

# Winter/Spring Recreation Guide



Did you know February is American Heart Health Month?

The Heart Games is the Family Feud of Physical Activity!

See page 18 for more information about this exciting event!



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

# Winter ~ Spring 2019

## Recreation Activities Guide



### TOWN OF APPLE VALLEY

#### TOWN COUNCIL

Art Bishop  
Curt Emick  
Kari Leon  
Larry Cusack  
Scott Nassif

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

### PARKS AND RECREATION COMMISSION

Donald Tatera      Chairman  
Valerie Smith      Vice Chairman  
Patrick Doran      Commissioner  
Melissa Moon      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  
Debbie Rivera      Admin Secretary  
Andy Shoup      Rec Supervisor  
Elizabeth Fratt      Rec Specialist  
Alyssa Lucero      Rec Specialist  
Jonathan Settle      Rec Assistant  
Tashina Miniszewski      Sr. Office Asst  
Jessica Hall      Office Assist



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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, 1/21, 2/18 & 5/27

### 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](http://www.AVRecreation.org)

Like Us On  
**facebook**



# Department Highlights

## Chris Urmston Tai Chi Instructor

Chris started taking Tai Chi classes with the Town of Apple Valley in 2000. After 2 years of being a student, Chris took over the class and has been teaching Tai Chi ever since. Chris encourages everyone to do something for their peace of mind and feels that his class is just the ticket. Tai Chi helps you stay flexible and balanced as you work on range of motion through gentle movement and deep breathing. Chris tells people "Don't hesitate to give it a try. Your body and soul will thank you!"



**See page 11 for information on the Tai Chi class.**

## Melanie Myers Beginning & Advanced Acting Instructor

Melanie has been acting for over 20 years and directing for over 7 years. She started directing plays at local elementary schools and a performing arts dance studio. She has been teaching acting with the Town of Apple Valley since August 2012. Melanie believes there is tremendous talent in the children of the high desert and she takes joy in being

able to nurture that. In Melanie's acting classes, everyone gets a part and they perform for their families and the community.



**See page 7 for information on the Beginning and Advanced Acting classes.**

## Park & Recreation Manager's Message

On behalf of the Town of Apple Valley Parks and Recreation Department, we proudly present our 2019 Winter/Spring Activity Guide.

The department continues to offer diverse programming for all ages within the community. We offer classes for the arts, dance, gymnastics, martial arts, day camps and so much more. We will continue to offer special events like the Concert in the Courtyard series, Heart Games, an Easter Egg Hunt, and many more. Additionally, thanks to our partnership with the Apple Valley Unified School District we will continue to offer winter and spring programming at our Aquatic Center. I feel comfortable that anyone looking through this Activity Guide will find something that will show Apple Valley offers a Better Way to Play.

We are also providing a Better Way to Play in our parks with improvement projects such as a new playground at James Woody Park, a new perimeter fence at Norm Schmidt Park and improved lighting in our gymnasiums. During the beginning of 2019, we are planning on installing a permanent restroom at Mendel Park, re-paving the parking lots at James Woody Park and continuing to provide passive and active recreation facilities for our community.

Our citizens can register for our programming by coming into our office, online or by mailing in their registration. For further information on any of our offerings, please call (760) 240-7880 or go online to [WWW.AVRecreation.org](http://WWW.AVRecreation.org).

Thank you,  
Ralph Wright

# Sponsors & Volunteers

# Thank You!

Our sponsors and volunteers are essential in providing 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 Recreation Department would like to thank the teens in the Teen Zone Volunteer program for their contributions to the Town of Apple Valley events and programs. We would like to thank the following teens for their 20 hours of service during the third quarter.

Andrew Uddin

Ichiro Ochoa (Ayden)

Kailyn Chinn

Mercie Miniszewski

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 2018, this was Kieran Delceppo! The Lifeguard of the Year award is given to a lifeguard with more than one year of service. Lifeguard of the Year for 2018 was awarded to Megan Brown!

Kieran Delceppo



Megan Brown

## Swim Fair - May 4!

First day of registration for summer swim lessons

**Swim Lesson Schedule will be available on April 1 ~ Lessons tentatively begin May 20**



- Apple Valley Residents 7:30 - 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
- Can't make it to Swim Fair? We have you covered - Online registration will open at 12 pm on May 4.

## Water Festival

**Saturday, June 1  
1:00 - 3:30 pm**

Doors OPEN at 12:30 for  
Pre-registered patrons.

(Pre-registration is limited to the first 150 patrons)

Join us in celebrating the start of summer! Enjoy music, games, water slides, bounce houses and a variety of food.

Pre-registration: \$3/person (by 5/29)  
At the door: \$5/person



## Overnight Pool Party

**Friday, June 21 - Saturday, June 22**  
Check in at 7:00 pm, Check out 8:00 am

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

- Dive-In movie: TBA
- Open swimming all night long
- Scavenger hunts
- Games
- In-water contests throughout the evening
- Food truck available to purchase dinner & snacks

\$10/person by June 14  
\$12/person June 15 - 20

Check in and tent set up at 7:00 pm, the first pool activities will begin at 8:00 pm; check-out time is at 8:00 am. Children under 3 are free. **You must pre-register by 6/20. No on-site registration.**

## Lap Swim Multi-Use Passes

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

## Morning Lap Swim

### Civic Center Park Aquatic Center

Morning lap swim is a great opportunity for the early bird swimmer. 8 lanes will be available for all speed levels.

DATES	DAY	TIME	FEE	AGES
1/2 - 5/31	Mon - Sat	7:30 - 9:00 am	See Above	10 & up

## Evening Lap Swim

### Civic Center Park Aquatic Center

Enjoy the evening air while you swim laps. 8 lanes will be available for all speed levels.

DATES	DAY	TIME	FEE	AGES
5/6 - 5/31	M/W/F	6:30 - 7:30 pm	See Above	10 & up

The Recreation Department is now offering **Online Registration.**

Call our office at 760-240-7880 or visit [www.AVRecreation.org](http://www.AVRecreation.org) for more information.



Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)



## 100 Mile Swim Club

We challenge YOU to swim 100 miles in just ONE YEAR!

Lap Swimming just got more exciting! January 2 - December 20, 2019, 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 20, 2019, you will receive a custom "100 Mile Swim Club" t-shirt, a certificate of completion, 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.



## Get Notified!

Interested in receiving updates on new Aquatics programming, pool closures, registration deadlines, etc? Add your name to the email distribution list! Visit the Aquatics Page at [AVRecreation.org](http://AVRecreation.org) and click "Sign Up Now". Email addresses will not be shared and will only be used for Aquatics notifications.

## 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! **Tryouts are \$5 and are held the last 3 class days of the month.**

\$45/month	\$55/month	\$65/month
3 days/week	4 days/week	5 days/week

DATES	DAY	TIME	FEE	AGES
1/2 - 1/31	Mon - Fri	5:30 - 6:30 pm	See Above	5 - 17
2/1 - 2/28	Mon - Fri	5:30 - 6:30 pm	See Above	5 - 17
3/1 - 3/29	Mon - Fri	5:30 - 6:30 pm	See Above	5 - 17
4/1 - 4/30	Mon - Fri	5:30 - 6:30 pm	See Above	5 - 17
5/1 - 5/31	Mon - Fri	5:30 - 6:30 pm	See Above	5 - 17

## Water Aerobics

### 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.

Instructor: Liz Fratt and Jordan Lunasco

**\$30/month for 2 days/week**

**\$35/month for 3 days/week**

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

DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	M/W/F	8:00 - 9:00 am	See Above	16 & up
2/1 - 2/27	M/W/F	8:00 - 9:00 am	See Above	16 & up
3/1 - 3/29	M/W/F	8:00 - 9:00 am	See Above	16 & up
4/1 - 4/29	M/W/F	8:00 - 9:00 am	See Above	16 & up
5/1 - 5/31	M/W/F	8:00 - 9:00 am	See Above	16 & up

## 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.

DATES	DAY	TIME	FEE	AGES
<b>Session I</b>			<b>\$200</b>	<b>15 &amp; up</b>
<b>Registration Deadline is 2/27</b>				
3/2	Sat	7:45 am - 6:00 pm		
3/3	Sun	9:00 am - 6:00 pm		
3/6	Wed	4:30 - 8:00 pm		
3/7	Thu	4:30 - 8:00 pm		
3/9	Sat	9:00 am - 6:00 pm		
3/10	Sun	9:00 am - 6:00 pm		
<b>Session II</b>			<b>\$200</b>	<b>15 &amp; up</b>
<b>Registration Deadline is 3/20</b>				
3/23	Sat	7:45 am - 6:00 pm		
3/24	Sun	9:00 am - 6:00 pm		
3/27	Wed	4:30 - 8:00 pm		
3/28	Thu	4:30 - 8:00 pm		
3/30	Sat	9:00 am - 6:00 pm		
3/31	Sun	9:00 am - 6:00 pm		





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

### Cost:

	Jan - Apr	May
Mon - Fri (5 hours)	\$105/person	\$96/person
M/W/F (3 hours)	\$78/person	\$71/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:

	Jan - Apr	May
Mon - Fri	\$66/child (2 children)	\$60/child (2 children)
	\$60/child (3 children)	\$55/child (3 children)
	\$53/child (4 children)	\$48/child (4 children)
M/W/F	\$45/child (2 children)	\$41/child (2 children)
	\$42/child (3 children)	\$38/child (3 children)
	\$37/child (4 children)	\$34/child (4 children)

## Junior Lifeguard

### Civic Center Park Aquatic Center

The American Red Cross Junior Lifeguard course is designed to guide youth by building a foundation of knowledge, attitudes and skills for future lifeguards. Junior Lifeguarding is an effective transition from upper level learn-to-swim courses to the lifeguard program, challenging participants to stay involved with aquatics. This course also provides the Town with a known group from which to recruit future lifeguards. Participants will learn: skills needed for entry to the Lifeguard course, communication and decision-making skills, basic responsibilities, knowledge and the skills to become a lifeguard. **30 hours of volunteer time is required for completion.**

DATES	DAY	TIME	FEE	AGES
5/13 - 5/24	Mon - Fri	3:30 - 5:30 pm	\$50	11 & up
6/3 - 6/14	Mon - Fri	3:30 - 5:30 pm	\$50	11 & up







The Recreation Department is now offering **Online Registration.**

Call our office at 760-240-7880 or visit [www.AVRecreation.org](http://www.AVRecreation.org) for more information.



## Beginning Acting

James Woody Community Center Auditorium

If you have ever wanted to be in a play, here's your chance! Everyone gets a role and you learn all about the stage as we rehearse a play. This is a rehearsal class with a performance of Disney's Aladdin Jr. at the end. **A one time fee of \$40 for materials is due, in cash, on the second class day.**  
**No class 1/2 & 3/27.**

Instructor: Melanie Myers

DATES	DAY	TIME	FEE	AGES
1/9 - 1/30	Wed	4:30 - 5:45 pm	\$37	10 - 12
2/6 - 2/27	Wed	4:30 - 5:45 pm	\$37	10 - 12
3/6 - 3/20	Wed	4:30 - 5:45 pm	\$28.25	10 - 12
4/3 - 4/24	Wed	4:30 - 5:45 pm	\$37	10 - 12
5/1 - 5/29	Wed	4:30 - 5:45 pm	\$45.75	10 - 12

## Advanced Acting

James Woody Community Center Auditorium

If you want to take your acting to the next level, come join us! We will rehearse a stage classic while improving your skills. This is a rehearsal class with a performance of Disney's Little Mermaid Jr. at the end. **A one time fee of \$40 for materials is due, in cash, on the second day of class.**  
**No class 1/2 & 3/27.**

Instructor: Melanie Myers

DATES	DAY	TIME	FEE	AGES
1/9 - 1/30	Wed	5:45 - 7:00 pm	\$37	13 & up
2/6 - 2/27	Wed	5:45 - 7:00 pm	\$37	13 & up
3/6 - 3/20	Wed	5:45 - 7:00 pm	\$28.25	13 & up
4/3 - 4/24	Wed	5:45 - 7:00 pm	\$37	13 & up
5/1 - 5/29	Wed	5:45 - 7:00 pm	\$45.75	13 & 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. Participants must bring their own guitar. Ukeleles are ok.  
**No class 1/21, 2/18, 4/29 & 5/27.**

Instructor: Neil Allen Garcia

DATES	DAY	TIME	FEE	AGES
1/7 - 1/28	Mon	5:45 - 6:45 pm	\$44.50	8 & up
2/4 - 2/25	Mon	5:45 - 6:45 pm	\$44.50	8 & up
3/4 - 3/25	Mon	5:45 - 6:45 pm	\$58	8 & up
4/1 - 4/22	Mon	5:45 - 6:45 pm	\$58	8 & up
5/6 - 5/20	Mon	5:45 - 6:45 pm	\$44.50	8 & up



Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)

## Junior Scientists

Apple Valley Conference Center

Allow your child to cultivate their love of animals. Children will learn various concepts of animal life cycles and animal characteristics & traits using K'Nex toys and other interactive learning tools. We make animal science fun at Snapology!

Instructor: Umang Patel

DATES	DAY	TIME	FEE	AGES
1/23 - 2/27	Wed	3:45 - 4:45 pm	\$100	4 - 6
4/3 - 5/8	Wed	3:45 - 4:45 pm	\$100	4 - 6



## Space Wars Robotics

Apple Valley Conference Center

Robotics inspired by Star Wars® and space travel! Come on an adventure building and programming functional robots using LEGO® bricks in this super-fun program. Learn about space, space travel and, of course, Star Wars®! Build different robots each day! Learning is enhanced through the use of laptops in this class!

Instructor: Umang Patel

DATES	DAY	TIME	FEE	AGES
1/23 - 2/27	Wed	5:00 - 6:00 pm	\$100	7 - 14
4/3 - 5/8	Wed	5:00 - 6:00 pm	\$100	7 - 14

## Kinderbots

Apple Valley Conference Center

Children will begin to explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands, or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time.

**No class 2/18.**

Instructor: Umang Patel

DATES	DAY	TIME	FEE	AGES
1/28 - 3/11	Mon	3:45 - 4:45 pm	\$100	4 - 6
4/1 - 5/6	Mon	3:45 - 4:45 pm	\$100	4 - 6

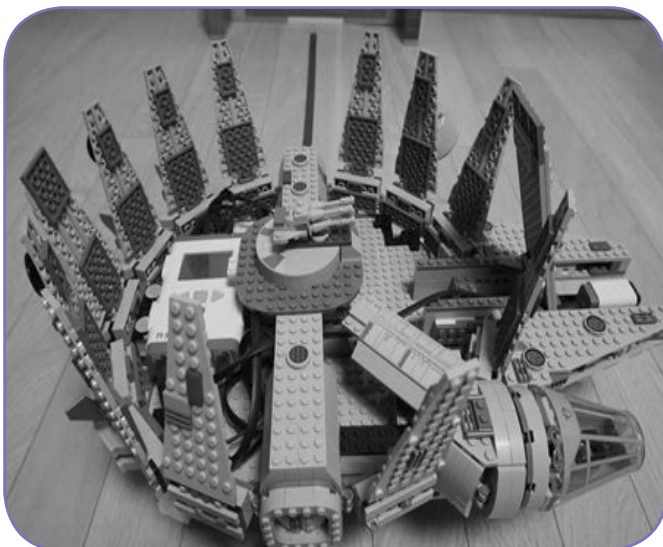
## Star Wars® Movie Making

Apple Valley Conference Center

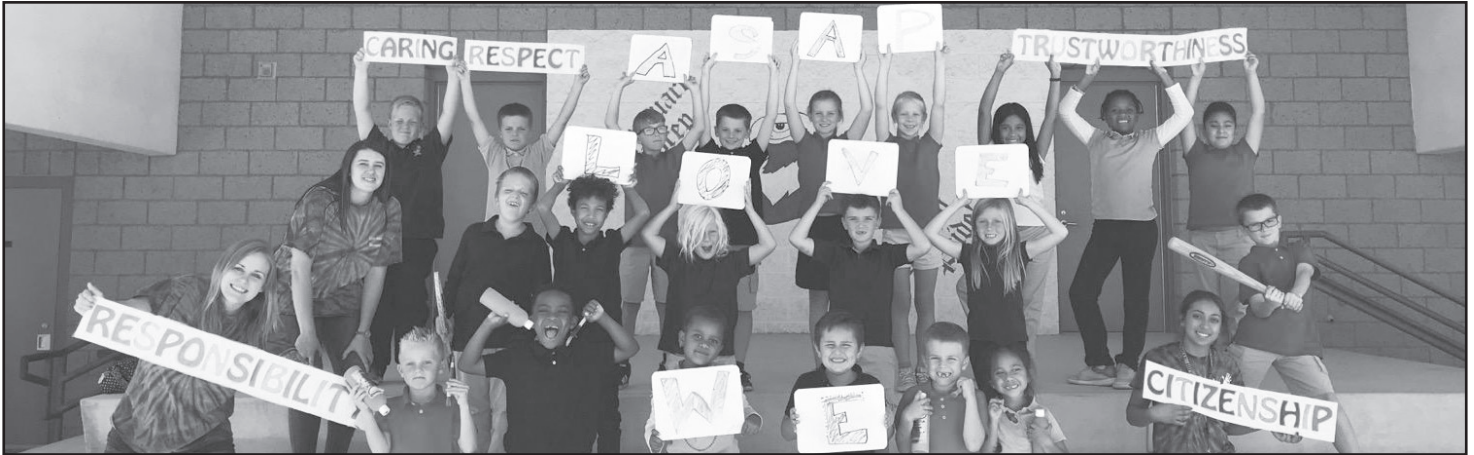
Bring Star Wars® to life by creating an amazing movie with stop motion animation using LEGO® bricks. Children will work in teams to produce their very own Star Wars® LEGO® movie complete with dialogue and sound effects. Movies are uploaded to a secure site for family and friends to see how cool they are! **No class 2/18.**

Instructor: Umang Patel

DATES	DAY	TIME	FEE	AGES
1/28 - 3/11	Mon	5:00 - 6:00 pm	\$100	7 - 14
4/1 - 5/6	Mon	5:00 - 6:00 pm	\$100	7 - 14



# After School Activities Program



\* Science Experiments \* Homework Help \* Crafts \* Organized Games & More!

ASAP is offered at:

Sycamore Rocks  
 AAE Lewis Center  
 Rio Vista Elementary School  
 Sitting Bull Academy, Lower Campus  
 Sitting Bull Academy, Upper Campus  
 Vanguard Preparatory, Lower Campus  
 Vanguard Preparatory, Upper Campus

K - 5th Grade  
 K - 5th Grade  
 K - 5th Grade  
 K - 4th Grade  
 5th - 8th Grade  
 K - 4th Grade  
 5th - 8th Grade

**Space is limited. Please call the Recreation Office at 760-240-7880 for availability and to sign up. A \$45 weekly fee applies.**



## Online ASAP Payments

ASAP participants can now make their weekly payments online! Visit [www.AVRecreation.org](http://www.AVRecreation.org) and click "Register Now".

**Register Now!**

All existing ASAP participants already have an account set up. If you have not logged on before, call 760-240-7880 for your username and password.

## Intro to Anime

Town Hall Recreation Center

Are you a fan of 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. **A \$20 materials fee is due to the instructor on the first day of class. New students will not be accepted after the second class.**

DATES	DAY	TIME	FEE	AGES
1/30 - 3/6	Wed	3:30 - 4:20 pm	\$66	8 - 15
3/27 - 5/1	Wed	3:30 - 4:20 pm	\$66	8 - 15

## Intro to Cartooning

Town Hall Recreation 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. **A \$20 materials fee is due to the instructor on the first day of class. New students will not be accepted after the second class.**

DATES	DAY	TIME	FEE	AGES
1/30 - 3/6	Wed	4:30 - 5:20 pm	\$66	8 - 15
3/27 - 5/1	Wed	4:30 - 5:20 pm	\$66	8 - 15

## Computer Coding

Town Hall Recreation Center

This introduction to computer coding lets students explore basic concepts of coding. Participants snap together logical coding statements as they would snap together LEGO bricks. Join for the fun and the science and end up creating your own computer programs. **A \$20 materials fee is due to the instructor on the first day of class. New students will not be accepted after the second class.**

DATES	DAY	TIME	FEE	AGES
1/30 - 3/6	Wed	5:30 - 6:20 pm	\$66	8 - 15
3/27 - 5/1	Wed	5:30 - 6:20 pm	\$66	8 - 15

## Video Game Design

Town Hall Recreation 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. **A \$20 materials fee is due to the instructor on the first day of class. New students will not be accepted after the second class.**

DATES	DAY	TIME	FEE	AGES
1/30 - 3/6	Wed	6:30 - 7:20 pm	\$66	8 - 15
3/27 - 5/1	Wed	6:30 - 7:20 pm	\$66	8 - 15

### Grades K - 5

Town Hall Recreation Center

Does your child have a TON of energy? Looking for a fun and safe place to keep them entertained, healthy and engaged? Our staff are ready to show them a good time. Activities include games, crafts, free time, outdoor play, and light cooking. Participants must wear closed toe shoes.

DATES	DAY	TIME
<b>Winter Prices: \$35/3 half days, \$65/3 full days</b>		
12/26 - 12/28	Wed - Fri	7:00 am - 6:15 pm
1/2 - 1/4	Wed - Fri	7:00 am - 6:15 pm
<b>Spring Prices:</b>		
<b>\$107/5 full days, \$57/5 half days, \$65/3 full days</b>		
3/25 - 3/29	Mon - Fri	7:00 am - 6:15 pm



## Gentle Yoga

Apple Valley Conference Center

Be at ease. Using a chair in a seated flow of breath as a stretch to lengthen, strengthen, and firm the body. Mindful observance of modifications and progression. A portion of the class will be standing to increase circulation, balance and strength. Improving confidence and body awareness in a friendly environment.

Instructor: Mary Anne Carroll

DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	Wed	4:30 - 5:15 pm	\$27	16 & up
2/6 - 2/27	Wed	4:30 - 5:15 pm	\$22	16 & up
3/6 - 3/27	Wed	4:30 - 5:15 pm	\$22	16 & up
4/3 - 4/24	Wed	4:30 - 5:15 pm	\$22	16 & up
5/1 - 5/29	Wed	4:30 - 5:15 pm	\$27	16 & up



## Yoga Fit

Apple Valley Conference 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.

**No class 1/21, 2/18 and 5/27.**

Instructor: Mary Anne Carroll

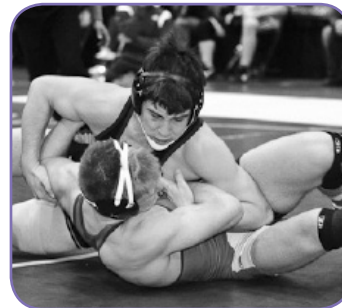
DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	Mon/Wed	5:30 - 6:30 pm	\$36	14 & up
2/4 - 2/27	Mon/Wed	5:30 - 6:30 pm	\$31.75	14 & up
3/4 - 3/27	Mon/Wed	5:30 - 6:30 pm	\$36	14 & up
4/1 - 4/29	Mon/Wed	5:30 - 6:30 pm	\$40.25	14 & up
5/1 - 5/29	Mon/Wed	5:30 - 6:30 pm	\$36	14 & up

## Folkstyle Wrestling

James Woody Community Center Mini-Gym

Learn basic wrestling skills or keep in shape & work on perfecting your skills. This course focuses on High School and College style wrestling. **Although students are not required, they are encouraged to have wrestling shoes, mouth guards and knee pads. No class 1/3 and the month of May.** Instructor: Jonathan Settle

DATES	DAY	TIME	FEE	AGES
1/10 - 1/31	Thu	6:00 - 7:00 pm	\$30	8 & up
2/7 - 2/28	Thu	6:00 - 7:00 pm	\$30	8 & up
3/7 - 3/28	Thu	6:00 - 7:00 pm	\$30	8 & up
4/4 - 4/25	Thu	6:00 - 7:00 pm	\$30	8 & 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 1/21, 2/18 and 5/27.**

Instructor: Chris Urmston

**Fees are based on 2 or 3 classes per week per month**

DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	M/W/F	11:00 am - 12:00 pm	\$36/\$46	16 & up
2/1 - 2/27	M/W/F	11:00 am - 12:00 pm	\$36/\$42.50	16 & up
3/1 - 3/29	M/W/F	11:00 am - 12:00 pm	\$36/\$49.50	16 & up
4/1 - 4/29	M/W/F	11:00 am - 12:00 pm	\$36/\$49.50	16 & up
5/1 - 5/31	M/W/F	11:00 am - 12:00 pm	\$36/\$49.50	16 & up

Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)



## Zumba® Fitness with Cheleamar

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!

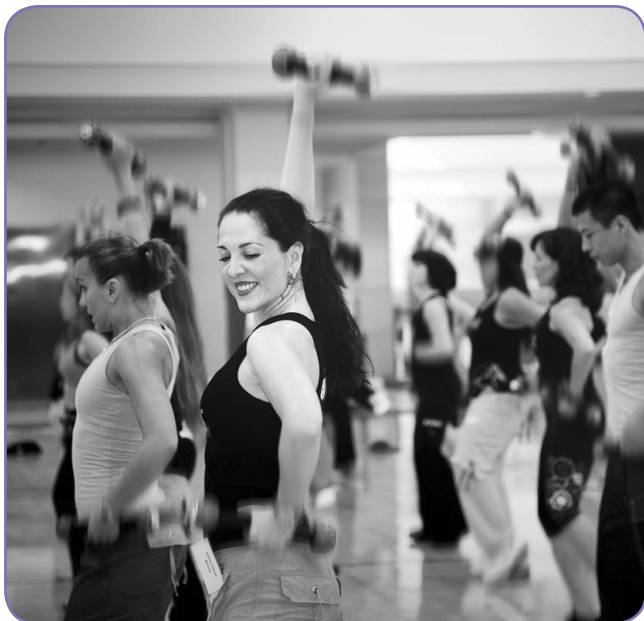
**No class 1/1 and 1/3. Classes will be held in the Apple Valley Conference Center 3/26 & 3/28.**

Instructor: Cheleamar Hoskins

**Drop in fee only \$6**

**Fees are based on 1 or 2 classes per week per month**

DATES	DAY	TIME	FEE	AGES
1/8 - 1/31	Tu/Th	5:30 - 6:30 pm	\$23/\$32	13 & up
2/5 - 2/28	Tu/Th	5:30 - 6:30 pm	\$23/\$32	13 & up
3/5 - 3/28	Tu/Th	5:30 - 6:30 pm	\$23/\$32	13 & up
4/2 - 4/30	Tu/Th	5:30 - 6:30 pm	\$23/\$35.75	13 & up
5/2 - 5/30	Tu/Th	5:30 - 6:30 pm	\$23/\$35.75	13 & 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 1/2, 1/21, 2/18, 4/29 and 5/27. Classes will be held in the Apple Valley Conference Center 1/7 - 2/27.**

Instructor: Nate Elliott

DATES	DAY	TIME	FEE	AGES
1/7 - 1/30	Mon/Wed	5:00 - 5:30 pm	\$40.75	4.5 - 7
2/4 - 2/27	Mon/Wed	5:00 - 5:30 pm	\$40.75	4.5 - 7
3/4 - 3/27	Mon/Wed	5:00 - 5:30 pm	\$46	4.5 - 7
4/1 - 4/24	Mon/Wed	5:00 - 5:30 pm	\$46	4.5 - 7
5/1 - 5/29	Mon/Wed	5:00 - 5:30 pm	\$46	4.5 - 7



## Tae Kwon Do

James Woody Community Center Mini-Gym

Learn amazing Tae Kwon Do techniques while becoming a more confident, courageous and courteous person.

**No class 1/2, 1/21, 2/18, 4/29 and 5/27. Classes will be held in the Apple Valley Conference Center 1/7 - 2/27.**

Instructor: Nate Elliott

DATES	DAY	TIME	FEE	AGES
1/7 - 1/30	Mon/Wed	5:45 - 6:45 pm	\$58.25	7 & up
2/4 - 2/27	Mon/Wed	5:45 - 6:45 pm	\$58.25	7 & up
3/4 - 3/27	Mon/Wed	5:45 - 6:45 pm	\$66	7 & up
4/1 - 4/24	Mon/Wed	5:45 - 6:45 pm	\$66	7 & up
5/1 - 5/29	Mon/Wed	5:45 - 6:45 pm	\$66	7 & up

## Bullyproof: Little Champs

Gracie Jiu Jitsu Apple Valley  
13470 Manhasset Rd, #9

This program is designed by the Gracie's to teach children the beginning stages of Combatives, how to deal with bullies and how to have some fun. This program consists of 10 Gracie games that kids absolutely love! Each game has movements that build the foundation to the Combatives techniques. They will also learn "The Rules of Engagement." This is important so that every student knows when and when not to use the techniques they have learned. **Children's gi's must be purchased for \$30 from Gracie Apple Valley. Please wear sweats/shorts & a t-shirt to practice until gi is purchased.**

DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	M/W/F	5:30 - 6:30 pm	\$95	5 - 7
2/1 - 2/27	M/W/F	5:30 - 6:30 pm	\$95	5 - 7
3/1 - 3/29	M/W/F	5:30 - 6:30 pm	\$95	5 - 7
4/1 - 4/29	M/W/F	5:30 - 6:30 pm	\$95	5 - 7
5/1 - 5/31	M/W/F	5:30 - 6:30 pm	\$95	5 - 7



## Combatives

Gracie Jiu Jitsu Apple Valley  
13470 Manhasset Rd, #9

Gracie Combatives is comprised of 36 techniques that have been applied more times by a GJJ practitioner during a real street fight than all other techniques combined. This course is designed to give anyone the skills necessary to survive an attack against a larger, stronger and more athletic opponent. After all 36 techniques have been completed three times, and you feel ready, you may test for your combatives belt.

**Adult gi's must be purchased for \$60 from Gracie Apple Valley. Please wear sweats/shorts & a t-shirt to practice until gi is purchased.**

Students may attend any combination of the days and times listed below.

Tuesday 6:00 - 7:00 pm

Wednesday 9:00 - 10:00 am & 8:00 - 9:00 pm

Thursday 7:30 - 8:30 pm

Saturday 9:00 - 10:00 am & 7:00 - 8:00 am

DATES	DAY	TIME	FEE	AGES
1/2 - 1/31		See Above	\$95	14 & up
2/2 - 2/28		See Above	\$95	14 & up
3/2 - 3/30		See Above	\$95	14 & up
4/2 - 4/30		See Above	\$95	14 & up
5/1 - 5/30		See Above	\$95	14 & up

## Bullyproof: Jr Grapplers

Gracie Jiu Jitsu Apple Valley  
13470 Manhasset Rd, #9

This program is designed by the Gracie's to teach children the beginning stages of Combatives, how to deal with bullies and how to have some fun. This program consists of 10 Gracie games that kids absolutely love! Each game has movements that build the foundation to the Combatives techniques. They will also learn "The Rules of Engagement." this is important so that every student knows when and when not to use the techniques they have learned. **Children's gi's must be purchased for \$30 from Gracie Apple Valley. Please wear sweats/shorts & a t-shirt to practice until gi is purchased.**

DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	M/W/F	6:45 - 7:45 pm	\$95	8 - 13
2/1 - 2/27	M/W/F	6:45 - 7:45 pm	\$95	8 - 13
3/1 - 3/29	M/W/F	6:45 - 7:45 pm	\$95	8 - 13
4/1 - 4/29	M/W/F	6:45 - 7:45 pm	\$95	8 - 13
5/1 - 5/31	M/W/F	6:45 - 7:45 pm	\$95	8 - 13

## Women Empowered

Gracie Jiu Jitsu Apple Valley  
13470 Manhasset Rd, #9

Women empowered is the official Gracie self-defense program for women based on the techniques of Brazilian Jiu-Jitsu (BJJ). In this 10 lesson program, we will teach you how to neutralize the 15 most common attacks from having your hair grabbed to being pinned to the ground by a weapon-bearing assailant. You can start the program any time and participate in any class without previous experience. **Adult gi's must be purchased for \$60 from Gracie Apple Valley. Please wear sweats/shorts & a t-shirt to practice until gi is purchased. This is a women's only class. No class 1/1.**

**Tuesdays 6:00 - 7:00 pm**  
**Saturdays 7:00 - 8:00 am**

DATES	DAY	TIME	FEE	AGES
1/5 - 1/29	Tu/Sat	See Above	\$95	14 & up
2/2 - 2/26	Tu/Sat	See Above	\$95	14 & up
3/2 - 3/30	Tu/Sat	See Above	\$95	14 & up
4/2 - 4/30	Tu/Sat	See Above	\$95	14 & up
5/4 - 5/28	Tu/Sat	See Above	\$95	14 & up

## Ataru Do (Team Iron Tiger)

The Academy of Applied Martial Arts  
13631 Navajo Rd, ste 103, Apple Valley 92308



Students will learn a combination of basic to advanced traditional martial arts and self-defense from Ataru-Do, Tang Soo Do, Karate, Kickboxing and Tetsobu Jutsu (The way of the Iron Stick). Students will learn strength and fitness exercises that make this an effective form of defense for the street as well as tournament competition. Additionally, we will be learning the art of stage combat (fight choreography) and video production. **Although participants are not required, they are encouraged to have head gear, muay thai/boxing gloves, feed pads, shin guards, mouth guard and a cup (boys).**

**No class 1/1, 1/3, 1/8, 1/10, 2/5 & 2/7.**

Instructor: Don Burnell

DATES	DAY	TIME	FEE	AGES
1/15 - 1/31	Tu/Th	6:00 - 7:00 pm	\$36.50	9 & up
2/12 - 2/28	Tu/Th	6:00 - 7:00 pm	\$36.50	9 & up
3/5 - 3/28	Tu/Th	6:00 - 7:00 pm	\$48	9 & up
4/2 - 4/30	Tu/Th	6:00 - 7:00 pm	\$53.75	9 & up
5/2 - 5/30	Tu/Th	6:00 - 7:00 pm	\$53.75	9 & up

## Kickboxing

The Bullet Hole  
15315 Cholame Rd, C, Victorville 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!

**\$10 fee for hand wraps as needed. No class 5/27.**

Instructor: Craig Buchannan

DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	Mon/Wed	5:30 - 6:30 pm	\$85.25	5 & up
2/4 - 2/27	Mon/Wed	5:30 - 6:30 pm	\$76	5 & up
3/4 - 3/27	Mon/Wed	5:30 - 6:30 pm	\$76	5 & up
4/1 - 4/29	Mon/Wed	5:30 - 6:30 pm	\$85.25	5 & up
5/1 - 5/29	Mon/Wed	5:30 - 6:30 pm	\$76	5 & up







## 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. Batons can be purchased from the instructor for \$15 used or \$28 new.

**No class 1/3 and 5/30.**

Instructor: Shari Taylor

DATES	DAY	TIME	FEE	AGES
1/10 - 1/31	Thu	6:10 - 6:55 pm	\$36	6 - 13
2/7 - 2/28	Thu	6:10 - 6:55 pm	\$36	6 - 13
3/7 - 3/28	Thu	6:10 - 6:55 pm	\$36	6 - 13
4/4 - 4/25	Thu	6:10 - 6:55 pm	\$36	6 - 13
5/2 - 5/23	Thu	6:10 - 6:55 pm	\$36	6 - 13

## 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.

**No class 1/3 and 5/30.**

Instructor: Shari Taylor

DATES	DAY	TIME	FEE	AGES
1/10 - 1/31	Thu	7:00 - 7:50 pm	\$36	6 - 13
2/7 - 2/28	Thu	7:00 - 7:50 pm	\$36	6 - 13
3/7 - 3/28	Thu	7:00 - 7:50 pm	\$36	6 - 13
4/4 - 4/25	Thu	7:00 - 7:50 pm	\$36	6 - 13
5/2 - 5/23	Thu	7:00 - 7:50 pm	\$36	6 - 13

The Recreation Department is now offering **Online Registration.**

Call our office at 760-240-7880 or visit [www.AVRecreation.org](http://www.AVRecreation.org) for more information.



## Urban Line Dancing

**James Woody Community Center Arts & Crafts Room**

Dance your way into a new level of fitness with country line dance's urban cousin. The super simple, low impact choreography is made to order for beginners. Learn the hottest line dances while enjoying classic and contemporary soul and R&B music in a non-competitive and welcoming environment. Great music + Great people = Great fun!

**No class 1/3.**

Instructor: T. Faye Griffin

**Drop in fee only \$9**

DATES	DAY	TIME	FEE	AGES
1/10 - 1/31	Thu	6:00 - 7:30 pm	\$30	18 & up
2/7 - 2/28	Thu	6:00 - 7:30 pm	\$30	18 & up
3/7 - 3/28	Thu	6:00 - 7:30 pm	\$30	18 & up
4/4 - 4/25	Thu	6:00 - 7:30 pm	\$30	18 & up
5/2 - 5/30	Thu	6:00 - 7:30 pm	\$36.50	18 & up



Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)

# Gymnastics & Dance



## Baby Bears Gymnastics

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

Mommy and Me Gymnastics is a child/parent interactive program that stimulates your child's athletic ability. 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.**  
**No class 1/1, 1/5 and 4/13.**

DATES	DAY	TIME	FEE	AGES
1/8 - 1/29	Tue	9:00 - 9:45 am	\$37	1.5 - 3
1/12 - 1/26	Sat	10:00 - 10:45 am	\$28.25	1.5 - 3
2/5 - 2/26	Tue	9:00 - 9:45 am	\$37	1.5 - 3
2/2 - 2/23	Sat	10:00 - 10:45 am	\$37	1.5 - 3
3/5 - 3/26	Tue	9:00 - 9:45 am	\$37	1.5 - 3
3/2 - 3/30	Sat	10:00 - 10:45 am	\$45.75	1.5 - 3
4/2 - 4/30	Tue	9:00 - 9:45 am	\$45.75	1.5 - 3
4/6 - 4/27	Sat	10:00 - 10:45 am	\$28.25	1.5 - 3
5/7 - 5/28	Tue	9:00 - 9:45 am	\$37	1.5 - 3
5/4 - 5/25	Sat	10:00 - 10:45 am	\$37	1.5 - 3



## Gym Bears Gymnastics

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

This class is designed to introduce young children to the fundamentals of gymnastics. 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.**  
**No class 1/1, 1/5 and 4/13.**

DATES	DAY	TIME	FEE	AGES
1/8 - 1/29	Tue	9:45 - 10:30 am	\$42	3 - 5
1/12 - 1/26	Sat	10:45 - 11:30 am	\$32	3 - 5
2/5 - 2/26	Tue	9:45 - 10:30 am	\$42	3 - 5
2/2 - 2/23	Sat	10:45 - 11:30 am	\$42	3 - 5
3/5 - 3/26	Tue	9:45 - 10:30 am	\$42	3 - 5
3/2 - 3/30	Sat	10:45 - 11:30 am	\$52	3 - 5
4/2 - 4/30	Tue	9:45 - 10:30 am	\$52	3 - 5
4/6 - 4/27	Sat	10:45 - 11:30 am	\$32	3 - 5
5/7 - 5/28	Tue	9:45 - 10:30 am	\$42	3 - 5
5/4 - 5/25	Sat	10:45 - 11:30 am	\$42	3 - 5

## Wild Bears Gymnastics

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

This class is a recreational program designed to introduce boys and girls to the sport of gymnastics. 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.**  
**No class 1/1, 1/5 and 4/13.**

**\*Saturday is a girls-only class.**

DATES	DAY	TIME	FEE	AGES
1/8 - 1/29	Tue	5:00 - 6:15 pm	\$52	6 - 12
1/12 - 1/26	*Sat	1:00 - 2:15 pm	\$39.50	6 - 12
2/5 - 2/26	Tue	5:00 - 6:15 pm	\$52	6 - 12
2/2 - 2/23	*Sat	1:00 - 2:15 pm	\$52	6 - 12
3/5 - 3/26	Tue	5:00 - 6:15 pm	\$52	6 - 12
3/2 - 3/30	*Sat	1:00 - 2:15 pm	\$64.50	6 - 12
4/2 - 4/30	Tue	5:00 - 6:15 pm	\$64.50	6 - 12
4/6 - 4/27	*Sat	1:00 - 2:15 pm	\$39.50	6 - 12
5/7 - 5/28	Tue	5:00 - 6:15 pm	\$52	6 - 12
5/4 - 5/25	*Sat	1:00 - 2:15 pm	\$52	6 - 12

## Tiny Tot Tap & Ballet

James Woody Community Center Arts & Crafts Room

Kids will learn basic ballet and tap steps, routines, and how to keep time with the music. We will have activities, games and fun days. Students should wear a leotard and bring tap and ballet shoes. **This is a priority registration class. Currently enrolled students have until the 15th of the month to register for the following month. Beginning on the 16th, enrollment for the remaining spots will be first-come first-served.**

**No class 1/1 and 4/30.**

Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
1/8 - 1/29	Tue	5:15 - 6:00 pm	\$35	2.5 - 4
2/5 - 2/26	Tue	5:15 - 6:00 pm	\$35	2.5 - 4
3/5 - 3/26	Tue	5:15 - 6:00 pm	\$35	2.5 - 4
4/2 - 4/23	Tue	5:15 - 6:00 pm	\$35	2.5 - 4
5/7 - 5/28	Tue	5:15 - 6:00 pm	\$35	2.5 - 4

## Intro to Tap and Ballet

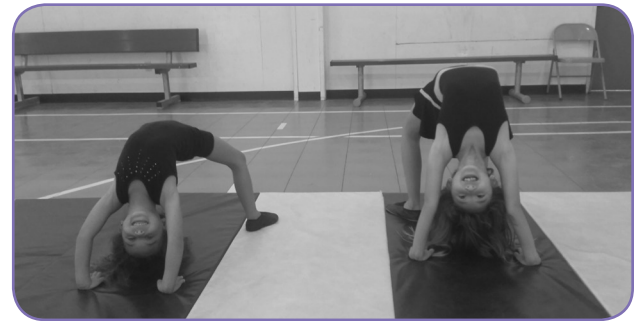
James Woody Community Center Arts & Crafts Room

Learn basic ballet and tap steps. Kids will learn how to keep time with music and will learn routines. We will have activities, games and fun days. Students should wear a leotard and bring tap and ballet shoes.

**No class 1/1 and 4/30.**

Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
1/8 - 1/29	Tue	6:10 - 7:00 pm	\$35	5 - 8
2/5 - 2/26	Tue	6:10 - 7:00 pm	\$35	5 - 8
3/5 - 3/26	Tue	6:10 - 7:00 pm	\$35	5 - 8
4/2 - 4/23	Tue	6:10 - 7:00 pm	\$35	5 - 8
5/7 - 5/28	Tue	6:10 - 7:00 pm	\$35	5 - 8



## Intro to Youth Tumbling

James Woody Community Center Mini-Gym

Learn jumps, rolls, cartwheels and more. Class also covers stretching and conditioning exercises.

**No class 1/1, 1/22 & 4/30. Classes will be held in the Auditorium 2/19 - 3/26.**

Instructor: Victoria Baker

DATES	DAY	TIME	FEE	AGES
1/8 - 1/29	Tue	4:10 - 5:00 pm	\$27.25	5 - 15
2/5 - 2/26	Tue	4:10 - 5:00 pm	\$35	5 - 15
3/5 - 3/26	Tue	4:10 - 5:00 pm	\$35	5 - 15
4/2 - 4/23	Tue	4:10 - 5:00 pm	\$35	5 - 15
5/7 - 5/28	Tue	4:10 - 5:00 pm	\$35	5 - 15

## Ninja Kids

360 Gymnastics Academy

22355 Powhatan Rd, Suite C-1, Apple Valley

Basic ninja warrior skills: Obstacles, flipping, hanging, climbing. 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.**

**No class 1/2, 1/4 and 4/12.**

DATES	DAY	TIME	FEE	AGES
1/9 - 1/30	Wed	7:30 - 8:30 pm	\$50	6 - 12
1/11 - 1/25	Fri	5:30 - 6:30 pm	\$38	6 - 12
2/6 - 2/27	Wed	7:30 - 8:30 pm	\$50	6 - 12
2/1 - 2/22	Fri	5:30 - 6:30 pm	\$50	6 - 12
3/6 - 3/27	Wed	7:30 - 8:30 pm	\$50	6 - 12
3/1 - 3/29	Fri	5:30 - 6:30 pm	\$62	6 - 12
4/3 - 4/24	Wed	7:30 - 8:30 pm	\$50	6 - 12
4/5 - 4/26	Fri	5:30 - 6:30 pm	\$38	6 - 12
5/1 - 5/29	Wed	7:30 - 8:30 pm	\$62	6 - 12
5/3 - 5/31	Fri	5:30 - 6:30 pm	\$62	6 - 12

Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)

# Healthy Apple Valley

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.

## The Heart Games

### Apple Valley Conference Center

Heart Games is the Family Feud of Physical Activity! Grab your friends, family and coworkers for the 2019 Heart Games. Teams consist of 3-5 players; each team will compete in a variety of family friendly checkpoints throughout Civic Center Park! Activities include dancing, health knowledge and of course physical activity. Teams are encouraged to dress in spirit clothes; 50 bonus points awarded to each team that dresses up! After your team has completed all 10 checkpoints, check in at the Recreation Center for the 2019 Health and Wellness Fair. If you are interested in sponsoring or assisting the committee with this event, please call 760-240-7880.

**Registration deadline 2/7.**

DATES	DAY	TIME	FEE	AGES
2/23	Sat	8:30 am - 12:00 pm	\$10/person	8 & up

## 5th ANNUAL HEALTH FAIR

Saturday, February 23, 2019  
Town Hall Recreation Center  
14955 Dale Evans Parkway  
Apple Valley, CA 92307  
8:00 am - 12:00 pm

## 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](http://www.AVRecreation.org)  
[HealthyAV@applevalley.org](mailto:HealthyAV@applevalley.org)  
760-240-7880

## CPR & First Aid Training

### Apple Valley Conference 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. This is a blended learning course. A portion of the class will need to be completed online prior to attending the classroom.

Instructor: Andy Shoup

DATES	DAY	TIME	FEE	AGES
1/12	Sat	10:00 am - 12:00 pm	\$75	12 & up
2/9	Sat	10:00 am - 12:00 pm	\$75	12 & up
3/16	Sat	10:00 am - 12:00 pm	\$75	12 & up
4/6	Sat	10:00 am - 12:00 pm	\$75	12 & up
5/18	Sat	10:00 am - 12:00 pm	\$75	12 & up

## Apple Valley Municipal Animal Shelter



The Town of Apple Valley's Animal Services Department consists of field and shelter staff that work together to protect public safety and provide humane animal care through sheltering, pet placement programs, education and law enforcement.

Our philosophy is to promote responsible pet ownership, compassion toward animals and safe human-animal interactions. We celebrate partnerships with various individuals and rescue organizations that allow us to increase placement of adoptable animals into permanent loving homes. Working together, we all can provide a "Better Way of Life" for the animals in our care - four paws at a time.

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

Tuesday - Saturday (9:00 am to 4:00 pm)  
 Closed Sunday, Monday and Designated Holidays

**After-Hours Emergency (760) 961-6001**



## 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 7555 or visit the events page at AVRecreation.org for more information.

DATES	DAY	TIME	FEE	AGES
2/6	Wed	5:00 - 7:00 pm	See Above	All Ages
4/3	Wed	5:00 - 7:00 pm	See above	All Ages

## 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 7555 or visit the events page at AVRecreation.org for more information.

DATES	DAY	TIME	FEE	AGES
3/26 - 3/30	Tue - Sat	9:00 am - 4:00 pm	\$65	10 - 18

## 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.



## Jacquie's Busy Bees

Town Hall Recreation Center

Looking to give your child a head start to Kindergarten? Check out our new parent participation preschool class! Ms. Jacquie has been working with children for over 20 years, her goal is to bring joy and excitement to the classroom. This new early childhood development class will focus on the importance of sharing, playing with others, education and individual development. Parents are requested to volunteer twice a month. Please bring a healthy snack and wear closed toed shoes. **There is a \$20 materials fee due in cash to the instructor on the first day of class.** Children must be potty trained, sorry no pullups.

**No class 1/21, 2/18, 3/29, 4/29, 5/27 & 5/31.**

Instructor: Jacqueline Belikoff

DATES	DAY	TIME	FEE	AGES
1/2 - 1/30	M/W/F	8:30 - 10:30 am	\$91	3 - 5
2/1 - 2/27	M/W/F	8:30 - 10:30 am	\$83.75	3 - 5
3/1 - 3/27	M/W/F	8:30 - 10:30 am	\$91	3 - 5
4/1 - 4/26	M/W/F	8:30 - 10:30 am	\$91	3 - 5
5/1 - 5/29	M/W/F	8:30 - 10:30 am	\$91	3 - 5

The Recreation Department is now offering

**Online Registration.**

Call our office at 760-240-7880 or visit [www.AVRecreation.org](http://www.AVRecreation.org) for more information.



## Play & Learn Preschool

Town Hall Recreation Center

Mrs. Nye has been with AVUSD preschool for 8 years and has her early Childhood Development Permit from Barstow College. Mrs. Erb has been with AVUSD preschool for 3 years and has her early Childhood Permit from Victor Valley College. Both teachers work at Sitting Bull Academy Preschool. They believe in enhancing the development of the whole child. In this class, we will focus on phonics, math and stem science as well as encourage healthy social and emotional development. Age appropriate curriculum and play will be designed to meet the needs of the children participating. **\$20 material fee is due to the instructor on the first day of class.**

**No class 1/1, 1/3, 3/26 & 3/28.**

Instructor: Melissa Sweet-Erb & Jennie Parr-Nye

DATES	DAY	TIME	FEE	AGES
1/8 - 1/31	Tu/Th	4:15 - 6:15 pm	\$86	2yrs 9mos - 5yrs
2/5 - 2/28	Tu/Th	4:15 - 6:15 pm	\$86	2yrs 9mos - 5yrs
3/5 - 3/21	Tu/Th	4:15 - 6:15 pm	\$66.50	2yrs 9mos - 5yrs
4/2 - 4/30	Tu/Th	4:15 - 6:15 pm	\$96.25	2yrs 9mos - 5yrs
5/2 - 5/30	Tu/Th	4:15 - 6:15 pm	\$96.25	2yrs 9mos - 5yrs



Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)

## CERT Community Emergency Response Team

Yucca Loma Fire Station #336, 19235 Yucca Loma Rd

Are you interested in learning about disaster preparedness and how to care for yourself and your family in a disaster such as an earthquake, fire or flood? Do you want to help care for your neighbors and the community of Apple Valley in a disaster? If so, CERT is for you! Those who complete the FREE 20-hour course are recognized as program graduates and receive a certificate of completion and a FREE CERT emergency kit. Register online. For more information please email [ready@applevalley.org](mailto:ready@applevalley.org) or visit [www.readyapplevalley.org](http://www.readyapplevalley.org).

**\* Must be 18 or over unless course is taken with parent or legal guardian.**



DATES	TIME	FEE	AGES
1/19, 1/26 & 2/2	8:00 am - 4:00 pm	FREE	*18 & up
4/6, 4/13 & 4/20	8:00 am - 4:00 pm	FREE	*18 & up

## Kid's Night Out

Town Hall Recreation Center

Looking to take your loved one out for a special Valentine's date? Need a safe entertaining place to leave the kids? Look no further than Apple Valley Recreation. Our friendly staff is here to save the day! We will provide a light dinner of pizza and fruit, play games and end with a movie or craft! Space is limited so please register early. **All children must be potty trained.**

**Registration Deadline is 2/13.**

DATES	DAY	TIME	FEE	AGES
2/15	Fri	6:00 - 9:00 pm	\$8	3 - 11



## VANtastic!

Yucca Loma Park  
21351 Yucca Loma Rd



Come join us in Yucca Loma Park this Spring Break! Recreation staff will bring the fun to you with organized games and activities as well as a healthy snack!

DATES	DAY	TIME	FEE	AGES
3/26 - 3/28	Tu/Wed/Th	9:30 - 10:30 am	FREE	ALL



## Toddler Olympics

Michael H. Martin 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.

**Registration Deadline is 3/28.**

DATES	DAY	TIME	FEE	AGES
3/30	Sat	9:00 - 11:00 am	\$5	3 - 5

## Annual Tri-Star Basketball Skills Contest

Michael H. Martin 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. Registration will be held at the event.

DATES	DAY	TIME	FEE	AGES
2/19	Tue	6:00 - 8:00 pm	FREE	8 - 13

Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)

# Special Events



## Easter Egg Hunt

### James Woody Community Center

The Sharon Frazier Annual Easter Egg Hunt hosted by AV Optimist Club #15017 is back for its 55th year! Children ages 10 and under are invited to participate in this FREE annual Easter Egg Hunt at the James Woody Community Center. Children are encouraged to bring their Easter Basket for egg collecting fun. Please note, parents are not permitted on the field with their children. Egg Hunt is intended for children under 10 years of age. If you would like to donate to this event please contact the Recreation Department at 760-240-7880. **Egg Hunt starts promptly at the times listed. We recommend arriving 10 minutes prior to start time.**

9:30 am	1 - 2 years	Field #1
9:40 am	3 - 6 years	Field #2
9:45 am	Special Needs	Field #6
9:50 am	7 - 10 years	Field #3

DATE	TIME	FEE	AGES
4/20	See Above	FREE	10 & under



## 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." Be one of 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-registration is encouraged. Call (760) 240-7880 or visit the Events page at AVRecreation.org.

DATES	DAY	TIME	FEE	AGES
4/13	Sat	9:00 am - 12:00 pm	FREE	All

## Concerts in The Courtyard

### Apple Valley Commons Courtyard

Connect with friends, family and neighbors while enjoying live music at The Courtyard in the 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) 240-7880 for more information or visit the events page at AVRecreation.org.

DATES	TIME	FEE	AGES
Thursdays in May	6:00 - 8:00 pm	FREE	All

## 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) 240-7880 or visit the Events page at AVRecreation.org.

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

DATE	DAY	TIME	FEE	AGES
5/11	Sat	8:00 am - 1:00 pm	FREE	All

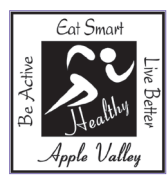


5K Walk & 5K/10K Run  
Saturday, April 20

# 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 April 18 or event capacity.



## 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 \$20.00 pre-registration (by 4/18) \$25.00 on day of race  
 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:** Circle One: Youth Adult Circle One:  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 \_\_\_\_\_

## Spring Men's Adult Basketball League

Michael H. Martin 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 10 teams will be accepted.

**Registration deadline is 2/21. No game 4/21.**

DATES	DAY	GAME TIMES	FEE	AGES
3/3 - 5/5	Sun	4:30 - 8:00 pm	\$365/team	18 & up



The Recreation Department is now offering **Online Registration.**

Call our office at 760-240-7880 or visit [www.AVRecreation.org](http://www.AVRecreation.org) for more information.



## Spring Co-Ed Softball League

Lenny Brewster Sports Center

Spring league is 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 2/21. No game 4/19.**

DATES	DAY	GAME TIMES	FEE	AGES
3/1 - 4/26	Fri	6:30-10:30 pm	\$355/team	18 & up



## Open Gym

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

Wednesdays	9:00 am - 12:00 pm	Pickleball
Wednesdays	6:00 - 9:00 pm	Basketball
Fridays	9:00 am - 12:00 pm	Pickleball
Fridays	6:00 - 9:00 pm	Basketball
Sundays	12:00 - 3:00 pm	Basketball

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

Adults must provide valid picture I. D. Minors must have parent-signed emergency card on file. For more information, please call (760) 240-4892.

## Adult Softball and Basketball Officials Needed

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



## 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. Register at Town Hall or at AVRecreation.org.

**No class 1/12, 1/19, 2/9, 2/16 and 5/25.**

Instructor: Bill Mocharnuk

DATES	DAY	TIME	FEE	AGES
1/5 & 1/26	Sat	10:00 - 11:00 am	\$19	18 & up
2/2 & 2/23	Sat	10:00 - 11:00 am	\$19	18 & up
3/2 - 3/30	Sat	10:00 - 11:00 am	\$41.50	18 & up
4/6 - 4/27	Sat	10:00 - 11:00 am	\$34	18 & up
5/4 - 5/18	Sat	10:00 - 11:00 am	\$26.50	18 & 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. Register at Town Hall or at AVRecreation.org.

**No class 1/12, 1/19, 2/9, 2/16 and 5/25.**

Instructor: Bill Mocharnuk

DATES	DAY	TIME	FEE	AGES
1/5 & 1/26	Sat	8:00 - 8:30 am	\$17	3 - 5
2/2 & 2/23	Sat	8:00 - 8:30 am	\$17	3 - 5
3/2 - 3/30	Sat	8:00 - 8:30 am	\$36.50	3 - 5
4/6 - 4/27	Sat	8:00 - 8:30 am	\$30	3 - 5
5/4 - 5/18	Sat	8:00 - 8:30 am	\$23.50	3 - 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. Register at Town Hall or at AVRecreation.org.

**No class 1/12, 1/19, 2/9, 2/16 and 5/25.**

Instructor: Bill Mocharnuk

**Beginning 8:30 - 9:15 am**

**Intermediate/Advance 9:15 - 10:00 am**

DATES	DAY	TIME	FEE	AGES
1/5 & 1/26	Sat	See Above	\$17	6 - 17
2/2 & 2/23	Sat	See Above	\$17	6 - 17
3/2 - 3/30	Sat	See Above	\$36.50	6 - 17
4/6 - 4/27	Sat	See Above	\$30	6 - 17
5/4 - 5/18	Sat	See Above	\$23.50	6 - 17

## Intro to Tennis

### Apple Valley Golf Course Tennis Courts

Never played tennis before? Don't worry this course will cover all the basics and help you work on your skills and techniques on the court! This course is perfect for those looking to play with others without the fear of an intimidating player running the courts and discouraging players! This introduction to tennis class is perfect for the entire family! Please bring a tennis racquet. Register at Town Hall or at AVRecreation.org.

**No class 1/12, 1/19, 2/9, 2/16 and 5/25.**

Instructor: Bill Mocharnuk

DATES	DAY	TIME	FEE	AGES
1/5 & 1/26	Sat	7:45 - 8:30 am	\$17	All
2/2 & 2/23	Sat	7:45 - 8:30 am	\$17	All
3/2 - 3/30	Sat	7:45 - 8:30 am	\$36.50	All
4/6 - 4/27	Sat	7:45 - 8:30 am	\$30	All
5/4 - 5/18	Sat	7:45 - 8:30 am	\$23.50	All



Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)

## 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 5/9.**

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

DATES	DAY	TIME	FEE	AGES
6/1 - 7/13	Sat	Varies	\$52	3 - 4
6/1 - 7/20	Sat	Varies	\$52	5 - 6



## Summer Youth Co-Ed Basketball

Michael H. Martin 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. Space is limited so sign up early! **Registration deadline is 5/2.**

Practices start the week of 5/20

Games played on Saturday start on 6/1

DATES	DAY	TIME	FEE	GRADES
6/1 - 7/27	Sat	Varies	\$65	2 - 12

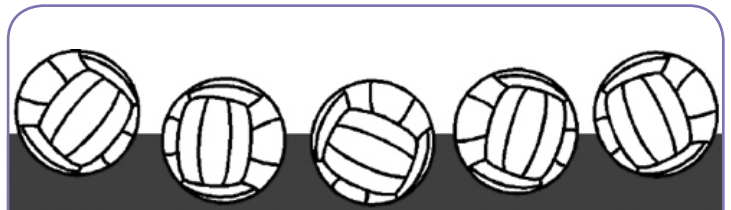
## Adventures in Pee Wee Sports

James Woody Community Center Retention Basin

This 6-week program will stress the basic skills needed for 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
2/19 - 3/26	Tue	4:30 - 5:20 pm	\$52	3 - 4.5
2/23 - 3/30	Sat	9:00 - 9:50 am	\$52	3 - 4.5
2/23 - 3/30	Sat	10:00 - 10:50 am	\$52	4.5 - 5



## Youth Co-Ed Volleyball

Michael H. Martin 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. Grades 3 - 8. Practices begin the week of 3/18.

**Registration deadline is 3/5.**

GAMES BEGIN	DAY	TIME	FEE	GRADES
4/4	Wed/Th/Sat	Varies	\$65	3 - 5
4/4	Wed/Th/Sat	Varies	\$65	6 - 8



## Driver's Education

### Internet Course

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. Within 48 hours of registration, the student will have an account created and receive a welcome email and access to the course online. Register at the Town Hall Recreation Counter or at [AVRecreation.org](http://AVRecreation.org).

DATES	FEE	AGES
Online	\$40	14 - 17



## Teen Zone

Ages 13 - 17

Teen Zone is a group of kids ages 13 - 17 who come together to make a difference in their community through volunteer hours. Members support the Town of Apple Valley Recreation and Special Events Department. They also assist in community service projects with outside organizations and nonprofit groups. The goal of Teen Zone is to encourage youth to get involved with their community, learn new skills through educational workshops and develop skills that will assist them with their day to day living. If you are interested in participating please complete an application and return it to the Recreation Department or call 760-240-7880.



## 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](http://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 Craft Day

**Town Hall Recreation Center**

Looking for an outing this month? How about joining us for socialization and crafts? All crafts are entry level and will be fun for everyone! Activities include painting, cutting, decorating and creating! Hope you will join us.

DATES	DAY	TIME	FEE	AGES
1/12	Sat	9:30 - 11:00 am	\$3	8 & up

### Special Apples Indoor Soccer

**Michael H. Martin Gym**

Want to try a new sport? How about indoor floor hockey - with your shoes on! Come learn a new sport or improve your techniques. It's all about the fun! So grab a friend and join us.

DATES	DAY	TIME	FEE	AGES
3/9	Sat	6:00 - 8:00 pm	\$3	8 & up

### Special Apples Valentine's Dance

**Town Hall Recreation Center**

Looking for somewhere to wear your favorite dress or suit? Look no further! Wear it to the Special Apples Valentines Dance! Grab your family and join us for an evening of dancing, music and laughs! Bring your favorite side to share.

DATES	DAY	TIME	FEE	AGES
2/9	Sat	6:00 - 8:00 pm	\$5	8 & up

### Special Apples Basketball

**Michael H. Martin 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
4/13	Sat	6:00 - 8:00 pm	\$3	8 & up



# Community Information

## TOWN OF APPLE VALLEY

14955 Dale Evans Parkway • Apple Valley, CA 92307

[www.applevalley.org](http://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 .....	<a href="http://applevalleyBMX.com">applevalleyBMX.com</a> • 760-240-5266
Apple Valley Little League.....	<a href="http://applevalleyll.com">applevalleyll.com</a> • 760-247-5441
Apple Valley Rattlers Football.....	<a href="http://applevalleyrattlers.org">applevalleyrattlers.org</a> • 760-559-2868
Apple Valley Rebels Football.....	<a href="http://avrebels.com">avrebels.com</a> • 760-684-9011
Apple Valley Seminoles Football.....	<a href="http://avseminoles.com">avseminoles.com</a> • 760-247-5424
Apple Valley Storm Soccer.....	<a href="http://avscstorm.org">avscstorm.org</a> • 760-508-6192
Apple Valley Youth Soccer League.....	<a href="http://avyouthsoccerleague.com">avyouthsoccerleague.com</a> • 760-559-8401
Apple Valley Police Activities League.....	<a href="http://avpal.org">avpal.org</a>
High Desert Pony Baseball.....	<a href="http://hdpleague.com">hdpleague.com</a> • 760-927-9994
High Desert Youth Soccer League.....	<a href="http://hdysl.com">hdysl.com</a> • 760-961-7805
High Desert Tennis Association.....	<a href="http://highdeserttennis.org">highdeserttennis.org</a> • 760-985-3796
PSP Sports & More.....	<a href="http://pspsportsandmore.org">pspsportsandmore.org</a> • 760-515-2572
Young Champions.....	<a href="http://ycusa.org">ycusa.org</a> • 714-259-1400

## Community Organizations....

American Cancer Society.....	<a href="http://cancer.org">cancer.org</a> • 800-227-2345
American Red Cross.....	<a href="http://redcross.org">redcross.org</a> • 760-245-6511
Apple Valley Chamber of Commerce.....	<a href="http://avchamber.org">avchamber.org</a> • 760-242-2753
Apple Valley Fire Protection District.....	<a href="http://applevalleyfd.com">applevalleyfd.com</a> • 760-247-7618
Apple Valley Library.....	<a href="http://sbcounty.gov/library">sbcounty.gov/library</a> • 760-247-2022
Apple Valley Optimist Club.....	• 760-963-4042
Apple Valley School District.....	<a href="http://avusd.org">avusd.org</a> • 760-247-8001
Assistance League.....	<a href="http://victorvalleyassistanceleague.org">victorvalleyassistanceleague.org</a> • 760-961-2468
AVCO/Burrtec.....	<a href="http://burrtec.com">burrtec.com</a> • 760-245-8607
Boy Scouts (CA Inland Empire Council) .....	<a href="http://scouting.org">scouting.org</a> • 877-732-1450
Community Police Assistance League.....	• 760-961-2468
Friends of Apple Valley Library.....	<a href="http://sbcounty.gov/library">sbcounty.gov/library</a> • 760-247-2022
Girl Scouts.....	<a href="http://girlscoutssangorgonio.org">girlscoutssangorgonio.org</a> • 909-307-6555
High Desert Young Marines.....	• 760-240-5004
Mom's Club.....	<a href="mailto:momsclubofvictorvalley@yahoo.com">momsclubofvictorvalley@yahoo.com</a>
Paul Swick Family Center.....	760-240-5606
St. Mary's Immunization Clinic.....	• 760-242-2311

## Equestrian Groups....

California Dressage Society (High Desert).....	• 760-247-4505
Mojave River Valley Horsemen's Assoc.....	<a href="http://mrvha.com">mrvha.com</a> • 760-247-5944

## Recreation & Hobby Groups....

Hi High Desert Genealogy Society.....	• <a href="mailto:san2744@aol.com">san2744@aol.com</a>
Thunderbirds Square Dance.....	• 760-475-3473

## Senior Services & Organizations....

Aging & Adult Services.....	• 760-243-8459
Apple Valley Senior Citizen's Club.....	• 760-247-3155
Inland Empire Legal Services.....	• 760-241-7073
Senior Information & Assistance.....	• 760-843-5181
Senior Select Resource Center.....	• 760-946-5915
Victor Valley Transit.....	<a href="http://vvta.org">vvta.org</a> • 760-948-3030



Register online today! Visit [www.AVRecreation.org](http://www.AVRecreation.org)

# Registration Information

## 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.

## 4 EASY WAYS TO REGISTER

### 1. ONLINE

Visit us at [www.AVRecreation.org](http://www.AVRecreation.org) to register online.

### 2. 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).

### 3. 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

### 4. DROP BOX

Complete registration form below for classes. Total all fees.

Make check payable to "Town of Apple Valley." If you enclose a self-addressed, stamped envelope a receipt will be mailed to you.

Drop completed form and payment by check in drop box located at:

James Woody Community Center, 13467 Navajo Road  
(in the first alcove at the front of the Community Center)

OR

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

OR

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

## TOWN OF APPLE VALLEY PARK AND RECREATION DEPARTMENT

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

Payee Information:

First & Last Name \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

**Participant's First & Last Name**

**D.O.B.**

**Class Name**

**Start Date**

**Fee**

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 \_\_\_\_\_



## Make Memories at the Park



Picnic shelter rentals  
start at  
**\$35/day**

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](http://www.AVRecreation.org) (click on Parks and Facilities). Call **(760) 240-7880** for availability and fees.

**Corwin Park**  
18577 Corwin Road

**Horsemen's Center**  
24320 Highway 18

**Sycamore Rocks Park**  
23450 South Road

**Thunderbird Park**  
20700 Wichita Road

**Mendel Park**  
21860 Tussing Ranch Road

**Lion's Park**  
S. Outer Hwy 18 east of Dale Evans

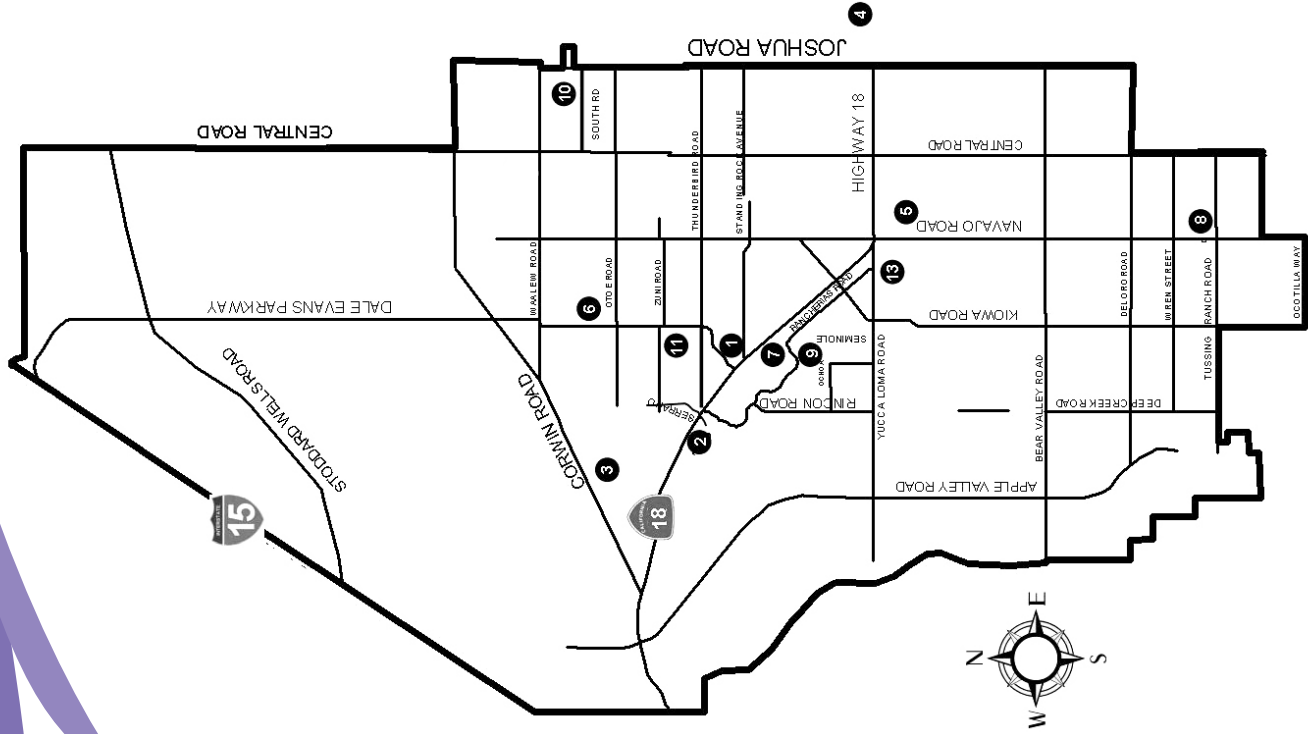
**James Woody Community Center**  
13467 Navajo Road

See page 32 for additional parks and facilities.

# Apple Valley Facilities & Parks

All parks have picnic tables

Facility/Park	Banquet/Meeting Rooms	Ballfields	BBO	Camping	Dog Park	Fitness Stations	Golf Course	Gymnasium	Horse Arenas	Kitchen	Outdoor Basketball Courts	Picnic Shelters	Playground	Pool	Skate Park	Tennis Courts
<b>Apple Valley Conference Center</b> 14975 Dale Evans Parkway <b>1</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Apple Valley Golf Course</b> 15200 Rancherias Road <b>2</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Civic Center Park &amp; Aquatic Center</b> 14999 Dale Evans Parkway <b>1</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Corwin Park</b> 18577 Corwin Road <b>3</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Horsemen's Center</b> 24320 Highway 18 <b>4</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>James Woody Community Center</b> 13467 Navajo Road <b>5</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Lenny Brewster Sports Center</b> 21024 Otoe Road <b>6</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Lion's Park</b> S. Outer Hwy 18 east of Dale Evans <b>7</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Mendel Park</b> 21860 Tussing Ranch Road <b>8</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Norm Schmidt Park</b> 14053 Tuweep Trail <b>9</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Sycamore Rocks Park</b> 23450 South Road <b>10</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Thunderbird Park</b> 20700 Wichita Road <b>11</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Town Hall Recreation Center</b> 14955 Dale Evans Parkway <b>1</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Yucca Loma Park</b> 21351 Yucca Loma Road <b>13</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes



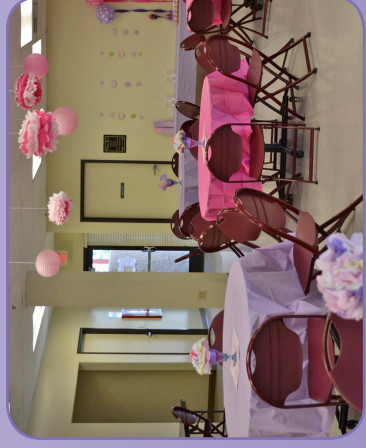
# Celebrate

Your next event with the Town of Apple Valley

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.

For more information, please call (760) 240-7880.



Rooms to accommodate up to 300 guests

Catering & Full Kitchens

Audio Visual System

Rose Garden

Chairs & Tables included

Customizable Hours



# Apple Valley

## Winter & Spring Events

### Swim Fair

Saturday, May 4  
Page 3

### The Heart Games

Saturday, February 23  
Page 18

### CPR & First Aid Training

Saturdays, 1/12, 2/9, 3/16, 4/6 or 5/18  
Page 18

### Pet Vaccination Clinics

Wednesdays, 2/6 & 4/3  
Page 19

### Kid's Night Out

Friday, February 15  
Page 21

### Toddler Olympics

Saturday, March 30  
Page 21

### Easter Egg Hunt

Saturday, April 20  
Page 22

### Concerts in the Courtyard

Thursdays, May 2 - 30  
Page 22

### Bunny Run

Saturday, April 20  
Page 23



You can register for most activities online at  
[www.AVRecreation.org](http://www.AVRecreation.org)