

# JANUARY-MAY 2023

## WINTER/SPRING RECREATION GUIDE



PARKS  
AND  
RECREATION





Town of  
Apple Valley

PARKS & RECREATION

## TOWN COUNCIL

**SCOTT NASSIF**  
MAYOR

**LARRY CUSACK**  
MAYOR PRO TEM

**ART BISHOP**  
COUNCIL

**CURT EMICK**  
COUNCIL

**KARI LEON**  
COUNCIL

MEETS THE 2ND AND 4TH  
TUESDAY OF EVERY MONTH AT  
6:30PM IN THE TOWN COUNCILS  
CHAMBERS

## PARKS & RECREATION COMMISSIONERS

**BOBBY TARANGO**  
**PATRICK DORAN**  
**JOHN NUNEZ- FRANCO**  
**COLIN WILSON**  
**DONALD TATERA**

**COMMISSIONER**  
**COMMISSIONER**  
**COMMISSIONER**  
**COMMISSIONER**  
**COMMISSIONER**

THE COMMISSION MEETS THE 1ST  
THURSDAY OF EVERY OTHER MONTH AT  
6PM IN THE TOWN COUNCIL CHAMBERS.  
CALL OFFICE FOR MEETING DATES

## PARKS & RECREATION STAFF

**DAVID C. COLEMAN** Parks and Rec Director  
**KAMI WATKINS** Sr. Admin Assistant  
**ANDY SHOUP** Rec Supervisor  
**STEVE HAMM** Golf Services Supervisor  
**JOSIE BAKER** Rec Specialist  
**KYLA DUNN** Rec Specialist  
**KIAHNA BAKER** Rec Assistant  
**REBECCA HANNETT** Rec Assistant  
**LINDSEY BRITTAIN** Rec Assistant  
**EVIE CONWAY** Assistant Pool Manager

# JANUARY-MAY 2023

WINTER/SPRING RECREATION GUIDE

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## OFFICE HOURS

14955 DALE EVANS PARKWAY  
(LOCATED AT TOWN HALL)

### 760-240-7880

MONDAYS-THURSDAYS  
7:30AM-5:30PM

ALTERNATING FRIDAYS  
7:30AM-4:30PM

**CLOSED ON** 1/2, 1/6, 1/16, 1/20,  
2/3, 2/17, 2/20, 3/3, 3/17, 3/31,  
4/14, 4/28, 5/12, 5/26, & 5/29



**REGISTER FOR YOUR  
CLASSES ONLINE**

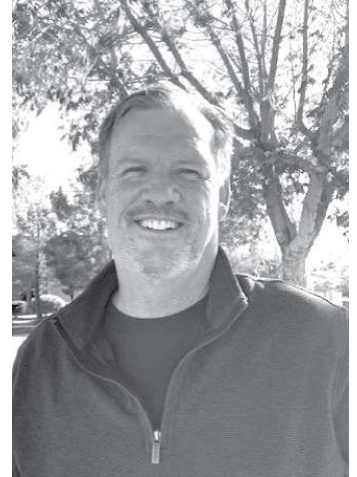
VISIT [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)  
OR CALL 760-240-7880 FOR MORE  
INFORMATION

# DEPARTMENT HIGHLIGHTS

## APPLE VALLEY PARKS AND RECREATION DIRECTOR'S MESSAGE

In today's hectic world, it's easy to forget that taking time to enjoy each day is so important to our health and well-being. Healthy living is woven into our aquatics, open space, pathways, sports, and recreation programs. Parks and Recreation programs are the pulse of our community.

The Town of Apple Valley currently has 11 parks and 1 golf course that are designed for you and your family to use. We are continuing to expand, maintain and improve our parks. Our Parks staff is currently in a yearlong plus process of overhauling some of our most used fields. We are also working on adding activity spots in all of our parks. Our goal is that every square foot in our parks has a purpose and there is something fun and enjoyable at every park for you. We are looking at everything from pickle ball and playgrounds to pump tracks and picnic areas, but we'd like to hear more from you.



What would you like to see at our parks and why?

Drop us an email: [recreation@applevalley.org](mailto:recreation@applevalley.org), if you'd like to tell us in person, come to our Parks and Recreation Commission Meeting on the first Thursday of every even month at 6pm in the Council Chambers.

I want to give a big shout out to our Parks and Recreation, Golf and Facilities staff who continue to work hard to provide the best in recreation programming, top notch playing fields, greens, fairways, parks and recreation facilities.

I'll see you in the parks!

David C. Coleman

Apple Valley Parks and Recreation Director



## INSTRUCTOR HIGHLIGHTS — Debra Esquibel

Hi my name is Coach Debra of FitFamHD, I am a Certified and Insured Personal Trainer, Group Fitness and Certified in Sports Nutrition. My gym and training style is comprised of Weight training, Cardio, Boxing "my style" for both Adults and Youth. I love being able to share what I know and have experienced, to help others on their Fitness and Health journey. FitFamHD = Fitness for the Families in the High Desert!

SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)



# AQUATICS

## FIRST DAY OF REGISTRATION FOR SUMMER SWIM LESSONS



### LAP SWIM FEES

#### Civic Center Park Aquatic Center

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

When you have a Multi-Use Pass, you can renew the card only once the pass has expired. Passes are only valid during the season in which they were purchased.

**Ages: 10 & up**

**Passes are non-transferable**

PASS TYPE	JAN-MAY
Unlimited (Calendar Month Only)	\$75
30 visits	\$101
15 visits	\$53
5 visits	\$20
Daily	\$5

### LAP SWIM

#### Civic Center Park Aquatic Center

8 lanes setup according to speed levels. Schedule is subject to change.

DATES	DAY	TIME	FEE	AGES
<b>MORNING</b>				
Jan 2- May 31	MON-SAT	7:00- 9:00AM	SEE LAP SWIM FEES	10+
<b>EVENING</b>				
May 1-31	MON- FRI	5:30- 7:30PM	SEE LAP SWIM FEES	10+

### APPLE VALLEY SWIM CLUB

#### Civic Center Park Aquatic Center

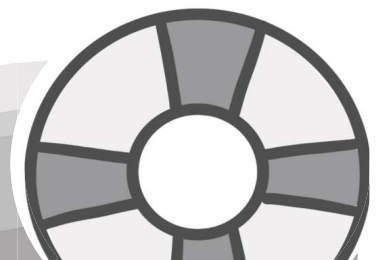
Apple Valley Swim Club is a recreational swim club that focuses on developing inexperienced swimmers into strong, confident athletes. Ages 5 - 17 will be grouped based on skill level and will have workouts tailored to their needs, eventually leading them to our advanced level. The advanced level encourages 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**

DATES	DAY	TIME	FEE	AGES
Jan 2-30	MON WED/FRI	5:45- 6:45PM	\$45/ Month	5-17yrs
Feb 1-27	MON WED/FRI	5:45- 6:45PM	\$45/ Month	5-17yrs
Mar 1-31	MON WED/FRI	5:45- 6:45PM	\$45/ Month	5-17yrs
April 3-28	MON WED/FRI	5:45- 6:45PM	\$45/ Month	5-17yrs
May 1-31	MON WED/FRI	5:45- 6:45PM	\$45/ Month	5-17yrs

### Want updates on the Aquatic Center?

Scan this QR Code to sign up for our mailing list.



**SIGN UP ONLINE! WWW.AVRECREATION.ORG**

# AQUATICS

## JR. LIFEGUARD TRAINING

### Civic Center Park Aquatic Center

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 & decision-making skills, basic responsibilities, knowledge & the skills to become a lifeguard. 30 hours of volunteer time is required for completion.

**AGES:** 11-14yrs

DATES	DAY	TIME	FEE
5/01-5/12	MON-FRI	4:30-6:30PM	\$50/Session
5/15-5/26	MON-FRI	4:30-6:30PM	\$50/Session



## 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.

**Fee:** \$75/ Person

**Must turn 15 by end of registered session**

SESSION #1		SESSION #2	
DATE	TIME	DATE	TIME
March 3	5:30-8:30PM	March 21	9AM-5PM
March 4	9AM-6PM	March 22	9AM-5PM
March 5	9AM-6PM	March 23	9AM-5PM
March 10	5:30-8:30PM	March 24	9AM-5PM
March 11	9AM-6PM	March 25	9AM-5PM
March 12	9AM-6PM		



Applications available March 1st!  
Visit [AppleValley.org/Jobs](http://AppleValley.org/Jobs) for more information.

SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)



# AQUATICS

## Swim Lessons



Group Swim Lessons will be held in the summer. See page 2 for details

### PRIVATE SWIM LESSONS

#### Civic Center Park Aquatic Center

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.**

DATES	DAY	TIME	FEE
Jan-April	MON/WED FRI	5HRS	\$109/Person
Jan-April	MON-FRI	3HRS	\$93/Person
May	MON/WED FRI	5HRS	\$105/Person
May	MON-FRI	3HRS	\$90/Person

### SEMI-PRIVATE SWIM LESSONS

#### Civic Center Park Aquatic Center

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 and in age.

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

**Fees: varies, call Recreation Department for details**

DATES	DAY	TIME	FEE
Jan-April	MON-FRI	5HRS	Varies
Jan-April	MON/WED/FRI	3HRS	Varies
May	MON-FRI	5HRS	Varies
May	MON/WED/FRI	5HRS	Varies



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# AQUATICS



## AQUA ZUMBA

**Civic Center Park Aquatic Center**

**Instructor: Lupita Muro**

Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you should not miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Plus, there is less impact on your joints, so you can really let loose! Aqua Zumba® will leave you feeling great!

**Fees:** 3 days/week: \$30/month  
5 days/week: \$45/month

DATES	DAY	TIME	FEE	AGES
Jan 2-31	MON-FRI	7:45-8:45AM	SEE ABOVE	16+
Feb 1-28	MON-FRI	7:45-8:45AM	SEE ABOVE	16+
Mar 1-31	MON-FRI	7:45-8:45AM	SEE ABOVE	16+
April 3-28	MON-FRI	7:45-8:45AM	SEE ABOVE	16+
May 1-31	MON-FRI	7:45-8:45AM	SEE ABOVE	16+



## 100 MILE SWIM CLUB

**Civic Center Park Aquatic Center**

We challenge you to swim 100 miles in just one year!

Lap Swimming just got more exciting! January 2 - December 16, 2023, 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 16, 2023, 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. SEE PAGE 2 FOR LAP SWIM INFO



Schedules for programs or classes may change. For up-to-date information please check our website [AVRecreation.org](http://AVRecreation.org)

# ARTS

## PYTHON CODING(VIRTUAL)

**Instructor: Creative Brain**

Python is a computer programming language often used to build websites and software on Windows and Apple devices. Not supported on Chromebooks and Android devices

**No class 5/31**

DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	3:30-4:30PM	\$80	8-15yrs
Feb 1-22	WED	3:30-4:30PM	\$80	8-15yrs
Mar 8-29	WED	3:30-4:30PM	\$80	8-15yrs
April 5-26	WED	3:30-4:30PM	\$80	8-15yrs
May 3-24	WED	3:30-4:30PM	\$80	8-15yrs

## VIDEO GAME DESIGN (VIRTUAL)

**Instructor: Creative Brain**

You play them, now learn how to develop them. Working in teams, students will create and design their own video games that they can play.

**No class 1/31 & 5/30**

DATES	DAY	TIME	FEE	AGES
Jan 3-24	TUE	4:30-5:30PM	\$80	8-15yrs
Feb 7-28	TUE	4:30-5:30PM	\$80	8-15yrs
Mar 7-28	TUE	4:30-5:30PM	\$80	8-15yrs
April 4-25	TUE	4:30-5:30PM	\$80	8-15yrs
May 2-23	TUE	4:30-5:30PM	\$80	8-15yrs



Schedules for programs or classes may change.  
For up-to-date information  
please check our website  
[AVRecreation.org](http://AVRecreation.org)

## ROBLOX STUDIO (VIRTUAL)

**Instructor: Creative Brain**

Create anything you can imagine with Roblox's immersive video game engine! Roblox Studios creative features are accessible to a variety of skill levels, ranging from novice to experienced programmer. Dive into the mechanics of game development, game design and coding. Roblox Studios will allow students to create their own video games!

**No class 1/31 & 5/30**

DATES	DAY	TIME	FEE	AGES
Jan 3-24	TUE	5:30-6:30PM	\$80	7-12yrs
Feb 7-28	TUE	5:30-6:30PM	\$80	7-12yrs
Mar 7-28	TUE	5:30-6:30PM	\$80	7-12yrs
April 4-25	TUE	5:30-6:30PM	\$80	7-12yrs
May 2-23	TUE	5:30-6:30PM	\$80	7-12yrs

## UNREAL CODING (VIRTUAL)

**Instructor: Creative Brain**

If you've played Fortnite or any of today's blockbuster video games, you've experienced Epic Games' Unreal Engine. Join other serious gamers and learn the tools of developing your own games with Unreal Engine. Turn your creative ideas into UNREAL games! Minimum requirements to run Unreal on your computer are: Windows 7/8/10 64-bit or Mac OSX 10.9.2 or higher, 8GM of RAM.

**No Class 5/31**

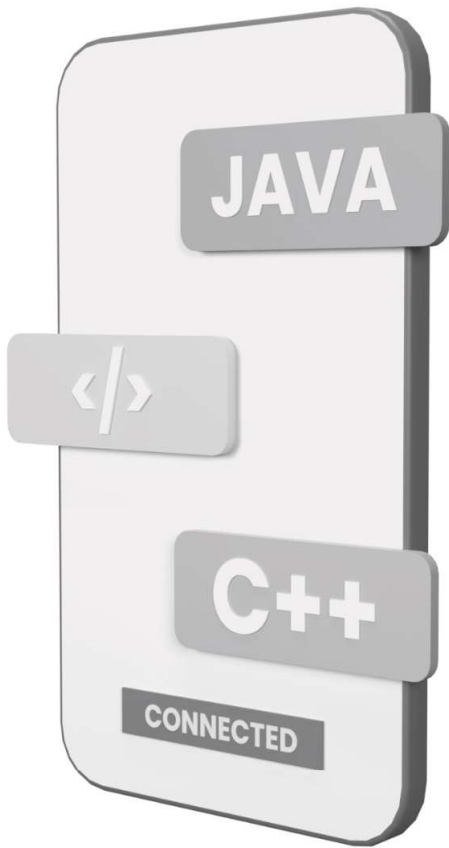
DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	4:30-5:30PM	\$80	9-15yrs
Feb 1-22	WED	4:30-5:30PM	\$80	9-15yrs
Mar 8-29	WED	4:30-5:30PM	\$80	9-15yrs
April 5-26	WED	4:30-5:30PM	\$80	9-15yrs
May 3-24	WED	4:30-5:30PM	\$80	9-15yrs



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)



# ARTS



## UNITY GAME DESIGN (VIRTUAL)

**Instructor: Creative Brain**

Many of today's most popular games are created with the Unity Game Engine. Examples include the VR Game Beat Saber, video games such as Iron Man, Pokémon, NASCAR and others. Join other serious gamers to learn the tools of creating games in Unity and turning ideas into reality. Minimum requirements to run unity on your computer are: Windows 7/8/10, 64-bit versions only, or mac OS: 10.12+.

**No class 5/31**

DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	5:30-6:30PM	\$80	8-15yrs
Feb 1-22	WED	5:30-6:30PM	\$80	8-15yrs
Mar 8-29	WED	5:30-6:30PM	\$80	8-15yrs
April 5-26	WED	5:30-6:30PM	\$80	8-15yrs
May 3-24	WED	5:30-6:30PM	\$80	8-15yrs

## COMPUTER CODING (VIRTUAL)

**Instructor: Creative Brain**

This class lets students explore basic concepts of coding. Join in the fun and science and end up creating your own computer program.

**No class 1/31 & 5/30**

DATES	DAY	TIME	FEE	AGES
Jan 3-24	TUE	3:30-4:30PM	\$80	7-12yrs
Feb 7-28	TUE	3:30-4:30PM	\$80	7-12yrs
Mar 7-28	TUE	3:30-4:30PM	\$80	7-12yrs
April 4-25	TUE	3:30-4:30PM	\$80	7-12yrs
May 2-23	TUE	3:30-4:30PM	\$80	7-12yrs



# ARTS



## ANIME ART(VIRTUAL)

### Instructor: Creative Brain

Are you a fan of Anime? If so, this is the class for you! Anime is the Japanese style of animation that is known for its colorful graphics, vibrant and expressive characters, and set in a fantasy world. Explore Anime drawing in simple steps and develop your own Anime characters and stories in this course.

### No Class 3/2

DATES	DAY	TIME	FEE	AGES
Jan 5-26	THUR	4:30-5:30PM	\$80	8 yrs+
Feb 2-23	THUR	4:30-5:30PM	\$80	8 yrs+
Mar 9-30	THUR	4:30-5:30PM	\$80	8 yrs+
April 6-27	THUR	4:30-5:30PM	\$80	8 yrs+
May 4-25	THUR	4:30-5:30PM	\$80	8 yrs+

## CARTOON DRAWING (VIRTUAL)

### Instructor: Creative Brain

Learn the secrets of cartoon drawing and create your very own cartoon story in this unique arts class. Students will learn to draw cartoon characters and other elements. Students explore creating their very own story ideas and turn them into actual cartoon strips.

### No class 3/2

DATES	DAY	TIME	FEE	AGES
Jan 5-26	THUR	3:30-4:30PM	\$80	8 yrs+
Feb 2-23	THUR	3:30-4:30PM	\$80	8 yrs+
Mar 9-30	THUR	3:30-4:30PM	\$80	8 yrs+
April 6-27	THUR	3:30-4:30PM	\$80	8 yrs+
May 4-25	THUR	3:30-4:30PM	\$80	8 yrs+

## Want a class we dont offer?

### Interested in turning your hobby into money?

#### Independent Contractors 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 a skill , knowledge , exprience and desire to earn-as-you help others learn, contact the Town of Apple Valley Recreation Department to become an independent contract class instructor.

Call the Recreation  
Department at  
(760)240-7880



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# ARTS



## INTERESTED IN ACTING?

**Come join our acting classes!**

Calling all performers! 5 Months of classes and rehearsals with a performance in May where everyone gets a role.

Accents • Technique • Characterization • No Experience Needed

**Register at AVRECREATION.ORG**

### BEGINNING ACTING

**Instructor: Melanie Myers**

**James Woody Community Center Auditorium**

Calling all performers! We're putting on a show! Learn acting as we rehearse a show, no experience necessary and everyone gets a role. This is a 5 month rehearsal and performance commitment, we will perform in May

**There will be a \$40 material fee due to the instructor, in cash, upon the first class.**

**No class 3/22**

DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	4:00-5:00PM	\$37	8-16yrs
Feb 1-22	WED	4:00-5:00PM	\$37	8-16yrs
Mar 1-29	WED	4:00-5:00PM	\$37	8-16yrs
April 5-26	WED	4:00-5:00PM	\$37	8-16yrs
May 3-31	WED	4:00-5:00PM	\$37	8-16yrs

### ADVANCED ACTING

**Instructor: Melanie Myers**

**James Woody Community Center Auditorium**

Do you like to perform? Come join! We will audition and rehearse a play for a performance in May. We will work on accents, technique, and in depth characterization. This is a 5 month rehearsal/ performance class.

**There will be a \$40 material fee due to the instructor, in cash, upon the first class.**

**No class 3/22**

DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	5:00-6:00PM	\$37	13-18yrs
Feb 1-22	WED	5:00-6:00PM	\$37	13-18yrs
Mar 1-29	WED	5:00-6:00PM	\$37	13-18yrs
April 5-26	WED	5:00-6:00PM	\$37	13-18yrs
May 3-31	WED	5:00-6:00PM	\$37	13-18yrs

**SIGN UP ONLINE! WWW.AVRECREATION.ORG**



# FITNESS

## TAI CHI

**Instructor: Chris Urmston**

**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, & muscles. Tai Chi also increases respiratory capacity. Tai Chi is not strenuous and requires no special equipment or ability.

**No class 1/2, 1/16, 2/20 & 5/29**

**\*Fees are based on 2-3 times a week**

DATES	DAY	TIME	FEE	AGES
Jan 4-30	MON/ WED FRI	11:00AM- 12:00PM	\$37/ \$43.50	16+
Feb 1-27	MON/WED FRI	11:00AM- 12:00PM	\$37/ \$43.50	16+
Mar 1-31	MON/WED FRI	11:00AM- 12:00PM	\$37/ \$54	16+
April 3-28	MON/WED FRI	11:00AM- 12:00PM	\$37/ \$47	16+
May 1- 31	MON/WED FRI	11:00AM- 12:00PM	\$37/ \$50.50	16+

## ZUMBA®

**Instructor: Lupita Muro**

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

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

DATES	DAY	TIME	FEE	AGES
Jan 3-31	TUE/THUR	9:15- 10:15AM	\$35/ Month	16+
Feb 2-28	TUE/THUR	9:15- 10:15AM	\$35/ Month	16+
Mar 2-30	TUE/THUR	9:15- 10:15AM	\$35/ Month	16+
April 4-27	TUE/THUR	9:15- 10:15AM	\$35/ Month	16+
May 2-30	TUE/THUR	9:15- 10:15AM	\$35/ Month	16+

## YOGA FIT

**Instructor: Mary Anne Carroll**

**Apple Valley Conference Center**

Let's begin safe & fresh! Yoga Fit is a friendly, non competitive, practice. Class time will be a blend of traditional yoga poses and stretching, balance, strength building and breath. The class will be lead by verbal cue and demonstration. No hands on adjustments.

**No class 1/2, 1/16, 2/20 & Month of May**

DATES	DAY	TIME	FEE	AGES
Jan 4-30	MON/WED	5:30- 6:30PM	\$42/ Month	15+
Feb 1-27	MON/WED	5:30- 6:30PM	\$42/ Month	15+
Mar 1-29	MON/WED	5:30- 6:30PM	\$54/ Month	15+
April 3-26	MON/WED	5:30- 6:30PM	\$48/ Month	15+



# FITNESS

## COMBATIVES

**Instructor: Gracie Jiu Jitsu**

**13470 Manhasset Rd #9, Apple Valley**

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. Please Note Participants can participate in all classes. **No Class 5/29**

**Adult gi's must be purchased for \$85 plus tax from Gracie Apple Valley. Please wear sweats/shorts & a t-shirt to practice until gi is purchased.**

\*Schedule is subject to change.

**Mon: 7-8pm • Wed: 9-10am & 5-6pm,  
Thurs: 8-9pm • Fri: 7-8pm • Sat: 9-10am**



DATES	DAY	TIME	FEE	AGES
Jan 2-30	MON/WED THUR/FRI/SAT	SEE ABOVE	\$135/ Month	14+
Feb 1-27	MON/WED THUR/FRI/SAT	SEE ABOVE	\$135/ Month	14+
Mar 1-31	MON/WED THUR/FRI/SAT	SEE ABOVE	\$135/ Month	14+
April 1-29	MON/WED THUR/FRI/SAT	SEE ABOVE	\$135/ Month	14+
May 1-31	MON/WED THUR/FRI/SAT	SEE ABOVE	\$135/ Month	14+

## WOMEN EMPOWERED

**Instructor: Gracie Jiu Jitsu**

**13470 Manhasset Rd #9, Apple Valley**

Women Empowered is the official Gracie self-defense program for women based on the techniques of Brazilian Jiu-Jitsu (BJJ). In this 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. **No class 5/29**

**Adult gi's must be purchased for \$90 plus tax from Gracie Apple Valley. Please wear sweats/shorts & a t-shirt to practice until uniform is purchased. This is a women's only class.**

\*Schedule is subject to change.

**Mon: 6-7pm • Thurs: 7-8pm • Sat: 8-9am**



DATES	DAY	TIME	FEE	AGES
Jan 2-30	MON/ THUR/SAT	SEE ABOVE	\$99/ Month	13+
Feb 2-27	MON/ THUR/SAT	SEE ABOVE	\$99/ Month	13+
Mar 2-30	MON/ THUR/SAT	SEE ABOVE	\$99/ Month	13+
April 1-29	MON/ THUR/SAT	SEE ABOVE	\$99/ Month	13+
May 1-27	MON/ THUR/SAT	SEE ABOVE	\$99/ Month	13+

# FITNESS

## BULLYPROOF

**Instructor: Gracie Jiu Jitsu**

**13470 Manhasset Rd #9, Apple Valley**

This program was designed by the Gracie's to teach children the beginning stages of Combatives, how to deal with bullies, and how to have 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," which is important so that every student knows when and when not to use the techniques they have learned.

**Students choose only 2 days per week. Children's GI must be purchased for \$55 plus tax from Gracie Apple Valley. Please wear sweats/shorts & a t-shirt to practice until GI is purchased.**

\*Schedule is subject to change. **No Class 5/29**

### LITTLE CHAMPS

**Mon: 4-5PM • Tue: 5-6PM • Wed: 10-11AM  
Thur: 6- 7PM • Fri: 5- 6PM**

DATES	DAY	TIME	FEE	AGES
Jan 2-31	MON-FRI	SEE ABOVE	\$99/Month	4-7yrs
Feb 1-28	MON-FRI	SEE ABOVE	\$99/Month	4-7yrs
Mar 1-31	MON-FRI	SEE ABOVE	\$99/Month	4-7yrs
April 3-28	MON-FRI	SEE ABOVE	\$99/Month	4-7yrs
May 1-31	MON-FRI	SEE ABOVE	\$99/Month	4-7yrs

### JR.GRAPPLERS

**Mon: 5-6PM • Tue: 6-7PM • Wed: 11am-12pm & 4-5pm  
Thur 5-6pm • Fri 4-5pm**

DATES	DAY	TIME	FEE	AGES
Jan 2-31	MON-FRI	SEE ABOVE	\$99/Month	8-12yrs
Feb 1-28	MON-FRI	SEE ABOVE	\$99/Month	8-12yrs
Mar 1-31	MON-FRI	SEE ABOVE	\$99/Month	8-12yrs
April 3-28	MON-FRI	SEE ABOVE	\$99/Month	8-12yrs
May 1-31	MON-FRI	SEE ABOVE	\$99/Month	8-12yrs

## DOSHIN KAIKAN KARATE-DO

**Instructor: Don Burnell**

**The Academy of Applied Martial Arts**

**13631 Navajo Rd #103 Apple Valley 92308**

Students will learn a combination of basic to advanced techniques from Doshin Kaikan Karate- Do, Tang Soo Do, Tae Kwon Do, Kickboxing and Combatives. They will also be introduced to Traditionally Martial Arts Weaponry.

**Material fees will be paid to the instructor. Uniform fee is \$30, sparring/Equipment is \$140/Tournament fee is \$50(fee may vary) No class 4/8 & 5/27**



DATES	DAY	TIME	FEE	AGES
Jan 7-28	SAT	10:00AM-12:00PM	\$55/Month	9+
Feb 4-25	SAT	10:00AM-12:00PM	\$55/Month	9+
Mar 4-25	SAT	10:00AM-12:00PM	\$55/Month	9+
April 1-22	SAT	10:00AM-12:00PM	\$55/Month	9+
May 6-20	SAT	10:00AM-12:00PM	\$55/Month	9+



**SIGN UP ONLINE! WWW.AVRECREATION.ORG**

# FITNESS

## YOUTH FITNESS TRAINING

**Instructor: FitFamHD**

**13599 Del Mar Rd. Apple Valley 92307**

Our Youth Fitness program will show your youth what they can do physically and mentally! Fun and challenging circuits that include weights, cardio and boxing will get them stronger!

DATES	DAY	TIME	FEE	AGES
Jan 3-31	TUE/THUR	4:00-5:00PM	\$50/ Month	11-17yrs
Feb 2-28	TUE/THUR	4:00-5:00PM	\$50/ Month	11-17yrs
Mar 2-30	TUE/THUR	4:00-5:00PM	\$50/ Month	11-17yrs
April 4-27	TUE/THUR	4:00-5:00PM	\$50/ Month	11-17yrs
May 2-30	TUE/THUR	4:00-5:00PM	\$50/ Month	11-17yrs

## ADULT FITNESS

**Instructor: FitFamHD**

**13599 Del Mar Rd. Apple Valley 92307**

Adult fitness training! Weight, cardio, HIIT in a great encouraging atmosphere!

**No Class 1/2, 2/20 & 5/29**

**Mon: 5AM-6AM • WED: 7AM-8AM • FRI: 5PM-6PM**

DATES	DAY	TIME	FEE	AGES
Jan 4-30	MON/WED/ FRI	SEE ABOVE	\$75/ Month	19-65yrs
Feb 1-27	MON/WED /FRI	SEE ABOVE	\$75/ Month	19-65yrs
Mar 1-31	MON/WED /FRI	SEE ABOVE	\$75/ Month	19-65yrs
April 3-28	MON/WED /FRI	SEE ABOVE	\$75/ Month	19-65yrs
May 1-31	MON/WED /FRI	SEE ABOVE	\$75/ Month	19-65yrs

## IRON TIGER CUBS

**Instructor: Don Burnell**

**The Academy of Applied Martial Arts**

**13631 Navajo Rd #103 Apple Valley 92308**

Kids will learn basic to advanced karate techniques, predator and anti-bullying awareness in a fast paced high energy environment while having tons of fun. This training will help to improve their concentration, eye hand coordination, while reinforcing the positive values of the martial arts such as Honor Integrity Respect and Discipline.

**Material fees will be paid to the instructor. Uniform fee is \$30/Equipment is \$140/Tournament fee is \$50(fee may vary) No class 4/8 & 5/27**

DATES	DAY	TIME	FEE	AGES
Jan 7-28	SAT	9:00-9:45AM	\$45/Month	4-8yrs
Feb 4-25	SAT	9:00-9:45AM	\$45/Month	4-8yrs
Mar 4-25	SAT	9:00-9:45AM	\$45/Month	4-8yrs
April 1-22	SAT	9:00-9:45AM	\$45/Month	4-8yrs
May 6-20	SAT	9:00-9:45AM	\$45/Month	4-8yrs



# DANCE

## TAP & BALLET / LYRICAL

**Instructor: Hailey Richling**

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

Students will learn beginning tap and ballet techniques, terminology and body coordination. All students will have the option to perform a group routine in a seasonal show to show off the skills they've learned. The show dates will be announced during the season.

**No Class 1/31, 2/14 & 5/30**

**\*All students will have performing opportunities\***



### TINY TOTS TAP & BALLET

DATES	DAY	TIME	FEE	AGES
Jan 3-24	TUE	3:15-4:00PM	\$60/Month	3-5yrs
Feb 7-28	TUE	3:15-4:00PM	\$60/Month	3-5yrs
Mar 7-28	TUE	3:15-4:00PM	\$60/Month	3-5yrs
April 4-25	TUE	3:15-4:00PM	\$60/Month	3-5yrs
May 2-23	TUE	3:15-4:00PM	\$60/Month	3-5yrs

### TAP & BALLET/LYRICAL

DATES	DAY	TIME	FEE	AGES
Jan 3-24	TUE	5:10-6PM	\$60/Month	10-16yrs
Feb 7-28	TUE	5:10-6PM	\$60/Month	10-16yrs
Mar 7-28	TUE	5:10-6PM	\$60/Month	10-16yrs
April 4-25	TUE	5:10-6PM	\$60/Month	10-16yrs
May 2-23	TUE	5:10-6PM	\$60/Month	10-16yrs

### INTRO TO TAP & BALLET/LYRICAL

DATES	DAY	TIME	FEE	AGES
Jan 3-24	TUE	4:15-5:00PM	\$60/Month	6-9yrs
Feb 7-28	TUE	4:15-5:00PM	\$60/Month	6-9yrs
Mar 7-28	TUE	4:15-5:00PM	\$60/Month	6-9yrs
April 4-25	TUE	4:15-5:00PM	\$60/Month	6-9yrs
May 2-23	TUE	4:15-5:00PM	\$60/Month	6-9yrs

### HIP HOP JAZZ FUSION

**Instructor: Jamar Collins**

**James Woody Community Center**

**Tues Auditorium-Thur Arts & Crafts Room**

What's a "Better Way to Play" than promoting wellness through the art of movement, while learning Hip Hop Jazz Fusion with the funky beats at the same time? It's the hottest dance class that combines solid dance technique, warm ups, movement and more.

**No class 1/3 & 5/30**

DATES	DAY	TIME	FEE	AGES
Jan 10-31	TUE/THUR	4-5PM	\$40/Month	8-16yrs
Feb 7-28	TUE/THUR	4-5PM	\$40/Month	8-16yrs
Mar 7-28	TUE/THUR	4-5PM	\$40/Month	8-16yrs
April 4-25	TUE/THUR	4-5PM	\$40/Month	8-16yrs
May 2-23	TUE/THUR	4-5PM	\$40/Month	8-16yrs





# DANCE



## DANCE TWIRL BATON

**Instructor: Shari Taylor**

**James Woody Community Center Auditorium**

Learn to twirl a baton while making friends, march in parades and earn awards.

**Baton is required and can be purchased from the instructor for \$30 No class 3/30**

### BEGINNING 4-6 YRS

DATES	DAY	TIME	FEE	AGES
Jan 5-26	THUR	5-5:45PM	\$48/Month	4-6yrs
Feb 2-23	THUR	5-5:45PM	\$48/Month	4-6yrs
Mar 2-23	THUR	5-5:45PM	\$48/Month	4-6yrs
April 6-27	THUR	5-5:45PM	\$48/Month	4-6yrs
May 4-25	THUR	5-5:45PM	\$48/Month	4-6yrs

### BEGINNER 7-16 YRS

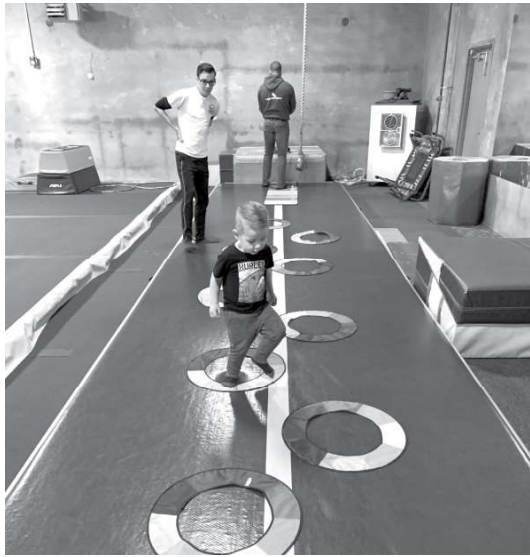
DATES	DAY	TIME	FEE	AGES
Jan 5-26	THUR	7-7:45PM	\$48/Month	7-16yrs
Feb 2-23	THUR	7-7:45PM	\$48/Month	7-16yrs
Mar 2-23	THUR	7-7:45PM	\$48/Month	7-16yrs
April 6-27	THUR	7-7:45PM	\$48/Month	7-16yrs
May 4-25	THUR	7-7:45PM	\$48/Month	7-16yrs

### ADVANCE 7-17 YRS (PRIOR APPROVAL)

DATES	DAY	TIME	FEE	AGES
Jan 5-26	THUR	6-6:45PM	\$48/Month	7-17yrs
Feb 2-23	THUR	6-6:45PM	\$48/Month	7-17yrs
Mar 2-23	THUR	6-6:45PM	\$48/Month	7-17yrs
April 6-27	THUR	6-6:45PM	\$48/Month	7-17yrs
May 4-25	THUR	6-6:45PM	\$48/Month	7-17yrs

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# GYMNASTICS



## GYMNASTICS

### GYM BEARS

**Instructor: 360 Gymnastics Academy**  
**22355 Powahatan 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 \$50 annual registration fee is due on the first day of class and paid directly to 360 Gymnastics, in cash.**

DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	10:30-11:30AM	\$55/Month	4yrs
Feb 1-22	WED	10:30-11:30AM	\$55/Month	4yrs
Mar 1-29	WED	10:30-11:30AM	\$55/Month	4yrs
April 5-26	WED	10:30-11:30AM	\$55/Month	4yrs
May 3-31	WED	10:30-11:30AM	\$55/Month	4yrs



Schedules for programs or classes may change. For up-to-date information please check our website [AVRecreation.org](http://AVRecreation.org)

### TINY TOTS GYMNASTICS

**Instructor: 360 Gymnastics Academy**  
**22355 Powahatan 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 \$50 annual registration fee is due on the first day of class and paid directly to 360 Gymnastics, in cash.**

DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	9:45-10:30AM	\$55/Month	3yrs
Feb 1-22	WED	9:45-10:30AM	\$55/Month	3yrs
Mar 1-29	WED	9:45-10:30AM	\$55/Month	3yrs
April 5-26	WED	9:45-10:30AM	\$55/Month	3yrs
May 3-31	WED	9:45-10:30AM	\$55/Month	3yrs

### PARENT & ME GYMNASTICS

**Instructor: 360 Gymnastics Academy**  
**22355 Powahatan Rd, Suite C-1, Apple Valley**

Parent & Me classes are co-ed classes designed to stimulate your child's athletic ability and develop self-awareness on a variety of gymnastic equipment. This is a parent-child interactive class for children ages 18 months to 2 years old.

**A \$50 annual registration fee is due on the first day of class and paid directly to 360 Gymnastics, in cash.**

DATES	DAY	TIME	FEE	AGES
Jan 4-25	WED	9-9:45AM	\$50/Month	18mos-2yrs
Feb 1-22	WED	9-9:45AM	\$50/Month	18mos-2yrs
Mar 1-29	WED	9-9:45AM	\$50/Month	18mos-2yrs
April 5-26	WED	9-9:45AM	\$50/Month	18mos-2yrs
May 3-31	WED	9-9:45AM	\$50/Month	18mos-2yrs

# SPORTS

## PARENT & ME PEE WEE TENNIS

**Instructor: Bill Mocharnuk**

**Apple Valley Golf Course Tennis Courts**

Want to introduce your 3-6 year old to tennis? This parent and me class provides an introduction to the sport teaching basic fundamentals of tennis. **Parent participation is required.** Please bring a tennis racquet.

**No registrations will be taken after the 2nd week**

**No class months of January, February, March, 4/8 & 5/27**

DATES	DAY	TIME	FEE	AGES
April 1-22	SAT	7:30-8:00AM	\$24.88	3-6yrs
May 6-20	SAT	7:30-8:00AM	\$24.88	3-6yrs

## BEGINNING YOUTH TENNIS

**Instructor: Bill Mocharnuk**

**Apple Valley Golf Course Tennis Courts**

This course will make tennis fun and enjoyable for beginners to play for the rest of their life!

**No registrations will be taken after the 2nd week.**

**No class 4/8, 4/29 & 5/27**

DATES	DAY	TIME	FEE	AGES
Jan 7-28	SAT	8:00-8:45AM	\$31.50	6-17yrs
Feb 4-25	SAT	8:00-8:45AM	\$31.50	6-17yrs
Mar 4-25	SAT	8:00-8:45AM	\$31.50	6-17yrs
April 1-22	SAT	8:00-8:45AM	\$24.88	6-17yrs
May 6-20	SAT	8:00-8:45AM	\$24.88	6-17yrs



## INTERMEDIATE YOUTH & ADULT TENNIS

**Instructor: Bill Mocharnuk**

**Apple Valley Golf Course Tennis Courts**

This class is for participants familiar with Tennis. Please bring a tennis racquet.

**No registrations will be taken after the 2nd week.**

**No class 4/8 & 5/27**

DATES	DAY	TIME	FEE	AGES
Jan 7-28	SAT	8:45-9:30AM	\$31.50	7yrs+
Feb 4-25	SAT	8:45-9:30AM	\$31.50	7yrs+
Mar 4-25	SAT	8:45-9:30AM	\$31.50	7yrs+
April 1-22	SAT	8:45-9:30AM	\$24.88	7yrs+
May 6-20	SAT	8:45-9:30AM	\$24.88	7yrs+



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# SPORTS

## HIGH SCHOOL VOLLEYBALL

### Michael H. Martin Gym

Introducing High School Volleyball! Gather your team and join us for our league night! Games will be 6-on-6, and all players must be in highschool; one parent or guardian must serve as Team Manager, and be the Town's main point of contact. League will be 8 weeks, including championships. Only 8 teams will be accepted, so register early to ensure a spot!

**Registration Deadline:** Feb 23

DATES	DAY	TIME	FEE	GRADES
MAR 2-APR 20	THURS	5:30-9pm	\$150/Team	9-12

## ADULT CO-ED VOLLEYBALL LEAGUE

### Michael H. Martin Gym

Adult Volleyball is back! Games will be 6-on-6, and all players must be at least 18 years old. League will be 8 weeks including championships. Only 8 teams will be accepted, so register early to ensure a spot!

**Registration Deadline:** Feb 15

DATES	DAY	TIME	FEE	AGES
FEB 26- APR 23	SUN	5:30-9pm	\$150/Team	18+

## YOUTH 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. 3rd-5th Grade & 6th-8th Grade Divisions.

**Registration deadline:** Feb 21

**Assesments:** Feb 21

**Games Begin:** March 20

**Practices begin week of March 06**

DAY	TIME	FEE	GRADES
WED/THUR/ SAT	VARIES	Resident: \$73/Child Non Res: \$78/Child	3-8



# VOLLEYBALL



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# SPORTS



**Saturday March 18th, 2023**  
**10:00am-2:00pm**

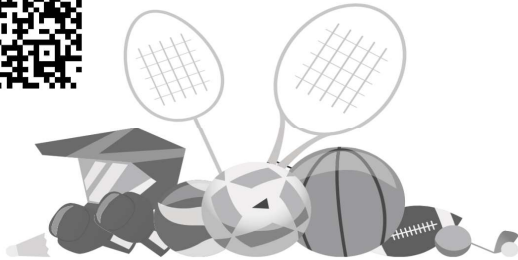
Dodge, dive, dip and duck your way to the inaugural High School Dodgeball Championships

\$30 Per Team  
 Current student ID is required

**Want updates on Athletics?**



Scan this QR Code to sign up for our mailing list.



All volunteer coaches will need to pass a Live Scan background check and a brief interview

Applications online or at the recreation counter in Town Hall and at the Micheal H. Martin Gym

## OPEN GYM

Michael H. Martin Gym

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

Adults must provide valid picture I. D. Minors must have parent-signed emergency card on file. For more information, please call (760) 240-7880.

### PICKLEBALL

DAY	TIME	FEE	AGES
MON-FRI	9:00am-12:00pm	\$3 Child \$4 Adult	10yrs+

### BASKETBALL

DAY	TIME	FEE	AGES
WED/FRI	6:00-9:00pm	\$3 Child/\$4 Adult	10yrs+
SUN	12:00-3:00pm	\$3 Child/\$4 Adult	10yrs+

### FLOOR HOCKEY

DAY	TIME	FEE	AGES
SUN	3:15-4:45pm	\$3 Child/\$4 Adult	10yrs+

SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# SPORTS

## PEE WEE & HOT SHOTS BASKETBALL

### Michael H. Martin 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 5/2**

### PEE WEE

DATES	DAY	TIME	FEE	AGES
JUN 3- JUL 15	SAT	VARIES	Res: \$58 Non-Res: \$63	3-4yrs

### HOT SHOTS

DATES	DAY	TIME	FEE	AGES
JUN 3- JUL 22	SAT	VARIES	Res: \$58 Non-Res: \$63	5-6yrs

## ADVENTURES IN PEE WEE SPORTS

### Civic Center Park

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.**

Residents: \$58/Per Child

Non-Residents: \$63/Per Child

DATES	DAY	TIME
JAN 24- FEB 28	TUE	Ages 3-4: 4:30-5:20PM Ages 5-6: 5:30-6:20PM
JAN 28- MAR 4	SAT	Ages 3-4: 9:00-9:50AM Ages 5-6: 10:00-10:50AM
APR 4- MAY 9	TUE	Ages 3-4: 4:30-5:20PM Ages 5-6: 5:30-6:20PM
APR 8- MAY 13	SAT	Ages 3-4: 9:00-9:50AM Ages 5-6: 10:00-10:50AM

## SUMMER YOUTH CO-ED BASKETBALL

### Michael H. Martin Gym

#### ENTERING GRADES: 1-12

Maintain those skills over the summer! This program will emphasize sportsmanship, learning basic skills, teamwork and fun. All girls and boys entering grades 1 - 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: 5/2**

Divisions- Grades Entering	
1st & 2nd Grade	7th & 8th Grade
3rd & 4th Grade	High School
5th-6th Grade	-

**Assessments:** May 2

**Games:** June 3 – July 29

**Practices begin week of May 22**

DATES	DAY	TIME	FEE	GRADE
JUN 3-JUL 29	SEE BELOW	VARIES	Res: \$73 Non-Res: \$78	1-12

**PRACTICE**

**GAMES**

TUE OR THUR

SAT



# A.S.A.P

## A.S.A.P. After School Activities Program

2022/2023  
School Year

The After School Activities Program offers a variety of locations for after school childcare needs.

Children will enjoy spending time with our staff as they explore culinary arts, work together in S.T.E.M activities, create masterpieces of visual arts, focus on teamwork while playing sports, and receive assistance in homework help.

The program is often at capacity, please call our office at 760-240-7880 to see if space is available.

### \$55/WEEKLY FEE

- AAE / K-6th
- Rio Vista / K-6th
- Sitting Bull Academy / K-8th
- Vanguard Preparatory / K-8th

## FAQs

### What are the times A.S.A.P is open?

A.S.A.P starts when the school site ends and will be open until 6:15pm

### Where is A.S.A.P located?

A.S.A.P is located at the school sites listed above.

### Where do I register?

Registration must be done in-person at the Recreation desk in Town Hall.

### Does A.S.A.P run during school breaks?

We do not offer A.S.A.P during school breaks, you will not be charged for these weeks. However we offer our Day Camp program during school breaks. For more information visit page 32.

For more information please visit [AVRecreation.org](http://AVRecreation.org) or call (760) 240-7880

Registration must be done in person at the Recreation desk. Must be registered by a parent or legal guardian

SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# RUNNING SERIES



## Saturday, January 21st

**\$15/Person • Civic Center Park**

Kick off the New Year with a 5K, obstacle course filled, fun run! Join us between 8am-10am, check in with our team and start at your own pace! All finishers receive a custom medal!



## Saturday, February 25th

**Check In: 9:00AM**

**Race Starts: 10:00AM**

**Off the Grid Brewery**

**13615 John Glenn Rd. Apple Valley 92308**

**21+ Runners: \$30 Pre-Registration**

**\$35 On-Site**

**Under 21 Runners: \$20 Pre-Registration**

**\$25 On-Site**

Join Off the Grid Brewery and the Recreation Department for our annual beer run! This fun run will have no division winners, but top 3 runners will receive a special gift from Off the Grid Brewery. Registration includes a commemorative pint glass and a fill. This 5K is fun for the whole family with hand-crafted soda available for participants under 21. The fun continues after the race with music, games & food!



**SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)**



# RUNNING SERIES



Friday,  
March 17th

\$15/Person • Civic Center Park  
6PM-8PM

Bring the family and run through our beautiful Civic Center Park. There is no starting time so you can join in the fun anytime! Our recreation staff will be out there to celebrate your finish with music, your medal and a beer voucher to be redeemed at Off the Grid Brewery

Thursday,  
May 4th



\$15/Person • Civic Center Park  
6PM-8PM

Celebrate May the 4th with us! Dress as your favorite Star Wars character and run for the Light Side or Dark Side! This race is untimed, so all paces are welcomed. All runners registered receive a custom finisher medal and light stick!

SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)



# SPECIAL EVENTS



## Saturday, April 8

James Woody Community Center  
on Field 8 (Off Ottawa Rd)

Kick off the Spring Season in the Town of Apple Valley by running (or hopping!) in our annual Bunny Run! Awards for men, women and children in different age divisions. A signed liability waiver is required for all participants. Finishing medals and a FREE commemorative race T-shirt for the first 50 pre-registered, paid runners. Pre-registration ends Thursday, 4/06 or when we have reached event capacity

**Pre-registration: \$21 • On-site Registration: \$25 • Walkers are Free!**  
Check in starts at 7:00AM • Race starts at 8:00AM

# Eggstravaganza & Sharon Frazier Egg Hunt

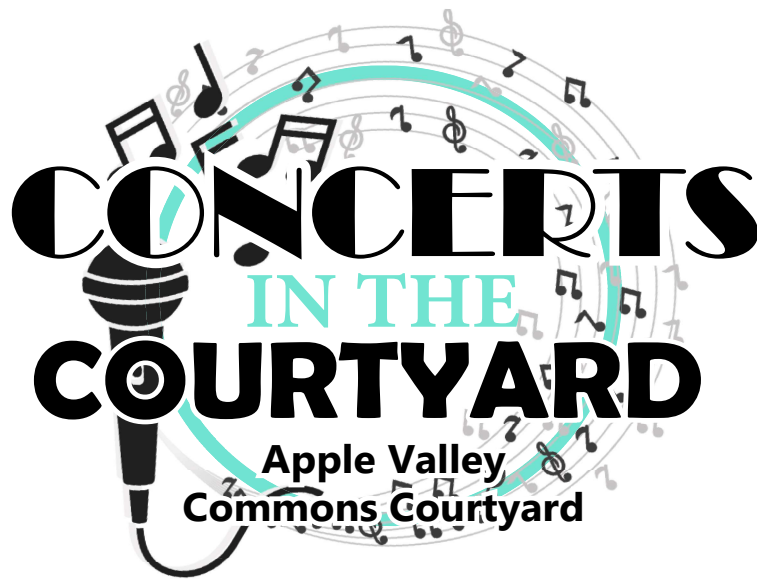
James Woody Community Center  
Saturday, April 8  
9:30AM-12PM

Visit [AVRecreation.org](http://AVRecreation.org) for more information



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# SPECIAL EVENTS



**Thursdays  
in May**

**6-8pm**

**All Ages**

**5/4 • 5/11 • 5/18 • 5/25**

Enjoy local bands in an intimate setting at the Courtyard at Apple Valley Commons. This outdoor patio is located next to Wing Stop and Round Table Pizza, as well as several other eateries. Bring friends, grab some food, and enjoy music under the stars! It fills up fast, so bring your own chairs. Concerts are every Thursday in May.

Call (760) 240-7880 for more information or visit [AVRECREATION.ORG](http://AVRECREATION.ORG)



**SATURDAY, MAY 6TH  
8:00AM-1:00PM**

Rock and roll and shop 'til you drop! Our community flea market plays host to individuals, non-profits, church and civic groups to sell rummage items. Music and food vendors will make your shopping a unique experience. Call 760-240-7880 for more information or visit the event page at [AVRECREATION.ORG](http://AVRECREATION.ORG)

**Vendor space is \$20  
or \$10 for non-profit**

**SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)**



# SPECIAL EVENTS

## OVERNIGHT Pool Party

Friday & Saturday

June 16-17

7:00PM-8:00AM

**Bring the family out for a unique camping experience!**

**Civic Center Park Aquatic Center**

Check-In and tent set up at 7:00pm, the first pool activities will begin at 8:00pm;  
Check-Out is at 8:00am. Children under 3 are free.

- Dive-In Movie
- Open Swimming All Night Long
- Games
- In-Water Contest
- Food Truck

**\$10/Person until June 10 · \$12/Person until June 15 · Children under 3 are free**

## Memorial Day Ceremony

Monday, May 29th

8:00AM-12PM

Civic Center Park

The Town of Apple Valley will host a Memorial Day Ceremony to remember and honor our local and national heroes. The event will be held from 8am-12pm in Civic Center Park. Local Community Leaders and Veterans will provide our welcoming address. Town staff will adorn the amphitheater hill with U.S. flags. Community members will be able to write a message on a ribbon and tie it to a flag. If interested in volunteering or sponsoring this event, please contact the Recreation Office at

**(760) 240-7880**



**SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)**

# SPECIAL EVENTS

## COMMUNITY CLEANUP DAY

**Saturday, April 22 • 9:00am-12:00pm • All Ages**

**Check in at Town Hall at 8:30am- 14955 Dale Evans Parkway**

Take pride in your Town and contribute to "A Better Way of Life." Join 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.

Call **(760) 240-7880** or visit [AVRecreation.org](http://AVRecreation.org) to register in advance.

**Pre-register by 4/6**



## S.A.V.E

### SUPPORT APPLE VALLEY EVENTS

Interested in becoming a sponsor for our special events? Can you imagine a summer in Apple Valley without our Sunset Concert Series? Or Independence Day without fireworks at Brewster Park? We invite you to help preserve "A Better Way of Life" with a tax-deductible donation to our Special Events fund!



For more information about our sponsorships,  
visit [www.AppleValleyEvents.org](http://www.AppleValleyEvents.org)

SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)



# MARK YOUR CALENDARS

## EVENTS

- New Year New Me Run 1/21
- Youth Volleyball Deadline 2/21
- Hoppy Trails Run 2/25
- St. Paddy's Run 3/17
- High School Dodgeball Tournament 3/18
- Spring Day Camp 3/20-3/24
- Bunny Run 4/8
- Eggstravaganza 4/8
- Community Cleanup 4/22
- Summer Basketball Deadline 5/2
- May the 4th Run 5/4
- Concert In The Courtyard 5/4
- Rockin' Flea Market 5/6
- Concert In The Courtyard 5/11
- Concert In The Courtyard 5/18
- Concert In The Courtyard 5/25
- Memorial Day 5/29
- Summer Day Camp 5/30-8/4

### ALL SEASON LONG



AQUATICS



ATHLETICS



CLASSES



EVENTS

BE READY FOR SUMMER... GO SOLAR NOW



**OptionOneSolar.com**

**855.502.6363**

# TEENS

## TEEN ZONE

Teen Zone is back in action! From ages 13-17 our teens volunteer their time to aid with a variety of programs and special events. Learn new skills in our monthly educational workshops. If you're interested in participating please complete an application and return it to the Recreation Department. For more information, please call our office at 760-240-7880



**First Wednesday  
of the Month  
5PM-6:30PM**



### DRIVER'S EDUCATION



**Internet Course • Cost: \$40/ Month • 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.** Within 48 business 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.

SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# AV GOLF COURSE



Town of  
Apple Valley  
 Golf

Apple Valley Golf Course, the oldest and most storied golf course in the High Desert, has a time-honored reputation for playing conditions, the “pursest putting surfaces in Southern California” and weather that allows for play 365 days a year.

The golf course boasts a fine balance of par 3s and par 4s with some “especially fun” par 5s on a “walking friendly” golf course. The course plays to a maximum length of 6,805 yards, par 71 and rated SCGA at a rating of 72.7/123.

The golf course is open Monday-Sunday, 7:30am-6:00pm

## RATES

WEEKDAY	GREEN FEE	CART FEE	COMBO
Prime Open-11am	\$26	\$19	\$45
Mid Day 11-3pm	\$17	\$19	\$36
Twilight 3-Close	\$14	\$19	\$33
Senior 60+	\$16	\$19	\$35
Active Military w/ID	\$16	\$19	\$35
Junior 17 & under	\$13	-	-
9-Holes (after prime)	\$12	\$19	\$25

WEEKEND/HOLIDAY	GREEN FEE	CART FEE	COMBO
Prime Open-11am	\$38	\$19	\$57
Mid Day 11-3pm	\$27	\$19	\$46
Twilight 3-Close	\$21	\$19	\$40
Senior 60+	\$22	\$19	\$41
Active Military w/ID	\$22	\$19	\$41
Junior 17 & under	\$17	-	-
9-Holes (after prime)	\$16	\$17	\$29
DRIVING RANGE BALL BUCKET			
Small- \$4	Medium- \$6	Large- \$9	Extra Large- \$12



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)



# AV GOLF COURSE



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# CAMPS

## Spring Break Day Camp

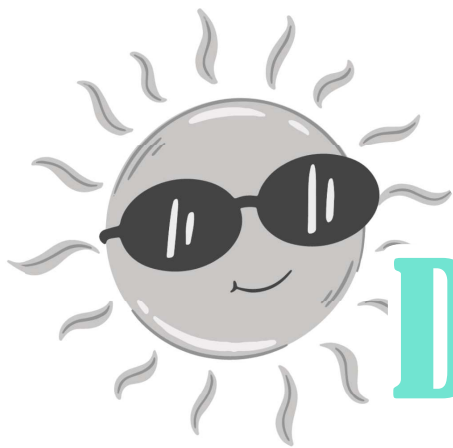
**Town Hall Recreation Center**

**March 20-24, 2023 • Grades: K-8th**

**Full Time: \$139 • 3 Days/Week: \$91 • Part Time: \$86**

Spring has sprung here at the Recreation Department! Register for Spring Day Camp where we will have a week filled with spring themed games, crafts and activities. Space is limited!

**Register at [AVRecreation.org](http://AVRecreation.org)**



## Summer Day Camp

**Town Hall Recreation Center**

**May 30th-August 4th, 2023 • Grades: K-8th**

**Full Time: \$139 • 3 Days/Week: \$91 • Part Time: \$86**

School is out, time to let the fun begin! Our Summer Day Camp has everything a kid needs to enjoy a great summer. Register your child for a summer long filled with games, cooking, and crafts. Space is limited

**Register at [AVRecreation.org](http://AVRecreation.org)**



**SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)**

# PETS

## APPLE VALLEY MUNICIPAL ANIMAL SHELTER



**22131 Powhatan Road Apple  
Valley, CA 92308**

**(760) 240-7000 x 7555**

**Tuesday - Saturday: 9:00AM-4:00PM**

**Closed Sunday, Monday & Designated Holidays**

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

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.

**LOW-COST RABIES  
VACCINE CLINIC  
February 2, 2023  
5:00PM-7:00PM**

**22131 Powhatan Rd.  
Apple Valley, Ca 92308  
\$8 - CASH ONLY**

**LOW-COST RABIES  
VACCINE CLINIC  
April 6, 2023  
5:00PM-7:00PM**

**22131 Powhatan Rd.  
Apple Valley, Ca 92308  
\$8 - CASH ONLY**

**SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)**



# REGISTRATION INFORMATION

## Registration - We make it easy for you!

- 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 issued 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 and is subject to approval.

**Withdrawal After Class Start Date:** A refund may be requested 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 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)

### 4. ONLINE

- Visit us at [www.AVRecreation.org](http://www.AVRecreation.org) to register online.
- Click on "Register Now"

## TOWN OF APPLE VALLEY PARK AND RECREATION DEPARTMENT- PAYEE INFORMATION

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

First & Last Name	Address	City	Zip Code
Telephone	E-mail		

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 \_\_\_\_\_



SIGN UP ONLINE! [WWW.AVRECREATION.ORG](http://WWW.AVRECREATION.ORG)

# APPLE VALLEY FACILITIES & PARKS

All parks have picnic tables.

		Banquet/ Meeting Room	Ball Fields	BBQ	Camping	Dog Park	Fitness Station	Golf Course	Gymnasium	Horse Arenas	Kitchen	Outdoor Basketball Court	Picnic Shelters	Playground	Pool	Skate Park	Tennis Courts
1	<b>Apple Valley Conference Center</b> 14975 Dale Evans Parkway																
2	<b>Apple Valley Golf Course</b> 15200 Rancherias Road																
3	<b>Civic Center Park &amp; Aquatic Center</b> 14999 Dale Evans Parkway																
4	<b>Corwin Park</b> 18577 Corwin Road																
5	<b>Horsemen's Center Park</b> 24320 Highway 18																
6	<b>James Woody Community Center</b> 13467 Navajo Road																
7	<b>Lenny Brewster Sports Center Park</b> 21024 Otoe Road																
8	<b>Lion's Park</b> 20789 S. Outer Highway 18																
9	<b>Mendel Park</b> 21860 Tussing Ranch Road																
10	<b>Norm Schmidt Park</b> 14053 Tuweep Trail																
11	<b>Sycamore Rocks Park</b> 23450 South Road																
12	<b>Thunderbird Park</b> 20700 Wichita Road																
13	<b>Town Hall Recreation Center</b> 14955 Dale Evans Parkway																
14	<b>Yucca Loma Park</b> 21351 Yucca Loma Road																



# COMMUNITY DIRECTORY

## TOWN OF APPLE VALLEY

14955 Dale Evans Parkway  
Apple Valley, CA 92307  
www.applevalley.org

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

## COMMUNITY ORGANIZATIONS

14955 Dale Evans Parkway  
Apple Valley, CA 92307  
www.applevalley.org

American Cancer Society.....	cancer.org • 800-227-2345
American Red Cross.....	redcross.org • 888-309-1200
Apple Valley Chamber of Commerce.....	avchamber.org • 760-245-6506
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.....	assistanceleague.org/victor-valley • 760-961-2468
AVCO/Burrtec.....	burrtec.com • 760-245-8607
Boy Scouts (CA Inland Empire Council).....	scouting.org • 9097932463
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
AVUSD Family Center.....	• 760-240-5606

## SPORTS ORGANIZATIONS

Supercross BMX.....	supercrossBMX.com • 760-240-5266
Apple Valley Little League.....	applevalleyll.com • 760-247-5441
Apple Valley Rebels Football.....	avrebels.com • admin@avrebels.com
Apple Valley Seminoles Football.....	avseminoles.com • 760-885-8938
Apple Valley Storm Soccer.....	avscstorm.org • 760-508-6192
Apple Valley Youth Soccer League.....	avyouthsoccerleague.com • 760-559-8401
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
PSP Christian School.....	pspchristianschool.org • 760-515-2572
Young Champions.....	ycusa.org • 714-478-3793

## EQUESTRIAN GROUPS

Mojave River Valley Horsemen's Assoc.....mrvha.com • 760-247-5944

## RECREATION & HOBBY GROUPS

Thunderbirds Square Dance..... 760-475-3473  
California Writers Club.....www.hdcwc.com • 760-242-4963

## 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  
Senior Information & Assistance..... 760-243-8459  
Senior Select Resource Center.....760-961-0971  
Victor Valley Transit..... vvta.org • 760-948-3030



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

# Celebrate

your next event with

## THE TOWN OF APPLE VALLEY

### Conference Center



Confrence Center

Assembly: 300 Dinning: 217

The Apple Valley Conference Center provides 6,000 square feet of civic meeting space and is available to rent for everything from business meetings to wedding receptions. Audio/visual equipment, covered patio areas, a large lobby and catering kitchen make this the largest and most modern space available in Apple Valley.

**Min 4 hours:**

**Starting \$153/hour (M-Th) Starting \$183/hour (F-S)**

Auditorium

Assembly: 300 Dinning: 217

Approximately 3,226 Sq. Ft.

This is The Town of Apple Valley's largest room available for rent. The Auditorium has hardwood floors and a large stage that has newly installed curtains and two private dressing rooms on the stage. This room also features several sets of double doors that open up to the adjacent park and playground.

**Min 2 hours:**

**Starting \$32/hour (M-Th) Starting \$45/hour (F-S)**

### Auditorium



Room 5

Room 5 is the combination of all 4 separate rooms.

Assembly: 130 People

Approximately 2,336 Sq. Ft.

Located at the east parking of Town Hall. The Town Hall Recreation Center has several rooms available to rent for special events, weddings, banquets, meetings, etc. Included with each rental is an appropriate amount of tables and chairs. Also included is a kitchenette with refrigerator, two microwaves and large sink.

**Min 2 hours:**

**Starting \$45/hour (M-Th) Starting \$56/hour(F-S)**

### Recreation Center



**T**he 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, call (760) 240-7880.



Town of  
**Apple Valley**

PARKS & RECREATION

14955 Dale Evans Parkway  
Apple Valley, Ca 92307

ECRWSS EDDM  
RESIDENTIAL CUSTOMER

Presort STD  
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Victorville, CA  
Permit No.82



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