.com • 760-961-7805 |
| High Desert Tennis Association..... | highdeserttennis.org • 760-985-3796 |
| Inland Empire Soccer League..... | • 760-247-6031 |
| PSP Sports & More..... | pspsportsandmore.org • 760-515-2572 |
| Young Champions..... | ycusa.org • 714-259-1400 |



Community Organizations....

| | |
|---|---|
| American Cancer Society..... | cancer.org • 800-227-2345 |
| American Red Cross..... | redcross.org • 760-245-6511 |
| Apple Valley Chamber of Commerce..... | avchamber.org • 760-242-2753 |
| Apple Valley Fire Protection District..... | applevalleyfd.com • 760-247-7618 |
| Apple Valley Library..... | sbcounty.gov/library • 760-247-2022 |
| Apple Valley Optimist Club..... | • 760-887-7379 |
| Apple Valley School District..... | avusd.org • 760-247-8001 |
| Assistance League..... | victorvalleyassistanceleague.org • 760-961-2468 |
| AVCO/Burrtec..... | burrtec.com • 760-245-8607 |
| Boy Scouts (CA Inland Empire Council) | scouting.org • 877-732-1450 |
| Community Police Assistance League..... | • 760-961-2468 |
| Friends of Apple Valley Library..... | sbcounty.gov/library • 760-247-2022 |
| Girl Scouts..... | girlscoutssangorgonio.org • 760-241-3558 |
| High Desert Moms RUN This Town..... | highdesert.momsrunthistown.com |
| High Desert Young Marines..... | • 760-240-5004 |
| Mom's Club..... | momsclubofvictorvalley@yahoo.com |
| One 2 One Mentoring..... | one2onementors.com • 760-245-1997 |
| Paul Swick Family Center..... | paulswickfamilycenter.com • 760-240-5606 |
| St. Mary's Immunization Clinic..... | • 760-242-2311 |
| Widows or Widower's of the High Desert..... | • 760-951-7764 |
| Victor Valley Animal Protection League..... | vvapl.com • 760-247-2102 |

Equestrian Groups....

| | |
|--|--------------------------|
| California Dressage Society (High Desert)..... | • 760-247-4505 |
| Comancheros..... | gac15.org • 951-642-4725 |
| Mojave River Valley Horsemen's Assoc..... | mrvha.com • 760-247-5944 |

Recreation & Hobby Groups....

| | |
|---------------------------------------|--------------------------------|
| Hi High Desert Genealogy Society..... | san2744@aol.com • 760-242-5136 |
| High Desert Horseshoe Club..... | • 760-242-5151 |
| Thunderbirds Square Dance..... | • 760-247-7093 |

Senior Services & Organizations....

| | |
|---|--------------------------|
| Aging & Adult Services..... | • 800-510-2020 |
| Apple Valley Senior Citizen's Club..... | • 760-247-3155 |
| Inland Empire Legal Services..... | • 760-241-7073 |
| Meals on Wheels..... | mowaa.org • 760-245-7047 |
| Senior Information & Assistance..... | • 760-843-5181 |
| Senior Select Resource Center..... | • 760-946-5915 |
| Victor Valley Transit..... | vvta.org • 760-948-3030 |

Registration Information

Registration - Easy As 1-2-3

Program Registration

- Some programs may have limited enrollment. Registrations will be taken in the order in which they are received.
- Classes/programs are based on minimum participation numbers and may be subject to cancellation.
- Town of Apple Valley residents have priority registration for all programs.
- Only a minor's parent or legal guardian may complete the registration waiver to enroll the minor in a program or class.
- Participant(s) must be pre-registered before attending class.
- Registrations are not accepted in class. Your receipt is proof to the instructor that the fees have been paid.
- All ongoing monthly classes start at the beginning of each month.
- Special interest classes are taught by independent contractors, not Town personnel.
- The Town is not responsible for any fees that are made payable directly to class instructors and not collected by the Town.
- All activities, fees, dates and locations are subject to change.
- **Photo Policy:** The Town reserves the right to photograph facilities, activities and program participants for potential future use. All photos will remain the property of the Town and may be used for publicity or promotional purposes only.

Refund Policy

- **Cancellation of Class:** A full refund will be mailed to all registered participants if a program is cancelled by the Recreation Department.
- **Voluntary Withdrawal:** A refund may be requested prior to the registration deadline or before the first day of class by submitting a "Refund Request" form.
- **Withdrawal After Class Start Date:** A refund may be requested by completing a "Refund Request" form prior to the second class meeting and is subject to the approval of the Recreation Department Manager. A pro-ration of the class fee will be charged.
- **NO refund requests will be accepted after the second class meeting.**
- **A \$2 processing fee will be charged to all refunds.**
- **Allow 4-6 weeks for a refund check.**
- **NO refunds for swim lessons or aquatic classes.**

3 EASY WAYS TO REGISTER

1. WALK-IN

- Walk-in registration is accepted at the Recreation counter at Town Hall only.
- Registration hours are 7:30 am - 5:30 pm Monday - Thursday and alternating Fridays 7:30 am - 4:30 pm.
- Payment can be made by cash, check, debit or credit card (Discover, VISA, or Master Card).

2. MAIL-IN

- Please do not use mail-in registration for Day Camp, ASAP or sports programs (additional paperwork is required).
- Complete registration form below for classes. Total all fees.
- Make check payable to "Town of Apple Valley." If you enclose a self-addressed, stamped envelope a receipt will be mailed to you. Mail completed form and a check to:

Town of Apple Valley Park and Recreation Department
14955 Dale Evans Parkway
Apple Valley, CA 92307

3. DROP BOX

- Complete registration form below for classes. Total all fees.
- Make check payable to "Town of Apple Valley." If you enclose a self-addressed, stamped envelope a receipt will be mailed to you.
- Drop completed form and payment by check in drop box located at:
James Woody Community Center, 13467 Navajo Road
(in the first alcove at the front of the Community Center)

OR

Town Hall, 14955 Dale Evans Parkway
(at the front of Town Hall)

OR

Civic Center Park Aquatic Center, 14999 Dale Evans Parkway
(located inside at the front desk)

TOWN OF APPLE VALLEY PARK AND RECREATION DEPARTMENT

PLEASE PRINT CLEARLY - *do not use for Day Camp, ASAP or any sports programs. Additional paperwork required.*

Payee Information:

First & Last Name _____

Address: _____

Home Phone: _____

Cell Phone: _____

City: _____ Zip: _____

| Participant's First & Last Name | D.O.B. | Class Name | Start Date | Fee |
|---------------------------------|--------|------------|------------|-----|
|---------------------------------|--------|------------|------------|-----|

| | | | | |
|--|--|--|--|--------------|
| | | | | Total Amount |
| | | | | |

Release of Liability

I, the undersigned, understand the following: I am aware that recreational activities can be hazardous and I am voluntarily participating in these activities with knowledge of the hazards involved and hereby agree to accept any and all risks of injury or death. The Town is not responsible for participants injuries or damages occurring from "hazardous recreation activities" (CA Government Code 831.7). The Town does not provide participants with medical insurance or treatment for injuries. I agree to hold harmless and release the Town of Apple Valley, its officers, agents and employees from any and all liability arising from or related to my participation in Town of Apple Valley program activities. This release includes, but is not limited to, all liability for death, personal injury or property damage resulting from the active or passive negligence of the Town of Apple Valley or its agents or any defective or hazardous condition of any property or equipment owned, operated or maintained by the Town of Apple Valley. I am responsible for any loss, theft or damage to either personal or Town equipment, articles or facilities while using said equipment, articles and/or facilities. I am aware that special interest classes are conducted by independent contractors, not Town personnel.


















































































Signature _____ Date _____

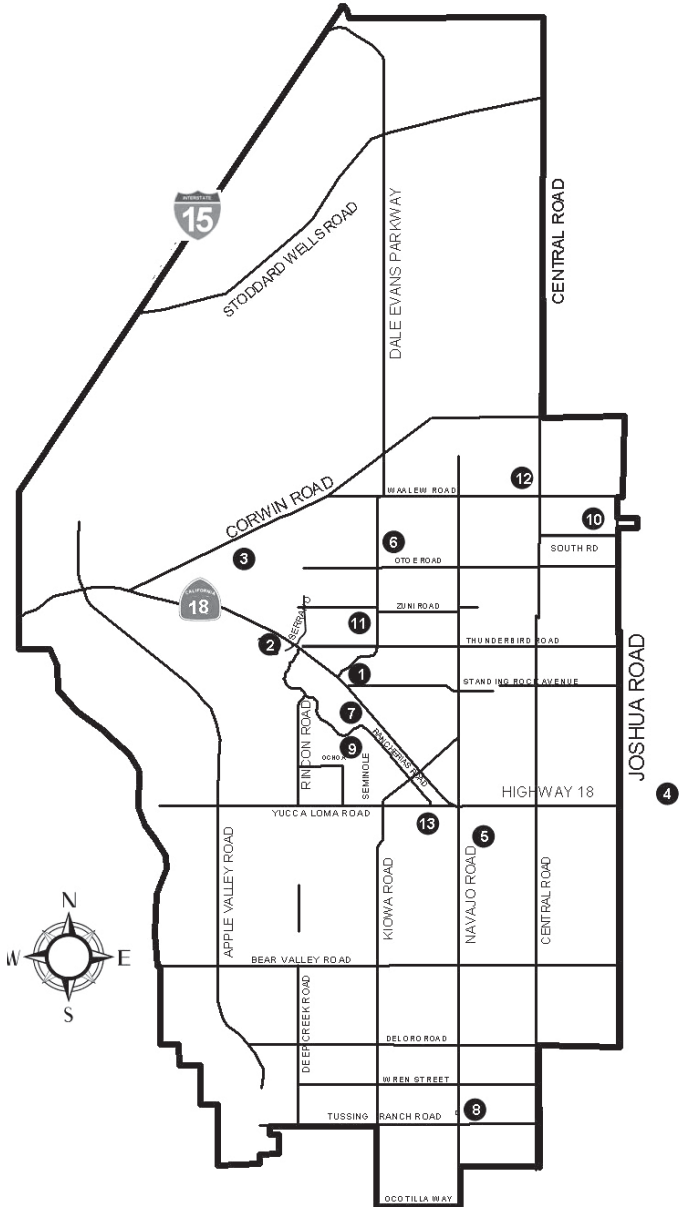
www.AVRecreation.org



























APPLE VALLEY Facilities & Parks

| | | |
|----|--|---|
| 1 | Apple Valley Conference Center 14975 Dale Evans Parkway |      |
| 2 | Apple Valley Golf Course 15200 Rancherias Road |      |
| 1 | Civic Center Park & Aquatic Center 14999 Dale Evans Parkway |        |
| 3 | Corwin Park 18577 Corwin Road |      |
| 4 | Horsemen's Center 24320 Highway 18 |        |
| 5 | James Woody Community Center 13467 Navajo Road |            |
| 6 | Lenny Brewster Sports Center 21024 Otoe Road |      |
| 7 | Lion's Park S. Outer Hwy 18 east of Dale Evans |    |
| 8 | Mendel Park 21860 Tussing Ranch Road |      |
| 9 | Norm Schmidt Park 14053 Tuweep Trail |      |
| 10 | Sycamore Rocks Park 23450 South Road |      |
| 11 | Thunderbird Park 20700 Wichita Road |      |
| 1 | Town Hall Recreation Center 14955 Dale Evans Parkway |     |
| 12 | Virginia Park 17242 Central Road |      |
| 13 | Yucca Loma Park 21351 Yucca Loma Road |      |



AMENITIES LEGEND

| | | | |
|---|---------------------|---|---------------------------|
|  | Activity Room(s) |  | Kitchen |
|  | Audio/Visual System |  | Meeting Room(s) |
|  | Ballfields |  | Outdoor Basketball Courts |
|  | BBQ |  | Picnic Shelters |
|  | BMX track |  | Picnic Tables |
|  | Camping |  | Playground |
|  | Dog Park |  | Pool |
|  | Fitness Stations |  | Restrooms |
|  | Golf Course |  | Restrooms (Portable) |
|  | Gymnasium |  | Skate Park |
|  | Horse Arenas |  | Stage/Amphitheater |
| | Horseshoe Pits | | Tennis |



Baby Shower

Graduations



Weddings



Quinceañera

Bridal Showers

Birthday Party

Apple Valley Conference Center

CAPACITY:

Dancing & Dining for 40-200 People. Assembly Seating for 300 People

Features include Audio/Visual equipment, covered patio area, large lobby and catering kitchen.

James Woody Community Center

CAPACITY:

Dancing & Dining for 40-220 People. Assembly Seating for 300 People. Features include a stage and newly renovated kitchen.

Town Hall Recreation Center

CAPACITY:

Dancing & Dining for 35-130 People. Features include kitchenette with refrigerator, two microwaves and large sink.

Tables and chairs included with every rental.



For more information please call Town of Apple Valley
(760) 240-7880



Town of Apple Valley
 Park & Recreation Dept
 14955 Dale Evans Parkways
 Apple Valley, CA 92307



/AVrecreation

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Family Gingerbread House Build
Wednesday, December 16, 2015
5:30-8:30 pm
 (building starts at 6pm)



Bring the sweetest kind of holiday cheer to your family this season by making your own gingerbread house!

Go to page 17 for more information.

Day Camps

Our Day Camps are the place to be. Join in the fun and register today!

Fall Day Camp
 Monday - Friday
 October 12 - 16

Winter Nutrition Day Camp
 Monday - Wednesday
 December 21 - 23
 December 28 - 30

See page 7 for more information



Santa Claus is Coming to Town!

Santa in the Park

Wednesdays
 December 9 & 16
 3:00 - 4:30 pm
 FREE
 All Ages Welcome

James Woody
 Community Center Park



Cocoa and Carols with Santa

Friday, December 18
 5:00 - 6:30 pm
 \$4/child
 All Ages

Town Hall Recreation Center