

Winter/Spring Recreation Guide



Rec Fair



Bunny Run



Art Festival



See inside for:
Classes • Sports • Aquatics • Events and More!

Winter ~ Spring 2016 Recreation Activities Guide



IN THIS ISSUE.....

TOWN OF APPLE VALLEY

TOWN COUNCIL

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

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

PARKS AND RECREATION COMMISSION

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

PARKS AND REC 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
Christine McCaffrey Sr Office Asst
Tashina Miniszewski Office Assistant
Jacquelynne Azunne Rec Assistant

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Office Hours

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

Monday - Thursday
7:30 am - 5:30 p.m.
Alternating Fridays
7:30 am - 4:30 p.m.

HOLIDAY CLOSURES
1/1/15 - 1/5/15, 1/19, 2/16 & 5/25

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



Thank You!

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!

Volunteers (Teen Zone)

The Town of Apple Valley Recreation Department would like to express our gratitude to the exceptional teens that have made a difference in our programs. The following teens have volunteered over 100 hours. Their combined hours equal over 5,000 hours!

Abbygayle Gonzales	Chistian Collins	Marshall McKoy
Addison Hall	Daniel Frachou	Monica Collins
Alina Segobia	Erica Piar	Natasha Newell
Angel Frederick	Erin Rose	Sara Dean
Ayleen Luna	Hunter McKoy	Tatiana Chavez
Breauna Rhoades	Jasmine Sedillo	Teadja Owings
Charlie Colbert	Kara Perkins	Tyler Foss



**OPTIMIST
INTERNATIONAL**

Friend of Youth
Optimists of Apple Valley



**Mojave
Water
Agency**



**Friends
In Sight**



SUNGEVITY
GENERATE POSITIVE

**APPLE VALLEY RANCHOS
WATER COMPANY**



2015 Pee Wee Soccer Coaches

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

Andie Delgado	Frank Lopez	Johnny Espinoza
Katie Grehm	Lauren Decker	Lauren St John
Lena Quinonez	Stephanie Klinger	

Swim Fair - May 7th!

First day of registration for summer swim lessons

Swim Lesson Schedule will be available on April 1st ~ Lessons begin May 16th



- Apple Valley Residents 7:30 am - 10:00 am
- Non Residents can register at 9:00 am or whenever the Apple Valley line is empty.
- Proof of residency required (I.D. and utility bill)
- Only a parent or legal guardian can register children for classes - no exceptions
- NO refunds, transfers or credits
- Line will form in between Town Hall and the Police Department

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.

Fee \$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

Spring Break Swim Lessons March 28 thru April 1

1 week Only

First-come-first-served • \$19

9:40 - 10:15 am	L1 L2 L3 L4 Min Pol
10:20 - 10:55 am	L1 L2 L3 L4 Min Pol

Swim Level Evaluations

Civic Center Park Aquatic Center

Are you unsure of what swim lesson you or your child should be taking? Let us help you eliminate any uncertainty! We will be offering two opportunities for you to come out and spend a few minutes one-on-one with one of our swim instructors. During this evaluation, we will conduct a few drills, after which we will tell you exactly which level is needed! Participation in this program will help ensure you receive the maximum value in your swim lessons. \$3 of the fee will be applied to swim lesson registration; conditions apply. Pre-registration required.

DATES	DAY	TIME	FEE	AGES
4/23	Sat	9:00 - 10:00 am	\$5	All Ages
4/30	Sat	9:00 - 10:00 am	\$5	All Ages

Lap Swim Multi-Use Passes

A photo is taken at the time of initial purchase.

Cost for the card is an additional \$2.

Passes are non-transferable.

Multi-Use Cards can be purchased at the Aquatic Center.

When you have a Multi-Use 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:	Winter (Oct - Apr)	Summer (May-Sept)
Unlimited (for calendar month only)	\$75	\$68
30 visit	\$115	\$92
15 visit	\$60	\$48
5 visit	\$23	\$18
Daily	\$5	\$4

Early 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.

DATES	DAY	TIME	FEE	AGES
Jan - May	M/W/F	5:30 - 9:15 am	See Lap Swim Fees	10 & Up
Jan - May	Tu/Th/Sat	7:30 - 9:15 am	See Lap Swim Fees	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. No lunchtime lap swim 3/28 - 4/1.

DATES	DAY	TIME	FEE	AGES
Jan - May	M/W/F	12:00 - 1:30 pm	See Lap Swim Fees	10 & Up

Evening Lap Swim

Civic Center Park Aquatic Center

Enjoy the evening air while you swim laps. We divide 8 lanes according to speed levels.

DATES	DAY	TIME	FEE	AGES
Apr - May	M/W/F	6:30 - 8:00 pm	See Lap Swim Fees	10 & Up

100 Mile Swim Club

We are challenging YOU to swim 100 miles in just ONE YEAR!

Lap Swimming just got more exciting! Beginning January 2, 2016 you will keep track of your laps and overall distance on the 100 Mile Swim chart in the Pool Office; if you can swim 100 total miles before the pool closes on December 17, 2016, you will receive a custom "100 Mile Swim Club" t-shirt, a finishers certificate, and of course, bragging rights!

Registration in this competition is completely FREE! Normal Lap Swimming rates will still apply. For more information, call the Recreation Office or Aquatic Center.



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 - 17 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 3/28 - 4/1.

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

DATES	DAY	TIME	FEE	AGES
1/4 - 1/29	M-F	5:30 - 6:30 pm	See Above	5 - 17
2/1 - 2/26	M-F	5:30 - 6:30 pm	See Above	5 - 17
2/29 - 3/25	M-F	5:30 - 6:30 pm	See Above	5 - 17
4/4 - 4/29	M-F	5:30 - 6:30 pm	See Above	5 - 17
5/2 - 5/31	M-F	5:30 - 6:30 pm	See Above	5 - 17



Aqua Zumba®

Civic Center Park Aquatic Center

A water-based, invigorating workout that includes cardio-conditioning and body-toning. We will be stretching, twisting, splashing and laughing our way to good health. Join our pool party for an awesome, SAFE workout! Instructor: Liz Fratt

DATES	DAY	TIME	FEE	AGES
5/2- 5/30	M/W	6:30 - 7:30 pm	\$31	13 & Up
Weather Permitting				

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! Instructor: Pam Adams

DATES	DAY	TIME	FEE	AGES
1/5 - 1/30	T/Th/Sat	8:00 - 9:00 am	\$40	15 & up
2/2- 2/27	T/Th/Sat	8:00 - 9:00 am	\$40	15 & up
3/1 - 3/31	T/Th/Sat	8:00 - 9:00 am	\$40	15 & up
4/2- 4/30	T/Th/Sat	8:00 - 9:00 am	\$40	15 & up
5/3 - 5/31	T/Th/Sat	8:00 - 9:00 am	\$34	15 & up

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
1/4 - 1/29	M/W/F	8:00 - 9:00 am	\$40	16 & up
2/1 - 2/29	M/W/F	8:00 - 9:00 am	\$40	16 & up
3/2 - 3/30	M/W/F	8:00 - 9:00 am	\$40	16 & up
4/1 - 4/29	M/W/F	8:00 - 9:00 am	\$40	16 & up
5/2 - 5/30	M/W/F	8:00 - 9:00 am	\$34	16 & up

Spring Break Rec Swim

Civic Center Park Aquatic Center

This is a time set aside for recreational swimmers of all ages to enjoy. Bring the family and enjoy the clear blue, refreshing water! The pool is heated to a comfortable temperature and is handicapped-accessible. Passes are not required. Children not potty trained must wear swim diapers.

DATES	TIME	FEE	AGES
Sat 3/26 thru Sun 4/3	11:00 - 12:30 pm 1:00 - 2:30 pm	\$2/child \$3/adults	All Ages

Lifeguard Training

Civic Center Park Aquatic Center

Becoming a lifeguard is one of life's most rewarding experiences. The knowledge and skills taught in this course will leave the participant with everything they need to keep themselves and others safe in and around any aquatic environment. Course covers rescue skills, CPR/AED, first aid, emergency childbirth and major trauma emergencies. Successful completion of Lifeguard Training is required for all who seek employment as a lifeguard at the Civic Center Park Aquatic Center. All participants must pass the pre-swim in order to continue; refunds will be given for participants who fail to complete the pre-swim. Course taught by the Recreation Coordinator in charge of the Aquatics Division.

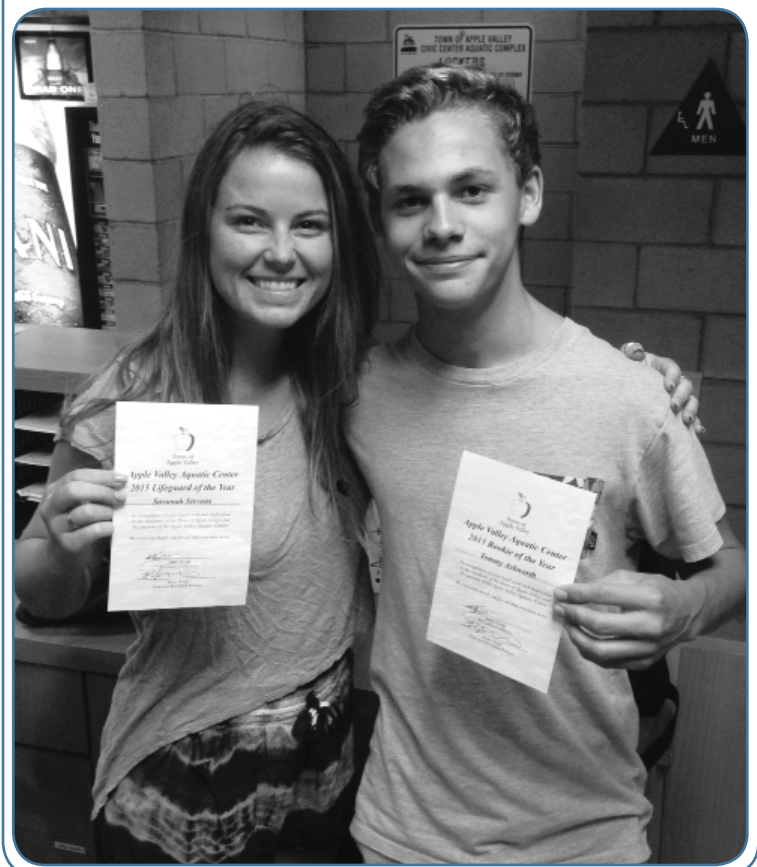
DATES	DAY	TIME	FEE	AGES
Session 1 - register by 3/4			\$200	15 & Up
3/5 Pre-Swim	Sat	7:45 - 9:00 am		
3/5	Sat	9:00 - 6:00 pm		
3/6	Sun	9:00 - 6:00 pm		
3/7	Mon	4:30 - 8:00 pm		
3/11	Fri	4:30 - 8:00 pm		
3/12	Sat	9:00 - 6:00 pm		
3/13	Sun	9:00 - 6:00 pm		
Session II - register by 3/24				
3/26 Pre-Swim	Sat	7:45 - 9:00 am		
3/26	Sat	9:00 - 6:00 pm		
3/27	Sun	9:00 - 6:00 pm		
3/30	Wed	9:00 - 2:30 pm		
4/2	Sat	9:00 - 6:00 pm		
4/3	Sun	9:00 - 6:00 pm		



Each year the Aquatic Center recognizes two Lifeguards for their dedication to their craft, and the residents of the Town of Apple Valley. These Lifeguards excel in all aspects of their field, from patron safety and surveillance, to swim instruction, and overall customer service.

The Rookie of the Year award is given to a first-year lifeguard. For 2015, this was Tommy Ashworth! The Lifeguard of the Year award is given to a lifeguard with more than one year of service. For 2015, this was Savannah Stevens, who has served the Town of Apple Valley for four years!

When you see these two out on the pool deck, be sure to say hello!



WATER FESTIVAL

Civic Center Park Aquatic Center

Saturday, June 4th

JOIN US IN CELEBRATING THE START OF SUMMER!
ENJOY MUSIC, GAMES, WATER SLIDES,
BOUNCE HOUSES AND A VARIETY OF
FOOD TRUCKS.

PRE-REGISTRATION: \$3
DAY OF THE EVENT: \$5
1:00 - 3:30PM

PREREGISTRATION IS LIMITED TO THE 1ST 150 PEOPLE



DOORS OPEN AT 12:30 FOR PRE-REGISTERED GUESTS

Overnight Pool Party

June 24 - 25 • starts @ 7pm



Bring the family out for a unique overnight camping experience, at the beautiful Civic Center Park Aquatic Center.

- Dive-In movie showing *Inside Out*.
- Open swimming all night long
- Scavenger hunts
- Games
- Water slides
- In-water contests throughout the evening
- Food truck available for dinner, snacks & breakfast

\$10/person by June 17

\$12 June 18 - 22

Check in and tent set up at 7 pm, the first pool activities will begin at 8 pm. Check out time is at 9:30 am June 25. Children under 3 are free.

You must preregister

There will be no on site registration

Event sells out, reserve your spot today!

Beginning Acting

James Woody Community Center Auditorium

Have you ever wanted to be in a play? Here's your chance to be in one and learn the fundamentals of acting at the same time! We will audition, rehearse, and perform "Alice in Wonderland"! A one time fee of \$35 for materials is due, in cash, on the second class day. Instructor: Melanie Myers

DATES	DAY	TIME	FEE	AGES
1/6 - 1/27	Wed	4:30 - 5:30 pm	\$37	6 - 12
2/3 - 2/24	Wed	4:30 - 5:30 pm	\$37	6 - 12
3/2 - 3/30	Wed	4:30 - 5:30 pm	\$37	6 - 12
4/6 - 4/27	Wed	4:30 - 5:30 pm	\$37	6 - 12
5/4 - 5/25	Wed	4:30 - 5:30 pm	\$37	6 - 12
6/1 - 6/5	will vary		\$37	6 - 12

Advanced Acting

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 where you will audition for a play and as we rehearse, you will learn characterization, improv, pantomime, accents and so much more! This is a 6-month rehearsal/performance class. One-time fee of \$35 for materials is due, in cash, on the second day of class. Instructor: Melanie Myers

DATES	DAY	TIME	FEE	AGES
1/6 - 1/27	Wed	5:30 - 7:00 pm	\$37	12 - 17
2/3 - 2/24	Wed	5:30 - 7:00 pm	\$37	12 - 17
3/2 - 3/30	Wed	5:30 - 7:00 pm	\$37	12 - 17
4/6 - 4/27	Wed	5:30 - 7:00 pm	\$37	12 - 17
5/4 - 5/25	Wed	5:30 - 7:00 pm	\$37	12 - 17
6/1 - 6/5	will vary		\$37	12 - 17

Drama Performance "Alice in Wonderland"

James Woody Community Center Auditorium

DATES	DAY	TIME
6/3 - 6/5	Fri/Sat/Sun	TBA

Fantastic Face Painting

Town Hall Recreation Center

Have you ever wanted to face paint at a party or for a fundraiser? This class will teach you all the fundamentals of face painting including what paint to use and how to paint fun and easy designs. This is a hands on class. Fee includes face painting kit. Instructor: Alicia Danelley

DATES	DAY	TIME	FEE	AGES
2/19	Fri	5:00 - 8:00 pm	\$57	13 and Up
3/19	Sat	9:00 - 12:00 pm	\$57	13 and Up

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
1/4 - 1/25	Mon	5:45 - 6:45 pm	\$57	8 & Up
2/1 - 2/22	Mon	5:45 - 6:45 pm	\$57	8 & Up
3/7 - 3/28	Mon	5:45 - 6:45 pm	\$57	8 & Up
4/4 - 4/25	Mon	5:45 - 6:45 pm	\$57	8 & Up
5/2 - 5/23	Mon	5:45 - 6:45 pm	\$57	8 & Up

Priority Registration

Some classes are priority registration classes. Those currently registered in the class have priority until the 15th of the month and must pay the fees on or before that date for the next month to guarantee your spot. On the 16th the class is open for anyone to register.

After School Activities Program



* Science Experiments * Homework Help * Crafts * Organized games & more!

ASAP is offered at:

AAE Lewis Center	2:50 - 5:45 pm (K - 6)
Rio Vista Elementary School	2:40 - 5:45 pm (K - 8)
Sitting Bull Academy, Lower Campus	2:40 - 5:45 pm (K - 4)
Sitting Bull Academy, Upper Campus	2:40 - 5:45 pm (5 - 8)
Vanguard Preparatory School	2:30 - 5:30 pm (K - 8)

A.S.A.P. starts as soon as school gets out, including early release days. There is no program during non school days. Children must be pre registered prior to attending.

Registration is on a first come, first served basis.

\$37/weekly registration fee required to maintain your space.

New **2016-2017 ASAP Registration**
May 21, 2016!
Doors Open at 8:00 a.m.

Do you want your child to be part of the 2016-2017 After School Activities Program? If the answer is yes then save this registration date! Check out the ASAP booth at the Rec Fair to register your child, first come first served. Space is limited and will fill to capacity. Capacity is based on the space provided by each school site. For more information call 760-240-7880 or check out page 19.



Circus Day Camp

Grades K - 6

Town Hall Recreation Center

Ladies and Gentlemen, Boys and Girls the camp is about to begin- circus camp that is! Learn new fun and amazing tricks, create carnival games and of course sample an array of circus foods! We need all the boys and girls we can get to make this circus over the top! Hope to see you at the big top this Spring.

DATES	DAY	TIME	WEEKLY FEE
3/28 - 4/1	M - F	7:00 am - 6:15 pm	\$97 (full time) \$50 (1/2 days) \$58 (3 days)

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
3/28 - 4/1	M - F	9:00 am - 11:00 am	\$40	3rd - 6th
3/28 - 4/1	M - F	12:00 - 2:00 pm	\$40	7th - 12th

Creative Brain Robotics

James Woody Auditorium

This camp offers an in-depth exploration of robotics engineering, creativity and innovation. Working in teams of students, participants will design robots and program to do specific tasks. At the conclusion of camp, each participant will get to keep their shiny new robot!

DATES	DAY	TIME	FEE	AGES
3/28 - 4/1	M - F	1:00-3:30 pm	\$164	9 - 15

Video Game Design

James Woody Auditorium

You play them now learn how to develop them. Working in teams, students will create and design their own video games that they can take home and play. Computers are provided for classroom use.

DATES	DAY	TIME	FEE	AGES
3/28 - 4/1	M - F	9:00 - 11:30am	\$149	9 - 15

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



Zumba®

Town Hall Recreation Center

Zumba® fitness is a Latin-inspired dance & fitness class using upbeat rhythms and easy-to-follow choreography. It is a total body exercise, focusing on cardio and toning. Join a Zumba Fitness class and see that working out is *finally* fun! No class 3/31. Instructor: Liz Fratt

Drop in fee only \$6

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

DATES	DAY	TIME	FEE	AGES
1/5 - 1/28	Tu/Th	5:30 - 6:30 pm	\$21-\$41	13 & Up
1/6 - 1/27	Wed	9:00 - 10:00 am	\$21	13 & Up
2/2 - 2/25	Tu/Th	5:30 - 6:30 pm	\$21-\$41	13 & Up
2/3 - 2/24	Wed	9:00 - 10:00 am	\$21	13 & Up
3/1 - 3/31	Tu/Th	5:30 - 6:30 pm	\$21-\$41	13 & Up
3/2 - 3/30	Wed	9:00 - 10:00 am	\$21	13 & Up
4/5 - 4/28	Tu/Th	5:30 - 6:30 pm	\$21/\$41	13 & Up
4/6 - 4/27	Wed	9:00 - 10:00 am	\$21	13 & Up
5/3 - 5/31	Tu/Th	5:30 - 6:30 pm	\$21/\$41	13 & Up
5/4 - 5/25	Wed	9:00 - 10:00 am	\$21	13 & 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 1/18, 2/15 or 5/30. Instructor: Chris Urmston

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

DATES	DAY	TIME	FEE	AGES
1/4 - 2/1	M/W/F	11:00 - 12:00 pm	\$35/\$41.57	16 & Up
2/3 - 3/2	M/W/F	11:00 - 12:00 pm	\$35/\$45	16 & Up
3/4 - 3/30	M/W/F	11:00 - 12:00 pm	\$35/\$45	16 & Up
4/1 - 4/29	M/W/F	11:00 - 12:00 pm	\$35/\$45	16 & Up
5/2 - 5/27	M/W/F	11:00 - 12:00 pm	\$35/\$45	16 & Up

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 1/18 or 2/15. Instructor: Liz Fratt

Drop in fee only \$6.

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

DATES	DAY	TIME	FEE	AGES
1/4 - 1/27	M/W	1:00 - 2:00 pm	\$21/\$31	25 & Up
2/1 - 2/29	M/W	1:00 - 2:00 pm	\$21/\$31	25 & Up
3/2 - 3/30	M/W	1:00 - 2:00 pm	\$21/\$31	25 & Up
4/4 - 4/27	M/W	1:00 - 2:00 pm	\$21/\$31	25 & Up
5/2 - 5/25	M/W	1:00 - 2:00 pm	\$21/\$31	25 & 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!

Fitness Bootcamp

Apple Valley Conference Center - North Room

Lose weight or just feel great with this ultimate fitness program from Cooper Training Systems. This class features a full-series of workout routines and a course of training topics which include: sustainable weight loss, meal planning, competitive events, and more! No class 3/21-3/23.

DATES	DAY	TIME	FEE	AGES
1/4 - 1/27	M/W	6:00 - 7:00 pm	\$49	18 & Up
2/1 - 2/24	M/W	6:00 - 7:00 pm	\$49	18 & Up
2/29 - 3/30	M/W	6:00 - 7:00 pm	\$49	18 & Up
4/4 - 4/27	M/W	6:00 - 7:00 pm	\$49	18 & Up
5/2 - 5/25	M/W	6:00 - 7:00 pm	\$49	18 & Up

Yoga Fit

Town Hall Recreation Center

Change is Good! Check out this non-competitive, classical Yoga practice with both powerful and relaxing asanas. 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 1/18, 2/15, 4/4 and 5/30. This is a PRIORITY REGISTRATION class. See below for more information. Instructor: Mary Anne Carroll

DATES	DAY	TIME	FEE	AGES
1/4 - 1/29	M/W	5:30 - 6:30 pm	\$28.48	16 & Up
2/1 - 2/29	M/W	5:30 - 6:30 pm	\$32	16 & Up
3/2 - 3/28	M/W	5:30 - 6:30 pm	\$32	16 & Up
3/30 - 4/27	M/W	5:30 - 6:30 pm	\$32	16 & Up
5/2 - 5/25	M/W	5:30 - 6:30 pm	\$32	16 & 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. No class 1/18 and 2/15. This is a PRIORITY REGISTRATION class. See below for more information. Instructor: Gellen Fitness

DATES	DAY	TIME	FEE	AGES
1/4 - 1/27	Tu/Th	5:00 - 5:30 pm	\$39.85	4- 6
2/1 - 2/29	Tu/Th	5:00 - 5:30 pm	\$45	4 - 6
3/2 - 3/30	Tu/Th	5:00 - 5:30 pm	\$45	4 - 6
4/4 - 4/27	Tu/Th	5:00 - 5:30 pm	\$45	4 - 6
5/2 - 5/25	Tu/Th	5:00 - 5:30 pm	\$45	4 - 6



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. No class 1/18 and 2/15. Instructor: Gellen Fitness

DATES	DAY	TIME	FEE	AGES
1/4 - 1/27	M/W	5:45 - 6:45 pm	\$48.60	7 & Up
2/1 - 2/29	M/W	5:45 - 6:45 pm	\$55	7 & Up
3/2 - 3/30	M/W	5:45 - 6:45 pm	\$55	7 & Up
4/4 - 4/27	M/W	5:45 - 6:45 pm	\$55	7 & Up
5/2 - 5/25	M/W	5:45 - 6:45 pm	\$55	7 & Up

Priority Registration

Some classes are priority registration classes. Those currently registered in the class have priority until the 15th of the month and must pay the fees on or before that date for the next month to guarantee your spot. On the 16th the class is open for anyone to register.



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
1/5 - 1/28	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up
2/2 - 2/28	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up
3/1 - 3/31	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up
4/5 - 4/28	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up
5/3 - 5/26	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up

Like Us On
facebook



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 Buchanan

DATES	DAY	TIME	FEE	AGES
1/4 - 1/27	M/W	5:30 - 6:30 pm	\$65	5 & Up
2/1 - 2/29	M/W	5:30 - 6:30 pm	\$65	5 & Up
3/2 - 3/30	M/W	5:30 - 6:30 pm	\$65	5 & Up
4/4 - 4/27	M/W	5:30 - 6:30 pm	\$65	5 & Up
5/2 - 5/30	M/W	5:30 - 6:30 pm	\$65	5 & Up

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
4/7 - 4/28	Th	11:00 - 1150 am	\$23	16 & Up
5/5 - 5/26	Th	11:00 - 1150 am	\$23	16 & Up

Get Connected!

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

View the brochure online at
www.AVRecreation.org



Hip Hop Dance

James Woody Community Center Mini-Gym

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 3/29 - 3/31. Instructor: Denise Stevenson.

DATES	DAY	TIME	FEE	AGES
Beginner				
1/5 - 1/26	T	5:10 - 6:10 pm	\$30	4 - 7
2/2 - 2/23	T	5:10 - 6:10 pm	\$30	4 - 7
3/1 - 3/22	T	5:10 - 6:10 pm	\$30	4 - 7
4/5 - 4/26	T	5:10 - 6:10 pm	\$30	4 - 7
5/3 - 5/24	T	5:10 - 6:10 pm	\$30	4 - 7
Intermediate				
1/7 - 1/28	Th	5:10 - 6:10 pm	\$30	8 - 11
2/4 - 2/25	Th	5:10 - 6:10 pm	\$30	8 - 11
3/3 - 3/24	Th	5:10 - 6:10 pm	\$30	8 - 11
4/7 - 4/28	Th	5:10 - 6:10 pm	\$30	8 - 11
5/5 - 5/26	Th	5:10 - 6:10 pm	\$30	8 - 11
Advanced				
1/5 - 1/28	T/Th	6:15 - 7:15 pm	\$50	12 - 17
2/2 - 2/25	T/Th	6:15 - 7:15 pm	\$50	12 - 17
3/1 - 3/24	T/Th	6:15 - 7:15 pm	\$50	12 - 17
4/5 - 4/28	T/Th	6:15 - 7:15 pm	\$50	12 - 17
5/3 - 5/26	T/Th	6:15 - 7:15 pm	\$50	12 - 17

Mommy & Me Belly Dancing

James Woody Community Center Arts & Crafts Room

Learn to shimmy, shake and discover a deeper appreciation for your body. 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 1/18, 2/15 and 5/30. Instructor: April Vincent

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

DATES	DAY	TIME	FEE	AGES
1/4 - 1/25	Mon	5:00 - 6:00 pm	see above	All Ages
2/1 - 2/29	Mon	5:00 - 6:00 pm	see above	All Ages
3/7 - 3/28	Mon	5:00 - 6:00 pm	see above	All Ages
4/4 - 4/25	Mon	5:00 - 6:00 pm	see above	All Ages
5/2 - 5/23	Mon	5:00 - 6:00 pm	see above	All Ages

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 and Romani Style. Instructor: Diane Ona

Beginning

DATES	DAY	TIME	FEE	AGES
1/5 - 1/26	Tue	2:30 - 3:30 pm	\$35	16 & Up
2/2 - 2/23	Tue	2:30 - 3:30 pm	\$35	16 & Up
3/8 - 3/29	Tue	2:30 - 3:30 pm	\$35	16 & Up
4/5 - 4/26	Tue	2:30 - 3:30 pm	\$35	16 & Up
5/3 - 5/24	Tue	2:30 - 3:30 pm	\$35	16 & Up

Advanced

DATES	DAY	TIME	FEE	AGES
1/5 - 1/26	Tue	3:30 - 4:30 pm	\$35	16 & Up
2/2 - 2/23	Tue	3:30 - 4:30 pm	\$35	16 & Up
3/8 - 3/29	Tue	3:30 - 4:30 pm	\$35	16 & Up
4/5 - 4/26	Tue	3:30 - 4:30 pm	\$35	16 & Up
5/3 - 5/24	Tue	3:30 - 4:30 pm	\$35	16 & Up

Gymnastics

360 Gymnastics Academy
22355 Powhatan Road, Suite C-1, Apple Valley

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 second day of class and paid directly to 360 Gymnastics, in cash.

Baby Bears Gymnastics

Mommy and Me Gymnastics is a child/parent interactive program that stimulates your child's athletic ability. Register in advance at Town Hall.

DATES	DAY	TIME	FEE	AGES
1/4 - 1/25	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
1/6 - 1/27	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
2/1 - 2/29	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
2/3 - 2/24	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
3/9 - 3/28	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
3/2 - 3/30	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
4/4 - 4/25	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
4/6 - 4/27	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
5/2 - 5/23	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
5/4 - 5/25	Wed	3:00 - 3:30 pm	\$37	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. No class on 2/16 & 4/25.

DATES	DAY	TIME	FEE	AGES
1/4 - 1/25	Mon	4:15 - 5:30 pm	\$52	6 - 12
1/9 - 1/30	Sat	11:30 - 12:45 pm	\$52	6 - 12
2/1 - 2/29	Mon	4:15 - 5:30 pm	\$52	6 - 12
2/6 - 2/27	Sat	11:30 - 12:45 pm	\$52	6 - 12
3/7 - 3/28	Mon	4:15 - 5:30 pm	\$52	6 - 12
3/5 - 3/26	Sat	11:30 - 12:45 pm	\$52	6 - 12
4/4 - 4/25	Mon	4:15 - 5:30 pm	\$52	6 - 12
4/2 - 4/30	Sat	11:30 - 12:45 pm	\$52	6 - 12
5/2 - 5/23	Mon	4:15 - 5:30 pm	\$52	6 - 12
5/9 - 5/28	Sat	11:30 - 12:45 pm	\$52	6 - 12



Gym Bears Gymnastics

This class is designed to introduce young children to the fundamentals of gymnastics. Register in advance at Town Hall.

DATES	DAY	TIME	FEE	AGES
1/4 - 1/25	Mon	3:30 - 4:15 pm	\$42	4 - 6
1/9 - 1/30	Sat	10:30 - 11:15 am	\$42	4 - 6
2/1 - 2/29	Mon	3:30 - 4:15 pm	\$42	4 - 6
2/6 - 2/27	Sat	10:30 - 11:15 am	\$42	4 - 6
3/7 - 3/28	Mon	3:30 - 4:15 pm	\$42	4 - 6
3/5 - 3/26	Sat	10:30 - 11:15 am	\$42	4 - 6
4/4 - 4/25	Mon	3:30 - 4:15 pm	\$42	4 - 6
4/2 - 4/30	Sat	10:30 - 11:15 am	\$42	4 - 6
5/2 - 5/23	Mon	3:30 - 4:15 pm	\$42	4 - 6
5/7 - 5/28	Sat	10:30 - 11:15 am	\$42	4 - 6

Preschool Tap & Ballet

James Woody Community Center Mini-Gym

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. No class 3/29, 3/31, 5/31. Students will be working towards their very own recital, to be held on Saturday, May 28th! This is a PRIORITY REGISTRATION class. See page 8 for more information Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
1/5 - 1/28	Tue or Th	5:15 - 6:00 pm 5:00 - 5:45 pm	\$35	2 - 6
2/2 - 2/25	Tue or Th	5:15 - 6:00 pm 5:00 - 5:45 pm	\$35	2 - 6
3/1 - 3/24	Tue or Th	5:15 - 6:00 pm 5:00 - 5:45 pm	\$35	2 - 6
4/5 - 4/28	Tue or Th	5:15 - 6:00 pm 5:00 - 5:45 pm	\$35	2 - 6
5/3 - 5/26	Tue or Th	5:15 - 6:00 pm 5:00 - 5:45 pm	\$35	2 - 6



Tap and Ballet

James Woody Community Center Mini-Gym

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. No class 3/29 and 5/31. Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
1/5 - 1/26	Tue	6:10 - 7:00 pm	\$35	7 - 12
2/2 - 2/23	Tue	6:10 - 7:00 pm	\$35	7 - 12
3/1 - 3/22	Tue	6:10 - 7:00 pm	\$35	7 - 12
4/5 - 4/26	Tue	6:10 - 7:00 pm	\$35	7 - 12
5/3 - 5/24	Tue	6:10 - 7:00 pm	\$35	7 - 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
1/7 - 1/28	Th	6:15 - 7:00 pm	\$38	6 - 12
2/4 - 2/25	Th	6:15 - 7:00 pm	\$38	6 - 12
3/3 - 3/24	Th	6:15 - 7:00 pm	\$38	6 - 12
4/7 - 4/28	Th	6:15 - 7:00 pm	\$38	6 - 12
5/5 - 5/26	Th	6:15 - 7:00 pm	\$38	6 - 12

Pom Pom

James Woody Community Center Auditorium

Learn how to move with the music with Pom Poms. If you are over 6 years old you can even march in the Disneyland parade. Come make friends and have fun! Pom poms can be purchased from the instructor for \$22. Instructor: Shari Taylor

DATES	DAY	TIME	FEE	AGES
1/7 - 1/28	Th	7:00 - 7:45 pm	\$38	6 - 12
2/4 - 2/25	Th	7:00 - 7:45 pm	\$38	6 - 12
3/3 - 3/24	Th	7:00 - 7:45 pm	\$38	6 - 12
4/7 - 4/28	Th	7:00 - 7:45 pm	\$38	6 - 12
5/5 - 5/26	Th	7:00 - 7:45 pm	\$38	6 - 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. No class 3/29 and 5/31. Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
1/5 - 1/26	Tue	4:10 - 5:00 pm	\$35	5 - 12
2/2 - 2/23	Tue	4:10 - 5:00 pm	\$35	5 - 12
3/1 - 3/22	Tue	4:10 - 5:00 pm	\$35	5 - 12
4/5 - 4/26	Tue	4:10 - 5:00 pm	\$35	5 - 12
5/3 - 5/24	Tue	4:10 - 5:00 pm	\$35	5 - 12

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

Happy Tails Dog Park

Happy Tails Dog Park is located on the eastern-most edge of Civic Center Park across the sidewalk from the retention basin and east of the Amphitheater. The park consists of two separately fenced sections for dogs based on weight class. One area is dedicated to dogs 25 pounds and under; the other is dedicated to dogs greater than 25 pounds. Each section has benches, a drinking fountain with a dog fountain and doggie waste clean-up stations. In total, the dogs now have two acres just for their use.

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
1/30 - 3/12	Sat	9:00 - 10:00 am	\$99/7 weeks	14 & Up

Spring Camp at The Animal Shelter

Town of Apple Valley Animal Services 22131 Powhatan Road

Students ages 10 to 18 can spend their spring break at the Town of Apple Valley Municipal Animal Shelter. Participants will experience live animal encounters, learn basic animal grooming techniques, take pet health care classes, meet some new friends, play some games, do arts & crafts and participate in some fun community service. Call Animal Services at (760) 240-7000 ext 7060 or visit AppleValleyEvents.org for more information.

DATES	DAY	TIME	FEE	AGES
3/29 - 4/2	Tu - Sat	9:00 - 4:00 pm	\$65	10 - 18

Pet Vaccination Clinic

Town of Apple Valley Animal Services 22131 Powhatan Road

To help maintain the health of our pets, all dogs four months of age or older must have their rabies vaccination and 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. Call Animal Services at (760) 240-7000 ext 7060 or visit AppleValleyEvents.org for more information.

DATES	DAY	TIME	FEE	AGES
2/10	Wed	5:00 - 7:00 pm	See above	All Ages
4/6	Wed	5:00 - 7:00 pm	See above	All Ages

Cruisin' Fur Critters Run

Town of Apple Valley Animal Services 22131 Powhatan Road

Help benefit our furry friends at the Apple Valley Animal Shelter. Enjoy a ride on your bike or in your car from the Animal Shelter to different fun locations in the High Desert! Fee includes one event card, lunch, T-shirt and ride pin for pre-registrants. Pre-registration available through April 22. Raffles, live music, high-hand prize and a fun time! Call Animal Services at (760) 240-7000 ext 7060 or visit AppleValleyEvents.org for more information.

DATES	DAY	TIME	FEE	AGES
5/21	Sat	Registration is 8:30 - 9:00 am	\$20/1st rider \$15/passenger	All Ages

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 second day of class and paid to the instructor. Please bring a healthy snack. No "pull-ups"- children must be potty-trained. No class 1/18, 2/8, 2/15, 3/28 - 3/31. This is a PRIORITY REGISTRATION class. See page 8 for more information. Instructor: Ann Davis

DATES	DAY	TIME	FEE	AGES
1/4 - 1/28	M/Th	8:30 - 10:30 am	\$61.73	3 - 4 ^{1/2}
2/1 - 2/29	M/Th	8:30 - 10:30 am	\$61.73	3 - 4 ^{1/2}
3/3 - 3/24	M/Th	8:30 - 10:30 am	\$61.73	3 - 4 ^{1/2}
4/4 - 4/28	M/Th	8:30 - 10:30 am	\$70	3 - 4 ^{1/2}
5/2 - 5/26	M/Th	8:30 - 10:30 am	\$70	3 - 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. No class 1/18, 2/8, 2/15, 3/28 - 3/31. This is a PRIORITY REGISTRATION class. See page 8 for more information. Instructor: Ann Davis

DATES	DAY	TIME	FEE	AGES
1/4 - 1/28	M/Th	11:00 - 12:15 pm	\$44.23	1 ^{1/2} - 4
2/1 - 2/29	M/Th	11:00 - 12:15 pm	\$44.23	1 ^{1/2} - 4
3/3 - 3/24	M/Th	11:00 - 12:15 pm	\$44.23	1 ^{1/2} - 4
4/4 - 4/28	M/Th	11:00 - 12:15 pm	\$50	1 ^{1/2} - 4
5/2 - 5/26	M/Th	11:00 - 12:15 pm	\$50	1 ^{1/2} - 4

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 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
Jan - May	Tue	8:30 - 10:00 am	See above	Under 4

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 second 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 3/28 - 4/1. This is a PRIORITY REGISTRATION class. See page 8 for more information

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
1/6 - 1/29	W/F	8:30 - 11:00 am	\$70	3
2/3 - 2/26	W/F	8:30 - 11:00 am	\$70	3
3/2 - 3/25	W/F	8:30 - 11:00 am	\$70	3
4/6 - 5/29	W/F	8:30 - 11:00 am	\$70	3
5/4 - 5/27	W/F	8:30 - 11:00 am	\$70	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
1/5 - 1/28	Tu/Th	8:30 - 11:00 am	\$70	4
2/2 - 2/25	Tu/Th	8:30 - 11:00 am	\$70	4
3/1 - 3/24	Tu/Th	8:30 - 11:00 am	\$70	4
4/5 - 4/28	Tu/Th	8:30 - 11:00 am	\$70	4
5/3 - 5/26	Tu/Th	8:30 - 11:00 am	\$70	4

Special Events

Weight Loss Workshop

Civic Center Park

Learn how to lose weight (and KEEP IT OFF) without FADS, pills or surgery. Join us for this fun and informative presentation from Cooper Training Systems where you'll learn key principles for healthy weight loss & scientific method to finally reach your ultimate goal weight. Register by 12/18 or 3/30.

DATES	DAY	TIME	FEE	AGES
1/4	M	5:00 - 6:00 pm	FREE	16 & Up
4/4	M	5:00 - 6:00 pm	FREE	16 & Up

The Heart Games

Apple Valley Conference Center

The 5th Annual Heart Games is approaching! What is the Heart Games? It is a family friendly Olympic style event. Teams of 3-5 will compete in 10 heart healthy checkpoints, with a race to the finish line. Teams are encouraged to dress outrageous and show their team spirit! 50 bonus points will be awarded to each team who dresses in spirit clothes. Call your friends and family and get a team together, you don't want to miss out on participating in this fun event! Must pre register by February 11th. For more information call Lena Quinonez at (760) 240-7000 ext 7883.

DATES	DAY	TIME	FEE	AGES
2/27	Sat	8:30 - 12:00 pm	\$10/person	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 is encouraged before 4/2. Call (760) 240-7000 ext 7071 or visit AppleValleyEvents.org to register in advance.

DATES	DAY	TIME	FEE	AGES
4/16	Sat	8:30 am - 12:00 pm	FREE	All Ages

Concerts in The Courtyard

Apple Valley Commons Courtyard

Connect with friends, family and neighbors with live music at The Courtyard at Apple Valley Commons. The beautiful outdoor dining area is located at the northwest corner of Highway 18 and Dale Evans Parkway, next to Round Table Pizza. Call (760) 240-7000 ext. 7071 for more information or visit AppleValleyEvents.org.

DATES	TIME	FEE	AGES
Every Thursday in May	6 - 8 pm	FREE	All Ages

Rockin' Flea Market

Lion's Park

Rock and roll and shop 'til you drop! Our community flea market plays host to individuals, non-profit, church and civic groups to sell rummage items. Live music and food vendors will make your shopping a unique experience. For more information call (760) 240-7000 ext 7000 or 7071 or visit AppleValleyEvents.org

Vendor space is \$20 or \$10 for non-profits.

DATES	DAY	TIME	FEE	AGES
5/14	Sat	8 - 1 pm	FREE	All Ages

Rec Fair

Apple Valley Conference Center

Come meet the Recreation Department at the First Annual Rec Fair! Learn about classes, camps, sports and aquatics all in one place! Talk one on one with instructors, see live performances and register for summer programs! The first Annual Rec Fair will introduce you and your family to the wonderful world of Recreation and all that we have to offer in the Town of Apple Valley. This will also be the first day to register for the 2016/2017 A.S.A.P school year. See page 9 for more information.

DATES	TIME	FEE	AGES
5/21	8:00 - 11:00 am	FREE	All Ages

Healthy Apple Valley is proud to be a collection site for used eye glasses. Drop your used eye glasses off at the Recreation Counter anytime of the year. All used eye glasses are donated to the Gift of Sight program through the Lions Club.

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 to be determined. Event may be cancelled due to weather.

DATES	DAY	TIME	FEE	AGES
5/27	Fri	Movie starts @ dusk	FREE	All Ages

Father & Son Basketball Tournament

James Woody Community Center Gym

Dad, bring your son and hoop it up at our 8th Annual 2-on-2 Father and Son Tournament. Teams are guaranteed a minimum of two games. Awards will be given to the top three teams in each division. Registration deadline is 6/2.

DATES	DAY	TIME	FEE	AGES
6/12	Sun	8:00 - 1:00 pm	\$35/team	10 - 15

Apple Valley Fire Protection District Winter Weather Safety Tips

- Make sure any necessary home repairs are complete
- Determine the areas on your property that may have flooded in the past. If needed utilize sandbags for those areas. Sand bags and sand are available to Apple Valley residents (limit 10) at Station 331 located at 22400 Headquarters Drive, Monday - Friday 8:00 am to 5:00 pm. Please remember to bring your own shovel.
- Make sure your car's tires have proper tread and windshield wipers are in proper working order.
- Never drive around marked flood barricades or into flood waters.
- Cars can be swept away in as little as 18-24 inches of moving water.
- Never attempt to walk or wade through flowing water. As little as 6 inches of water can sweep you off your feet causing a potentially life threatening situation.
- If you find yourself in a situation in which you need help, call 911 immediately.



Always remember...When Flooded Turn Around Don't Drown®

www.applevalleyfd.com



Teen Art Festival

Saturday April 23

What:

A showcase of artwork from teens throughout the High Desert in the categories of drawing, painting, sculpture, photography, digital art and mixed media.

Who:

Students ages 13-18 may enter artwork.
Viewing the artwork is open to the public and is FREE.

Where:

Town of Apple Valley Council Chamber
14955 Dale Evans Parkway



Deadline for entries is April 5, 2016 by 5 p.m.

- This event is sponsored by The Friends of the Apple Valley Library
- Entry forms may be picked up at the Town Hall Recreation counter, starting 1/4/16
- Call Alicia Dannelley at (760) 240-7000 ext 7891 for more information

9th Annual

Easter Eggstravaganza

Saturday, March 26, 2016
James Woody Community Center
13467 Navajo Rd



5k/10k Bunny Run

Check in at 7:00 am, Race Starts 8:00 am
Pre-register by 3/24 at \$17, \$20 day of race
Finisher's medal for all paid participants
Starts on Baseball field 8

Karen Frazier Easter Egg Hunt

Sponsored by AV Optimist Club #15017

Starts promptly at 9:30am
Children under 10
Baseball fields 1 & 3



Games and Entertainment: 9:00-12:00pm

\$5 wristband good for unlimited games & bouncers
On stage performances!
Face Painting, food, vendors, and more!



5K Walk & 5K/10K Run
Saturday, March 26, 2016

Bunny Run

Check in at 7 a.m.
Race starts at 8 a.m.
James Woody Community Center Park
on field 8 (off Ottawa Road)

Kick off the spring season in the Town of Apple Valley by running (or hopping!) in our annual Bunny Run. Separate awards for men, women and children in different age divisions. A signed liability waiver is required for all participants. Pre-register by March 24, 2016 at \$18.



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 March 24 @ 4 pm • \$20 after March 24 • 5K Walk FREE

I Wish to Enter the Following: 5K Run 10K Run 5K Walk

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 _____

Special Use Facilities

Facilities include 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.



Get fit at Civic Center Park

Six fitness stations are now available for use at Civic Center Park thanks to the Kaiser Permanente Community Benefit Grant Program and the fund-raising efforts of the Healthy Apple Valley Coalition. The stations include a cardio stepper, pull-up/dip bar, ab crunch/leg lift, bench press and Tai Chi wheels.



Fitness stations are available for use from dawn to dusk. Must be 13 and over to use the equipment. Call (760) 240-7880 for more information or to report damage to any of the equipment.

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!



**BEST OF
THE DESERT
2015**
Annual Reader's Choice Poll

Sports - Adult

Spring 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. All teams play in single elimination playoff tournament. Only 8 teams will be accepted. Registration deadline is 2/18.

DATES	DAY	TIME	FEE	AGES
3/6	Sun	5:00 - 9:00 pm	\$365/team	18 & Up



Adult Softball and Basketball Officials Needed

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

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.

Spring Co-Ed Softball League

Lenny Brewster Sports Center

Spring is 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 2/18. 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
3/4	Fri	6:00 - 10:45 pm	\$355/team	18 & Up

Adult Tennis Lessons

Apple Valley Golf Course tennis courts

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. Instructor: Bill Mocharnuk

DATES	DAY	TIME	FEE	AGES
1/9 - 1/30	Sat	10:00 - 11:00 am	\$33	18 & Up
2/6 - 2/27	Sat	10:00 - 11:00 am	\$33	18 & Up
3/5 - 3/26	Sat	10:00 - 11:00 am	\$33	18 & Up
4/2 - 4/23	Sat	10:00 - 11:00 am	\$33	18 & Up
5/7 - 5/28	Sat	10:00 - 11:00 am	\$33	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 one week prior to start of each monthly class. Register at Town Hall.

Instructor: Gary Matteson

DATES	DAY	TIME	FEE	AGES
1/9 - 1/30	Sat	11:00 - 12:00 pm	\$65	13 & Up
2/6 - 2/27	Sat	11:00 - 12:00 pm	\$65	13 & Up
3/5 - 3/26	Sat	11:00 - 12:00 pm	\$65	13 & Up
4/2 - 4/23	Sat	11:00 - 12:00 pm	\$65	13 & Up
5/7 - 5/28	Sat	11:00 - 12:00 pm	\$65	13 & Up

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
1/9 - 1/30	Sat	8:00 - 8:30 am	\$30	3 - 5
2/6 - 2/27	Sat	8:00 - 8:30 am	\$30	3 - 5
3/5 - 3/26	Sat	8:00 - 8:30 am	\$30	3 - 5
4/2 - 4/23	Sat	8:00 - 8:30 am	\$30	3 - 5
5/7 - 5/28	Sat	8:00 - 8:30 am	\$30	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
02/13 - 03/19	Sat	9:00 - 9:50 am	\$46	3 - 4
02/13 - 03/19	Sat	10:00 - 10:50 am	\$46	4 1/2 - 5
02/24 - 03/30	Wed	4:30 - 5:30 pm	\$46	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 5/12.

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

DATES	DAY	TIME	FEE	AGES
starts 6/4	Sat	Mornings	\$46	3 - 4 (PW)
starts 6/4	Sat	Mornings	\$46	5 - 6 (HS)

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. All participants will receive a participation medal. Must register by 4/14/16.

DATES	DAY	TIME	FEE	AGES
4/23	Sat	9:00 - 11:00 am	\$5	3 - 5

Pee Wee T-Ball

James Woody Community Center Retention Basin

It's fun! It's exciting! It's downright cute! Join us for a fun, non-competitive introduction to T-Ball. Fundamental skills and good sportsmanship will be emphasized. 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 3/24.

DATES	DAY	TIME	FEE	AGES
4/9 - 5/14	Sat	Mornings	\$46	3 - 4
4/12 - 5/17	Tue	5:00 - 6:00 pm	\$46	3 - 4



Annual Tri-Star Basketball Skills Test

James Woody Community Center Gym

Proudly sponsored by the Apple Valley Optimist Club, this is a special feature of the youth basketball season. Girls and boys compete in dribbling, shooting and passing contests. Winners receive awards and can advance to higher levels of competition.

DATES	DAY	TIME	FEE	AGES
2/23	Tue	6:00 - 8:00 pm	FREE	8 - 13

Youth Co-Ed Volleyball

James Woody Community Center Gym

Our non-competitive volleyball league is perfect for those wanting to experience the sport for the first time or those experienced players who want to sharpen their skills. Practice is one hour per week and one game per week. Volunteer officials and coaches are needed. Deadline to register is 3/9. Grades 6th - 8th. Practice starts the week of 3/21. Games start the week of 4/4.

DATES	DAY	TIME	FEE	GRADES
starts week of 3/21	TBD	TBD	\$57	6 - 8

Apple Valley Track Meet

Newton T. Bass Stadium at Apple Valley High School
11837 Navajo Road

Break out those running shoes and come take part in this free event! Events include the 50M, 100M, 200M, 800M and 1600M runs, a softball throw and standing long jump. There will also be an exciting 400M school relay race to conclude the event. Call (760) 240-7880 for more information. Pre-register at the Recreation counter at Town Hall before 4/2. There will be no late or on-site registrations.

DATES	DAY	TIME	FEE	GRADES
4/30	Sat	8:00 am - 2:00 pm	FREE	3rd - 8th



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. Instructor: Bill Mocharnuk

Beginning 8:30 - 9:15 am

Intermediate/Advance 9:15 - 10 am

DATES	DAY	TIME	FEE	AGES
1/9 - 1/30	Sat	See above	\$30	6 - 17
2/6 - 2/27	Sat	See above	\$30	6 - 17
3/5 - 4/26	Sat	See above	\$30	6 - 17
4/2 - 4/23	Sat	See above	\$30	6 - 17
5/7 - 5/28	Sat	See above	\$30	6 - 17

Summer Youth Basketball

James Woody Community Center Gym

Maintain those skills over the summer! This program will emphasize sportsmanship, learning basic skills, teamwork and fun. All girls and boys entering grades 2 - 12 are invited to play. Practice (1 hour per week) will begin in May. Fee includes 8-week season, game jersey, officials, scorekeepers and gym costs. Volunteer coaches are needed. Registration deadline is 5/5. Space is limited so sign up early!

Tuesday or Thursday practices start the week of 5/23

Games played on Saturday start on 6/4

DATES	DAY	TIME	FEE	GRADES
starts 6/4	Sat	Games between 8:00 am - 5:00 pm	\$57	Entering 2 - 12

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 counter. This is a year round program and must attend a volunteer orientation before participating. The program is limited to 45 participants, so you may be placed on a waiting list.

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



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.

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.



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, call (760) 961-0754 or 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





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
1/9	Sat	6:00 - 8:00 pm	\$3	5 & up
5/14	Sat	6:00 - 8:00 pm	\$3	5 & up

Special Apples Music & Movement

Town Hall Recreation Center

Join us for this brand new activity! We will learn fun dance moves, play with a parachute and even use musical instruments to create our own rhythms. Be ready to have a ton of fun!

DATES	DAY	TIME	FEE	AGES
4/9	Sat	9:00 - 11:00 am	\$3	5 & up

Special Apples Valentine's Dance

Apple Valley Conference Center

Bring the whole family to an evening of fun at the Valentine's Dance! Dress to impress. Prizes for games and a dance contest. Hope to see you there! Potluck - bring your favorite snack to share.

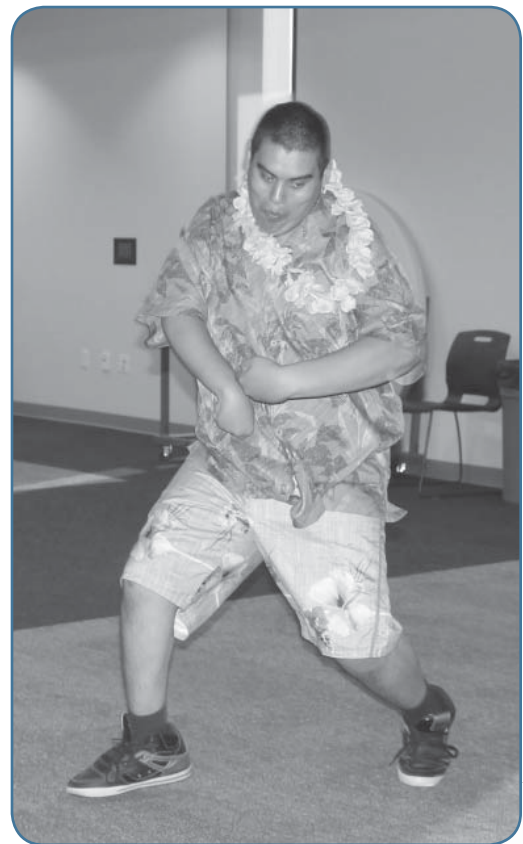
DATES	DAY	TIME	FEE	AGES
2/13	Sat	6:00 - 8:00 pm	\$5	5 & up

Special Apples Craft & Social

Town Hall Recreation Center

Join us for a morning of Easter egg coloring, Easter crafts and board games! All participants will have an opportunity to color Easter eggs and create a fun craft to take with them. Wear old clothes because we might get dirty! We will end the morning with Bingo for prizes!

DATES	DAY	TIME	FEE	AGES
3/12	Sat	9:00 - 11:00 am	\$5	5 & up





ServSafe Manager Food Certification

Town Hall Recreation Center

Looking to move up in the food service industry? I'm offering fun food safety classes and test to help you become certified! Class will cover the importance of personal hygiene, food safety, time/temperature control, preventing cross-contamination, receiving/storing food, methods of thawing, cooking and reheating food and more. We will also cover HACCP (Hazard Analysis and Critical Control Points) and food safety regulations. Pre-registration required by 1/11, 3/14 and 5/2. Instructor: Kelli Valencia

DATES	DAY	TIME	FEE	AGES
1/23	Sat	9:00 - 6:00 pm	\$200	16 & Up
3/26	Sat	9:00 - 6:00 pm	\$200	16 & Up
5/14	Sat	9:00 - 6:00 pm	\$200	16 & Up

Share your pictures with us at
#avrecreation



Instagram

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 combined fee will be discounted to \$85.

Instructor: Andy Shoup

DATES	DAY	TIME	FEE	AGES
1/9	Sat	1:30 - 3:30 pm	\$55	12 & Up
2/6	Sat	1:30 - 3:30 pm	\$55	12 & Up
3/19	Sat	1:30 - 3:30 pm	\$55	12 & Up
4/9	Sat	1:30 - 3:30 pm	\$55	12 & Up
5/14	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 combined fee will be discounted to \$85. Instructor: Andy Shoup

DATES	DAY	TIME	FEE	AGES
1/9	Sat	9:00 am - 12:30 pm	\$55	12 & Up
2/6	Sat	9:00 am - 12:30 pm	\$55	12 & Up
3/19	Sat	9:00 am - 12:30 pm	\$55	12 & Up
4/9	Sat	9:00 am - 12:30 pm	\$55	12 & Up
5/14	Sat	9:00 am - 12:30 pm	\$55	12 & Up



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.....	• 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 • 800-400-4475
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
V.V. Humane Society.....	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.....	mrva.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.....	• 760-954-7207

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 - 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 MasterCard).

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: _____ Home Phone: _____
First & Last Name _____ Cell Phone: _____
Address: _____ City: _____ Zip: _____

Participant's First & Last Name	D.O.B.	Class Name	Start Date	Fee	Total Amount

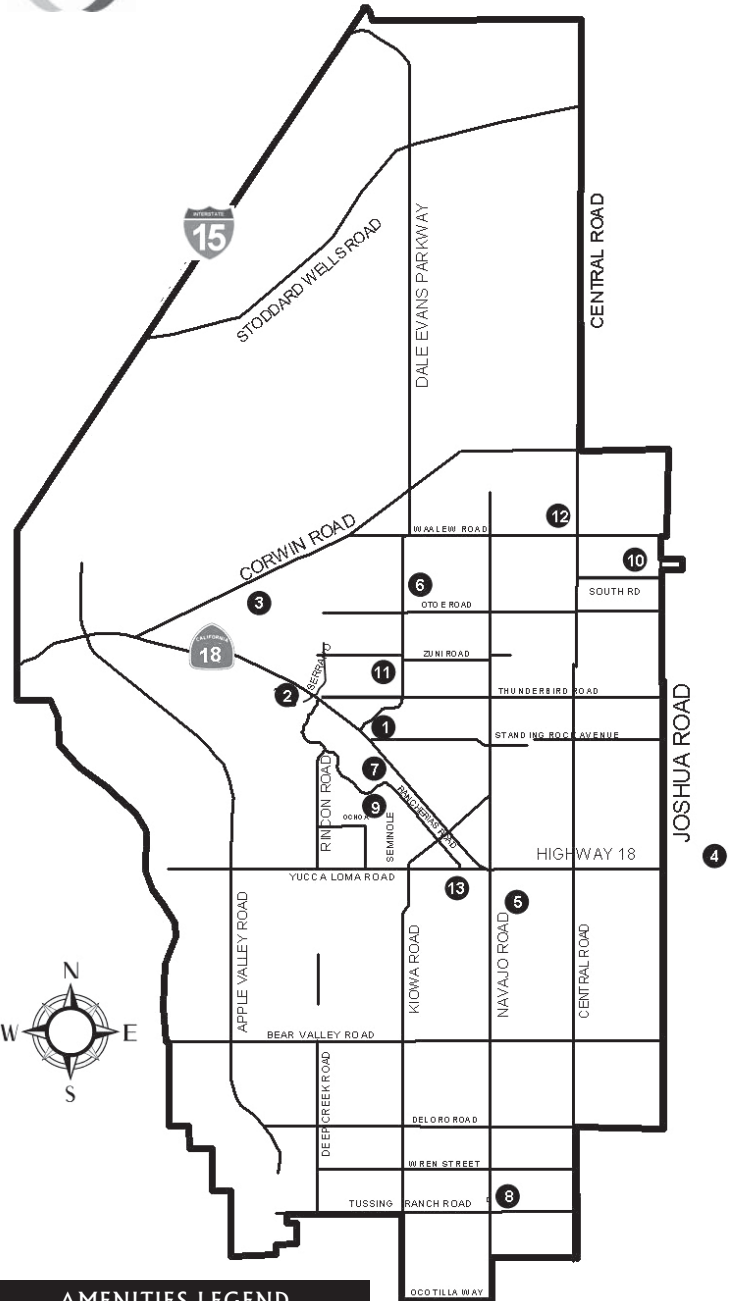
Release of Liability

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 _____



APPLE VALLEY Facilities & Parks



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

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

For Your Special Day



Baby Shower

Graduations

Town Hall
Recreation Center

CAPACITY:

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



Weddings

Birthday Party

Apple Valley
Conference Center

CAPACITY:

Dancing & Dining for 40-200 People. Assembly style seating for 300 People. Features include Audio/Visual equipment, covered patio area, large lobby and catering kitchen.



Quinceañera

Bridal Showers

James Woody
Community Center

CAPACITY:

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



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

Teen Art Festival



Saturday, April 23, 2016, 11am-2pm

Town Hall– Council Chambers


Students, ages 13-18 years may enter artwork accompanied by a registration form.

Deadline for entries is April 6 by 5 pm.

Call 760-240-7880 for more information.

Apple Valley Parks & Rec Winter/Spring 2016

Apple Valley Youth Track Meet



Register at:
Town Hall Recreation Center
 14955 Dale Evans Parkway
 Apple Valley, CA 92307

Grades 3 - 8
April 30, 2016

Location
 Newton T Bass Stadium,
 Apple Valley High School

Free Event
 No late or on site registrations
 Registration deadline is April 2.

For more info:
AVrecreation.org

50M, 100M, 200M, 800M and 1600M runs, a softball throw and standing long jump. We will also have an exciting 400M school relay race.

Prizes!

Rec Fair

Free Event

Come check out all the fun and exciting things happening this summer with your Recreation Department!

Classes

Camps

Sports

Aquatics

2016/2017
ASAP
Registration
Day

May 21, 2016 ~ 8 - 11 am ~ All Ages

Apple Valley Conference Center