

EL CAJON PARKS & REC DEPARTMENT

# GUIDE TO RECREATION



THE CITY OF EL CAJON  
**PARKS &  
REC**  
Dept.

FALL 2024



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### **School District Disclaimer:**

This activity is not a school sponsored activity and is not endorsed by the school or Cajon Valley School District.

The activities, products, or services advertised in this guide are not endorsed by the school or the District.

This event/activity is sponsored by the City of El Cajon Recreation Department and is not La Mesa/ Spring Valley District approved.

# DIRECTOR'S MESSAGE

## A Message from Interim Director of Parks & Recreation, Adam Tronerud



This fall, we are excited about our featured upcoming events. This includes Hauntfest, the region's largest free Halloween event on Friday, October 18. Join us for some spooky games, activities, and family-friendly fun. We are also proud to honor our veterans on Monday, November 11, at Centennial Plaza for Veterans Day, during which the El Cajon Veterans Coalition will also announce the 2024 Veteran of the Year. We are also looking forward to our popular Winter Wonderland event at Wells Park on Saturday, December 7, which features free activities and photos with Santa. More importantly, we are proud to serve our local communities with the core services we offer, which include dance, tumbling, cheer, gymnastics, swim lessons, youth sports, and free play at Recreation Centers. Thanks to El Cajon City Council, all of our Recreation Centers are equipped with air conditioning and are recognized as Cool Zones on hot days. These include Fletcher Hills, Bostonia, Renette, Kennedy, and Hillside Recreation Centers. Lastly, we encourage all community members to get outdoors this fall and enjoy your local park!

**Adam Tronerud, Interim Director of Parks & Recreation**

### City of El Cajon

**El Cajon Civic Center**  
 200 Civic Center Way  
 El Cajon, CA 92020-3916  
[www.elcajon.gov](http://www.elcajon.gov)

### City Council & Manager (619) 441-1788

<b>Mayor</b>	<b>Bill Wells</b>
<b>Deputy Mayor</b>	<b>Phil Ortiz</b>
<b>Council Member</b>	<b>Michelle Metschel</b>
<b>Council Member</b>	<b>Gary Kendrick</b>
<b>Council Member</b>	<b>Steve Goble</b>
<b>City Manager</b>	<b>Graham Mitchell</b>
<b>Assistant City Manager</b>	<b>Vince DiMaggio</b>

### Parks Division (619) 441-1744

### Public Works Division (619) 441-1653

### Parks & Recreation Department (619) 441-1754

<b>Interim Director of Parks &amp; Recreation</b>	<b>Adam Tronerud</b>
<b>Parks &amp; Recreation Manager</b>	<b>Julie Alon</b>
<b>Parks &amp; Recreation Manager</b>	<b>Heather Carter</b>
<b>Parks &amp; Recreation Manager</b>	<b>Martin Bitterling</b>

### Parks and Recreation Facilities

<b>Bostonia Recreation Center</b>	<b>(619) 441-1670</b>
<b>Fletcher Hills Recreation Center</b>	<b>(619) 441-1672</b>
<b>Hillside Recreation Center</b>	<b>(619) 441-1674</b>
<b>Kennedy Recreation Center</b>	<b>(619) 441-1676</b>
<b>Kennedy Skatepark</b>	<b>(619) 441-1676</b>
<b>Prescott Promenade</b>	<b>(619) 441-1673</b>
<b>Renette Recreation Center</b>	<b>(619) 441-1678</b>
<b>Ronald Reagan Community Center</b>	<b>(619) 441-1673</b>
<b>Wells Park Off Leash Dog Park</b>	<b>(619) 441-1680</b>
<b>Aquatics</b>	<b>(619) 441-1672</b>
<b>General Information/Instructional</b>	<b>(619) 441-1516</b>



### Mission Statement:

The El Cajon Parks and Recreation Department develops youth, supports families, and provides safe places.





## LEADER OF THE SEASON

Each quarter, a part-time recreation leader is recognized for outstanding service to the El Cajon Parks & Recreation Department. The Summer 2024 Leader of the Season is Brandon Arana.



### EL CAJON PARKS & REC DEPARTMENT FEE ASSISTANCE PROGRAM

Financial assistance is offered to families in need to facilitate a child's involvement in classes and activities organized by the El Cajon Parks & Recreation Department. For further details regarding eligibility criteria and application procedures, please contact [erec@elcajon.gov](mailto:erec@elcajon.gov) or visit [elcajonrec.org](http://elcajonrec.org).



### STAY CONNECTED!

For all of the latest information on special events, new programs, and parks and recreation news, make sure you follow us!



@ELCAJONREC



@CITYOFELCAJON





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# JOIN OUR TEAM

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APPLY ONLINE AT  
[www.elcajon.gov/jobs](http://www.elcajon.gov/jobs)

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## NOW HIRING:

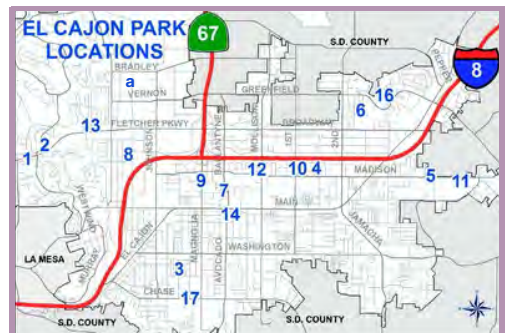
Recreation Center Staff  
Lifeguards/Swim Instructors  
Sports Coaches  
Gymnastics/Tumbling Instructors  
Dance Instructors  
Camp Counselors  
And More!

# PARKS

	Map Key	Recreation Center	Multipurpose Fields	Playground	Restrooms in Park	Picnic Tables	Tennis Courts	Outdoor Fitness Equipment	Gymnasium	Ballfield	Amphitheater/ Stage	Outdoor Basketball Court L=Lighted	Off-Leash Dog Park
<b>Albert Van Zanten Park</b> 1495 Greenfield Drive 619-441-1670	16		●		♿					●			
<b>Bill Beck Park</b> 543 N. Pierce Street 619-441-1674	8			●		●		●					
<b>Bostonia Park</b> 1049 Bostonia Street 619-441-1670	6	●	●	●		●		●	●				
<b>Cajon Valley Middle School Park</b> 750 Park Avenue 619-873-2323	12		●		♿				●	●		L	
<b>Centennial Plaza</b> 200 Civic Center Way 619-441-1673	7					●					●		
<b>El Cajon Valley High School</b> 1035 East Madison Avenue	10				♿		●					●	
<b>Fire Station Park</b> Tyrone and Westwind	2												
<b>Fletcher Hills Park</b> 2345 Center Place 619-441-1672	1	●		●		●						●	
<b>Granite Hills High School</b> 1719 East Madison Avenue	11												
<b>Hillside Park</b> 840 Buena Terrace 619-441-1674	13	●	●	●	♿	●			●				
<b>Judson Park</b> Magnolia and Park 619-441-1673	9												
<b>Kennedy Park &amp; Skatepark</b> 1675 East Madison Avenue 619-441-1676	5	●	●	●	♿	●			●	●			
<b>North Marshall Dog Park</b> 1373 North Marshall Avenue 619-873-2322	15												●
<b>Prescott Promenade</b> 200 Block of East Main Street 619-441-1673	18										●		
<b>Renette Park</b> 935 South Emerald Avenue 619-441-1678	3	●	●	●	♿	●			●		●	L	
<b>Stoney's Neighborhood Park</b> 195 East Douglas Avenue 619-441-1673	14	●		●				●					
<b>Tuttle Park</b> 379 Chase Avenue 619-441-1678	17		●		♿					●			
<b>Wells Park</b> 1153 East Madison Avenue 619-873-2322	4	●	●	●	♿	●		●		●		L	●

**For rainout and cancellation information as well as the latest field conditions:**

Call the Field Hotline at 619-441-1538.



## SENIOR RESOURCES

The City of El Cajon Parks and Recreation Department strives to make all of its recreational facilities “universal facilities”, supporting all ages and demographics. With that in mind, we have programs and resources that primarily target our aging population. Please refer to the information listed on the next several pages for program and resource information. Please call the contact listed under each resource for up to date information.

## IMPORTANT PHONE NUMBERS FOR SENIOR SERVICES AND REFERRAL INFORMATION

211 Information:	211
AARP Community Action Team:	619-641-7020
Adult Protective Services:	858-495-5660
Aging and Independent Service:	800-510-2020
Better Business Bureau:	858-496-2131
City of El Cajon:	619-441-1716
Consumer Fraud:	619-531-3507
Cool Zone Information:	800-339-4661
ECAN (East County Action Network):	619-401-3994
El Cajon Public Library:	619-588-3718
Elder Law:	858-565-1392
Fletcher Hills Library:	619-466-1132
Foothills Adult School:	619-588-3500
Meals on Wheels (East County):	619-447-8782
MTS Transportation (ADA Ride):	877-232-7433
Renter’s Rights:	858-571-1166
Salvation Army/Nutrition Center:	619-400-4683
Social Security Administration:	800-772-1213
St. Paul’s PACE:	619-551-7400

**Aging and Independent Services (AIS)** provides services to older adults, people with disabilities and their family members to help keep clients safely in their homes, promote health and vital living, and publicize positive contributions made by older adults and persons with disabilities. For more information, call (800) 510-2020.

**211 San Diego** is a free 24-hour confidential phone service in 200+ languages and a searchable online database. 211 provides information on health and wellness, housing and utilities, food assistance, military and veteran services and more. Just dial 211 for assistance. For more information, go online to [www.211sandiego.org](http://www.211sandiego.org).

**ECAN (East County Action Network)** is a community-based network that takes action and advocates for older adults and adults with disabilities living in the East County area. ECAN general meetings are open to the public and occur the 3rd Wednesday of each month. Contact ECAN at (619) 401-3994 for information.

**HICAP (Health Insurance Counseling and Advocacy Program)** provides individual counseling to Medicare beneficiaries and their families. This service is free and unbiased. It is not affiliated with any insurance companies or hospitals and does not sell or recommend particular health insurance products or plans. Call to schedule a one-on-one appointment. (858) 565-1392

**St. Paul’s PACE (Program of All-Inclusive Care for the Elderly)** is a medical program exclusively for seniors. With PACE services, seniors can successfully remain at home. Services include primary care doctors and specialists, award-winning home care, social services, transportation, therapies and senior day center. If you are 55 years of age or older with chronic medical conditions that make it difficult for you to live at home, St. Paul’s PACE may be the ideal medical plan for you. Call 1-833-PACENOW (722-3669).

**Elder Law** provides legal services for seniors (60+ years) in areas such as wills, landlord or tenant issues and Medicare and MediCal issues. Services are free; donations are welcome. Appointments are required. Call (858) 565-1392, extension 200 to schedule an appointment or for more information.

**ElderHelp** provides personalized services and information that helps seniors remain independent and live with dignity in their own homes. Contact (619) 284-9281 or look online at [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org).

**Oasis Lifelong Adventure Program** is a unique educational program for people who want to learn and be productive throughout life. Oasis promotes lifelong learning, active lifestyles and volunteer engagement that helps people stay active and socially engaged. Oasis is located at Grossmont Shopping Center. Call (619) 881- 6262 or visit <https://san-diego.oasisnet.org> for more information. Programs offered by Oasis are not affiliated with or endorsed by the City of El Cajon Parks and Recreation Department.

**TOPS (Take Off Pounds Sensibly)** provides support while losing weight. Meetings are Wednesdays at Renette Recreation Center from 9:00 AM - 11:00 AM. Contact Renette Center at (619) 441-1678 for more details.

**Friends of East County Arts, Inc.** is an organization whose purpose is to provide funds for the growth and development of audiences for the live performing arts, to present world-class artists, and to support the fine arts and artists in the greater East San Diego County area. General membership meetings are held the second Thursday of each month at different locations depending on the nature of the program for that month. For more information, please contact us by email at [friendsofeastcountyarts@gmail.com](mailto:friendsofeastcountyarts@gmail.com)

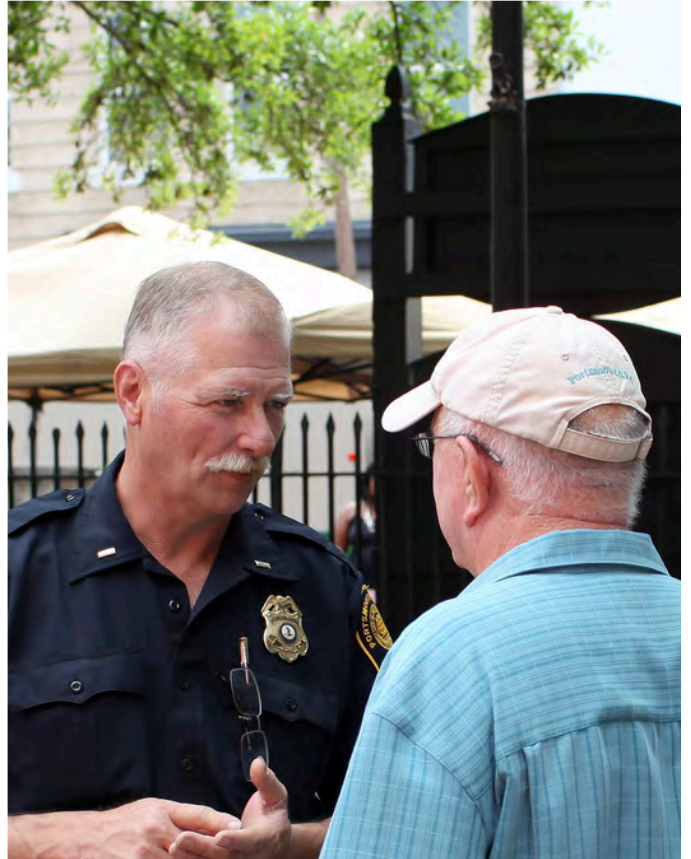


# SENIORS

**Veterans Services** Every day, current and former service members and their families deal with the complex issues that accompany military life. Oftentimes, the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status, through information, guidance, and referrals. Call 211 option 4 for assistance.

**City of El Cajon Veterans Coalition** is to advise city staff on issues facing active duty or retired military families, select a veteran of the year, consult on the veteran's memorial, and educate our community. Applications to join the coalition are made available at [www.elcajon.gov](http://www.elcajon.gov) during the month of January each calendar year. Contact Adam Tronerud at (619) 441-1750 for more details.

**El Cajon Police Department Volunteer Programs** offers volunteer opportunities in the R.S.V.P (Retired Senior Volunteer Program) and YANA (You Are Not Alone) programs. Applications are available at the El Cajon Police Department's Information Desk, located at 100 Civic Center Way, El Cajon, CA 92020. Completed applications for RSVP and YANA can be mailed or dropped off in person to the Volunteer Coordinator. If you are interested in becoming a volunteer, please contact the El Cajon Police Department's Volunteer Coordinator at (619) 579-3354.





# SENIORS

**Salvation Army El Cajon Senior Dining Room Program** is partially funded by the Older Americans Act Fund, provided through the County of San Diego Aging and Independent Services. Those eligible for participation are seniors, 60 years and older. Eligibility follows the AIS Senior Nutrition Program guidelines. No eligible person will be denied a meal because of failure or inability to contribute regardless of race, color, religion, national origin, or disability. The menu is subject to change.

Senior Lunch Program  
1011 East Main Street  
El Cajon, CA 92021  
Phone: (619) 592-8292  
Hours: 11:00 AM - 12:30 PM  
Days: Monday - Friday

The Salvation Army Suggested donations for seniors 60+ is \$4.00. Non-senior fee is \$6.00.

**Salvation Army El Cajon Feeling Fit Class** engages the mind and body to keep feeling young, active and happy. Details about these programs can be found online: [elcajon.salvationarmy.org](http://elcajon.salvationarmy.org)

1011 East Main Street  
El Cajon, CA 92021  
Phone: (619) 592-8292  
Hours: 10:00 AM - 11:00 AM  
Days: Monday & Wednesday

### Meals on Wheels East County Services

131 Chambers Street, Suite 100  
El Cajon, CA 92020  
Phone: (619) 447-8782  
Fax: (619) 447-2308  
Email: [eastcountymeals@meals-on-wheels.org](mailto:eastcountymeals@meals-on-wheels.org)

Choice of one or two nutritious meals provided seven days a week including holidays. Seniors 60 years or older and caregivers. One-time fee of \$35 to start service. Lunch and Dinner, Plus Beverage- \$7.00 per day Lunch Only, Plus Beverage- \$4.00 per day Dinner Only, With Roll/Beverage- \$4.00 per day

### Intergenerational Programs

Studies show that interactions between children and older adults tend to elicit strong feelings of joy and companionship between both. When allowed to spend time with children and adolescents, seniors benefit from:

- Improved communication
- Feeling appreciated and valued
- Improved memory
- Better decision-making skills
- Feeling that they are assisting the next generation

The El Cajon Parks and Recreation Department offers several intergenerational programs. Just look for the symbol marked “Intergenerational Program” throughout this guide. Sign your child or grandchild up for one of these programs and you will get to accompany them to class and enjoy crafts, story time, music, and more together.

**AARP Chapter 4800** serves El Cajon and La Mesa to learn about valuable AARP benefits and other issues pertinent to seniors. Contact Hoagy Carmichael at (619) 444-8679 for more information.

**The California Telephone Access Program** offers a range of free, specialized phones that make it easier to hear, dial, and call. Call (800) 806-1191 (English) or (800) 949-5650 (Spanish) for more information.

### East County Libraries

Three libraries serve the El Cajon area. They offer many activities for all ages. A calendar of events for all age groups can be found at [www.sdcl.org](http://www.sdcl.org). Select the branch you are interested in from the drop-down list in the middle of the webpage.

#### Fletcher Hills Library

576 Garfield Avenue  
El Cajon, CA 92020  
(619) 441-1132

#### Rancho San Diego Library

11555 Via Rancho San Diego  
El Cajon, CA 92019  
(619) 660-5370

#### El Cajon Public Library

201 East Douglas Avenue  
El Cajon, CA 92020  
(619) 588-3819

### The El Cajon Public Library offers many programs:

- Friends of EC Library Bag of Books Sale
  - 4th Saturday of each month. \$3.00 cash will buy you a bag provided by the bookstore. Fill it with books and they are all yours!
- Bilingual Storytime
  - Mondays at 10:30 AM FREE
  - Join us for songs, books and rhymes in English and Spanish! All ages welcome.
- Silver Age Yoga
  - Tuesdays 1:00 PM - 2:00 PM Chair Yoga is designed so that all seniors from beginner to advanced can safely participate at their own level of comfort.
- Zine-Making Workshop
  - Tuesdays September 10 - October 15 at 4:30PM
  - This 6-week series brings community members together to tell their stories through zines. Translation services provided. Ages 14+



# PROGRAM REGISTRATION

## Resident Discount

- Customers who reside in or own property within the incorporated city limits of El Cajon qualify for the Resident Fee. Proof of residency may be required. Some El Cajon mailing addresses are outside the city limits. For example, communities such as Crest, Blossom Valley, and Rancho San Diego have El Cajon mailing addresses but are outside the incorporated city limits and would not qualify for the Resident Fee.

## Registration Referral Slips

- Student registration referral slips (green slips) are issued by dance, tumbling, gymnastics, and cheer instructors during the current session. Referral slips are required for any class above level 1. Slips are valid for the sessions indicated and must be shown on the first day of class. Referral slips are valid for one year from the indicated session.

## REFUND / TRANSFER POLICY

Refund and transfer requests must be directed to the activity supervisor and received at least 5 business days before the scheduled start of a class, program, or camp. Administrative fees are applicable to each cancellation or transfer request. No refunds or transfers will be given within 5 business days of the activity's commencement.

- **Class & Program Transfer/Cancellation:** If the request is made more than 5 business days before the activity start date, a 15% administrative fee or a minimum of \$10, whichever is greater, will be charged.
- **Summer Camp Transfer/Cancellation:** If the request is made before June 1st of each calendar year, a 15% administrative fee will be applied. For cancellation requests received after June 1st, a 50% administrative fee will be charged. Transfer-only requests after June 1st will be subject to a 15% administrative fee.

## Refund Methods

Please allow 6-8 weeks for refund processing. If the registration fee was paid by cash or check, refunds will be issued by check via mail. Credit card transactions will be refunded back to the same card used. In the event that the City cancels an activity, participants will receive a full refund of the activity fee. Please note that online processing fees are non-refundable under any circumstances.

## Fee Assistance/Scholarships

- Fee Assistance/Scholarships is available for families in financial need. Not all programs qualify for fee assistance. Applications may be obtained by sending an email to [erec@elcajon.gov](mailto:erec@elcajon.gov) or in person at the Instructional Office. Completed applications can be submitted to the Instructional Office beginning August 26. Registration using fee assistance as partial payment starts September 3 and ends October 4, 2024. If you would like information on obtaining assistance, contact the Instructional Office by phone at (619) 441-1516 or by email at [erec@elcajon.gov](mailto:erec@elcajon.gov).

## Senior Discounts

- Senior discounts are available for ages 55+. Senior citizens receive a 50% discount on the resident fees for Parks and Recreation Department-taught classes.

## Essential Eligibility Requirements

- May be required to provide proof of age for participants. A participant may be asked to leave an activity if they are not the correct age or if the participant does not follow the code of conduct to safely participate.

## Waitlists

- If a program you would like to register for is full, add your name to the waitlist. You will be contacted if a spot becomes available. There is no charge to add your name to the waitlist. We do not accept waitlists for aquatics programs. If space does become available in a previously full aquatics program, the space will immediately be available to the public for online or in person registration.

## Accessibility

- The City of El Cajon endeavors to be in total compliance with the Americans with Disabilities Act (ADA). Individuals who wish to participate in the city recreation programs and activities and who may need accommodation, please contact the Parks & Recreation Supervisor, Larry Siev, at (619) 441-1670 a minimum of 2 weeks in advance of the program start date in order to process the request. Our TDD (telecommunications device for the deaf) phone number is (619) 441-1542.

## WHEN TO REGISTER FOR FALL PROGRAMS

**Registration Begins:**  
September 3

**Registration Ends:**  
When filled or 2 weeks into session

DATES, HOURS AND INFORMATION FOR PROGRAMS, ACTIVITIES AND FACILITIES IN THIS GUIDE SUBJECT TO CHANGE.



# HOW TO REGISTER

## REGISTERING FOR PROGRAMS ONLINE?

[WWW.ELCAJONREC.ORG](http://WWW.ELCAJONREC.ORG)

Use this guide to help plan ahead for online registration which begins at 8:00 AM on Tuesday, September 3, 2024.

**For first-time users:** Go to [www.elcajonrec.gov](http://www.elcajonrec.gov). Click on “Online Registration”. Create an Active registration account before the first day of registration. Class numbers (Ex: #55555) in this guide allow you to easily search the Active registration website for the preferred class/program of your choosing.

**For returning users:** Please login to your account or contact the Instructional Office at (619) 441-1516 if you need login assistance. Class numbers (Ex: #55555) in this guide allow you to easily search the Active registration website for the preferred class/program of your choosing.

Fall Registration Begins on September 3



## REGISTERING FOR PROGRAMS IN PERSON?

Checks, Debit/Credit Cards and Cash are accepted for in-person registration. Exact cash is highly recommended as recreation centers do not keep change. Checks returned by the bank will be assessed a \$25 service fee. Recreation Centers will be accepting in-person registration beginning September 3rd at the following locations and times\*:

<p><b>FLETCHER HILLS CENTER</b> 2345 Center Place (619) 441-1672 Mondays - Fridays 2:15 PM - 5:30 PM</p>	<p><b>BOSTONIA CENTER</b> 1049 Bostonia Street (619) 441-1670 Mondays - Fridays 2:00 PM - 9:00 PM</p>	<p><b>RENETTE CENTER</b> 935 Emerald Avenue (619) 441-1678 Mondays - Fridays 2:00 PM - 9:00 PM</p>
<p><b>HILLSIDE CENTER</b> 840 Buena Terrace (619) 441-1674 Mondays - Fridays 3:00 PM - 9:00 PM</p>	<p><b>KENNEDY CENTER</b> 1675 East Madison Ave (619) 441-1676 Mondays - Fridays 2:00 PM - 9:00 PM</p>	<p><b>INSTRUCTIONAL OFFICE</b> 935 Emerald Avenue (619) 441-1516 Mondays - Fridays 9:00 AM - 5:00 PM <small>*8:00AM on 9/3 only</small></p>

\*Times subject to change. All Recreation Centers and City Offices will be closed on September 2, November 11 and November 28-29.

## REGISTERING FOR PROGRAMS BY MAIL?

Mail a completed registration form and check made out to “City of El Cajon” to Recreation Registration, 200 Civic Center Way, El Cajon, CA 92020. NOTE: If a program is full, registration will not be processed and the check will be returned. Do not send cash via mail.

## UPCOMING SESSION DATES

We offer four sessions of instructional classes per year\*

<i>Session</i>	<i>Dates</i>	<i>Registration Begins</i>
Fall 2024	October 7 - December 14	September 3, 2024
Winter 2025	January 13 - March 22	December 9, 2024
Spring 2025	April 14 - June 21	March 10, 2025
Summer 2025	July 7 - September 13	May 27, 2025

\*Dates subject to change without prior notice





# RONALD REAGAN COMMUNITY CENTER

195 East Douglas Avenue

Office Hours: Monday - Friday 9:00 AM - 5:00 PM

Parks and Recreation Supervisor: Christy McBride

## BOOK A TOUR TODAY!

CALL (619) 441-1673 OR EMAIL [RRCC@ELCAJON.GOV](mailto:RRCC@ELCAJON.GOV)

### Featuring:

- Newly renovated space for weddings, receptions, banquets, parties, meetings, and more
- Plenty of parking
- Space accommodating up to 240 banquet-style and up to 300 theater-style
- Fully equipped kitchen
- Affordable pricing and friendly staff

### Rental Equipment & Services:

- Portable dance floor
- Stage with backdrops
- Audio and visual equipment
- Portable bars and heaters
- Baby Grand Piano
- Complete coffee service
- And much more!





# OUTDOOR VENUE RENTALS

## PRESCOTT PROMENADE

200 Block of East Main, El Cajon

Centrally located, the Prescott Promenade is a park venue available for special events, art shows, and community events. The Promenade features a shaded stage area for performances and dancing, bench-like seating, and tree-lined walkways. A stroll through the park will take you to Ronald Reagan Community Center, a perfect place to have a reception following a Prescott Promenade wedding.

For rental information:

Please contact Ronald Reagan Community Center at (619) 441-1673

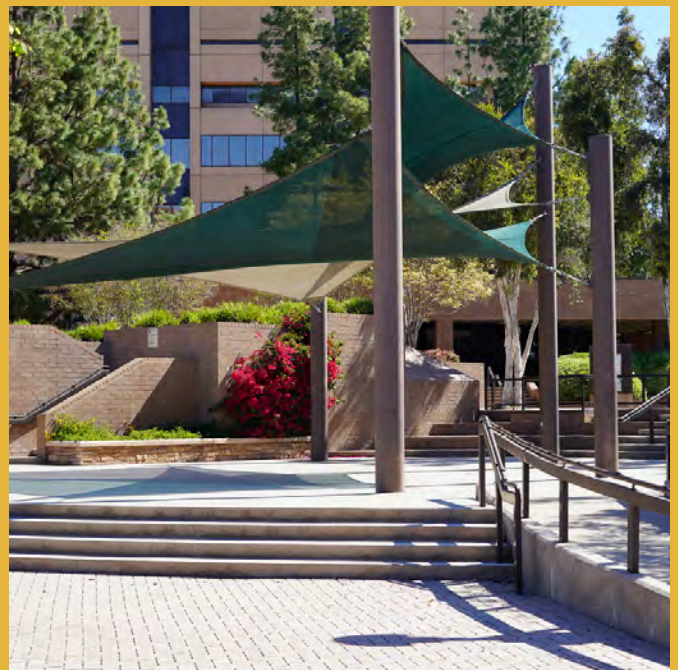
## CENTENNIAL PLAZA

200 Civic Center Way, El Cajon

Centennial Plaza is located at the entrance to City Hall. This multi-level rental area has a courtyard setting and an open-air stage. The Plaza is a perfect location for wedding ceremonies, performances, and community gatherings. The stage area has a decorative awning and can be seen from several viewpoints. Adjacent to Centennial Plaza is a tranquil waterscape, a perfect spot for photos or as an extension of the area for larger events.

For rental information:

Please contact The Magnolia at (619) 651-2004



**BOTH OUTDOOR VENUES  
ARE LOCATED JUST STEPS  
AWAY FROM RONALD  
REAGAN COMMUNITY  
CENTER**



# BOSTONIA

**BOSTONIA CENTER AND PARK**  
1049 Bostonia Street, El Cajon, CA 92021

(619) 441-1670

**Center Hours:** Monday - Friday 2:00 PM - 9:30 PM

**Parks & Recreation Supervisor:** Larry Siev

**Bostonia Recreation Center** offers many activities that people of all ages will enjoy, including sports, weekly activities, crafts and contests, a gymnasium, and a game room with foosball, ping pong, pool table, and more. The two-acre park is nestled behind the center and provides rolling, grassy hills, colorful shaded playground equipment, and outdoor fitness equipment. A meeting room is also available for rental for club meetings, children's parties, bridal/baby showers, and special events.

## PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Game play is for either singles or doubles inside the gymnasium. The game of pickleball helps participants stay active and healthy while providing endless hours of social entertainment, fun, and exercise. Paddles and whiffle type balls will be available and all skill levels are welcome. Please call (619) 441-1670 for more information.

### Pickleball Open Play

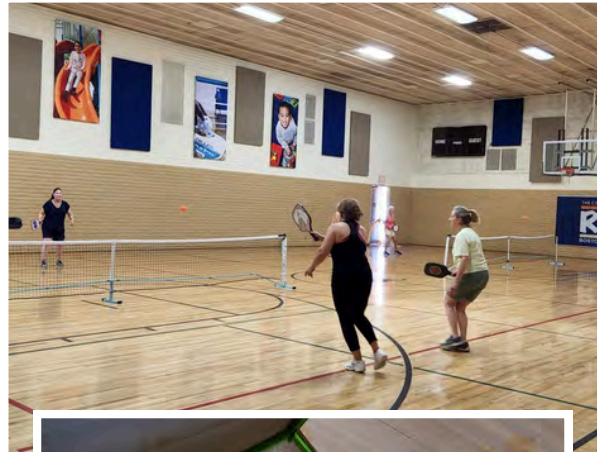
**Annual Fee (Required): \$20 Adult \$10 Senior**

Day/s	Time	Ages	Location
T, TH, F	9:30 AM - 12:30 PM	18+	Bostonia
M	4:00 PM - 6:45 PM	18+	Bostonia
W	6:00 PM - 9:00 PM	18+	Bostonia

### Pickleball Class

**Fee: \$45 Resident: \$34 Senior: \$28 Sr. Resident: \$17**

Course #	Day	Time	Ages	Location	Dates
39263	W	9:30 AM - 10:30 AM	18+	Bostonia	10/9 - 11/6
39264	W	9:30 AM - 10:30 AM	18+	Bostonia	11/13 - 12/8



## KIDS NIGHT OUT

Join us at Bostonia Center for Kids Night out. Children get a night of fun activities, dinner, games, and crafts. Parents get a date night for a few hours. Register soon!

**Fee: \$15 Per Person**

Course #	Day	Time	Ages	Location	Date
39265	F	5:30 PM - 8:30 PM	6 - 13	Bostonia	10/4

## CENTER ACTIVITIES & PROGRAMS

Bostonia Center hosts many programs and recreational opportunities offered by the El Cajon Parks and Recreation Department throughout the year. Check out the FREE programs listed below for children between the ages of 6-13 years old. See Bostonia Center staff for additional details.

Activity Name	Day	Time	Date
Supersport Tuesday	T	1:15 PM - 2:00 PM	8/20-12/17
Dodgeball	TH	3:15 PM - 4:00 PM	8/22-12/19
Coloring Contest	M-F	2:00 PM - 9:00 PM	8/19-12/13



## ALBERT VAN ZANTEN PARK

This 15-acre park offers three baseball/softball fields (one lighted) that are available for community use from 3:30 PM - 9:30 PM Monday through Friday and all day on weekends. The complex also has playing fields for soccer or football practice and games, a 440-yard track, a concession stand, restrooms, and score booths. Outdoor basketball courts are also available after school hours. The park is beautifully landscaped and is ideally suited for walkers and joggers due to its extensive sidewalks and track. For questions or to reserve space in the park, call (619) 441-1670.

# RENETTE

**RENETTE CENTER AND PARK**  
 935 Emerald Ave., El Cajon, CA 92020  
 (619) 441-1678

**Center Hours:** Monday - Friday 2:00 PM - 9:30 PM  
 Saturday 12:00 PM - 4:00 PM

**Parks & Recreation Supervisor:** Tim O'Melia  
**Asst. Parks & Recreation Supervisor:** Chris Roberts

**Renette Recreation Center and Park** offers a diverse range of amenities and activities suitable for individuals and families alike. The park features a vibrant playground area, providing children with a safe and enjoyable space to engage in outdoor play. Additionally, the center boasts a gymnasium with open gym hours as well as a game room with a variety of recreational options such as board games, table tennis, and more. The park provides ample picnic tables, inviting guests to enjoy outdoor meals. Moreover, Renette Center hosts various programs catering to diverse interests and age groups as found throughout this Guide to Recreation.



## KIDS CUISINE

Renette Center has the perfect activity for you! Come learn how to prepare healthy snacks and meals while learning about the nutrition and the importance of physical activity. Pre-registration is required. Space is limited.

**Fee:** \$43 **Resident Fee:** \$32

Course #	Day	Time	Ages	Location	Date
39261	T	5:00 PM - 5:45 PM	8-12	Renette	10/15 - 11/26



## LEGO BUILDERS CLUB

Participate in a free drop-in Lego inspired class held on Mondays. program participant waiver required. Call Renette Center for more information.

**Fee:** FREE

Day	Time	Ages	Location	Date
M	4:00 PM - 4:45 PM	6-12	Renette	10/14-11/25



## RENTALS

Are you in search of the perfect venue for your upcoming birthday party, baby shower, club meeting, special event, or sports practice? Look no further than Renette Center and Park! We offer a variety of versatile spaces available for rental to the public, all at affordable rates. For further details and to check availability, simply give us a call at (619) 441-1678. Let us help make your event memorable at Renette Center and Park!

## KARL TUTTLE PARK

Tuttle Park is a 9-acre park complete with ball fields, a concession stand, score booth and restrooms. The lighted ballfield is named after Arthur Armstrong. Field availability inquiries and reservations can be made through Renette Center at (619) 441-1678.



# HILLSIDE

## HILLSIDE CENTER AND PARK

840 Buena Terrace, El Cajon, CA 92020

(619) 441-1674

**Center Hours:** Monday - Friday 3:00 PM - 9:30 PM

**Parks & Recreation Supervisor:** Michele Sawaya

**Hillside Recreation Center and Park** is located just off Fletcher Parkway on Buena Terrace. People of all ages can enjoy the beautiful park setting, walk along trails, and/or participate in assorted classes and youth sports programs taught by professional, talented, and caring staff. Attractive and functional meeting rooms can be rented on a reservation basis at affordable prices for your next group meeting, children's party, bridal/baby shower, or special event!



## HILLSIDE PARK AND SPORTS FIELD

This distinctive park on the western hillside along Fletcher Parkway features 19+ acres of multi-level terrain left largely in its natural landscape and vegetation.

The upper park offers a playground with a shade structure, picnicking, walking trails, a peaceful atmosphere, and even a glimpse of a cottontail rabbit or squirrel running through the eucalyptus grove. The lower park has a large grassy playing field and restrooms.

Smoking and alcoholic beverages are prohibited in parks and recreation centers in El Cajon.

Call (619) 441-1674 to check on field availability.

## CENTER ACTIVITIES AND PROGRAMS

Hillside Center hosts many programs and recreational opportunities offered by the El Cajon Parks and Recreation Department throughout the year. Check out the remainder of this Guide to Recreation for activities held at Hillside Center such as: Music Classes, Art Classes, Special Events, Adult Fitness And More!

## KIDS MORNING OUT

Come join us for a morning filled with crafts, games, food, and more. Each child will engage in various activities. Sign up now. Snacks will be provided.

**Fee: \$15 Per Participant**

Course #	Day	Time	Ages	Location	Date
39249	Sat	9:00 AM - 12:00 PM	6 - 13	Hillside	11/16/24



## BILL BECK PARK

543 North Pierce Street

Hidden among the residential streets off Marshall Avenue, you can enjoy a beautiful grassy area and spend some quality time with your child on the playground. Bill Beck Park also features outdoor fitness equipment providing opportunities for the entire family to participate in outdoor recreation.

For questions, call (619) 441-1744.



# FLETCHER HILLS

## FLETCHER HILLS CENTER AND POOL

2345 Center Place, El Cajon, CA 92020

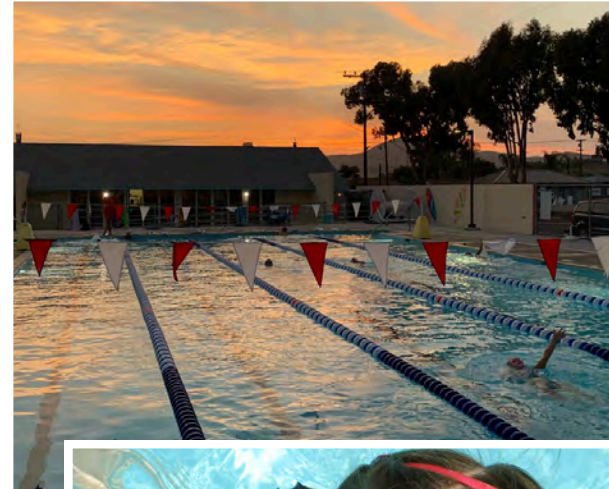
(619) 441-1672

**Fall Center Hours:** Mon, Wed, Thurs, Fri 2:15 PM - 6:00 PM  
Tuesday 1:00 PM - 6:00 PM

**Pool Lap and Open Swim:** Fletcher Hills Pool is open for lap swim and open swim in the spring and summer seasons only.

**Parks & Recreation Supervisor:** Mark Rosplock

**Fletcher Hills Recreation Center and Pool** is centrally located in the Fletcher Hills area. Staff offers a variety of activities and programs for children during the after-school hours such as crafts, sports, games, and special events. The center boasts a large game room and "Kids Zone" that is full of board games, puzzles, and a playground with a slide, obstacles, and climbing.



## RENT FLETCHER HILLS CENTER AND POOL

Looking for the perfect venue to host your next celebration without breaking the bank? Look no further than Fletcher Hills Recreation Center! Nestled in the heart of a picturesque neighborhood, our facility offers everything you need to make your event unforgettable.

**Pool Paradise** - Jump into our sparkling pool to cool off during your summer birthday bash!

**Backyard Bliss** - Our spacious backyard, complete with a playground, offers endless possibilities.

**Game Room Galore** - Challenge your friends to a friendly game of ping pong or pool in our game room. With a variety of games and activities, there's something for everyone to enjoy.

**Book your event today!** Call Fletcher Hills Center at (619) 441-1672 for pricing and availability.



## KIDS NIGHT OUT POOL PARTY

Kids Night Out Pool Party will be filled with free play, swimming, and FUN! We will provide dinner. Parents/Guardians, this is an excellent chance to have a little time to yourself while the kids have a great time at Kids Night Out. Participants must be at least 7 years old; no exceptions.

**Fee: \$20 Per Participant**

Course #	Day	Time	Ages	Location	Date
39119	F	6:00 PM - 8:30 PM	7 - 13	Fletcher	9/20/24

## WINTER KIDS NIGHT OUT

Come celebrate the Winter season with us at Kids Night Out! Experience games, activities, crafts, and more! We will provide dinner. Pre-registration is required.

**Fee: \$15 Per Participant**

Course #	Day	Time	Ages	Location	Date
39356	F	6:00 PM - 8:30 PM	6 - 13	Fletcher	11/15/24

## FIRE STATION PARK

Enjoy a beautiful view of the valley from this small park at the top of Fletcher Parkway. This small grassy pad with a picnic table is a nice rest stop adjacent to the Fletcher Hills Fire Station and has trail access to Hillside Center and Park. Questions? Call (619) 441-1754.



# KENNEDY

## KENNEDY CENTER AND PARK

1675 East Madison Ave., El Cajon, CA 92019  
(619) 441-1676

**Center Hours:** Monday - Friday 2:00 PM - 9:30 PM  
Saturday 12:00 PM - 4:00 PM

**Acting Parks & Recreation Supervisor:** Ryan Flickinger

**Kennedy Recreation Center and Park** is the place to be, whether you're looking for youth sports, a gymnasium to play in, a room to rent for your next special event, or just a beautiful park in which to relax. All ages are invited to visit our game room to play pool, foosball, ping-pong, bumper pool, or a variety of table and board games.

## KIDS NIGHT OUT

Come celebrate the fall season with us at Kids Night Out! Games, activities, crafts and more! We will provide dinner. Pre-registration is required.

**Fee: \$15 Per Participant**

Course #	Day	Time	Ages	Location	Date
39225	F	5:00 PM - 8:00 PM	5 - 12	Kennedy	10/25
39226	F	5:00 PM - 8:00 PM	5 - 12	Kennedy	12/13

## DROP-IN ACTIVITIES

**Fee:** FREE      **Time:** 2:00 PM to 4:00 PM      **Ages:** 6 to 11 years

**Turn Up Tuesdays:** Offered every Tuesday throughout the school year, participate in various sports and schoolyard games. Gym shoes are required.

**Crafty Fridays:** Offered every Friday throughout the school year, participate in creating your very own creations from coloring and painting to gluing and shaping artwork.



## FACILITY RENTAL INFORMATION

Looking for a space for a birthday party, baby shower, meeting, special event, or sports practice? Kennedy Center, Park, and Skatepark offer many areas available for rental to the public at affordable rates.

Call (619) 441-1676 for more information.

## KENNEDY PARK AND SPORTS FIELDS

This beautiful neighborhood park at the corner of Madison Avenue and Fourth Street offers something for everyone. The ten-acre park provides a sports field, meandering walkways, a playground, and a picnicking area under mature trees. The park is ideal for walking, jogging, or tricycling, and is home to the annual Fourth of July picnic and fireworks display. Smoking and alcoholic beverages are prohibited in parks and recreation centers in El Cajon.

Call (619) 441-1674 to check on field availability.

# KENNEDY/CVMS

## KENNEDY SKATEPARK

1675 East Madison Ave., El Cajon, CA 92019  
(619) 441-1676

**Kennedy Skatepark** is approximately 11,000 square feet of concrete bowls, ramps, grinds, jumps, and “street” features that cater to skateboarders and in-line skaters, scooters, and BMX bikes. The supervised skatepark is for participants seven years of age and older. A signed waiver must be approved and on file prior to entering. Parents/Guardians must sign for all youth under 18 years old. \$5 fee for new and replacement ID cards. Helmet, elbow pads, and kneepads are required at all times (wrist guards recommended). Be safe and have FUN!



## FALL SKATEPARK HOURS

HOURS BEGIN AUGUST 12, 2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Skateboard &amp; In-Line Skates</b>	1:00 - 5:00 PM	4:00 - 8:00 PM	4:00 - 8:00 PM	SCHEDULED PROGRAMS ONLY	SCHEDULED PROGRAMS ONLY	4:00 - 8:00 PM	4:00 - 8:00 PM
<b>Scooter</b>	1:00 - 5:00 PM	4:00 - 8:00 PM	4:00 - 8:00 PM	SCHEDULED PROGRAMS ONLY	SCHEDULED PROGRAMS ONLY	4:00 - 8:00 PM	4:00 - 8:00 PM
<b>Bike</b>	5:00 - 7:00 PM	N/A	N/A	7:00 - 8:00 PM	N/A	N/A	N/A

\*HOURS MAY VARY - CALL CENTER FOR CURRENT SCHEDULE



### KENNEDY SKATEPARK IS AVAILABLE TO RENT!

Rent the skatepark for a birthday party or special event or for just a private session for you and your friends.

Call Kennedy Center at (619) 441-1676 for more information and pricing.

## CVMS GYMNASIUM & SPORTS FIELDS

### CAJON VALLEY MIDDLE SCHOOL

750 Park Avenue, El Cajon, CA 92020

(619) 873-2323

**Gym Hours:** See Sports Offering (Open During Scheduled Use)

**Office Hours:** By Appointment Only

**Park and Basketball Courts:** Monday - Friday 5:00 PM - 9:30 PM  
Saturday 8:00 AM - 9:30 PM

**Parks & Recreation Supervisor:** Tim O'Melia

**Asst. Parks & Recreation Supervisor:** Chris Roberts

**Cajon Valley Park** is the City's largest Sports Complex featuring six ball fields (two are lighted fields), two playing fields, and outdoor-lighted basketball courts. This 14-acre park includes concession stands, score booths, and restrooms. The park is open to the public after school and until dark, Monday-Sunday. The multi-court, indoor gymnasium is home to several recreational youth sports leagues facilitated by the Parks and Recreation Department. Gym and sports field reservations are coordinated through the CVMS office. Call (619) 441-1555 for more information.





# GYMNASIUMS

## GYMNASIUM USE

ANNUAL FEE (From the Date of Purchase):

\$25 ADULT \$12 SENIOR \$12 TEEN \$5 REPLACEMENT CARD

ADULT OPEN PLAY: AGES 18 AND UP		TEEN OPEN PLAY: AGES 13 - 17			OPEN PLAY: ALL AGES	
CENTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>KENNEDY</b> 441-1676	2:00 - 5:30 PM Open Play	Scheduled Use	2:00 - 4:00 PM Open Play	2:00 - 5:30 PM Open Play	2:00 - 4:00 PM Open Play	1:00 - 3:30 PM Open Play
	6:00 - 8:30 PM Adult Basketball	4:00 - 8:30 PM Teen Basketball	Scheduled Use	6:00 - 8:30 PM Adult Basketball	4:00 - 7:00 PM Teen Basketball	
<b>HILLSIDE</b> 441-1674	3:00 - 4:30 PM Open Play	3:00 - 5:30 PM Open Play	3:00 - 5:30 PM Open Play	3:00 - 4:00 PM Open Play	3:00 - 4:00 PM Open Play	Center CLOSED
	Scheduled Use	6:00 - 9:00 PM Adult Volleyball	6:00 - 8:30 PM Teen Basketball	7:30 - 9:00 PM Adult Volleyball	7:00 - 9:00 PM Adult Basketball	
<b>RENETTE</b> 441-1678	2:00 - 5:30 PM Open Play	2:00 - 4:00 PM Open Play	2:00 - 5:30 PM Open Play	2:00 - 4:00 PM Open Play	2:00 - 4:00 PM Open Play	12:30 - 3:30 PM Open Play
	6:30 - 9:00 PM Teen Basketball	6:30 - 9:00 PM Adult Volleyball	Scheduled Use	7:00 - 9:00 PM Teen Volleyball	Scheduled Use	
<b>BOSTONIA</b> 441-1670	2:00 - 3:30 PM Open Play	9:30AM - 12:30PM Pickleball	2:00 - 3:00 PM Open Play	9:30AM - 12:30PM Pickleball	9:30AM - 12:30PM Pickleball	Center CLOSED
	4:00 - 6:45 PM Pickleball	2:00 - 4:30 PM Open Play	Scheduled Use		2:00 - 4:00 PM Open Play	
	Scheduled Use	6:30 - 9:00 PM Adult Open Play	6:00 - 9:00 PM Pickleball	Scheduled Use	7:00 - 9:00 PM Teen/Adult Volleyball	

### TEEN/ADULT CO-REC VOLLEYBALL

Annual Fee: \$25 Adult \$12 Teen/Senior

7:00 PM - 9:00 PM	Thursday	Renette
7:00 PM - 9:00 PM	Friday	Bostonia
<u>ADULT ONLY:</u>		
6:00 PM - 9:00 PM	Tuesday	Hillside
6:30 PM - 9:00 PM	Tuesday	Renette
7:30 PM - 9:00 PM	Thursday	Hillside

### ADULT BASKETBALL

Annual Fee: \$25 Adult \$12 Senior

6:00 PM - 8:30 PM	Monday	Kennedy
6:30 PM - 9:00 PM	Tuesday	Bostonia
6:00 PM - 8:30 PM	Thursday	Kennedy
7:00 PM - 9:00 PM	Friday	Hillside

### TEEN BASKETBALL

Annual Fee: \$12 Teen

6:30 PM - 9:00 PM	Monday	Renette
4:00 PM - 8:30 PM	Tuesday	Kennedy
6:00 PM - 8:30 PM	Wednesday	Hillside
4:00 PM - 7:00 PM	Friday	Kennedy

### ADULT/ SENIOR PICKLEBALL

Annual Fee: \$25 Adult \$12 Senior

4:00 PM - 6:45 PM	Monday	Bostonia
9:30 AM - 12:30 PM	Tuesday	Bostonia
6:00 PM - 9:00 PM	Wednesday	Bostonia
9:30 AM - 12:30 PM	Thursday	Bostonia
9:30 AM - 12:30 PM	Friday	Bostonia

HOURS & ACTIVITES SUBJECT TO CHANGE.  
CALL CENTERS FOR THE MOST UP TO DATE INFORMATION.

# WELLS PARK

1153 East Madison Ave., El Cajon, CA 92020  
(619) 873-2322

**Park Hours:** Daily 7:00 AM - 9:30 PM  
**Off-Leash Dog Area:** Daily 7:00 AM - 9:00 PM  
**Mini Soccer Pitch Court:** Daily 9:00 AM - 6:00 PM  
**Office Hours:** By Appointment Only  
**Center Walk-in Hours:** Wednesdays 2:30 PM - 5:30 PM  
**Parks & Recreation Supervisor:** Dominic Mangiapane

**Wells Park** is a beautiful 18-acre park featuring one lighted ball field, one lighted soccer field, a mini soccer pitch, two half-court basketball courts, tree groves, picnic tables, off-leash dog areas, playgrounds, and a Center with an enclosed back lawn. The playground is complete with swings, slides, and climbing structures. The park has a paved walking trail that allows walkers and joggers to circle the park. An outdoor fitness court contains seven separate workout stations that are accessible during park hours. The Center and the adjoining enclosed grass yard are available for rentals and provide the perfect venue for parties and meetings. For information on field or facility reservations, programs, and special events contact the Wells office at (619) 873-2322.



## WELLS PARK OFF-LEASH DOG AREA

This 1.4-acre facility features three separate areas: one for larger dogs, one for smaller breeds, and an agility course. There are plenty of beautiful shade trees and a sheltered area with picnic tables. The park has lighting and is open seven days a week from 7:00 AM-9:00 PM.

Dog Park Hotline: (619) 441-1680

Weather Hotline: (619) 441-1538

## REC SQUAD

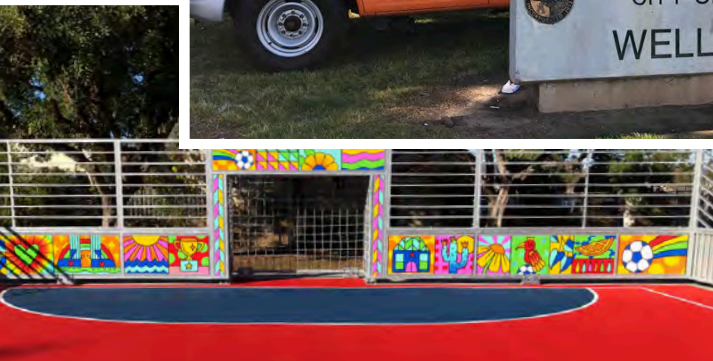
The Award-Winning El Cajon Rec Squad provides free drop-in recreational opportunities at Wells Park several afternoons a week.

For more information, call Wells Park at 619-873-2322 or visit [www.elcajonrec.org](http://www.elcajonrec.org).

## FACILITY RENTALS AT WELLS PARK

Looking for a versatile rental space for your next event? Look no further! Wells Center is perfect for parties, family gatherings, community meetings, and more. Rentable spaces include two spacious rooms, a private outdoor lawn, and a kitchen.

The center is equipped with tables, chairs, and other equipment to accommodate all your event needs. Whether you're planning a small gathering or a large event, Wells Center offers the flexibility and amenities to make your event a success.





# INSTRUCTIONAL

Located at Renette Center  
935 Emerald Ave., El Cajon, CA 92020  
(619) 441-1516

**Office Hours:** Monday - Friday 9:00 AM - 5:00 PM

**Parks & Recreation Supervisor:** Dante Daniels

**Asst. Parks & Recreation Supervisor:** Sarah Mercado

**The Instructional Office**, adjoined to Renette Recreation Center, located on the east side of the complex. Offices are open daily and staff are available to answer questions regarding registration, waitlists, fee assistance/scholarships, program information, and more. The Instructional Office supervisors oversee youth art, dance, gymnastics, tumbling, preschool, and contractual programs. For additional information regarding registration or programs, please call (619) 441-1516 or email [erec@elcajon.gov](mailto:erec@elcajon.gov)



## Instructional Programs Frequently Requested Information

### **Fee Assistance/Scholarships**

- Fee Assistance is available for families in financial need. Not all programs qualify for fee assistance. Applications may be obtained by sending an email to [erec@elcajon.gov](mailto:erec@elcajon.gov) or in person at the Instructional Office. If you would like information on obtaining assistance including assistance application dates, contact the Instructional Office.

### **Waitlists**

- If a program you would like to register for is full, add your name to the waitlist. You will be contacted if a spot becomes available. There is no charge to add your name to the waitlist. Reminder: if a popular program is full with a full waitlist, additional course offerings may be added. No waitlists for aquatics.

### **Evaluations**

- Unsure of what level your child should register for? A skill assessment can provide the opportunity for first-time participants to receive approval to register for more advanced courses. Evaluations are designed to evaluate participants who may have program experience from another organization or agency. Please contact the office by phone or email to request an evaluation.

### **Watch Days**

- Unless otherwise noted, children must be able to participate in classes without a parent/guardian present. Please contact the Instructional Office for information regarding "watch days."

### **What Level Should I Sign My Child Up For?**

- Prerequisites are required for all level 2 and above dance, tumbling, gymnastics, and cheer classes. Toward the end of each session, participants are given a referral slip indicating which level to register for next. Please register for the level listed on your referral slip. If the child has never participated in our program before, please register for level 1 of the preferred activity. If you are unable to provide a referral slip for the correct level, you may be withdrawn from the program. Still unsure of what level your child belongs in? Call us at (619) 441-1516.

## WONDERING WHAT TO WEAR FOR DANCE OR TUMBLING CLASS?

**Preschool Dance/Dance Combo:** Any dance outfit. Ballet slippers and tap shoes are recommended, but any soft-soled shoes for ballet and jazz and hard-soled shoes for tap will work. No stockings or bare feet.

**Ballet:** Any fitness or dance attire. Ballet slippers are recommended, but any soft-soled shoes are acceptable.

**Jazz:** Any fitness or dance attire. Jazz shoes are recommended, but ballet slippers are acceptable for lower level classes.

**Tap:** Any fitness or dance attire. The instructor must be able to see the bend of the knees and the student's feet. Tap shoes are recommended, but hard soled shoes are acceptable for lower level classes.

**Hip Hop:** Any fitness or dance attire. Athletic/tennis shoes.

**Gymnastics/Tumbling:** Leotards recommended. Any form fitting yet stretchy fitness attire that covers midriff. Hair must be pulled back.

# PRESCHOOL



## TINY TOTS PRESCHOOL ENRICHMENT PROGRAM

Tiny Tots helps children develop skills in creativity, physical movement, and growth through circle time, crafts, books, music, and movement. Children must be able to attend to their own toileting needs.

**2-Day a Week Fee: \$139 Resident Fee: \$124**

**3-Day a Week Fee: \$189 Resident Fee: \$174**

Course #	Day/s	Time	Ages	Location	Dates
39337	M/W	9:30 AM - 12:30 PM	3-4	Kennedy	10/7 - 12/11*
39338	T/TH*	9:30 AM - 12:30 PM	3-4	Renette	10/8 - 12/12*
39339	M/W/F*	9:30 AM - 12:30 PM	4-5	Bostonia	10/7 - 12/13*

\*No Class November 11 or November 28-29, 2024. No Make-ups for Holiday Closures.

## LITTLE TOTS



Introduce your child or grandchild to a classroom setting, do crafts, enjoy storytime, play games, do science experiments, and have fun with music and movement right alongside your little one. Parent or other adult guardian participation is required for this class. Please arrange appropriate child care for any siblings or other children. Bring a snack each day to class!

**Fee: \$65 Resident Fee: \$50**

Course #	Day	Time	Ages	Location	Dates
39333	M	10:30 AM - 11:45 AM	2	Renette	10/7 - 11/4
39334	M	10:30 AM - 11:45 AM	2	Renette	11/18 - 12/16



## WEE TOTS



It's a class you and your little one won't want to miss! Do crafts, enjoy storytime, and have fun with music and movement right alongside your little one. Parent or other adult guardian participation is required for this class. Please arrange appropriate child care for any siblings or other children.

**Fee: \$46 Resident Fee: \$34**

Course #	Day	Time	Ages	Location	Dates
39335	M	9:30 AM - 10:15 AM	1	Renette	10/7 - 11/4
39336	M	9:30 AM - 10:15 AM	1	Renette	11/18 - 12/16



# AQUATICS

## WATER AEROBICS

No swimming experience is necessary. Get a low impact, high resistance workout while socializing, getting in shape, and having fun. \*Ages 15 - 17 must be accompanied by an adult.

**Fee: \$83 Resident Fee: \$68**

**Sr. Fee: \$46 Sr. Resident Fee: \$34**

Course #	Day/s	Time	Ages	Location	Dates
39009	M, W	6:10 PM - 7:00 PM	15 +*	Fletcher	9/9 - 10/2

## SWIM TEAM

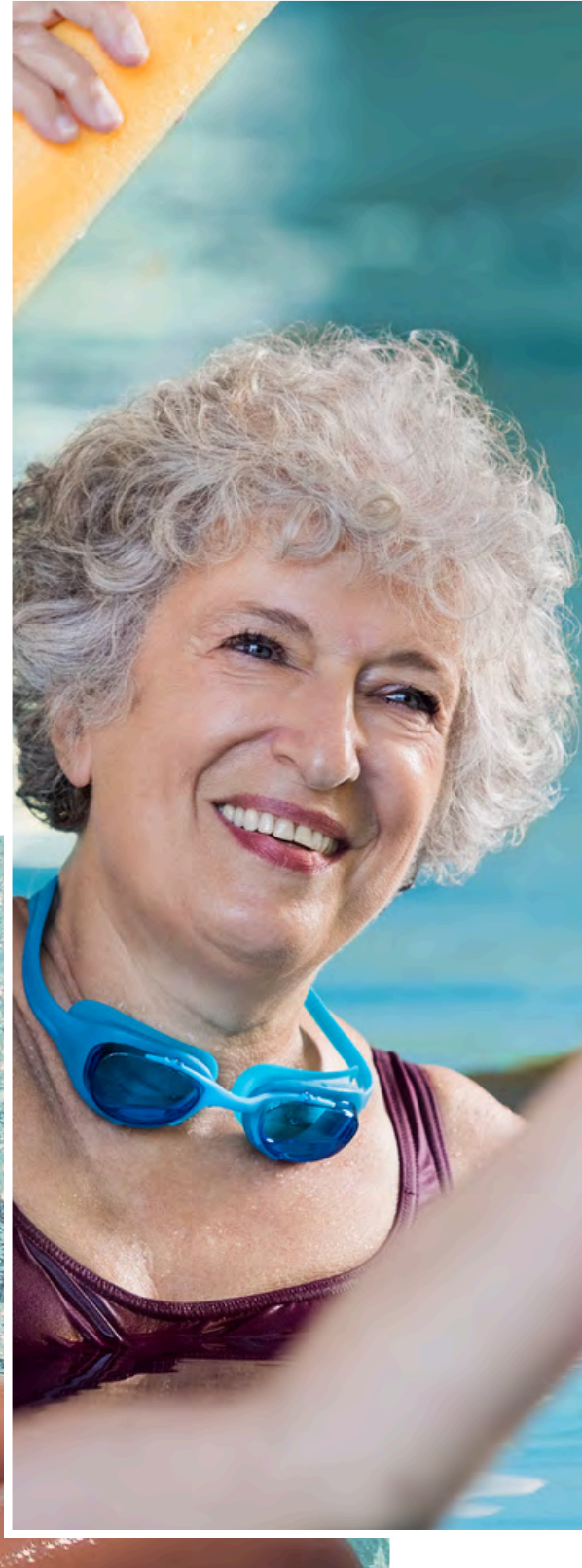
This non-competitive swim team is for the swimmer who wants a structured workout through coaching in a non-competitive setting. Participants must pass level 3 of the Learn to Swim program to participate. \*New participants must be evaluated prior to registration. Call (619) 441-1672 to arrange an evaluation.

**Fee: \$81 Resident Fee: \$66**

Course #	Day/s	Time	Ages	Location	Dates
39003	T, TH	6:10 PM - 7:10 PM	6 - 13	Fletcher	9/10 - 10/3

## PRIVATE SWIM LESSONS (AGES 5+)

Private Swim Lessons will be returning in Spring 2025.



# AQUATICS

The El Cajon Parks and Recreation Department offers swim lessons at Fletcher Hills Pool located at 2345 Center Place, El Cajon.

## How to choose the right swim lessons for your child.

- Choose the appropriate lessons based on your child's age.
- Choose session dates. Unless otherwise noted, a group lesson session is every day Mon - Thurs for 2 weeks. Private/Semi-Private lessons are 1 week.
- Choose a timeslot. Participants will come for the same timeslot each day for those 2 weeks.
- The number listed at the intersection of your selected dates and timeslot is the course number. This is the number you should enter to register online or when registering in person. Always double check that the number you are registering for matches up to the correct date/time that you would like before completing your transaction online or in person.

In the sample below, the participant chose session 2 (7/1 - 7/11) during the timeslot 6:10 - 6:40 PM. Their course # is 1213.

SAMPLE Time	Session 1	Session 2
	Mon-Thurs 6/17 - 6/27	Mon-Thurs 7/1 - 7/11 <small>*No class 7/4</small>
5:30 PM - 6:00 PM	1234	9111
6:10 PM - 6:40 PM	5678	1213

Timeslot

Course #



## PARENT/TOT SWIM LESSONS (AGES 6 MONTHS - 3 YEARS)

Participate in the water with the child and encourage self-confidence and water adjustment. Swim diapers are required for children who are not potty trained. Adult participation required.

**Fee: \$59 Resident Fee: \$44**

Time	Session 7	Session 8	Session 9
	Mon-Thurs 9/9 - 9/19	Mon-Thurs 9/23 - 10/3	Mon-Thurs 10/7 - 10/17
5:30 PM - 6:00 PM	38871	38872	38873

## LEARN TO SWIM LESSONS (AGES 6 - 12)

This program has levels for children with no swimming experience up to advanced swimmers. Participants will be evaluated on the first day of class and will be placed in a group with participants of a similar skill level.

**Fee: \$56 Resident Fee: \$42**

Time	Session 7	Session 8	Session 9
	Mon-Thurs 9/9 - 9/19	Mon - Thurs 9/23 - 10/3	Mon-Thurs 10/7 - 10/17
3:30 PM - 4:00 PM	38850	38853	38856
4:10 PM - 4:40 PM	38851	38854	38857
4:50 PM - 5:20 PM	38852	38855	38858

## PRESCHOOL AQUATICS SWIM LESSONS (AGES 3 - 5)

Participants learn basic water safety and beginning skills to become comfortable and happy in the water. Participants will be evaluated on the first day of class and will be placed in a group with participants of a similar skill level.

**Fee: \$65 Resident Fee: \$50**

Time	Session 7	Session 8	Session 9
	Mon-Thurs 9/9 - 9/19	Mon - Thurs 9/23 - 10/3	Mon-Thurs 10/7 - 10/17
3:30 PM - 4:00 PM	38913	38917	38921
4:10 PM - 4:40 PM	38914	38918	38922
4:50 PM - 5:20 PM	38915	38919	38923
5:30 PM - 6:00 PM	38916	38920	38924

Fletcher Hills Pool Closes for the winter on October 18. Check the Spring 2025 guide to see when aquatics classes return.



# ART



## ART FOR LITTLES

You and your child, grandchild, niece, or nephew will experience exploration, stories, music, and movement while doing tons of arts and crafts! Parent/Guardian participation is required for this class. Please arrange appropriate child care for any siblings or other children.

### Level 1

**Fee: \$49 Resident Fee: \$36**

Course #	Day	Time	Ages	Location	Dates
39271	T	9:30 AM - 10:15 AM	1 - 2	Hillside	10/8 - 11/5
39272	T	9:30 AM - 10:15 AM	1 - 2	Hillside	11/19 - 12/17
39273	F	9:30 AM - 10:15 AM	1 - 2	Renette	10/11 - 11/8
39274	F	9:30 AM - 10:15 AM	1 - 2	Renette	11/22 - 12/20*

### Level 2

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location	Dates
39275	T	10:30 AM - 11:45 AM	3 - 5	Hillside	10/8 - 11/5
39276	T	10:30 AM - 11:45 AM	3 - 5	Hillside	11/19 - 12/17
39277	F	10:30 AM - 11:45 AM	3 - 5	Renette	10/11 - 11/8
39278	F	10:30 AM - 11:45 AM	3 - 5	Renette	11/22 - 12/20*

\*No Class November 28-29, 2024. No Make-ups for Holiday Closures.

## YOUTH CERAMICS

Join the fun and work with clay! Each week, you will enjoy forming and molding clay into creative works of art. Learn the principles of coil art, slab art, scoring, firing, and glazing. It's going to be a creative time of fun!

**Fee: \$85 Resident Fee: \$70**

Course #	Day	Time	Ages	Location	Dates
39279	W	3:30 PM - 4:20 PM	6-12	Fletcher	10/9 - 12/11
39280	W	4:40 PM - 5:30 PM	6-12	Fletcher	10/9 - 12/11



## TEEN CERAMICS

Each week, teens will create works of art utilizing the principals of hand building (no wheel), coil art, slab art, glazing as well as acrylic painting on ceramic. Learn to sculpt and develop your artistic skills. No experience necessary!

**Fee: \$85 Resident Fee: \$70**

Course #	Day	Time	Ages	Location	Dates
39281	M	4:30 PM - 5:20 PM	12-17	Bostonia	10/7 - 12/9*

\*No Class November 11, 2024. No Make-ups for Holiday Closures.

## ADULT CERAMICS

Bostonia Center is excited to announce a new adult ceramics class! The class is designed for beginners looking to get hands-on with hand building (no wheel), coil art, slab art, & glazing. Projects will be fired & the first set of projects taken home on the fourth week of class. Final project available for pickup 12/18-12/20. Contact Bostonia Center at (619) 441-1670 for any questions.

**Fee: \$64 Resident Fee: \$55 Senior: \$53 Sr. Resident: \$41**

Course #	Day	Time	Ages	Location	Dates
39350	M	5:30 PM - 6:30 PM	18+	Bostonia	11/18 - 12/16

## SPOOKY CERAMIC NIGHT

Join us for one night to experience the joy of painting and working with clay, and take home handcrafted Halloween themed treasures that reflect your personal touch. Whether you're a seasoned artist or a curious beginner, it's time to explore your creativity and master the art of ceramics!

**Fee: \$20**

Course #	Day	Time
39351	M	5:30 PM - 7:30 PM

Ages	Location	Date
18+	Bostonia	10/21/24

# MUSIC

## REC'N ROLL MUSIC PROGRAM

This course is intended for participants who are new to learning the guitar. The ten-week session will focus on learning guitar basics from playing single notes to strumming chords. Youth courses will work their way toward performing a small recital for parents and family at the end of the session. Participants are encouraged to bring their own guitar and to practice at home. Limited guitars will be available during class use if a participant does not bring one.

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location	Dates
<b>Youth-Beginner Guitar</b>					
39352	W	5:00 PM - 5:50 PM	6-12	Hillside	10/9 - 12/11

<b>Youth-Intermediate Guitar</b>					
39353	W	6:00 PM - 6:50 PM	6-13	Hillside	10/9 - 12/11

## TEEN BEGINNING GUITAR

This course is intended for teen participants who are new to learning the guitar. The ten-week session will focus on learning guitar basics from playing single notes to strumming chords. Participants are encouraged to bring their own guitar and to practice at home. Limited guitars will be available during class use if a participant does not bring one.

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location	Dates
39354	M*	5:00 PM - 5:50 PM	13 - 17	Hillside	10/7 - 12/9

\*No Class November 11, 2024. No Make-ups for Holiday Closures.

## ADULT BEGINNING GUITAR

This course is intended for adult participants who are new to learning guitar basics from playing single notes to strumming chords. Participants are encouraged to bring their own guitar and to practice at home. Limited guitars will be available during class use if a participant does not bring one.

**Fee: \$67 Resident Fee: \$52 Senior: \$34 Sr. Resident: \$26**

Course #	Day	Time	Ages	Location	Dates
39355	M*	6:00 PM - 6:50 PM	18+	Hillside	10/7 - 12/9

\*No Class November 11, 2024. No Make-ups for Holiday Closures.





# DANCE

## October 7 - December 14

No programs held on November 11 or November 28-29, 2024. No make-ups held for holiday closures.  
\*If the child has never participated in our program before, please register for level 1 of the preferred activity.

### ADULT DANCE

Learn a wide variety of dance genres including jazz, tap, and lyrical. Meet new friends, learn new skills, and get exercise. All skill levels are welcome!

**Fee: \$67 Resident Fee: \$52 Senior: \$33 Sr. Resident: \$26**

Course #	Day	Time	Ages	Location
39286	T	7:00 PM - 7:55 PM	18+	Renette

### DANCE 2GETHER

Dance with me! Together, you and your child or grandchild will explore the world of dance through movement, music, fun, and games. Help the child gain body awareness, self-confidence, and a sense of rhythm as you are introduced to a wide variety of basic dance movements. Parent/Guardian participation is required. Please arrange appropriate child care for any siblings or other children.

**Fee: \$62 Resident Fee: \$47**

Course #	Day	Time	Ages	Location
39282	TH	9:30 AM - 10:15 AM	1.5-4	Renette

### PRESCHOOL DANCE

An introduction to dance. Learn a variety of tap, ballet, jazz, and creative movement skills. \*Participant must be able to participate without a parent/guardian present.

**Fee: \$62 Resident Fee: \$47**

Course #	Day	Time	Ages	Location
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#### Pre-School Dance Level 1

39302	TU	3:50 PM - 4:35 PM	3-5	Fletcher
39303	SAT	11:55 AM - 12:40 PM	3-5	Renette

### DANCE COMBO

Learn a variety of jazz, tap, and ballet skills in this class. \*Participant must be able to participate without a parent or guardian present.

**Fee: \$62 Resident Fee: \$47**

Course #	Day	Time	Ages	Location
39284	TU	3:00 PM - 3:45 PM	4-6	Fletcher
39285	SAT	11:05 AM - 11:50 AM	4-6	Renette

### TNT PERFORMING COMPANY

TNT is the City of El Cajon Parks and Recreation dance and tumbling performing company.

\*Instructor written approval is REQUIRED prior to registering for any TNT class. Call (619) 441-1516 for more information.

**Fee: \$50**

Course #	Day	Time	Ages	Location
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#### TNT Track Dance\*

39306	F	5:45 PM - 6:45 PM	8-17	Renette
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#### TNT Dance\*

39305	F	5:45 PM - 7:45 PM	8-17	Renette
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#### TNT Track Tumbling\*

39321	M	4:30 PM - 5:30 PM	8-17	Renette
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#### TNT Tumbling\*

39322	M	4:30 PM - 6:30 PM	8-17	Renette
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# DANCE/CHEER

## October 7 - December 14

No programs held on November 11 or November 28-29, 2024. No make-ups held for holiday closures.  
\*If the child has never participated in our program before, please register for level 1 of the preferred activity.

### JAZZ

Learn jazz skills, technique, and choreography. You will gain strength, coordination, and flexibility as you progress.

\*Prerequisite required for level 2+

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
<b>Jazz Level 1/2</b>				
39293	TU	4:00 PM - 4:55 PM	5-15	Renette
<b>Jazz Level 3/4*</b>				
39294	TU	5:00 PM - 5:55 PM	5-15	Renette
<b>Jazz Level 5/Jr. Advanced./Advanced*</b>				
39295	TU	6:00 PM - 6:55 PM	5-17	Renette

### TAP

Learn tap skills, rhythm, and choreography as well as increase coordination and timing. \*Prerequisite required for level 2+

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
<b>Tap Level 1</b>				
39298	M	4:00 PM - 4:55 PM	5-13	Renette
<b>Tap Level 2/3</b>				
39299	M	5:00 PM - 5:55 PM	5-13	Renette
<b>Tap Level 4/5/Advanced*</b>				
39300	M	6:00 PM - 6:55 PM	5-17	Renette

### BALLET

Learn ballet skills, technique, and choreography as well as improve balance and flexibility. Advancement requires increased strength, coordination, and balance. \*Prerequisite required for level 2+

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
<b>Ballet Level 1</b>				
39287	W	3:30 PM - 4:25 PM	5-11	Renette
<b>Ballet Level 2/3*</b>				
39288	W	4:30 PM - 5:25 PM	5-15	Renette
<b>Ballet Level 4/5/Advanced*</b>				
39289	W	5:30 PM - 6:25 PM	5-17	Renette

### HIP HOP

Learn the latest moves and choreography in this fun, high-energy class. \*Prerequisite required for level 2+

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
<b>Mini Hip Hop</b>				
39296	TU	4:40 PM - 5:25 PM	5-7	Fletcher
39297	SAT	10:15 AM - 11:00 AM	5-7	Renette
<b>Hip Hop Level 1</b>				
39290	TH	4:00 PM - 4:55 PM	8-15	Hillside
<b>Hip Hop Level 2*</b>				
39291	TH	5:00 PM - 5:55 PM	8-17	Hillside
<b>Hip Hop Level 3*</b>				
39292	TH	6:00 PM - 6:55 PM	8-17	Hillside



### CHEER

Learn a variety of techniques, cheers, tumbling, dance, jumps, and stunts while increasing coordination, flexibility, and strength in a non-competitive class.

\*Prerequisite required for level 2+

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
<b>Jr. Cheer</b>				
39307	TU	5:50 PM - 6:35 PM	5-7	Kennedy
39308	TH	4:15 PM - 5:00 PM	5-7	Renette
<b>Cheer Level 1</b>				
39309	TH	5:05 PM - 6:00 PM	8-14	Renette
<b>Cheer Level 2</b>				
39310	TH	6:05 PM - 7:00 PM	8-14	Renette

**Check out page 34 for information on what to wear to dance or cheer class.**



# TUMBLING / GYM

## October 7 - December 14

No programs held on November 11 or November 28-29, 2024. No make-ups held for holiday closures.  
\*If the child has never participated in our program before, please register for level 1 of the preferred activity.

### TINY TUMBLERS

Roll, jump, and have fun in this tumbling class for preschool-age students. This course is designed to develop a child's gross motor skills through beginning tumbling activities. Child must be able to participate without a parent/guardian being present.

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
39318	TU	4:00 PM - 4:45 PM	3-5	Hillside
39319	TU	4:00 PM - 4:45 PM	3-5	Kennedy
39320	TH	4:00 PM - 4:45 PM	3-5	Renette

### MINI GYM

Enjoy this fun, challenging class which focuses on beginning tumbling, balance beam, uneven bars, and vaulting skills. Participants will learn the basics of the sport while gaining strength, endurance, flexibility, balance, and coordination. Student must be ready to participate without a parent/guardian present.

**Fee: \$71 Resident Fee: \$56**

Course #	Day	Time	Ages	Location
39317	SA	10:15 AM - 11:10 AM	4-6	Kennedy

### KINDERGYM INTERGENERATIONAL PROGRAM

Movement, coordination, simple tumbling, and basic skills on gym equipment in a positive classroom setting. Parent/Guardian participation is required. Please arrange appropriate child care for any siblings or other children.

**Fee: \$65 Resident Fee: \$50**

Course #	Day	Time	Ages	Location
39316	SA	9:00 AM - 10:05 AM	2-4	Kennedy

### TOT N' BUDDY INTERGENERATIONAL PROGRAM

Experience a semi-structured gymnastics introduction to basic motor skill development. Your child will learn to interact using games and gym play equipment in a fun and safe environment. Parent/Guardian participation is required. Please arrange appropriate child care for any siblings or other children.

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
39323	W	9:30 AM - 10:10 AM	1	Renette
39324	W	10:15 AM - 10:55 AM	2	Renette

### GIRLS' GYMNASTICS

An excellent introduction to the sport of gymnastics. This program emphasizes skill development and progressions, and offers an excellent foundation toward future USGF or High School competitive teams. Levels are arranged with USGF (United States Gymnastics Federation) skill recommendations as a guide.

**Fee: \$76 Resident Fee: \$61**

Course #	Day	Time	Ages	Location
<b>Levels 1-5 Gymnastics</b> <small>*All participants will be assessed on the first day of class and will be grouped based on skill levels.</small>				
39311	M	5:15 PM - 6:25 PM	7-15	Hillside
39312	M	6:35 PM - 7:45 PM	7-15	Hillside
39314	W	5:15 PM - 6:25 PM	7-15	Kennedy
39315	W	6:35 PM - 7:45 PM	7-15	Kennedy
39313	SA	11:20 AM - 12:30 PM	7-15	Kennedy

### KIDS MORNING OUT

Kids Gymnastics Morning Out will be filled with free play, flips and tricks, and FUN! We will provide light morning snacks. Participants must be at least 7 years old; All skills welcome!

**Fee: \$20 Per Participant**

Course #	Day	Time	Ages	Location	Date
39349	Sa	9:00 AM - 12:00 PM	7-12	Kennedy	9/28

### TUMBLING

Students will learn skills from forward rolls to back flips as they progress through all levels. A progressive skill list is used to advance from level to level. Emphasis is placed on connecting skills together in levels III and up. \*Prerequisite required for levels 2+

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location
<b>Level 1</b>				
39325	TU	4:50 PM - 5:45 PM	5-12	Hillside
39327	TU	4:50 PM - 5:45 PM	5-12	Kennedy
39328	TH	4:50 PM - 5:45 PM	5-12	Renette
39326	SA	12:55 PM - 1:50 PM	5-12	Kennedy
<b>Level 2*</b>				
39329	TU	5:50 PM - 6:45 PM	5-12	Hillside
<b>Level 3*</b>				
39330	TU	6:50 PM - 7:45 PM	5-17	Hillside
<b>Level 4*</b>				
39331	TH	5:50 PM - 6:45 PM	5-17	Renette
<b>Level 5/Jr. Adv./Adv.*</b>				
39332	TH	6:50 PM - 7:45 PM	5-17	Renette

# TEENS



## TEEN COALITION

**We invite you to be involved in your community!** Engage, educate, and empower! These are the goals of the "Teen Coalition" facilitated by the El Cajon Parks and Recreation Department. The Teen Coalition is for teens in grades 6-12 who are city residents and/or attend city schools. Members will serve a one-year term, meeting monthly. Community partners play an active role in helping teens by providing meaningful workshops covering such topics as the juvenile justice system, education, local economy, and downtown development. The year will culminate with the teens giving back to the community by developing community service projects. Call (619) 441-1555 for more information. Please visit [www.elcajonrec.org](http://www.elcajonrec.org) to complete an application.



THE CITY OF EL CAJON  
**PARKS & RECREATION**  
Dept.

**TEEN REC LEADER PROGRAM**

Teen Rec Leader program participants engage in a structured program where they volunteer weekly, receive hands-on training from assigned staff mentors, and have the option to participate in monthly meetings to develop essential skills. During the meetings the participants are given tasks, constructive feedback, and growth opportunities with topics ranging from communication and teamwork to customer service and program safety. The program includes mock interviews to help participants prepare for future career opportunities. One-time or short-term volunteer opportunities are also available.

### OPPORTUNITIES

- ✓ Summer Camp Leader
- ✓ Class/Program Leader
- ✓ Recreation Center Leader
- ✓ Sports Program Leader
- ✓ Special Events
- ✓ Afterschool Programs

### DEVELOP

- ✓ Interview Skills
- ✓ Communication
- ✓ Teamwork
- ✓ Work Experience
- ✓ Customer Service
- ✓ Future Employment Skills



**OPEN TO TEENS AGES 13-17  
APPLY NOW!**

Applications accepted on an ongoing basis

CONTACT US  
KENNEDY CENTER  
619-441-1676  
Kennedy@elcajon.gov



## TEEN BEGINNING GUITAR

This course is intended for teen participants who are new to learning the guitar. The ten-week session will focus on learning guitar basics from playing single notes to strumming chords. Participants are encouraged to bring their guitars and will need them to practice at home. Limited guitars will be available during class use if a participant does not bring one.

**Fee: \$67 Resident Fee: \$52**

Course #	Day	Time	Ages	Location	Dates
39114	M*	5:00 PM - 5:50 PM	13 - 17	Hillside	10/7 - 12/9*

\*No Class November 11, 2024. No Make-ups for Holiday Closures.

## TEEN CERAMICS

Each week, teens will create works of art utilizing the principles of hand-building (no wheel), coil art, slab art, glazing as well as acrylic painting on ceramic. Learn to sculpt and develop your artistic skills. No experience necessary!

**Fee: \$85 Resident Fee: \$70**

Course #	Day	Time	Ages	Location	Dates
39281	M	4:30 PM - 5:20 PM	12-17	Bostonia	10/7 - 12/9*

\*No Class November 11, 2024. No Make-ups for Holiday Closures.

## TEENS GET ACTIVE!

The El Cajon Parks and Recreation Department offers many ways for teens to get physically active. Check out the rest of this Guide to Recreation for all of the opportunities for physical fitness for teens:

Activity	Page
Soccer	45
Open Gym	32
Water Aerobics	36
Swim Team	36
Gymnastics	42
Tumbling	42
Dance	40-41
Cheer	41
Outdoor Fitness	48



Note - Check details on each page for age specifics.

## DRIVER EDUCATION

This online course is the first step for teens to fulfill the California requirement to receive a driver's license. This course is interactive and includes numerous activities, photos, animations, and parental involvement. This is a self-paced internet course\*. Students will receive a DMV-accepted completion certificate upon successful completion of the course. Does not include behind-the-wheel driving. Call (619) 441-1516 for more information.

**Fee: \$40**

Course #	Ages	Location	Dates
39340	Ages 14 - 18	Online Course	Self Paced

\*Fall session participants will be given a course activation code via e-mail on Tuesday, October 8, 2024.



# SKATE/BIKE

\*All programs are located at Kennedy Skatepark.

Skateboard, scooter, and/or bike and helmet, knee pads, and elbow pads required to participate.

\*No Class November 28 & 29, 2024. No Make-ups for Holiday Closures.

## SKATEBOARD CLASSES\*

This class will focus on basic skills and knowledge like safety, making transitions, skatepark etiquette, and building self-confidence.

**Fee: \$59 Resident Fee: \$44**

Course #	Day	Time	Ages	Location	Dates
<b>Level 1</b>					
39230	TH	5:00 PM - 5:50 PM	7-16	Kennedy	10/10 - 12/5*
<b>Level 2</b>					
39231	TH	6:00 PM - 6:50 PM	7-16	Kennedy	10/10 - 12/5*

\*No Class November 28, 2024. No Make-ups for Holiday Closures.



## SCOOTER CLASS\*

Do you love riding your scooter and want to learn some new tricks? Our instructors will teach you how to ride the ramps, bowls, and rails so you will be able to develop your personal scooting style!

**Fee: \$59 Resident Fee: \$44**

Course #	Day	Time	Ages	Location	Dates
39229	W	5:00 PM - 5:50 PM	7 - 16	Kennedy	10/9 - 12/4

## BIKE CLASS\*

Did you know we allow bikes in the skatepark? Staff will walk you through the nuances of the skatepark while helping you improve your skills, teach you new tricks, and take your riding skills to the next level. Must know how to ride bike to participate.

**Fee: \$59 Resident Fee: \$44**

Course #	Day	Time	Ages	Location	Dates
39224	TH	7:00 PM - 7:50 PM	7 - 16	Kennedy	10/10 - 12/5*

\*No Class November 28, 2024. No Make-ups for Holiday Closures.



## LIL' SKATERS & SCOOTER CLASSES\*

These classes are for little skaters & scooters. They will learn the basic skills and principles of the skatepark. Our friendly instructors will encourage and teach them how to push, balance, turn, kick-turn, proper footing, and even some tricks safely.

**Fee: \$59 Resident Fee: \$44**

Course #	Day	Time	Ages	Location	Dates
<b>Lil' Scooter</b>					
39227	W	4:00 PM - 4:50 PM	5 - 6	Kennedy	10/9 - 12/4
<b>Lil' Skater</b>					
39228	TH	4:00 PM - 4:50 PM	5 - 6	Kennedy	10/10 - 12/5*

\*No Class November 28, 2024. No Make-ups for Holiday Closures.

# YOUTH SPORTS

## YOUTH INDOOR SOCCER LEAGUE

\*No Programs on October 18, November 11 or November 28-29, 2024.

All games and practices for B & C division will be held at Cajon Valley Middle School (CVMS). All games and practices for D division will be held at Bostonia Recreation Center. Practice/Game times are 1 hour long. Practice and game schedules will be available after evaluations and will fall within the timeframes listed below. Participants must meet the age requirements to register in the league.

### Code of Conduct

By enrolling in the youth sports program, participants, commit to abiding by the program's code of conduct. Spectators, parents, and guardians are also expected to uphold this code of conduct at all times. For a copy of the code of conduct, please reach out to Renette Center at (619) 441-1678.

### Mandatory League Evaluations

Player evaluations will be conducted for youth sports leagues. Player evaluations will help coaches create balanced teams. Evaluations are **MANDATORY**. Players that do not attend evaluations may be dropped from the league. No player requests will be granted, ONLY siblings will be placed on the same team.



### Fee: \$82 Resident Fee: \$67

Division	Course #	Day/s	Timeframe	Ages	Location	Dates	Evaluation Day Information
B Division	39260	TU/TH	5:00 PM - 9:00 PM	10 - 12	CVMS	10/8 - 12/15	Oct 3rd 5:30 PM - 8:00 PM @ CVMS
C Division	39256	M/W	5:00 PM - 9:00 PM	7 - 9	CVMS	10/7 - 12/4	Oct 2nd 5:30 PM - 8:00 PM @ CVMS

### Fee: \$69 Resident Fee: \$54

Division	Course #	Day/s	Timeframe	Ages	Location	Dates	Evaluation Day Information
D Division	39257	TH/F	4:30 PM - 6:30 PM	5 - 6	Bostonia	10/10 - 11/22	Oct 10th 4:30 PM - 6:30 PM @ Bostonia

\*No programs held 10/18, 11/28-29 (No Makeups for Holiday Closures)

## ARE YOU INTERESTED IN BEING A VOLUNTEER COACH?

Show your community support by coaching young athletes. If you are proficient in any sport or are willing to learn, donating just a couple hours of your time each week is all that is needed. For more information, please contact Tim O'Melia at (619) 441-1555 or [tomelia@elcajon.gov](mailto:tomelia@elcajon.gov).



## KINDERSPORTS

Fun sports-themed games and activities will help develop large motor skills, coordination skills, teamwork, and sportsmanship all while having fun! Your junior athlete will learn valuable skills to help them when they get to the "Big Leagues". (5 Week Sessions)

### Fee: \$37 Resident: \$27

Course #	Day	Time	Ages	Location	Dates
39267	W	3:45 PM - 4:30 PM	3-5	Bostonia	10/9 - 11/6
39268	W	4:45 PM - 5:30 PM	3-5	Bostonia	10/9 - 11/6
39269	W	3:45 PM - 4:30 PM	3-5	Bostonia	11/13 - 12/11
39270	W	4:45 PM - 5:30 PM	3-5	Bostonia	11/13 - 12/11



# YOUTH SPORTS

## YOUTH VOLLEYBALL LEAGUE

All games and practices will be held at Renette Recreation Center. Practice/Game times are 1 hour long. Practice and game schedules will be available evaluation day\* and will fall within the timeframes listed below. Participants must meet the age requirements to register in the league.

**Fee: \$82 Resident: \$67**

Course #	Day	Time	Ages	Location	Dates
39259	T/TH*	4:30 PM - 6:30 PM	11-13	Renette	10/8 - 12/12
<b>Evaluations*</b>		4:30 PM - 6:30 PM		Renette	10/8

\*No Class on November 28, 2024. (No make ups for holiday closures)



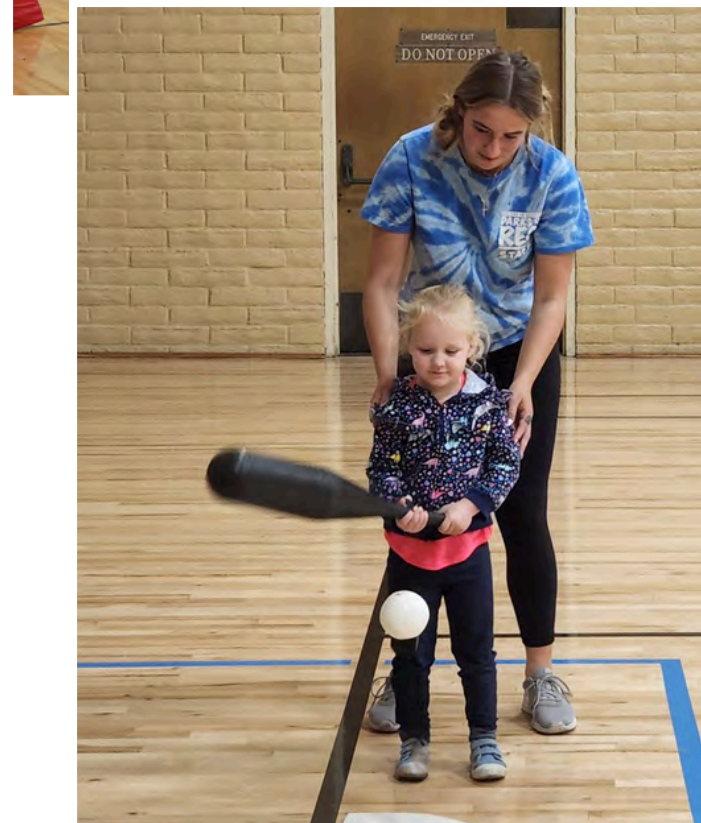
## INDOOR VOLLEYBALL CLINIC

Learn fundamental skills and basic rules of volleyball while focusing on personal success (8 week session).

**Fee: \$63 Resident: \$48**

Course #	Day	Time	Ages	Location	Dates
39258	F*	4:30 PM - 5:25 PM	8 - 10	Renette	10/25 - 12/13

\*No Class on November 29, 2024. (No make ups for holiday closures)



## INDOOR KICK BALL

Don't miss out on the NEW Indoor Kick Ball program at Bostonia Center. Our friendly staff will organize and run kick ball games where they will teach the kids how to play and keep the games fun and exciting. Participants will also have the opportunity to meet new friends, learn teamwork, and of course have fun! Gym shoes are required. For questions, call (619) 441-1670.

**Fee: \$10 Per Person**

Course #	Day	Time	Ages	Location	Dates
39266	T	5:00 PM - 6:00 PM	6 - 13	Bostonia	10/8 - 12/10



## GYMNASIUM OPEN PLAY

In addition to organized sports programming, the El Cajon Parks and Recreation Department also hosts gymnasium open play times at four recreation centers throughout the city. See page 32 for a full schedule, fees, and details.

# ADULT FITNESS

## October 7 - December 14

No programs held on November 11 or November 28-29, 2024. No make-ups held for holiday closures.  
\*If the child has never participated in our program before, please register for level 1 of the preferred activity.

### WAKE UP AND TONE UP

A great way to start the day on a positive note. Fun music, warm-up, light aerobics, toning w/ balance, body weights & resistance tools. Lots of stretching for flexibility.

**Fee: \$165 Resident: \$150 Senior: \$90 Sr. Resident: \$75**

Course #	Day/s	Time	Ages	Location
39345	T, TH, F	9:00 AM - 9:45 AM	18+	Hillside

### HAVE A BALL!

Core and strength training with stability ball, weights & resistance band. Lots of stretching for flexibility.

**\*Bring your own mat & ball.**

**Fee: \$115 Resident: \$100 Senior: \$65 Sr. Resident: \$50**

Course #	Day/s	Time	Ages	Location
39343	M*, W	6:00 PM - 6:45 PM	18+	Renette



### ZUMBA® FITNESS

Ditch the workout and join the party! Fitness involves learning different dance routines where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is a dynamic workout system designed to be easy to do and fun for everyone!

**Fee: \$95 Resident: \$80 Senior: \$55 Sr. Resident: \$40**

Course #	Day	Time	Ages	Location
39346	M*	6:30 PM - 7:30 PM	13 - Adult	Hillside
39347	W	6:30 PM - 7:30 PM	13 - Adult	Hillside



### ADULT DANCE

Learn a wide variety of dance genres including jazz, tap, and lyrical. Meet new friends, learn new skills, and get exercise. All skill levels are welcome!

**Fee: \$65 Resident: \$50 Senior: \$40 Sr. Resident: \$25**

Course #	Day	Time	Ages	Location
39286	T	7:00 PM - 7:55 PM	18+	Renette

### SWEAT AND SCULPT

Low impact cardio plus resistance training for all muscle groups using bands, weights & balls. Lots of stretching for flexibility.

**\*Bring your own mat**

**Fee: \$115 Resident: \$100 Senior: \$65 Sr. Resident: \$50**

Course #	Day/s	Time	Ages	Location
39344	T, TH	6:00 PM - 6:45 PM	18+	Renette

### BALANCE/FALL PREVENTION

Be steady and stable on your feet. Improve your balance, flexibility, and reduce your fall risk. Instructor is Arthritis Foundation certified.

**Fee: \$115 Resident: \$100 Senior: \$65 Sr. Resident: \$50**

Course #	Day/s	Time	Ages	Location
39341	M*, W	9:00 AM - 9:45 AM	18+	Hillside

### WATER FITNESS AT FLETCHER HILLS POOL

From April - October, Fletcher Hills Pool offers water fitness opportunities in the forms of group water exercise classes, open swim, and lap swim. For more information, check out page 36.





# ADULT FITNESS

## PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Game play is for either singles or doubles inside the gymnasium. The game of pickleball helps participants stay active and healthy while providing endless hours of social entertainment, fun, and exercise. Paddles and whiffle type balls will be available and all skill levels are welcome. In person registration only at Bostonia Center, 1049 Bostonia Street. (619) 441-1670

**Open Play Pickleball Annual Fee (Required):  
\$20 Adult \$10 Senior**

Day/s	Time	Ages	Location
T, TH*, F*	9:30 AM - 12:30 PM	18+	Bostonia
M	4:00 PM - 6:45 PM	18+	Bostonia
W	6:00 PM - 9:00 PM	18+	Bostonia

\*No Class on November 11, 28-29. No Make Ups for Holiday Closures.

## ADULT PICKLEBALL CLASSES

Join our beginner pickleball class designed for adults. Learn the basics of this fun and fast-paced racquet sport, including rules, techniques, and court positioning. Whether you're new to pickleball or looking to improve your basic skills, this class is a great way to get started!

**Fee: \$45 Resident: \$34 Senior: \$28 Sr. Resident: \$17**

Course #	Day	Time	Ages	Location	Dates
39263	W	9:30 AM - 10:30 AM	18+	Bostonia	10/9 - 11/6
39264	W	9:30 AM - 10:30 AM	18+	Bostonia	11/13 - 12/18

## ADULT BASKETBALL

All skill levels welcome. (10/8 - 12/12)

**Fee: \$54 Resident: \$40 Senior: \$27 Sr. Resident: \$20**

Course #	Day(s)	Time	Ages	Location
39248	T/TH*	10:00 AM - 12:00PM	Women 18+	Hillside
39247	T/TH*	12:00 PM - 2:00PM	Men 18+	Hillside

\*No Class on November 29. No Make Ups for Holiday Closures.

## SENIOR SOFTBALL

Team play for seniors, 55 and over. For more information, contact Kennedy Center at (619) 441-1676.

## WOMEN'S VOLLEYBALL

All skill levels welcome. (10/11 - 12/13)

**Fee: \$35 Resident: \$26**

**Senior: \$18 Sr. Resident: \$13**

Course #	Day	Time	Ages	Location
39246	F*	10:00 AM - 12:00PM	18+	Hillside

\*No Class on November 29. No Make Ups for Holiday Closures.

## FOOTHILLS ADULT SCHOOL CLASSES

### Foothills Adult School Yoga

This class is offered through Grossmont Union High School District Adult School and is held at Renette Recreation Center.

9:00 AM - 10:15 AM T, TH Renette

10:30 AM - 12:00 PM T, TH Renette

**Register at: <https://adultschool.guhds.net>**

## SENIOR & ADULT TENNIS CLUB

The Senior and Adult Tennis Club meets every Saturday at 9:00 AM at Kennedy Park Tennis Courts, 1675 East Madison Avenue. For more information regarding this program, contact John at (619) 368-1235. FREE!

## SQUARE DANCE

Learn to square dance, with a class for new dancers beginning Tues., Sept. 17, 6:30 to 8 p.m. at the Bostonia Rec Center and continuing through the Fall. This first night is FREE; learn much more by coming each Tuesday for just \$5 per dancer, age 8 to adult, with Caller Steve Moore. No partner or fancy attire needed. Hosted by the Valley Twirlers Square Dance Club. Questions? Visit [valleytwirlers.com](http://valleytwirlers.com) for more info.



# OUTDOOR FITNESS EQUIPMENT

There are several El Cajon Parks with outdoor fitness equipment suitable for all ages. Equipment is free for use and open to the public. Outdoor fitness equipment can be found at the below El Cajon park locations.



Bill Beck Park

Bostonia Park

Wells Park

**NEW** Stoney's Park

543 North Pierce Avenue, El Cajon

1049 Bostonia Street, El Cajon

1153 East Madison Avenue, El Cajon

195 East Douglas Avenue, El Cajon

COMING SOON - Renette Park, 935 Emerald Avenue, El Cajon

**FREE**  
Community  
Event

# WINTER WONDERLAND



## FREE ACTIVITIES

- PICTURES WITH SANTA
- TRAIN RIDES
- EL CAJON REC SQUAD
- MOVIES IN THE PARK
- BOUNCE HOUSE
- ARTS AND CRAFTS

Wells Park- 1153 E. Madison Avenue

December 7, 2024. 2:00PM - 6:00PM