

Fall Recreation Guide



Fall 2016

Recreation Activities Guide

TOWN OF APPLE VALLEY PARK AND RECREATION DEPARTMENT

TOWN COUNCIL

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

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

PARKS AND RECREATION COMMISSION

Patrick Doran	Chairman
Richard Cambridge	Commissioner
Jiles Smith	Commissioner
Valerie Smith	Commissioner
Donald Tatera	Vice Chairman

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
Debbie Rivera	Admin Secretary
Lena Quinonez	Rec Supervisor
Andy Shoup	Rec Supervisor
Elizabeth Fratt	Rec Assistant
Jonathan Settle	Rec Assistant
Christine McCaffrey	Sr Office Asst
Tashina Miniszewski	Office Asst

IN THIS ISSUE.....

Aquatics 3



Arts 5

ASAP 7

Fitness 8



Gymnastics & Dance 14

Healthy Apple Valley 13

Pet's Corner 14



Preschool 15

Special Events 16

Special Use Facilities 19

Sponsors & Volunteers 20



Reverse Triathlon 21



Turkey Run 22

Sports - Adult 23

Sports - Youth 24

Teens 26



Therapeutic Recreation 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
9/5, 10/10, 11/11,
11/24, 12/23 - 1/1

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





The Aquatic Center will be closed on Thursday, November 24th and again from Saturday, December 24th through Sunday, January 1st for the holidays. We will re-open bright and early on Monday, January 2nd, 2017!

Lap Swim Fees

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:	May - September	October - April
Unlimited (for 1 month only)	\$68	\$75
30 visit	\$92	\$115
15 visit	\$48	\$60
5 visit	\$18	\$23
Daily	\$4	\$5

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 9/24 & 11/24. The pool will be closed 12/24 - 1/1.**

DATES	DAY	TIME	FEE	AGES
8/29 - 12/23	M/W/F	5:30 - 9:00 am	See Lap Swim Fees	10 & Up
8/30 - 12/22	Tu/Th/Sa	7:30 - 9:00 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. Schedule is subject to change. **The pool will be closed 12/24 - 1/1.**

DATES	DAY	TIME	FEE	AGES
8/29 - 12/23	M/W/F	12:00 - 1:30 pm	See Lap Swim Fees	10 & Up

Private Swim Lessons

Enjoy 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! Lessons are offered in 30 minute increments, Monday - Friday or Mon/Wed/Fri for 2 weeks.

Cost:

Monday - Friday (5 hours) \$97/person
Mon/Wed/Fri (3 hours) \$66/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.

Cost:

Monday - Friday (5 hours) \$60/2 children
\$55/3 children
\$50/4 children

Mon/Wed/Fri (3 hours) \$38/2 children
\$35/3 children
\$31/4 children

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!

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

DATES	DAY	TIME	FEE	AGES
9/1 - 9/30	M-F	5:30 - 6:30 pm	See Above	5 - 17
10/3 - 10/31	M-F	5:30 - 6:30 pm	See Above	5 - 17
11/1 - 11/30	M-F	5:30 - 6:30 pm	See Above	5 - 17
12/1 - 12/23	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

Try one class for just \$7

DATES	DAY	TIME	FEE	AGES
9/2 - 9/30	M/W/F	8:00 - 9:00 am	\$36	16 & up
10/3 - 10/31	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 in December.**

Instructor: Pam Adams

Try one class for just \$7

DATES	DAY	TIME	FEE	AGES
9/1 - 9/29	T/Th/Sat	8:00 - 9:00 am	\$36	15 & up
10/1 - 10/29	T/Th/Sat	8:00 - 9:00 am	\$40	15 & up
11/3 - 11/29	T/Th/Sat	8:00 - 9:00 am	\$40	15 & up

Beginning Acting Class

James Woody Community Center Auditorium

If you have ever wanted to be in a play, here's your chance! Join us as we learn stage directions/fundamentals, characterization and play acting games while we rehearse a beloved Christmas Classic, "A Christmas Carol". This is a 5 month rehearsal class with a performance in December. A one time fee of \$35 for materials is due, in cash, on the first day of class.

Instructor: Melanie Myers

DATES	DAY	TIME	FEE	AGES
9/7 - 9/28	Wed	4:30 - 5:30 pm	\$37	6 - 12
10/5 - 10/26	Wed	4:30 - 5:30 pm	\$37	6 - 12
11/2 - 11/30	Wed	4:30 - 5:30 pm	\$37	6 - 12
12/7 - 12/21	Wed	4:30 - 5:30 pm	\$37	6 - 12



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
9/5 - 9/26	Mon	5:45 - 6:45 pm	\$57	8 & Up
10/3 - 10/24	Mon	5:45 - 6:45 pm	\$57	8 & Up
11/7 - 11/28	Mon	5:45 - 6:45 pm	\$57	8 & Up
12/5 - 12/19	Mon	5:45 - 6:45 pm	\$43.25	8 & Up

Advanced Acting Class

James Woody Community Center Auditorium

If you have always dreamed of Broadway, then join us as we rehearse a full length musical! You will audition, rehearse and learn proper singing and dancing techniques as well as stage fundamentals and characterization. This is a 7 month rehearsal class with a performance in February. A one time fee of \$35 for materials is due, in cash, on the first day of class.

Instructor: Melanie Myers

DATES	DAY	TIME	FEE	AGES
9/7 - 9/28	Wed	5:30 - 7:00 pm	\$37	12 - 17
10/5 - 10/26	Wed	5:30 - 7:00 pm	\$37	12 - 17
11/2 - 11/30	Wed	5:30 - 7:00 pm	\$37	12 - 17
12/7 - 12/21	Wed	5:30 - 7:00 pm	\$37	12 - 17

Share your pictures with us at
#avrecreation



Instagram

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 Lena Quinonez at (760) 240-7000, ext 7883

TIME COMMITMENT:

- * 1 - 2 hours weekly per class

Intro to Anime

Apple Valley Conference Center

Are you a fan of Japanese Anime? If so, this class is for you! Anime is the Japanese style of animation that is known for its colorful graphics and vibrant and expressive characters set in a fantasy world. Explore Anime drawing in simple steps and develop your own Anime characters and stories in this 6-week course. **\$20 materials fee is due to the instructor on the first day of class.**

DATES	DAY	TIME	FEE	AGES
9/14 - 10/19	Wed	4:00 - 4:50 pm	\$68	8 - 15

Video Game Design

Apple Valley Conference Center

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. **\$20 materials fee is due to the instructor on the first day of class.**

DATES	DAY	TIME	FEE	AGES
9/14 - 10/19	Wed	5:00 - 5:50 pm	\$68	8 - 15



Intro to Cartooning

Apple Valley Conference Center

In this unique 6-week class, you will learn the secrets of cartoon drawing and create your very own story. Students will learn to draw characters and other elements to create their own story ideas and turn them into actual cartoons. **\$20 materials fee is due to the instructor on the first day of class. No class 11/23.**

DATES	DAY	TIME	FEE	AGES
11/2 - 12/14	Wed	4:00 - 4:50 pm	\$68	8 - 15

LEGO Stop Motion

Apple Valley Conference Center

Take animation to the next level by learning how to create exciting three-dimensional stop motion animation films using LEGOS! Computers and cameras are provided for classroom use. **\$20 material fee is due to the instructor on the first day of class. No Class 11/23.**

DATES	DAY	TIME	FEE	AGES
11/2 - 12/14	Wed	5:00 - 5:50 pm	\$68	8 - 15

After School Activities Program Fun Factory

\$40/weekly registration Call (760) 240-7880 for details!

We serve the following schools

Academy for Academic Excellence
K - 5 Grade

Rio Vista Elementary School
K - 6 Grade

Sitting Bull Academy
K - 8 Grade

Vanguard Preparatory School
K - 8 Grade

Our program offers

Homework Club
Dance & Music
Cooking
Arts & Crafts
Afternoon Snack



Day Camp - Game Show Style!

Grades K - 5

Town Hall Recreation Center

You're the next contestant at the Fall Day Camp, come on down for a good time! Contestants will have the opportunity to play games, participate in skits and win prizes. Let their creativity run wild as they create and host their own game shows too! Please pack a morning snack and lunch for your camper.

\$97/full time \$50/half days \$58/3 days

DATES	DAY	TIME
10/10 - 10/14	Mon - Fri	7 am - 6:15 pm

Science Day Camp

Grades K - 5

Town Hall Recreation Center

Send your campers to us for a week of fun and experiments! Campers will learn new things while experimenting with science! They will have an opportunity to touch slime, create a volcano and play with their food! Please pack a morning snack and lunch for your camper.

\$97/full time \$50/half days \$58/3 days

DATES	DAY	TIME
12/19 - 12/23	Mon - Fri	7:00 am - 6:15 pm
12/26 - 12/30	Mon - Fri	7:00 am - 6:15 pm

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 9/5, 10/10, 11/11.**

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	14 & Up
10/3 - 10/31	M/W/F	11:00 -12:00pm	\$35/\$45	14& Up
11/2 - 11/30	M/W/F	11:00 -12:00pm	\$35/\$45	14 & Up
12/2 - 12/23	M/W/F	11:00 -12:00pm	\$30.88 \$41.42	14 & 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: Gellen Fitness

DATES	DAY	TIME	FEE	AGES
9/7 - 9/28	M/W	5:00 - 5:30 pm	\$39.63	4 - 6
10/3 - 10/31	M/W	5:00 - 5:30 pm	\$45	4 - 6
11/2 - 11/30	M/W	5:00 - 5:30 pm	\$45	4 - 6
12/5 - 12/21	M/W	5:00 - 5:30 pm	\$34.25	4 - 6



Yoga Fit

Apple Valley Conference 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. This is a priority registration class. See page 16 for more information. **No class 9/5, 10/10**

Instructor: Mary Anne Carroll

DATES	DAY	TIME	FEE	AGES
9/7 - 9/28	M/W	5:30 - 6:30 pm	\$28.25	16 & Up
10/3 - 10/31	M/W	5:30 - 6:30 pm	\$32	16 & Up
11/2 - 11/30	M/W	5:30 - 6:30 pm	\$32	16 & Up
12/5 - 12/21	M/W	5:30 - 6:30 pm	\$24.50	16 & 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 - 9/28	M/W	5:45 - 6:45 pm	\$65	7 & Up
10/3 - 10/31	M/W	5:45 - 6:45 pm	\$65	7 & Up
11/2 - 11/30	M/W	5:45 - 6:45 pm	\$65	7 & Up
12/5 - 12/21	M/W	5:45 - 6:45 pm	\$49.25	7 & Up

Intro to 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!

No class 11/24

Instructor: Craig Buchanan

DATES	DAY	TIME	FEE	AGES
9/1 - 9/29	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up
10/4 - 10/27	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up
11/1 - 11/29	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up
12/1 - 12/27	Tu/Th	5:30 - 6:30 pm	\$50	5 & Up

Intro to 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! **As needed \$10 fee for hand wraps. No class 9/5 & 10/10.**

Instructor: Craig Buchannan

DATES	DAY	TIME	FEE	AGES
9/7 - 9/28	M/W	5:30 - 6:30 pm	\$65	5 & Up
10/3 - 10/31	M/W	5:30 - 6:30 pm	\$65	5 & Up
11/2 - 11/30	M/W	5:30 - 6:30 pm	\$65	5 & Up
12/5 - 12/21	M/W	5:30 - 6:30 pm	\$49.25	5 & Up

Zumba®

Town Hall Recreation Center

Zumba Fitness is "Exercise" in disguise. Latin and World rhythms along with easy to follow moves will give you a total body workout. Not just a workout but an experience. It will strengthen you physically, uplift you emotionally, and lighten you mentally. Zero Frustration, 100% Fun and Effective. Let it move you! **No class 11/24.** Class 10/11 - 13 will be in Conference Center North.

Instructor: Jayne Raither-Faytol, Zumba instructor since 2004!

Try 1 class for only \$6

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

DATES	DAY	TIME	FEE	AGES
9/1 - 9/29	Tu/Th	5:30 - 6:30 pm	\$21-\$31	13 & Up
10/4 - 10/27	Tu/Th	5:30 - 6:30 pm	\$21-\$31	13 & Up
11/1 - 11/29	Tu/Th	5:30 - 6:30 pm	\$21-\$31	13 & Up
12/1 - 12/22	Tu/Th	5:30 - 6:30 pm	\$16.25 \$27.38	13 & 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. Class 10/11, 10/14, 12/20 & 12/23 will be held in the Conference Center North room.

Instructor: Francine Asencio

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	Tu/Fri	11:00 am - 12:00 pm	\$21/\$31	25 & Up
10/4 - 10/28	Tu/Fri	11:00 am - 12:00 pm	\$21/\$31	25 & Up
11/1 - 11/29	Tu/Fri	11:00 am - 12:00 pm	\$21/\$31	25 & Up
12/2 - 12/23	Tu/Fri	11:00 am - 12:00 pm	\$16.25 \$27.38	25 & Up

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

Gymnastics & Dance

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
9/8 - 9/29	Th	6:15 - 7:00 pm	\$35	6 - 13
10/6 - 10/27	Th	6:15 - 7:00 pm	\$35	6 - 13
11/3 - 11/17	Th	6:15 - 7:00 pm	\$26.75	6 - 13
12/1 - 12/22	Th	6:15 - 7:00 pm	\$35	6 - 13



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 9/5 & 10/10.**

Instructor: April Vincent

DATES	DAY	TIME	FEE	AGES
9/12 - 9/26	Mon	5:00 - 6:00 pm	\$23.45 - \$33.45	All
10/3 - 10/31	Mon	5:00 - 6:00 pm	\$30 - \$40	All
11/7 - 11/28	Mon	5:00 - 6:00 pm	\$30 - \$40	All
12/5 - 12/19	Mon	5:00 - 6:00 pm	\$23.45 - \$33.45	All

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 9/5, 10/10.**

Instructor: Diane Ona

DATES	DAY	TIME	FEE	AGES
9/12 - 9/26	Mon	6:15 - 7:30 pm	\$26.75	16 & Up
10/3 - 10/31	Mon	6:15 - 7:30 pm	\$35	16 & Up
11/7 - 11/28	Mon	6:15 - 7:30 pm	\$35	16 & Up
12/5 - 12/19	Mon	6:15 - 7:30 pm	\$26.75	16 & Up

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 \$20.

Instructor: Shari Taylor

DATES	DAY	TIME	FEE	AGES
9/8 - 9/29	Th	7:00 - 7:45 pm	\$35	6 - 13
10/6 - 10/27	Th	7:00 - 7:45 pm	\$35	6 - 13
11/3 - 11/17	Th	7:00 - 7:45 pm	\$26.75	6 - 13
12/1 - 12/22	Th	7:00 - 7:45 pm	\$35	6 - 13

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.

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
9/5 - 9/26	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
9/7 - 9/28	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
10/3 - 10/31	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
10/5 - 10/26	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
11/7 - 11/28	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
11/2 - 11/30	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
12/5 - 12/19	Mon	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3
12/7 - 12/21	Wed	3:00 - 3:30 pm	\$37	1 ^{1/2} - 3

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
9/5 - 9/26	Mon	3:30 - 4:15 pm	\$42	4 - 6
9/3 - 9/24	Sat	10:30 - 11:15 am	\$42	4 - 6
10/3 - 10/31	Mon	3:30 - 4:15 pm	\$42	4 - 6
10/1 - 10/29	Sat	10:30 - 11:15 am	\$42	4 - 6
11/7 - 11/28	Mon	3:30 - 4:15 pm	\$42	4 - 6
11/5 - 11/26	Sat	10:30 - 11:15 am	\$42	4 - 6
12/5 - 12/19	Mon	3:30 - 4:15 pm	\$42	4 - 6
12/3 - 12/17	Sat	10:30 - 11:15 am	\$42	4 - 6

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
9/5 - 9/26	Mon	4:15 - 5:30 pm	\$52	6 - 12
9/3 - 9/24	Sat	11:30 - 12:45 pm	\$52	6 - 12
10/3 - 10/31	Mon	4:15 - 5:30 pm	\$52	6 - 12
10/1 - 10/29	Sat	11:30 - 12:45 pm	\$52	6 - 12
11/7 - 11/28	Mon	4:15 - 5:30 pm	\$52	6 - 12
11/5 - 11/26	Sat	11:30 - 12:45 pm	\$52	6 - 12
12/5 - 12/19	Mon	4:15 - 5:30 pm	\$52	6 - 12
12/3 - 12/17	Sat	11:30 - 12:45 pm	\$52	6 - 12



Gymnastics & Dance

Tap and Ballet

James Woody Community Center A & C Room

Students will learn the fundamentals of both tap and ballet. They will strengthen their core and gain ballance, flexibility, learn musicality, timing and body awareness. They will also gain confidence and character as we learn dances to perform in their own recital.

Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
9/6 - 9/27	Tue	6:15 - 7:00 pm	\$35	7 - 12
10/4 - 10/25	Tue	6:15 - 7:00 pm	\$35	7 - 12
11/1 - 11/22	Tue	6:15 - 7:00 pm	\$35	7 - 12
11/29 - 12/20	Tue	6:15 - 7:00 pm	\$35	7 - 12



Cheer Prep

Pacific Coast Magic – High Desert;
13448 Manhasset Rd, AV

Come Cheer with the best of the coast at Pacific Coast Magic – High Desert! Cheer Prep is a course strictly for cheer leading fundamentals including stunts, jumps, dance, and tumbling. All levels, all ages, all fun! This course is non-competitive and includes performances!

Instructor: Laura McPurdy

DATES	DAY	TIME	FEE	AGES
9/7 - 9/28	Wed	5:00 - 6:00 pm	\$35	4 - 14
10/5 - 10/26	Wed	5:00 - 6:00 pm	\$35	4 - 14
11/2 - 11/23	Wed	5:00 - 6:00 pm	\$35	4 - 14
11/30 - 12/21	Wed	5:00 - 6:00 pm	\$35	4 - 14

Tiny Tot Tap & Ballet

James Woody Community Center A & C Room

Students will learn cooperation, coordination, body awareness, attention, memory, terminology, teamwork, listening skills, flexibility, strength, control and much more. Dance is a fun activity that allows students to gain an appreciation for the arts while exercising. It's a fun learning experience and the students work toward learning dances to perform in a recital. This is a priority registration class. See page 16 for more information. **No class 11/8 & 11/24**

Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
9/6 - 9/27	Tue	5:15 - 6:00 pm	\$35	2 - 6
9/1 - 9/29	Thu	5:00 - 5:45 pm	\$35	2 - 6
10/4 - 10/25	Tue	5:15 - 6:00 pm	\$35	2 - 6
10/6 - 10/27	Thu	5:00 - 5:45 pm	\$35	2 - 6
11/1 - 11/22	Tue	5:15 - 6:00 pm	\$26.75	2 - 6
11/3 - 11/17	Thu	5:00 - 5:45 pm	\$26.75	2 - 6
11/29 - 12/20	Tue	5:15 - 6:00 pm	\$35	2 - 6
12/1 - 12/22	Thu	5:00 - 5:45 pm	\$35	2 - 6

Youth Tumbling

James Woody Community Center Mini-Gym

This course is designed to push students to gain new tumbling skills. They will gain strength, control, stamina and flexibility throughout the class. Each week they will work on perfecting their skills and strive to achieve harder ones. It is also a great form of exercise.

Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
9/6 - 9/27	Tue	4:10 - 5 pm	\$35	5 - 12
10/4 - 10/25	Tue	4:10 - 5 pm	\$35	5 - 12
11/1 - 11/22	Tue	4:10 - 5 pm	\$35	5 - 12
11/29 - 12/20	Tue	4:10 - 5 pm	\$35	5 - 12

Healthy Apple Valley Mission



Healthy Apple Valley is a coalition consisting of representatives from public and private entities and businesses as well as residents within the community. This coalition supports the Healthy Apple Valley mission of improving the health and well-being of our residents through the promotion of healthy eating, education, cooking programs and physical activity.

Working For A Healthier Community

Healthy Apple Valley's THREE core components:

1. Eat Smart
2. Be Active
3. Live Better

www.AVRecreation.org
HealthyAV@applevalley.org
 760-240-7880

Adult & Pediatric First Aid/CPR/AED

Town Hall Recreation Center

Class follows the American Red Cross guidelines. We will cover one and two person CPR/AED for adult/child/infant. We cover the basic first aid procedures for burns, allergic reactions, shock and more. This class is not for medical personnel. **Registration deadline is the Thursday prior to each class date.**

Instructor: Andy Shoup

DATES	DAY	TIME	FEE	AGES
9/3	Sat	9:00 am - 2:30 pm	\$85	12 & Up
10/8	Sat	9:00 am - 2:30 pm	\$85	12 & Up
11/12	Sat	9:00 am - 2:30 pm	\$85	12 & Up
12/3	Sat	9:00 am - 2:30 pm	\$85	12 & Up

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
9/17	Sat	8:00 am	FREE	All Ages



Diabetes & Health Awareness Fair

St. Mary Medical Center

Administration Conference Center 1-2-3, located behind the main hospital

Receive health education on diabetes, diabetes and pregnancy, nutrition, heart health and wound care. We will be offering a healthy cooking demonstration, community resources, health screenings and flu shots.

DATES	DAY	TIME	FEE	AGES
11/5	Sat	9:00 am - 2:00 pm	FREE	All Ages

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

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
8/3	Wed	5:00 - 7:00 pm	See above	All Ages
12/7	Wed	5:00 - 7:00 pm	See above	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
8/26 - 8/27	Fri & Sat	6:30 pm - 8 am	\$20/person	10 & Up

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.

Instructor: Claudia Wolff

DATES	DAY	TIME	FEE	AGES
9/24 - 10/29	Sat	9:00 - 10:00 am	\$99/7 weeks	15 & 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
10/11 - 10/15	Tu - Sat	9:00am - 4:00pm	\$65/person	10 - 15

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
10/22	Sat	10 am - 3 pm	FREE	All Ages

Evening Parent & Tot

Town Hall Recreation Center

Through music, song, movement, toy exploration and crafts, each class will provide enriching topics based on the ages and developmental stages of the children in attendance. Specific attention will be given to building trust, taking instructions, sharing, motor skill development, positive discipline, safety, communication, exercise, self-esteem and of course, fun parent and child bonding! A \$24 material fee is due to the instructor on the second day of class.

Instructor: Ashley Barnett

DATES	DAY	TIME	FEE	AGES
9/7 - 9/28	Wed	6:15 - 7:30 pm	\$40	3 mos - 3 yrs
10/5 - 10/26	Wed	6:15 - 7:30 pm	\$40	3 mos - 3 yrs
11/2 - 11/30	Wed	6:15 - 7:30 pm	\$40	3 mos - 3 yrs



Ms Olivia's Pre-K/TK Parent Participation Group

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. This is a priority registration class. See below for more information.

No class 10/11 - 10/13 and 11/22 - 11/24

Instructor: Olivia Ayala

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.
- * Program progresses as child progresses in a developmentally appropriate environment.
- * Emphasis on letter recognition, math concepts and kindergarten readiness.
- * Learn to follow directions, improve language skills and social growth.

DATES	DAY	TIME	FEE	AGES
8/30 - 9/22	Tu/W/Th	8:30 - 11:00 am	\$100	3.5 - 5
9/27 - 10/27	Tu/W/Th	8:30 - 11:00 am	\$100	3.5 - 5
11/1 - 12/1	Tu/W/Th	8:30 - 11:00 am	\$100	3.5 - 5
12/6 - 12/22	Tu/W/Th	8:30 - 11:00 am	\$75.50	3.5 - 5



Priority Registration

Many of our on-going classes frequently meet their maximum capacity. In order to ensure currently enrolled students get an opportunity to re-register, we provide a "Priority Registration" window. This window gives currently enrolled students until the 15th to register for the following month. Beginning on the 16th, enrollment for the remaining spots will be first-come first-served. .

Special Events



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 as well as several other 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
9/1 - 9/29	Th	6 - 8 pm	FREE	All Ages

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 **Star Wars: The Force Awakens (PG13)**. Event may be cancelled due to weather.

DATES	DAY	TIME	FEE	AGES
9/2	Fri	Movie starts @ dusk	FREE	All Ages

Save \$Money\$ with Extreme Couponing

Apple Valley Conference Center

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This workshop will teach you everything you need to know about making your coupons work for you. Feel free to bring your coupons to class for a trading session. **\$10 material fee is due to the instructor at the class.**

Instructor: LeeAnne Krusemark

DATES	DAY	TIME	FEE	AGES
9/15	Th	6:00 - 7:00 pm	\$21	18 & up

Seven Simple Secrets to Financial Freedom

Apple Valley Conference Center

Does your money work for you or do you work for your money? This class is not taught by a financial guru using technical language you can't possibly understand. You will learn from a single Mom turned home business entrepreneur, turned home owner, turned real estate investor. This is not a get rich quick scheme, this is a plan of action! This workshop is not for those already advanced in financial matters nor does it provide any legal advice. **\$20 material fee is due to the instructor at the class.**

Instructor: LeeAnne Krusemark

DATES	DAY	TIME	FEE	AGES
9/15	Th	7:00 - 9:00 pm	\$38	18 & up



Paint Parties

Town Hall Recreation Center

Release your inner artist at a paint party! You'll receive step by step instruction to create your own canvas masterpiece. All supplies are provided. Paint subject will be announced 2 weeks prior to class. **Registration deadline is 2 days prior to class date.**

Instructor: Alicia Dannelley

DATES	DAY	TIME	FEE	AGES
9/16	Fri	6:00 - 9:00 pm	\$40	18 & up
9/22	Thur	3:00 - 5:00 pm	\$30	8 - 12
9/30	Fri	6:00 - 8:30 pm	\$35	13 - 17
10/7	Fri	6:00 - 9:00 pm	\$40	18 & up
10/13	Thur	12:00 - 2:00 pm	\$30	8 - 12
10/21	Fri	5:00 - 7:30 pm	\$35	13 - 17



Community Clean Up Day

Check in at Town Hall @ 8:30 am
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 8/1 - 9/1. Call ((760) 240-7000 ext 7071 or visit AppleValleyEvents.org to register in advance.

DATES	DAY	TIME	FEE	AGES
9/17	Sat	8:30 am - 12:00 pm	FREE	All Ages



Holiday Craft Fair

Apple Valley Conference Center

The Annual Holiday Craft Fair is like visiting 50 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 provided by the Teen Zone. For more information call (760) 240-7000 ext 7071 or visit AppleValleyEvents.org.

DATES	DAY	TIME	FEE	AGES
11/5 & 11/6	Sat & Sun	9:00 am - 3:00 pm	FREE	All Ages

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
10/15	Sat	10 am - 3 pm	\$5 admission	All Ages

Special Events



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 residents 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
11/12	Sat	6:00 - 8:00 pm	FREE	All Ages

Apple Valley's Most Talented Kid

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 11/23. Performers must fill out an information sheet and attend a rehearsal on Wednesday, 11/30. 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
12/2	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
12/3	Sat	2 - 6 pm	FREE	All Ages
Date and event activities subject to change				

Gingerbread House Build

Town Hall Recreation Center

Bring the sweetest kind of holiday cheer to your family this season: a handcrafted gingerbread house! Each kit comes with everything you need to make your house, but you are welcome to bring your own candy as well. You must pre-register by 12/7 at 12 pm.

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
12/14	Wed	5:30 - 8:30 pm	See Above	All Ages



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

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, 2016. Their combined hours total more than 1,600.

Breauna Rhodes	Kara Perkins	Carlos De Santiago
Elizabeth Bradshaw	Hannah Bradshaw	Hope Serrano
Natasha Newell	Tyler Foss	Vincent Robles

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!



2016 Summer Basketball Coaches

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

Oscar Muro	Ray Gilbert	Jesse Ortiz	Edgar Romo	Ryan Parkman	Hakeem Hughes
Paul Ruggles	Nicole Hernandez	Jessica Rowe	Anthony Porter	Ernest Vannorsdell	Michael James
Steve Johnson	Alexis Fowler	Korrina Estrada	Erick Cruz	Nick Richardson	Gary Blessitt
Tony Long	Daryl Eaton	Jason Rae	Patrick Geisel	Kayleb Tabor	Isaac Newman-Gomez

Reverse Triathlon



Saturday, September 24, 2016

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	\$60	\$70
Triathlon - Relay	\$105	\$115
5K	\$30	\$35
Kid's Triathlon	\$30	\$35

Name: _____ Gender: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Relay Team Name: _____

Relay Team Members: _____

Age Division: 17 & Under 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 _____ Initials _____

5K Walk & 5K/10K Run
Saturday, November 19

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 our 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 17 at \$19.



Official Run Entry Form

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

Name _____ Gender _____ DOB _____

Address _____ City _____ Zip Code _____

Phone _____ E-mail _____

- Event:**
- 5K Run 10K Run \$19.00 pre-registration (by November 17) \$23.00 on day of race
 - 5K Walk w/medal \$10.00 (must sign liability waiver to participate)
 - 5K Walk FREE (must sign liability waiver to participate)

- 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)

- Run T-Shirt \$10:**
- Yes No

- Size (adult):**
- 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 _____ FREE Shirt _____ Initial _____

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. Only 12 teams will be accepted in this league, so register early! Men must use a wooden softball bat 2 1/4" in diameter. **Registration deadline is 8/25. No games 10/14 & 11/25**

DATES	DAY	TIME	FEE	AGES
9/16 - 12/2	Fri	6:00 - 10:45 pm	\$355/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
9/3 - 9/24	Sat	11:00 am - 12:00 pm	\$65	13 & Up
10/1 - 10/22	Sat	11:00 am - 12:00 pm	\$65	13 & Up
10/29 - 11/19	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. **No games 11/27. Registration deadline is 9/22**

DATES	DAY	TIME	FEE	AGES
10/9 - 12/11	Sun	5:00 - 9:00 pm	\$365/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 10/15 & 11/12.**

Instructor: Bill Mocharnuk

DATES	DAY	TIME	FEE	AGES
9/3 - 9/24	Sat	10:00 - 11:00 am	\$33	18 & Up
10/1 - 10/29	Sat	10:00 - 11:00 am	\$33	18 & Up
11/5 - 11/26	Sat	10:00 - 11:00 am	\$25.70	18 & Up
12/3 - 12/17	Sat	10:00 - 11:00 am	\$25.70	18 & Up

Adult Softball and Basketball Officials Needed

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

Sports - Youth

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. **No class 10/15 & 11/12.**

Instructor: Bill Mocharnuk

DATES	DAY	TIME	FEE	AGES
9/3 - 9/24	Sat	8:00 - 8:30 am	\$30	3 - 5
10/1 - 10/29	Sat	8:00 - 8:30 am	\$30	3 - 5
11/5 - 11/26	Sat	8:00 - 8:30 am	\$23.45	3 - 5
12/3 - 12/17	Sat	8:00 - 8:30 am	\$23.45	3 - 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 8/18.**

DATES	DAY	TIME	FEE	AGES
9/6 - 10/11	Tu	5:00 - 6:00 pm	\$46	3 - 4
9/10 - 10/15	Sat	9:00 - 10:00 am	\$46	3 - 4

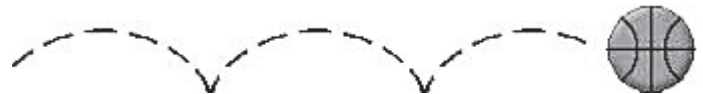
Pee Wee & Hot Shots Basketball

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 12/1.**

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

DATES	DAY	TIME	FEE	AGES
Starts 1/7	Sat	Varies	\$48	3 - 4
Starts 1/7	Sat	Varies	\$48	5 - 6



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
9/27 - 11/1	Tue	9:10 - 10:00 am	\$48	3 - 4
10/8 - 11/12	Sat	9:00 - 9:50 am	\$48	3 - 4
10/8 - 11/12	Sat	10:00 - 10:50 pm	\$48	4.5 - 5

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 10/15 & 11/12.**

Instructor: Bill Mocharnuk

Beginning 8:30 - 9:15 am

Intermediate/Advance 9:15 - 10 am

DATES	DAY	TIME	FEE	AGES
9/3 - 9/24	Sat	See above	\$30	6 - 17
10/1 - 10/29	Sat	See above	\$30	6 - 17
11/5 - 11/26	Sat	See above	\$23.45	6 - 17
12/3 - 12/17	Sat	See above	\$23.45	6 - 17



3rd Annual Cross Country Meet

Horsemen's Center

The Park and Recreation Department will be hosting our third annual cross county meet at Horsemen's Center. The following distances will be used: 3rd & 4th grades, .8 miles; 5th & 6th grades, 1.2 miles; 7th & 8th grades, 2 miles.

No registrations on the day of the meet.

Check in at 8 am • Race starts at 9 am

DATES	DAY	TIME	FEE	GRADES
10/1	Sat	8:00 am	\$3/person until 9/22 \$5/person 9/26 - 9/29	3rd - 8th

Basketball Camp

James Woody Community Center 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
10/10 - 10/14	M - F	9:00 - 11:00 am	\$40	3rd - 6th
10/10 - 10/14	M - F	12:00 - 2:00 pm	\$40	7th - 12th

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. Separate leagues for girls and boys will be offered in the following grade divisions: 2nd grade (co-ed), 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 12/19. **Games will start on 1/7. Registration deadline is 11/8.**

DATES	DAY	TIME	FEE	GRADES
Starts Week of 12/19	Sat	Game Times Vary	\$60	2 - 12



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

Within 48 hours of registration, the student will have an account created and receive a welcome email 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 Lena Quinonez at (760) 240-7000 ext 7883



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

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.



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
9/10	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
10/8	Sat	6 - 8 pm	\$5	5 & up

Special Apples Craft Night

Town Hall Recreation Center

Come enjoy a paint night with Apple Valley Recreation. Guests will have an opportunity to complete a painting project with friends, music and snacks. Other craft options will be available for those choosing not to paint.

DATES	DAY	TIME	FEE	AGES
11/12	Sat	4 - 6 pm	\$5	5 & 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
Apple Valley Youth Soccer League.....	avyouthsoccerleague.com • 760-559-8401
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



United Way • AIRS
2-1-1
Get Connected. Get Answers.

211 provides free and confidential information and referral. Call 211 for help with food, health care, counseling and more.

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 • 909-307-6555
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 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.....	mrvha.com • 760-247-5944

Recreation & Hobby Groups....

Hi High Desert Genealogy Society.....	san2744@aol.com • 760-242-5136
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 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.

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)

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.**

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

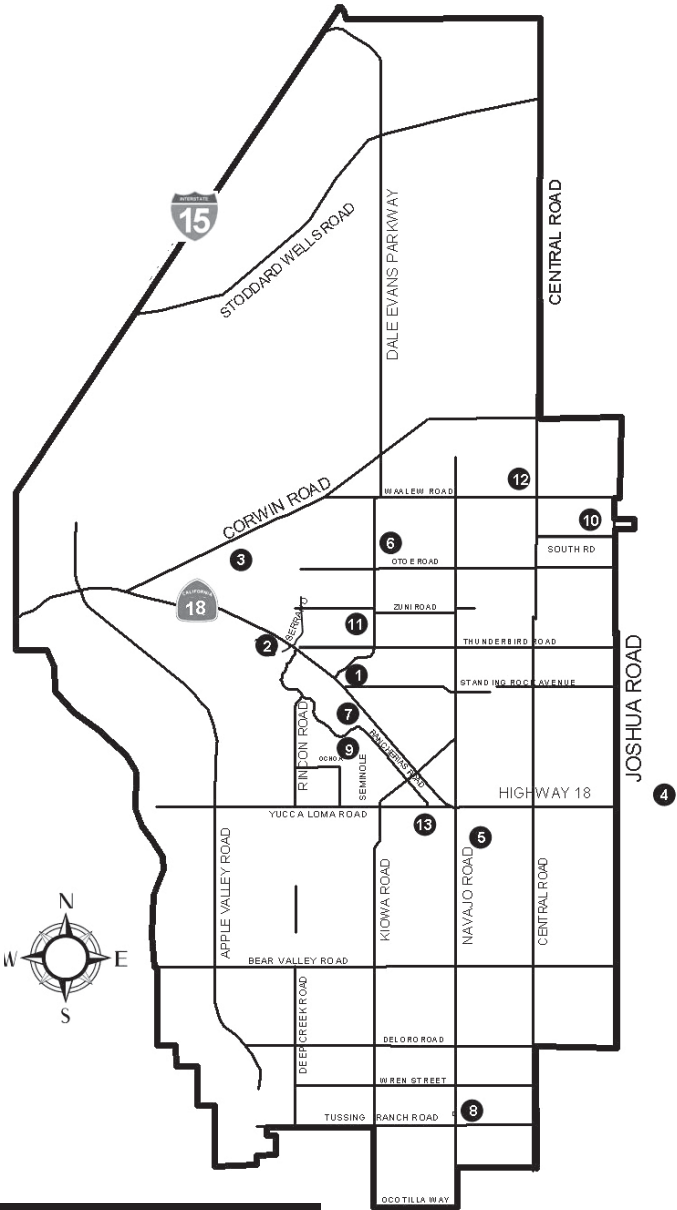
I, the undersigned, understand the following: I am aware that recreational activities can be hazardous and I am voluntarily participating in these activities with knowledge of the hazards involved and hereby agree to accept any and all risks of injury or death. The Town is not responsible for participants 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

- 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

For Your Special Day



The Town of Apple Valley offers several venues that are available to rent for your next memorable gathering. From wedding receptions and bridal showers to meetings and corporate events, the Town of Apple Valley has just the place for you. Please contact our Recreation Department to schedule a tour of our facilities.

Rooms to accommodate up to 300 guests



Catering & Full Kitchens



Audio Visual System

Chairs & Tables included



Rose Garden

Customizable Hours

For more information please call the Recreation Department at (760) 240-7880



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

 /AVRecreation

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APPLE VALLEY
REVERSE
TRIATHLON
9-24-16

Events:

- Triathlon Individual
- Triathlon Relay
- 5K Run
- Kid's Triathlon
- Check in: 6:00 am
- Race Start: 7:00 am

Registration:

Online at AVRevTri.org

Walk in:

Town Hall

Park & Recreation Department

See page 21 for more information.



**Giving the
Gift of Sight**

- Free Vision Screenings
- Hearing Tests
- Health & Wellness Vendors
- Entertainment
- Resources and Giveaways!



Saturday, September 17

Doors Open at 8 a.m.

No Income Requirements



See page 13 for
more information



Family Gingerbread House Build

Wednesday, December 14, 2016

5:30–8:30 pm

(building starts at 6pm)



See page 18 for more
information.

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