

Winter Activity Guide 2018



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- E. Chen, MD
- A. Del Re, MD
- D. Hines, MD
- S. Johnson, MD
- J. Keith, MD
- R. Lee, MD
- P. McChesney, MD
- T. Mohr, MD
- J. Paik, MD
- V. Reinherz, MD
- T. Reynoso, MD
- B. Winter, MD
- J. Carrasco, C.P.N.P.
- C. Sousa, C.P.N.P.
- B. Gordon, P.A.-C
- T. Crafts, P.A.-C

Pediatric Partners

Established in 2000, Pediatric Partners MPC is a team of Board certified pediatricians who provide quality healthcare to our community's children. We offer 8 "kid-friendly" and convenient offices throughout southwest Riverside and northern San Diego counties. Pediatric Partners welcomes new patients and accepts most insurance plans- TRICARE, Blue Cross, Blue Shield, Health Net, United Healthcare, Cigna, Aetna and others.

Corona*

2279 Eagle Glen Parkway, Ste 110
Corona, CA 92883
(951) 278-8278

Hemet - Appointment Only

3989 W. Stetson Ave., Ste 100
Hemet, CA 92544
(951) 765-7002

Fallbrook-Main*

1107 S. Mission Road
Fallbrook, CA 92028
(760) 451-0070

Menifee*

26900 Newport Road, Ste 107
Menifee, CA 92584
(951) 301-5380

Redhawk*

44274 George Cushman Ct. Ste 10
Temecula, CA 92591
(951) 587-0992

Wildomar Office

36320 Inland Valley Drive, Ste 203
Wildomar, CA 92595
(951) 200-2220

Hemet - Main*

1285 S. State Street
Hemet, CA 92543
(951) 765-1777

Temecula

27699 Jefferson Avenue, Ste 102
Temecula, CA 92590
(951) 587-8116

NEW OFFICE in MENIFEE - a new spacious suite in the same great neighborhood plaza!

www.pediatricpartners.net

General Manager Message

Our lives are made up of moments and memories, our families and friends will shape us in to the people we will become as we get older.

Our Board of Directors is made up of a farmer, an engineer, a teacher, a doctor and an attorney. All of them have a passion for this community and the people we serve and have volunteered their time to serve on the Board and help guide Valley-Wide Recreation so that we may provide quality programs. Our 21 full time staff and 175 part-time staff is composed of people from all walks of life and backgrounds, who believe in what we do and work hard to make Valley-Wide Parks and Facilities a better place to play.

For 45 years, you have been creating community with us by participating in our programs and special events, many of you who played in our leagues as children are now coaching and guiding the next generation. You continue to create moments and memories and shape the future of our community. For that we thank you and we applaud you for your commitment.

We feel fortunate to serve you, our community. We feel fortunate to be a part of so many of your families' moments and memories. 2018 is going to be a great year, come out and play.

GENERAL MANAGER
Valley-Wide Recreation & Park District

- Dean Wetter



special events **2018**

February 9 & 10

▮ **Valley Quilters Annual Quilt Show**
Regional Park Sports Center

March 10 & 11

▮ **Wood Carving Show**
Regional Park/Sports Ctr.

March 16 & 17

▮ **The Weekend Golf Tournament / Dinner Auction**

March 24

▮ **Bunny Hop**
Diamond Valley Lake Comm. Park /Ballfields

March 31

▮ **Easter Egg Hunt**
Diamond Valley Lake Comm. Park/Ballfields

March 31

▮ **Easter Egg Hunt**
Rancho Bella Park in French Valley

March 31

▮ **Easter Egg Hunt**
Marion V. Ashley Community Center

April 7

▮ **Opening Day Youth Baseball/Softball**
Diamond Valley Lake Ballfields

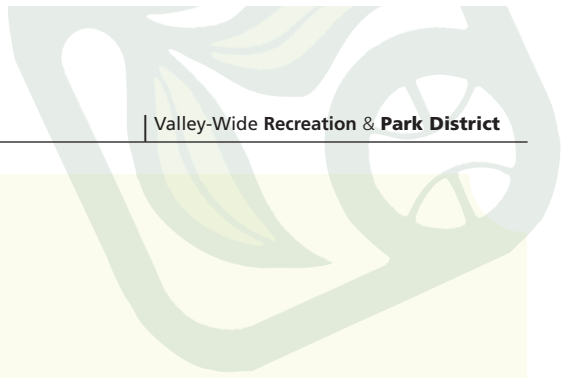
TBA

▮ **Menifee Independence Day Celebration**
Wheatfield Park

July 4

▮ **4th of July Celebration**
Regional Park





2018 directory

ADMINISTRATION

Web Site GoRecreation.org
 Special Events 654-1505
 Graffiti Hot Line 765-2309

FACILITIES

District Office/Regional Facility 654-1505
 Sports Center 487-9234
 Valle Vista Community Center 927-6673
 Diamond Valley Aquatic Facility 929-0047
 Menifee Community Center 672-6744
 Winchester Community Center 926-5917
 French Valley Community Center 894-1468
 Menifee Gym 672-0507
 Marion V. Ashley Community Center
 (Menifee/Romoland)..... 928-2700
 Simpson Center 929-5607
 Echo Hills Golf Course 652-2203

YOUTH SPORTS

Sports Programs (Hemet/San Jacinto Valley) 487-9234
 Sports Programs (Menifee) 672-6744
 Sports Programs (French Valley) 894-1468
 A.Y.S.O. (Outdoor Soccer)
Hemet/San Jacinto ayso137.net or (951) 888-0137
 A.Y.S.O. (Outdoor soccer)
French Valley ayso1508.org
 French Valley Baseball and Softball Associations fvbsa.org
 Hemet/San Jacinto Jr.
 All-American Tackle Football 956-8396
 Hemet Juventus FC (Soccer Club) 634-4401 or 634-6980
 TVSA Hawks tvsa.org
 Hemet Valley Dolphins Aquatics 321-9786
 Youth Tennis 765-5523
 San Jacinto Wrestling 634-6585

ADULT SPORTS

Sports Programs (Hemet / San Jacinto) 487-9234
 Sports Program (Menifee) 672-6744
 Sports Programs (French Valley) 894-1468
 Lawn Bowling @ Gibbel Park 925-7856
 OLDlympics 654-1505
 Senior Softball 537-4764
 Shuffleboard 714-926-7055 or 951-599-4638
 Adult Tennis 658-3172

SPECIAL POPULATION ORGANIZATIONS

Foot Loose & Fancy Free Dances (any age) 375-6112
 Honey Bears Bowling League (Adults) Mary Emery 658-5020
 THE Center-Shooting Star Ranch (ages 4 and up) 658-7790
 Exceed 925-6897
 EEK Fitness & Friends eekandfriends.com or 375-6906
 VIP Tots Programs (ages 0-10) 652-7611

CLUBS AND ORGANIZATIONS

C.A.R.E 927-0668
 Diamond Valley Reservoir Visitor's Center (800) 211-9863
 Friends of the Valle Vista Library 927-2611
 Friends of Sun City Library 679-3534
 Hemet Astronomical Society 927-0445
 Hemet Model Masters 929-4061
 Hemet/San Jacinto Chamber of Commerce 658-3211
 League of Women Voters 927-6673
 Lee DeForest Radio Club 357-7215
 Menifee Valley Porcelain Artists 929-1744
 Ramona Country Carvers 306-6692
 Ramona Rancheros 4-H Club/ JoAnn Van Every 766-4103
 Shooting Star Ranch (formerly the T.H.E. Center) 658-7790
 United Way 929-9691
 Valley Quilters 766-2801
 RC Electric Flying Club 237-4317
 Valley Wide Kayak Club 927-5951
 Hemet Area Museum Association 929-4409 or 925-5885

Friends of Valley-Wide Foundation Board of Directors

Matt Brudin – **President**, Nick Schouten – **Vice President**,
 Chama Cliff – **Secretary**, Kimberly Jones – **Treasurer**,
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 Emily Quast- McDonough, Mike Record, Rod Tolliver,
 Milly Paulson-Valdez, Tom Wilson and Blaine Womer.

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ib Primary Years Programme

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FOR THE 2018-2019

SCHOOL YEAR BEGINNING FEB 1, 2018

WWW.SJVA.NET

WWW.IBO.ORG

480 N. San Jacinto Avenue | San Jacinto, CA | 92583

951.654.6113

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447 W. ESPLANADE AVE, STE. 447, HEMET
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THE VALLEY-WIDE RECREATION DISTRICT)

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GET BACK TO WHAT YOU ENJOY

HEMET VALLEY MEDICAL CENTER
 1117 E. Devonshire Ave. Hemet, CA 92543
 (951) 652-2811

2018 SITES AT A GLANCE

	ACRES	GYM/COMM. CTR.	BALL FIELDS	LIGHTED FIELDS	SOCCER FIELDS	BASKETBALL COURTS	TENNIS COURTS	VOLLEYBALL COURTS	PICKLEBALL COURTS	HORSESHOE PITS	PLAY AREAS	RESTROOMS	PICNIC STRUCTURES	FITNESS TRAILS
Abelia Sports Park	17	N	2	1	1	2	1	1			2	Y	2	Y
Adeline's	1	N									2	N	1	N
Aldergate	7.37	N	1			2			2		1	Y		N
Autumn Breeze	2	N									1	N		N
Aquatic Center	5	N										N		N
Avignon	0.5	N				1						N		N
Bill Gray	5	N	1			2					1	N		N
Brindle Mills	0.37	N									1	Y		N
Brookfield	12	N	1		1	2		1			2	N	1	Y
Brookfield Open Space	62	N										N		N
Butterfield	5	N	1		1	2					2	Y		N
Capri Pocket	0.5	N										Y		N
Cottonwood	10	Y	1			1					1	Y	1	Y
Crown Valley	7	N	1	1	1	2	2				2	Y		N
Crown Valley Extension	4	N		1	1							N	1	N
Desert Green	0.5	N										N		N
Devonshire	10	N										N		N
Diamond Valley Lake	85	N	8	8	3				2			Y	3	Y
Discovery	8	N	1			1					1	Y	1	N
Echo Hills Golf Course	26	N										Y	1	N
El Dorado	4	N	1								2	N	2	N
Eller Park	5	N	1	1		1					2	Y		Y
Emerald	5	N	1			2					1	Y		N
Fieldview	7	N	1			2					1	Y	1	Y
Fitness Trail (Shrimp Ln.)	21.2	N				2						N		Y
Heritage	5	N				2					2	N	2	N
Heroes (Dog Park)	16	N										Y	2	Y
Hidden Meadows	2.5	N						1			1	N		N
Honey Pine	0.5	N									1	N	1	N
Kona	1	N									1	N		N
Lago Vista	20	N	3	3	1	1					1	Y	1	Y
La Paloma	5	N									1	Y		N
Leon	4	N				2					2	N	1	Y
Louis M. Jackson	10	Y	3								1	Y	2	N
Marion V. Ashley	12	Y	2	2		1		1			1	Y	1	Y
Mahogany Creek	6	N				1					1	N	1	N
Mahogany Creek Pkt.	0.22	N										N		Y
Mahogany Meadows	5	N	1		1	1					2	Y	3	N
McCall Canyon	4	N				2					1	N		N
Menifee Gym		Y										Y		N



	ACRES	GYM/COMM. CTR.	BALL FIELDS	LIGHTED FIELDS	SOCCER FIELDS	BASKETBALL COURTS	TENNIS COURTS	VOLLEBALL COURTS	PICKLEBALL COURTS	HORSESHOE PITS	PLAY AREAS	RESTROOMS	PICNIC STRUCTURES	FITNESS TRAILS
Menifee South Tot Lot	2	N									2	N		N
Millet Park (SJ)	5	N			1	1					1	Y	1	N
Mira	5.66	N	1			2					1	N	1	N
Northfield	1	N										N		N
Pepita Square	0.5	N										N		N
Pompei Pocket	0.34											N		N
Pourroy Fields	9	N			6							N		N
Primrose	3	N						1			1	N	1	N
Rancho Bella Vista	7	Y	1	1		1					1	Y	1	N
Rancho Bella Vista II	5	N			1	1					1	Y	1	N
Rancho San Jacinto (SJ)	7	N	1	1		1	1				1	Y	1	N
Regional	36	Y	7	4	6	1	6	1		6	4	Y	3	Y
Rivercrest	3	N										N		N
River Parkk	52	N										N		N
Rolling Hills	2.5	N									1	N	1	N
Sallee Park (SJ)	4.9	N	1								1	N	1	N
Santa Fe	5	N	1	1								N		N
Searl	11	N	3	3	1						1	Y		N
Sheffield	14	N	2		4							N		Y
Sicily	0.34	N										N		N
Simpson Center	1	N										N		N
Spencer's Crossing	12	N	2	3	1						1	Y	3	N
Sunrise	11	N	2			2					2	Y	1	Y
Tucalota	4.5	N	1		1	1					1	Y	1	N
Valle Vista (Fire Station)	7	N				1				2	1	Y		N
Wagon Wheel	1	N									1	N		N
Watermill	1	N										N		N
Washington	5	N	1			2					1	Y	1	N
Wheatfield Park	25	N	6	2		1	2	1		2	2	Y	1	N
Winchester	20	Y	3	3	4	2	1				1	Y	2	N
Winchester Trails	2	N				2					1	N	1	N
Woodbine	5	N			1	2					2	N		N

SITES UNDER DEVELOPMENT

Exchange Club	8	N												
Mahogany Meadows Pkt.	0.22	N									1		1	
Pocket Park – lot 509														
Linear Park	11	N									1	N	1	N
Winchester Sports	35	N										N		N

**HEMET/SAN JACINTO EXCHANGE CLUB &
FRIENDS OF VALLEY-WIDE FOUNDATION PRESENT**

THE WEEKEND



**GOLF TOURNAMENT
MARCH 16th, 2018**

**SILENT/LIVE AUCTION
MARCH 17th, 2018**

For more information call (951) 665-8261

Valley-Wide Web Site: GoRecreation.org

Come check out Valley-Wide Recreation and Park District's web site! It contains all of our current programs, trips and excursions, youth and adult sports information, instructional class information, sports game scores, plus much, much more! Log on and see what we are up to or e-mail us if you have questions or need additional information. We would love to hear from you!

Register Online!: GoRecreation.org

Did you know you can register online for sports programs through out Valley-Wide Recreation and Park District by visiting GoRecreation.org. Keep checking the website as we continue to provide up to date information on our facilities.

They're Your Parks...

No actually they're *our* parks, and we need your help to keep them beautiful! Here are some simple requests to help us keep them that way. Please pick up your trash and if you are barbecuing, please make sure to dampen your

coals and dispose of them properly. In addition, smoking and alcohol are not allowed in the parks at anytime. During special events, dogs are not allowed in the parks, and during regular operating hours, dogs must be on a leash, and accompanied by the owner at all times.

GENERAL DISTRICT INFORMATION

Insurance Information:

Valley-Wide Recreation and Park District is unable to assume responsibility for injuries or accidents occurring on grounds while participating in programs or activities. Such insurance would make program fees prohibitive. Out of District Fees: An add'l per program fee will be charged to each participant living outside the District boundaries.

Jumpers/Bounce House:

All jumpers and bounce houses must be pre-approved by Valley-Wide Recreation & Park District.



Refunds and Cancellations:

25% of fee or \$25.00, whichever is less, will be charged on all refunds. There will be no refunds after final registration dates or after the program is in progress. Programs are subject to change without notice.

KEEP YOUR EYES ON THE 'PRISE

FROM THE ICONIC MISSION INN to our world-class museums, Riverside County has a rich and storied history as a center for arts and innovation. With our steadfast commitment to local coverage, we're your source for the information and news that matters to you—in print, online, or on the go.

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What Makes Special Districts So Special?

For over 100 years, local service agencies known as special districts, like Valley-Wide Recreation and Park District, have kept our lights on, water flowing, and provided access to a multitude of services that enhance our communities.

California's Special Districts are much more than local service providers. They provide vital services like water and energy, fire protection and public safety, waste water treatment, garbage removal, and much more.

The 95 Recreation and Park Districts throughout the state maintain and operate over 445,000 acres of parks and open space. They support healthy, affordable, physical and social activities that strengthen community ties.

DistrictsMaketheDifference.org

Facilities for Rent:

Valley-Wide facilities are available for weddings, receptions, group meetings, anniversary parties, birthdays, dances, etc. For more info, contact James Salvador for events at the Sports Center 654-1505, Keri at the Valle Vista Community Center 927-6673, Lanay at French Valley Community Center 894-1468, Vince at Menifee Gym 672-0507, Janea at Marion V. Ashley Community Center 928-2700, Robert at Winchester Community Center 926-5917, Donna at Simpson Center 929-5607.

VOLUNTEER!
MAKE A DIFFERENCE
 at Diamond Valley Lake
Visitor Center

*For more information,
 please contact
 United Way
 951-929-9691*

Instructors Wanted

Do you have a special talent? Would you like to share that special talent with other people? If you answered yes, Valley-Wide Recreation and Park District is looking for you!

Cake decorating, calligraphy, gardening, bridge or pinochle, needlepoint, guitar or whatever!

If you are interested in teaching a class, contact us at (951) 654-1505. Instructors are wanted for Valley-Wide Regional Park in San Jacinto, Valle Vista Community Center in Valle Vista, Rancho French Valley Community Center, Marion V. Ashley Community Center in Romoland, Winchester Community Center, Simpson Center and Wheatfield Park in Menifee.



VALLEY QUILTERS ANNUAL QUILT SHOW

SAT & SUN: FEB. 9 & 10, 2018
 VALLEY-WIDE SPORTS CENTER

The Valley Quilters will display over 100 handmade quilts at Valley-Wide Sports Center on February 9th & 10th, 2018 from 10:00 am – 4:00 pm. Contact Nancy Williams at (951) 966-8705 or please visit www.ValleyQuilters.org.

TIME: 10:00 am – 4:00 pm
FEE: \$10.00 at door
 (Keep band for admission to both days.)

RAMONA-COUNTRY CARVERS WOODCARVING SHOW

SAT & SUN: MAR. 10 & 11, 2018
 VALLEY-WIDE SPORTS CENTER

The 39th Annual Woodcarving Show is March 10th & 11th 2018. Show times are Saturday & Sunday 9 am - 4:00 pm at the Valley-Wide Sports Center 901 W. Esplanade Ave. in San Jacinto. Donation of \$2.00 admission. For more information contact Roger Harrison (951) 306-6692.

THE WEEKEND

SAT & SUN: MARCH 16 & 17, 2018

Valley-Wide Recreation's annual fundraising event will be held on March 16th & 17th. For more information call (951) 654-1505.

30th ANNUAL BUNNY HOP 5K FAMILY FUN RUN

**SAT: MARCH 24, 2018
DIAMOND VALLEY LAKE
SOCCER FIELDS**

TIME:	9:00 am	Tot Hop
	9:15 am	1K Hop
	9:30 am	5k W
	10:00 am	5K Relay

LOCATION: Diamond Valley Lake Soccer Fields, 1801 Angler Ave., Hemet Domenigoni Pkwy. & Searl Pkwy.

For info (951) 929-0047 or (951) 927-6673.

FEE:	\$5.00	Tot Hop
	\$10.00	1K Hop
	\$10.00	5K/Walk
	\$30.00	4 Person/ Relay

**First 50 people to sign up for the 1K/5K will get a FREE Bunny Hop T-Shirt.

There will be a added \$5.00 fee for sign ups to any Tot Hop, 1K, 5K, Relay or Walk the day of the event.

2018 EASTER EGG HUNT

**SAT: MARCH 31, 2018
DIAMOND VALLEY LAKE
SOCCER FIELDS**

TIME: 10:30 am Sharp
AGE: 12 yrs. & under
LOCATION: Diamond Valley Lake Soccer Fields, 1801 Angler Ave., Hemet Domenigoni Pkwy. & Searl Pkwy.

For info (951) 929-0047 or (951) 654-1505.

**Bring your own basket!! Join us for some family fun in the park!!

ANNUAL EASTER EGG HUNT

**SAT: MARCH 31, 2018
RANCHO BELLA VISTA PARK**

Bring your own basket and the family and join us for fun in the park this Easter! The Easter Egg Hunt starts at 10:00 am sharp. Don't miss out!

AGE: 12 yrs. & under
TIME: 9:00 am – 12:00 pm
LOCATION: Rancho Bella Vista Park 31757 Browning Street Murrieta, CA 92563
FEE: FREE

Valley-Wide Regional Park

901 W. Esplanade Ave.
San Jacinto
(951) 654-1505

CHILDREN'S CLASSES & ACTIVITIES

Mom & Me

This popular program is presented by a very creative group of Valley-Wide staff in the Sports Center every Wednesday morning. This program is geared for moms, dads, grandparents, caregivers, and their children, ages 0 – 5 years.

Children and adults can socialize in a safe, fun, learning environment. There are songs, games, art & crafts, snack and a special guest each week. Grab a friend and join us, it's lots of fun.

For more info call (951) 929-0047 or (951) 927-6673.

INSTRUCTOR: Missy Galloway & Keri Price

WEDNESDAYS: Resumes Jan. 24, 2018
NO CLASSES: Feb. 7, 21, Mar. 14, Apr. 4

AGE: 5 yrs. & under
TIME: 10:00 – 11:30 am
LOCATION: Valley-Wide Reg. Park
FEE: \$3.00 per Family + 50¢ each add'l guest

DANCE CLASSES

Kids World Fusion Dance Classes

COME JOIN IN THE FUN!

This class is designed for fun and exploration of movement. Free dancing, group dancing, veils, zills (finger cymbals), tambourines, Poi and so much more. Through play your child will learn World Dance basics, freestyle, props and Choreography. We will be doing Middle Eastern Dance, Hula, Tahitian, Bollywood and Latin Fusion. This class is designed for long term and drop in students. Sessions are ongoing except for some school holidays. (Please check our calendar. Some holidays there will be classes) Students will pick up where we are in class. Equipment can be bought or made inexpensively, but will be provided for new students. Children learn through play and exploration! Showcases on location 4 times a year.

INSTRUCTOR: Nikkal Feyouz
(909) 908-0927 /www.dancingbelly.com

MON.: 6:00 pm, Intermediate
AGE: 5 – 12 yrs.
LOCATION: Valley-Wide Regional Park Multi-purpose Room

WED.: 6:00 pm, Beginning
LOCATION: Valley-Wide Regional Park Multi-purpose Room

SAT.: 10:00 am
Choreography

LOCATION: Valley-Wide Regional Park Mobile #1. Main Room
FEE: Beginning: \$15.00/ 4 classes
Intermediate: + \$5.00/ mo.
Choreography: + \$5.00/ mo.
Drop-ins: \$8.00 a class

All prices are for within a month period! Family discounts available. Minimal yearly registration fee.

Belly Dance Classes For Adults

Learn to Belly Dance while you get fit with certified and multiple award winning instructor and performer Nikkal Feyouz.

This is a low impact form of aerobics that isolates core muscle groups and helps you to lose inches and lbs. This wonderful form of dance has been around for centuries. You will learn to move gracefully, stretch, tone and add to coordination. Performance opportunities available but not mandatory. Professional troupe auditions held one to two times a year. Styles covered; Egyptian Cabaret, American Club Cabaret, Tribal basics, ITS, Lebanese, Turkish, Persian, and many props!!!!

INSTRUCTOR: Nikkal Feyouz
(909) 908-0927 / www.dancingbelly.com

MON.: 6:45 – 7:45 pm
Beginning

8:00 – 9:00 pm
Intermediate Mixed

AGES: Adults
LOCATION: Valley-Wide Reg. Park
Multi-purpose Room

WED.: 7:00 – 8:00 pm
Mixed Level Drills

8:15 – 9:15 pm
Intermediate
& Troupe only

LOCATION: Valley-Wide Reg. Park
Multi-purpose Room

SAT.: Belly Dance Mixed
TIME: 10:30 – 11:30 am / Beginning
11:30 – 12:30 pm / Cardio Drills
12:30 – 2:30 pm / Troupe
Rehearsal/Performance
Prep & TBA Workshops!

LOCATION: Valley-Wide Reg. Park
Mobile #1, Main Room

FEE: \$10.00 Drop-In
\$25.00 / 4 Classes
\$35.00 / 8 Classes
\$55.00 / Unlimited

(BEST Price anywhere!!!)

All prices are for within a month period!
Family rates available!!!!

PET CLASSES

Dog Obedience

Instructor Wendy Jeffries uses a gentle non-force method of training your dog in these great 6-week classes. Basic obedience including sit, down, stay, come and walk on a loose leash, taught with no-force methods. Wendy will use behavior modification to solve problems like jumping, aggression and running away when called. These are beginning classes, which will help you to teach your dog to become a better companion to you and your family. The first class is dogs optional; if he is difficult you may leave dog at home. Pre-registration is recommended, please contact instructor for more information or registration.

“New” Obedience for Therapy and Service Dogs in training - Therapy Dogs are needed in Hemet/San Jacinto area. Work towards becoming a certified Therapy Dog with Love on a Leash. This class is also perfect for service dogs in training.

INSTRUCTOR: Wendy Jeffries
(951) 926-2277

Therapy And Service Dogs In Training

ONGOING JOIN ANY TIME

TUESDAY: 6:00 pm
AGES: Students, all ages
LOCATION: West Hemet
Training Facility
FEE: \$10.00 /class

Basic Obedience

SESSION 1: Jan. 3 thru Feb 7
SESSION 2: Feb. 14 thru March 21
SESSION 3: April 4 thru May 9

WEDNESDAY: 10:00 am
AGES: Students, all ages
LOCATION: Valley-Wide Reg. Park
FEE: \$55.00 / 6 wks.

Puppy Obedience

PUPS 3- 6 MONTHS

SESSION 1: Jan.6 thru Feb. 10
SESSION 2: Feb. 17 thru March 24
SESSION 3: April 7 thru May 12

SATURDAY: 10:45 am
AGES: Students, all ages
LOCATION: West Hemet
Training Facility
FEE: \$55.00 / 6 wks.

Juvenile Delinquent Class

OLDER PUPS TO ADULTS

SESSION 1: Jan.6 thru Feb. 10
SESSION 2: Feb 17 thru March 24
SESSION 3: April 7 thru May 12

SAT.: 8:30 am or 9:30 am
(Your choice each wk.)
LOCATION: West Hemet
Training Facility
(Fenced play areas. Cool indoor training.)
FEE: \$ 55.00 / 6 wks.

Agility and Rally Classes

HEMET TRAINING FACILITY

Beginners through competition level. Monday mornings, Wednesday and Thursday evenings and Saturday afternoons. Classes are ongoing so you can join any time.

Call Wendy at **(951) 926-2277** to discuss which class your dog will enjoy.

YOUTH CLASSES

Valley-Wide Elite Gymnastics

WEBSITE:
www.elitegymnastics.vpweb.com
(Dress code is listed on above website.)

CONTACT:
elitegymnasticswithheather@gmail.com

HEAD COACH: Heather Huntoon USA
Gymnastics Certified. Specializing in TeamGym, Rhythmic Gymnastics, Acrobatic & Tumbling.

Sign up on line on or before sign-up date or in person on sign up date with cash or check at: Valley-Wide Regional
901 W. Esplanade Ave. CA 92582

SIGN UP DATES:

Saturday, Jan. 27: 10:00 am - 1:00 pm
 Saturday, Mar. 24: 10:00 am - 1:00 pm

LOCATION: Valley-Wide Regional
 901 W. Esplanade Ave.
 San Jacinto, CA 92582
FEE: \$20.00 Annual Reg.

RHYTHMIC GYMNASTICS

(Gold) – Rhythmic Gymnastics combines elements of dance, gymnastics, and apparatus manipulation (ball, ribbon, rope, hoop, & clubs) Gymnasts will be tested & leveled at the end of each session in a fun & safe environment. Please You Tube Rhythmic Gymnastics to help better understand the sport.

WEDNESDAYS: 2:20 – 3:10 pm
LOCATION: Valley-Wide Regional /San Jacinto
AGE: 3 - 6 yrs.
SESSION 4: Feb. 1 – Mar. 22 (7 Wks.)
 (No class Presidents Week Feb. 19-23)

SESSION 5: Mar. 28 – May 16 (7 Wks.)
 (No class Spring Break April 9-13)

FEES:
 SESSION 4: \$89.00*
 SESSION 5: \$89.00*
 *(Add Registration if new student)
 If you pay online print receipt, liability forms and bring the first day of session.
 Visit: www.elitegymnastics.vpweb.com

COMPETITION TEAM LEVEL 1'S
 Closed Class

TIME: 3:15 – 4:25 pm
LOCATION: Valley-Wide Regional /San Jacinto
FEE: Listed on website



COMPETITION LEVEL 3'S
 Closed Class

TIME: 4:30 – 5:30 pm
LOCATION: Valley-Wide Regional /San Jacinto
FEE: Listed on website

FITNESS/EXERCISE CLASSES

Physique's

"Somewhere behind the athlete you've become and the hours of training and the coaches who have pushed you is a beautiful women who fell in love with the game "boot camp" and never looked back.....play for her! Cheer for her!!!! Chant for her!!!! "Hooooray! Join the team today! We offer 1 hour training 4 days a week, morning and evening boot camps, indoor "spin" cycling, bag boxing, core conditioning, muscular endurance/strength,



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Physiques is proud to announce 11 years of excellence! Transforming bodies' everyday! if you are looking for a serious weight loss or toning and firming program. Physiques is it! We are known in the valley for the "high weight loss numbers." Don't miss your chance.

START TODAY!! Our trainers are trained to MOTIVATE and DEDICATE to our clients needs. they are a cross between a drill sergeant and a cheer leader...when you're ready to give up they're here to ask for that final "10" and when performed, cheering and chanting your success along with 10-15 other ladies in your class... everyone feeds motivation off each other! It's awesome!!! If you are not comfortable in group settings we also offer private one on one sessions.

Get started today! Please contact Physique's (951) 381-0487. Kristens.fitness@gmail.com.

Yoga

Rejuvenate your mind and body and gain strength at the same time! This yoga class is designed for all levels of fitness. Modifications and props are available to accommodate all participants. Yoga is a fantastic outlet for stress and a great way to build strength mentally and physically! Wear something comfy and we'll see you on your mat!

For info: buddhasbabes@gmail.com or Thebaws@live.com

INSTRUCTORS: Julia Bietz
Jasmine Quintana

MONDAYS: 7:00 – 8:00 pm
(Excludes 1st Monday of the month.)

AGES: All ages
LOCATION: Valley-Wide Reg. Park
Mobile 1, Main room
FEE: \$4 / Walk-in

Zumba

Come workout and join the party with Latin/Salsa dance moves and lose weight doing it. This Zumba class is for

both those new to Zumba and those who have experience. Instructor demonstrates both high and low impact versions so that everyone gets a great workout and results when doing Zumba on a regular basis. This class is an easy and fun way to get in shape and stay that way. So... "Ditch the workout and join the party!!"

INSTRUCTOR: Laura G. Doleezal
(951) 663-1361

THURSDAYS: 7:30 – 8:30 pm
AGES: 12 – 50 yrs.
LOCATION: Valley-Wide Reg. Park
Mobile 1, Main room
FEE: \$40.00 person/per mo.
or \$5 for walk-in

MARTIAL ARTS CLASSES

Limalama Arts of Self Defense

Valley-Wide offers popular self-defense classes for ages 6 and older in the American-Polynesian martial art called Limalama. This Polynesian infused martial art incorporates powerful, flowing and fast hand and foot movements with traditional techniques and movements.

Learn self defense techniques while improving your flexibility, balance and coordination. Improve your self-confidence and views on everyday life.

Contact instructor for class information and how to get registered. "Fear None. Respect All" that you encounter in life.

INSTRUCTOR: Mark Salcido
(951) 741-4041

TUESDAYS: 7:00 – 8:00 pm
SKILL LEVEL: Beginning - Intermediate
AGE: 6 yrs. +
LOCATION: Valley-Wide Reg. Park
Mobile 1, Main room
FEE: \$30.00 / Monthly

Young Champions Youth Self-Defense & Safety Awareness

This program combines safety awareness education with self-defense instruction in a fun, structured environment! Students are placed into classes according to age and ability. Students learn verbal and physical

skills for self-defense against "Bullies" and "Strangers".

Escape maneuvers are taught to defend against being grabbed or abducted, and communication skills are taught to counteract threats. Safety tips are discussed each week!

Students progress in rank and earn their belts!

Registration: Please register 20 minutes before your class time with the instructor at the location you will be attending or pre-register online at www.ChampionYouth.org. If you miss the first week you may register 10 minutes before your class up to the fourth week.

INSTRUCTOR: Young Champions
(714) 259-1400

4 – 7 YRS. | NEW STUDENTS
FRIDAYS: 5:15 – 5:55 pm

8-15 YRS. | NEW STUDENTS
FRIDAYS: 6:00 – 6:40 pm

4 – 15 YRS. | ALL YELLOW BELTS
FRIDAYS: 6:45 – 7:25 pm

5 – 9 YRS. | ORANGE BELTS & ABOVE
FRIDAYS: 7:30 – 8:10 pm

10 – 15 YRS. | ORANGE BELTS & ABOVE
FRIDAYS: 8:15 – 8:55 pm

LOCATION: Valley-Wide Reg. Park
Mobile #1, Main room

SESSIONS: Spring: Mar. 31 – Jun 9
\$78.00 / 10 wks.
(Equals \$7.00/ lesson or \$8.00 /weekly)

SUMMER: JUN. 16 – SEPT. 1
\$92.00 / 12 wks.
(Equals \$7.00/ lesson or \$8.00 /weekly.)

FALL: SEPT. 8 – JAN. 12
\$120.00 / 16 wks.
(Equals \$7.00/ lesson or \$8.00 /weekly.)

There is an \$8.00 registration fee for each student paid once per session. This fee is included in the total if pay for the entire season.

SPORTS CLASSES

Youth Tennis

Corey Daniels is a certified teaching professional through the United States Professional Tennis Association. Corey specializes in Jr. Tennis and has been instrumental in developing Jr. Tennis in the Hemet/San Jacinto Valley for the past 16 years. He has brought the Quickstart method to all the following classes, where smaller courts and appropriate size racquets and balls are used.

Future Stars (8 - 12 yrs.)

Beginner/Int. This class stresses the importance of play and team competition. Kids will learn in an environment that focuses on self-esteem, physical fitness, discipline and good sportsmanship.

We will work on proper grips, stroke production and footwork patterns. Our drills are fun and challenging! 60 ft. court. Bring water and tennis shoes. Racquets are provided. **Beginning Tues., Jan 9th.**

INSTRUCTOR: Corey Daniels
(951) 765-5523

TUESDAYS: 4:30 – 5:30 pm

LOCATION: Valley-Wide Reg. Park Tennis Courts
FEE: \$40.00 Per Session
Drop-ins \$12/class

Call to pre-register **(951) 765-5523**

High School/Satellite Players (13 - 17 yrs.)

Designed for the player that is looking for additional quality tennis training. Includes technical and tactical training, working on match play, strategy and footwork. **Beginning Tues., Jan 9th.**


TUESDAYS: 5:30 – 6:30 pm
SESSION DATES: Jan. 9, 16, 23, 30
Feb. 13, 20, 27, Mar. 6
Mar. 20, 27, Apr. 3, 10
Apr. 24, May 1, 8, 15
May 29, June 5, 12, 19

LOCATION: Valley-Wide Reg. Park Tennis Courts

FEE: \$40.00 Per Session
Drop-ins \$12/class

Private lessons & stringing available all year long.

For more information call Coach Corey at (951) 765-5523.

 **Like us on Facebook**

ADULT TENNIS

Tennis with Ted Lloyd

Ted Lloyd, a United States Professional Tennis Association (USPTA) Certified Professional Instructor, has been offering tennis instruction in our valley for over 40 years. Recently Ted was the Head Tennis Pro at Soboba Springs Tennis club for over 15 years. Ted specializes in adult private and group lessons and teaches tennis full time.

The group tennis classes will be held on Thursdays and Fridays at the Valley-Wide Regional Park. No racquet is required for attendance. Ted is a retailer of tennis equipment at discount prices and can size the correct length and weight racquet appropriate for the player.

Questions or to sign up contact instructor.

INSTRUCTOR: Ted Lloyd
(951) 658-3172

Beginner Adult Tennis

For people with no experience who want to start from the beginning and learn correctly from the start.

THURSDAYS: 6:30 - 7:30 pm
DATES: Class meets year-round.
LOCATION: Valley-Wide Reg. Park
FEE: \$9.00 / lesson

Intermediate Adult Tennis

For players who can play tennis, but wish to improve to a competitive level. Need to know how to keep score and basic knowledge of singles and doubles. We will work stroke placement and single/doubles strategies.

THURSDAYS: 7:30 – 8:30 pm
Class meets year-round.

LOCATION: Valley-Wide Reg. Park
FEE: \$9.00 / lesson

Advanced Adult Tennis

For those who have played before and want to improve their strokes and strategy. When you want to play on court one in a League

FRIDAYS: 8:30 – 10:00 am
Class meets year-round
LOCATION: Valley-Wide Reg. Park
FEE: \$12.00 / lesson

Ladies Doubles Tennis

It's fun, it's great exercise and we have a wonderful group of gals.

You do not need a partner to sign up, and we welcome and need new players. Well organized and pre-registration is required.

MON. + WED.: 8:00 am / Regular
9:00 am / Summer

More info: Ruth **(951) 766-1170** or Barb **(951) 260-3852**.

Men's Double Tennis

You don't need a partner to sign up, each player will rotate partners every set. To join in on the tennis fun. Contact: Dale **(951) 766-7779**

TUES. + THURS.: Sept. 1– May 31
Regular Session: 8:00 – 10:30 am
Summer Session: 7:30 – 9:30 am

LOCATION: Valley-Wide Reg. Courts

Pickleball Instruction for Beginners and Intermediate

Melinda Terrian, is a Certified Pickleball Teaching Professional and Ambassador for Hemet/ San Jacinto area. Pickleball is one of the fastest growing sports in the US. Beginner classes teach the pickleball fundamentals (Ages 14+).

Intermediate classes will focus on proper technique and game strategy. No paddle is required for attendance.

Questions or to sign up contact: Melinda Terrian **(760) 807-1262** call or text.

Beginner Pickleball

For people with no experience who want to start from the beginning and learn correctly from the start.

MONDAYS: 4:30 – 5:30 pm
LOCATION: Valley-Wide Reg. Park
FEE: \$10.00 / lesson

Intermediate Pickleball

Focus on proper technique and game strategy. Classes meet year round.

MONDAYS: 6:00 – 7:00 pm
LOCATION: Valley-Wide Reg. Park
FEE: \$10.00 / lesson

YOUTH SPORTS 2018

Youth Basketball: Grades 5 - 8
**Season Jan. - Apr. / Deadline Jan. 11

Youth Baseball: Ages 9 -14

**Season April – June / Deadline Mar. 1

T-Ball Baseball: Ages 5 & 6

**Season April – June / Deadline Mar. 1

Coach Pitch Baseball: Ages 7 & 8

**Season April – June / Deadline Mar. 1

Girls Softball: Ages 5 - 8

**Season March – July / Deadline Feb. 15

Girls Softball: Ages 9 - 14

**Season March – July / Deadline Feb. 15

Girls Softball: Ages 15 - 18

**Season May – Aug. / Deadline May 23

Indoor Soccer: Ages 4 - 7

**Season June – Aug. / Deadline May 8

Summer Youth Basketball:

Grades 5 - 8
**Season July – Aug. / Deadline June 11

Teen Basketball: Grades 9 - 11

**Season June – July / Deadline June 8

Co-ed Youth Volleyball: Grades 3 - 12

**Season Oct. – Dec. / Deadline TBA

Flag Football: Grades 3 - 8

**Season Oct. – Dec. / Deadline TBA

Deadline dates are subject to change

Sponsorships are needed for all of the youth team sports. If you are interested in sponsoring, please contact Valley-Wide Recreation and Park District at (951)-487-9234. We greatly appreciate our sponsor's help and could not operate these programs without them.

Youth Baseball

Once again it's that time of year to

LET'S GET SOCIAL!



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VOTED #1 BEST OF INLANDEMPIRE 2 Years in a row!!



register your child for the Valley-Wide youth baseball program. With the continuous growth in this popular sport, sign-up space is limited.

AGES: Mustang 9 & 10
Bronco 11 & 12
Pony 13 & 14

As of August 31, 2018 ~ Birth certificate required!!!

REGISTRATION DEADLINE: March 1, 2018

LEAGUE PLAY: April – June
FEE: \$75.00

(incl. team uniform & award)
SPONSORSHIP FEE: \$200.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

SKILLS DAY: Mustang, Bronco & Pony
March 3, 2018 at Searl Park

PRE REGISTERED CHECK-IN & FINAL REGISTRATION: 8:30 – 9:30 am

YOUTH BASEBALL DATES TO REMEMBER:

February 15, 2018: Youth Baseball Coaches Meeting at the Sports Center @ 6:00 pm

March 1, 2018: Youth Baseball Coaches Meeting at the Sports Center @ 6:30 pm

March 3, 2018: Skills Day at Searl Park @ 9:30 am

March 12, 2018: Bronco Draft at Sports Center @ 6:00 pm

March 14, 2018: Mustang Draft at Sports Center @ 6:00 pm

March 19, 2018: Pony Draft at the Sports Center @ 6:00 pm

April 7, 2018: Opening Day Ceremonies Valley-Wide Diamond Valley Lake

Please Note: All players entering the draft or changing divisions must attend **SKILLS DAY to be able to participate**

Youth Baseball Coach Pitch, Machine Pitch and T-Ball

Valley-Wide Recreation will once again be offering a youth Coach Pitch and T-Ball League for ages 5 - 8 as of Aug. 31, 2018.

T-BALL: Ages 5 & 6

COACH PITCH: Ages 7 & 8

As of August 31, 2018 ~ Birth certificate required!!!

REGISTRATION

DEADLINE: Now until Mar. 1, 2018

LEAGUE PLAY: Begins April – June

FEE: \$55.00 (incl. cap, jersey & award)

SPONSORSHIP FEE: \$150.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

No Skills Day for T-Ball & Coach Pitch

Girls Softball

It's sign-up time for the 2018 Valley-Wide's Girls Softball program. With the continuous growth in this popular sport, sign-up space is limited.

AGES: 10 & Under
12 & Under
14 & Under

As of January 1, 2018 ~ Birth certificate required!!!

REGISTRATION

DEADLINE: Feb. 15, 2018

LEAGUE PLAY: March – June

FEE: \$75.00 / child
(incl. team jersey & award)

SPONSORSHIP FEE: \$200.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

SKILLS DAY: 10 & U, 12 & U, 14 & U

DATE: February 17, 2018

LOCATION: Valley-Wide Reg. Park Ballfields, San Jacinto

PRE-REGISTERED CHECK-IN & FINAL REGISTRATION: 8:30 – 9:30 am

SKILLS BEGIN: 9:30 am

AGES: 16/18 & Under
As of January 1, 2018 ~ Birth certificate required!!!

REGISTRATION

DEADLINE: May 23, 2018

LEAGUE PLAY: June – August

FEE: \$75.00
(incl. team jersey & award)

SPONSORSHIP FEE: \$200.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored). **NO SKILLS DAY.**

GIRLS SOFTBALL DATES TO REMEMBER:

January 24, 2018: Important Informational Coaches Meeting at Sports Center @ 6:00 pm

February 17, 2018: Skills Day at Valley-Wide Recreation Regional Park Ball Fields @ 9:30 am

February 26, 2018: 10 & Under Draft and Coaches Meeting at Sports Center @ 6:00 pm

March 2, 2018: 12 & Under Draft and Coaches Meeting at Sports Center @ 6:00 pm

March 7, 2018: 14 & Under Draft and Coaches Meeting at Sports Center @ 6:00 pm

April 7, 2018: Opening Day Ceremonies Diamond Valley Lake

Please Note: All players entering the draft or changing divisions must attend **SKILLS DAY to be able to participate**

Girls Softball 6/8 Under

Valley-Wide Recreation is once again offering a 6 & under and 8 & under league, ages as of January 1, 2018.

AGES: 6 & Under / Ages 5 & 6,
8 & Under / Ages 7 & 8

As of January 1, 2018 – Birth certificate required!!!

REGISTRATION

DEADLINE: Now until Feb. 15, 2018

LEAGUE PLAY: April – July

FEE: \$55.00 (incl. Jersey & award)
SPONSORSHIP FEE: \$150.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).
 NO SKILLS DAY FOR 6/8 UNDER

Youth Indoor Soccer League

Boys and Girls ages 4 – 7 are invited to participate in the exciting and challenging sport of Youth Indoor Soccer. Games will be scheduled for Monday through Saturday at the Valle Vista Community Center, and/or Valley-Wide Sports Center. Participant age is as of March 1, 2018. Birth certificates may be required!!!

Division I: Ages 4 & 5
 Division II: Ages 6 & 7

REGISTRATION DEADLINE: May 8, 2018
PLAY BEGINS: June – August
FEE: \$55.00 / child (incl. team jersey & award)

SPONSORSHIP FEE: \$150.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

Summer Youth Basketball

Valley-Wide will be offering a summer youth basketball league. The league placement will be determined by the grade of the participant for the 2018/2019 school year.

GRADES: Co-ed: 3rd & 4th grade*
 Girls: 3rd & 4th grade*
 Co-ed: 5th & 6th grade*
 Girls: 5th & 6th grade*
 Co-ed: 5th & 6th grade*
 Girls: 5th & 6th grade*
 Co-ed: 7th & 8th grade*
 Girls: 7th & 8th grade*

*Grade participant is going into for upcoming year.

REGISTRATION DEADLINE: June 11, 2018
LEAGUE PLAY: July & August

FEE: \$60.00 (incl. team jersey & award)
SPONSORSHIP FEE: \$150.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

Teen League Basketball

Registration will begin in March for the upcoming Co-ed Teen Basketball league. Grades 9-11 are based upon the 2018/2019 school year. Get ready to shoot the hoops! Games will be played at various times at various facilities throughout the valley. Games are played Monday thru Sunday.

GRADES: 9 – 11 (Based upon the 2017/2018 school year.)

REGISTRATION DEADLINE: June 6, 2018

LEAGUE PLAY: July – August
FEE: \$60.00 (incl. team jersey)

SPONSORSHIP FEE: \$150.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

Coaches and Sponsors are needed for all of the youth team sports. If you are interested in sponsoring please contact Valley-Wide Recreation Sports Center at (951) 487-9234. We greatly appreciate the sponsors and could not operate these programs without them.

ADULTS SPORTS

Ladies AM Volleyball

Ladies 18 & over, Valley-Wide Sports Center opens up their Volleyball Courts on Tuesday and Thursday mornings from 9:00 – 12:00 pm with childcare (all children attending must be in childcare).

Come and enjoy great games, friends and fun on Tuesdays and Thursdays. On Thursdays, courts will split by play level after 10:00 am. Join anytime, pay & register each day.

TUES. & THURS: 11:00 – 12:00 pm
AGE: 18 yrs. +

DAYS: Ongoing
LOCATION: Valley-Wide Recreation Sports Center
FEE: \$3.00 /player, per day \$5.00 w/children

Adult Spring Slo-Pitch League

The 2018 Spring Season is set to begin at the beginning of February, rosters and fees will be taken January 15 thru January 20 for the 2017/2018 Fall returning teams, OPEN registration will be January 22 thru January 27 for the upcoming Spring Slo-Pitch Leagues. Space is limited to only 36 men’s teams, 24 co-ed teams. *Incomplete rosters will not be taken.

*Teams will be placed in divisions on a first come first served basis.

MANDATORY PLACEMENT MEETING: JANUARY 31, 2018

TIME: MENS 6:00 pm
 CO-ED 7:00 pm

FEE: MENS \$525.00
 CO-ED \$475.00

Valley-Wide Simpson Center

305 E. Devonshire Ave., Hemet (951) 929-5607

Contact Donna for room reservations or rental information.

MONTHLY EVENTS

Resource Fair

Second Thursday of January, March, May, July, September and November from 10:00 am – 12:00 noon

Hemet Pulmonary Fibrosis Support Group

2nd Tuesday of the Month from 2:00 – 3:30 pm

Life Stream

First and Third Monday of the Month from 12 noon – 6:00 pm

Sober Seniors

Meet weekly on Tuesdays
from 12:30 – 2:30 pm

Compulsive Eaters

Anonymous-HOW

Meets weekly on Tuesdays
from 10:15 – 11:30 am

For more information: (951) 537-8797
or www.ceahow.org

SOCIAL

Widowed Persons Association Of California

When you are ready to get back into doing things, we would like to invite you to join our group of widows and widowers for some fun that gives people, like yourself, things to do and people to do it with. So please come out and join us for meetings and social events!

For more info please call 658-8657.

2ND FRIDAY OF THE MONTH

1:30 – 3:30 pm

AGE: Widows/Widowers
LOCATION: Simpson Center
FEE: Free

Senior Game Room

Come on in and Join Us. Our Senior Game Rooms has everything you need to have a fun and relaxing day. We offer cards, board games, puzzles, billards and much more. For those just wanting to relax we offer movies, books, magazines and a comfortable space for you. So come on in and bring a friend. For more information contact us at 929-5607.

MON. – THURS.: 8:00 am – 7:00 pm
FRIDAY: 8:00 am – 1:00 pm
(Subject to change)

AGE: Seniors
LOCATION: Simpson Center
FEE: Free

ACBL Bridge

Do you enjoy Bridge? If so bring a partner and join us in competitive Bridge. If you have the passion for Bridge this is

the place to be! Join us every Monday and Thursday at the Simpson Center. You must have a partner to sign up.

For more information or to register please contact Bill Wellman at (951) 652-2759 or Karen Mc Comb at (951) 658-6413.

THURS.: 11:30 am - 4:30 pm

AGE: Seniors
LOCATION: Simpson Center
FEE: \$5.00 per class
(PARTNERS NEEDED)

Hemet Ukulele Strummers

Do you like to play a Ukulele, Acoustic Guitar or Amplified Base? Then come play with us! This group is looking for additional members to join. Beginners are welcome.

For more information on our group please contact Pineapple or Gerri at (951) 926-9999.

MONDAYS: 9:00 – 11:00 am

AGE: Adult
FEE: Free

Hemet Senior Deaf Club

Come join the fun with the Hemet Senior Deaf Club. This is an opportunity to come socialize and have some fun and meet new friends. They welcome any and all deaf people to their group in hope of getting inbound and mobile deaf people out and functioning in a fun and safe environment.

More info, Gail at (951) 602-5319.

3rd WED.: 9:00 am - 3:00 pm

AGE: 55 yrs. +
FEE: Call Gail for more info

Good Time Carvers

Come join in the fun of wood carving and learn to wood carve. If you enjoy working with your hands and meeting new people then this is the place for you.

WEDNESDAYS: 8:00 – 11:00 am

AGE: All Ages
LOCATION: Simpson Center
FEE: FREE
More info, Duane Laxen (951) 766-7478.

HEALTH & NUTRITION

“NEW” HEALTH & NUTRITION CLASSES

“Chronic Illness Outreach Across America”: A MyKetoPal Program

“Combatting Chronic Illness Through Nutrition” 4-part Workshop Series

Chronic illness touches everyone’s lives. This 4-part workshop focuses on “healing focused low-carb diet, also known as a ketogenic diet” and provides a roadmap to improve overall well-being, longevity, and vitality, and gradually true recovery.

This program is for anyone who struggle with or want to prevent metabolic chronic illnesses such as: Alzheimer’s (Diabetes Type 3), Arthritis, Auto-Immune Diseases, Cancer, Chronic Pain, Depression, Diabetes Type 2, Epilepsy, Fibromyalgia, Hypothyroidism, MS, PCOS, Obesity.

Classes include study guide, website resources, and recipes.

More info visit www.myketopal.com
INSTRUCTOR: Janine Lechuga Aytekin

REGISTER: www.myketopal.com/workshop
LOCATION: Simpson Center
FEE: \$80 / 4 Sessions
or \$20 / ea. session
(payable at the door with cash or check)

Know someone that suffers with a chronic illness? Good news! Gift certificates are available for someone that you love.

SESSION 1

How Food And Body Interact

Awareness is the first step towards understanding. Knowledge and understanding are the foundation of healing. This session will take the participants on a journey through the human body, organs, glands and body systems and highlight the miraculous ways how our body functions and interacts with

food. The participants will eliminate the fear associated with being in-the-dark about our body and chronic illness.

SESSION TOPICS: 1. God's Miracle; 2. Brain, central nervous system; 3. Gut, immune system; 4. Liver; 5. Cholesterol; 6. Hormones, Thyroid; 7. Metabolism; 8. Fat cells

FRIDAYS: 9:45 am
(Repeats once a month)
DATES: Jan. 12, Feb. 9, Mar. 9
LOCATION: Simpson Center
FEE: \$20 / ea. session

SESSION 2
How We Became Ill

This session focuses on how the human body was meant to be nourished, how some industrially produced foods effect the body's metabolic functions and lead to metabolic chronic illnesses. After this session, the attendees will be able to evaluate their refrigerators and pantries and start eliminating items that contribute to prolonging their chronic health conditions.

SESSION TOPICS: 1. How are we designed to eat?; 2. Processed industrial foods vs natural foods; 3. Transfats; 4. HFCS – high fructose corn syrup; 5. Good fats vs bad fats; 6. Omega-3s vs Omega-6s; 7. Types of carbohydrates, fiber vs starch carbs; 8. Sugar; 9. Micro-nutrients

FRIDAYS: 9:45 am
(Repeats once a month)
DATES: Jan. 19, Feb. 16, Mar. 16
LOCATION: Simpson Center
FEE: \$20 / ea. session

SESSION 3
Eating To Heal

This session focuses on natural foods – how specific properties of God created natural foods support the metabolic processes in our body and aid healing the brain to the gut and beyond. After this session, the attendees will have a better understanding of healing nutritious foods and how to gradually replace the industrial, packaged foods in their daily diets with whole foods.

SESSION TOPICS: 1. Animal fats and nut oils; 2. Seafood/meats; 3. Omega 3s; 4. Probiotics/Prebiotics; 5. Healing vegetables; 6. Supplements/Minerals/Micronutrients; 7. Herbs/roots; 8. Nuts/bread alternatives; 9. Fruits; 10. Natural sweeteners

FRIDAYS: 9:45 am
(Repeats once a month)
DATES: Jan. 26, Feb. 23, Mar. 23
LOCATION: Simpson Center
FEE: \$20 / ea. session

SESSION 4
Committing To Healing

This session focuses "HOW-TO'S OF CLEAN KETOGENIC LIFESTYLE," and maintaining a ketogenic protocol of clean nutritious diet in order to support/boost body's own healing power. The goal is to achieve optimum level of health, excel physically, emotionally, and spiritually. Yes, optimum health has a spiritual dimension. At the end of this session, the attendees will be equipped with the knowledge, and tools of healing ketogenic diet, and the support network necessary to take on their healing journey.

SESSION TOPICS: 1. Our body is our temple; 2. Leaps of Faith – totally committing to the plan of action; 3. Maintaining ketogenic protocol for optimal healing; 4. Benefits of light exercise; 5. Importance of oxygen and water; 6. Group grocery shopping tours program info; 7. Low-carb food cooking/tasting demos at grocery store; 8. Online Healing Resources; 9. Local "Healing Foods Buying Co-Op" project.

FRIDAYS: 9:45 am
(Repeats once in Feb. /twice in Mar.)
DATES: Feb. 2, Mar. 2, Mar. 30
LOCATION: Simpson Center
FEE: \$20 / ea. session

LINE DANCING

Easy Intermediate Line Dance

This popular style of dance is great exercise, and lots of fun! Line dancing is good for everybody ages 8 to 88. If you

can walk, you can line dance! There are Slow and Fast Dances, Polkas, and Cha-Cha, even a Charleston! No partner is necessary, so don't be left out when you hear the beat. These are ongoing classes; you can join at any time. Register and pay at class.

INSTRUCTOR: Lois Daggs

MONDAYS: 10:00 – 11:30 am
(Beginners)
FRIDAYS: 10:00 – 11:30 am
(Easy Intermediate)

AGE: All Ages
LOCATION: Simpson Center
FEE: \$4.00 per class

YOUTH CLASSES

Young Chef's

Young Chef's is a step by step instructional class on cooking and using the kitchen. This class is not only designed to help youth prepare meals, use kitchen safely but will also help youth to take a more active family role. So come join the fun and meet new friends. Please call and confirm with instructor to ensure the proper amount of supplies are ordered.

INSTRUCTOR: Laurie Harding
(951) 293-8859

THURSDAYS: 4:00 – 5:30 pm

LOCATION: Simpson Center
FEE: \$10.00 per class
(All materials included for 3 course meal.)

Valley-Wide Elite Gymnastics

WEBSITE:
www.elitegymnastics.vpweb.com
(Dress Code is listed on above website.)

CONTACT:
elitegymnasticswithheather@gmail.com

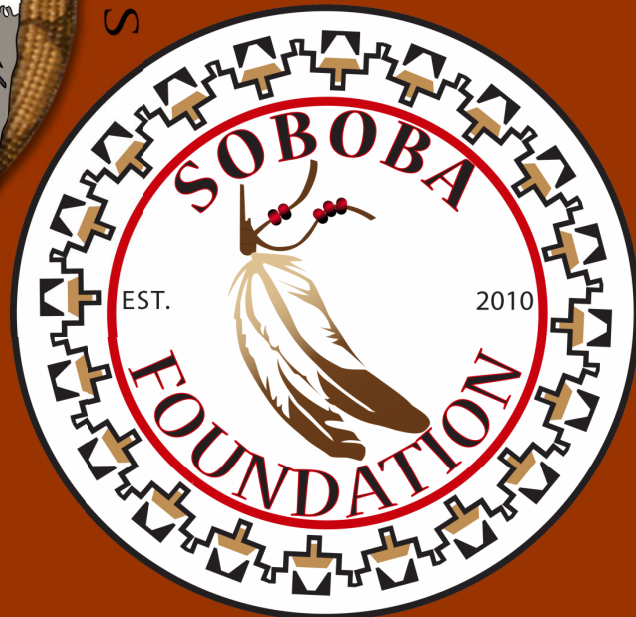
HEAD COACH: Heather Huntoon USA
Gymnastics Certified. Specializing in TeamGym, Rhythmic Gymnastics, Acrobatic & Tumbling.

Thank you

SOBOBA BAND OF LUISEÑO INDIANS



EST. JUNE 19, 1883



For your support of Valley-Wide Recreation & Park District programming through the Friends of Valley-Wide Foundation

Soboba Tribal Council:

Scott Cozart, Chairman; Isaiah Vivanco, Vice-Chair; Monica Herrera, Secretary; Kelli Hurtado, Treasurer; Rose Salgado, Sergeant at Arms;

Soboba Foundation:

Sally Ortiz, President; Geneva Mojado, Vice President; Dondi Silvas, Secretary; Patrick Placencia, Treasurer; Monica Herrera, Member; Isaiah Vivanco, Member

 **ECHO HILLS IS BACK
& BETTER THAN EVER!**



ECHO HILLS GOLF COURSE

 VALLEY-WIDE RECREATION & PARK DISTRICT

Daily Rate.....\$14 (W/Cart \$19)
Seniors & Veterans\$12 (W/Cart \$17)
Twilight (after 11:00am)..... \$8 (W/Cart \$13)
Super Twilight (After 3:00pm)..... \$5 (W/Cart \$8)
Junior Rate (17 & Under).....\$7

CALL FOR TEE TIMES AT

951-652-2203

OR BOOK ONLINE AT

GoRecreation.org



545 E. Thornton Ave. Hemet, CA 92544 (Buena Vista & Thornton)

Sign up on line on or before sign-up date or in person on sign up date with cash or check at: Valley-Wide Regional 901 W. Esplanade Ave. CA 92582

SIGN UP DATES:

Sat., Jan. 27: 10:00 am – 1:00 pm
 Sat., Mar. 24: 10:00 am – 1:00 pm

SESSION DATES: TBA

LOCATION: Valley-Wide Regional
 901 W. Esplanade Ave.
 San Jacinto, CA 92582
FEE: \$20.00 Annual Reg.

KINDER TUMBLE (Purple)

Gymnasts 3-5 years learning basic floor tumbling while building strength. Skills worked on: Cartwheels, handstands, bridges, round-off, cartwheel step ins, back & front rolls and more. Creative movement is incorporated to keep gymnasts focused.

Gymnasts will be tested & leveled at the end of each session in a fun & safe environment.

THURSDAYS: 3:00 – 3:55 pm
AGE: 3 - 5 yrs.
LOCATION: Simpson Center

SESSION 4: Feb. 1 – Mar. 22 (7 Wks.)
 (No class Presidents Week Feb. 19-23)

SESSION 5: Mar. 30 – May 18 (7 Wks.)
 (No class Spring Break April 9-13)

FEES:

SESSION 4: \$89.00*
SESSION 5: \$89.00*
 *(Add Registration if new student)

COMPETITION RHYTHMIC GYMNASTICS
 Closed Class.

TIME: 4:00 – 5:20 pm
LOCATION: Simpson Center
FEE: Listed on website

LEVEL 4S TEAM GYM COMPETITION
 Closed Class

TIME: 5:25 – 6:45 pm
LOCATION: Simpson Center

FEE: Listed on website

EXERCISE/FIT CLASSES

Traditional T'ai Chi Ch'uan
(Ongoing Class For Beginners)

T'ai Chi Ch'uan is a sophisticated Chinese exercise for health and self defense. Students begin by learning slow, graceful, rhythmic movements. For the purpose of self defense, the movements become lightning fast. This class will focus on the basic training of T'ai Chi Ch'uan and provide a strong foundation for learning self defense and weapons. All levels are welcome.

Instructor Matthew Rand has been practicing T'ai Chi Ch'uan for over 20 years. He received his education by studying with Grandmaster Tung Kai Ying for 17 years.

INSTRUCTOR: Matthew Rand
(951) 665-8503

WEDNESDAYS: 10:00 – 11:00 am

AGE: Adult*(mature child w/ parent participation)
LOCATION: Simpson Center
FEE: \$35.00 / mo.

Hatha Yoga

Hatha yoga is a popular ancient healing art that brings balance to a person's whole being, physically and mentally. It is kinder and more gentle on the joints than traditional exercise. Using Hatha yoga poses this class will work on strengthening and stretching the body, along with breathing and relaxation techniques to help manage stress.

Standing exercises along with floor work is done and is designed for beginner to intermediate students. Please wear comfortable clothing and bring a mat. This class is ongoing, register with instructor at time of class.

INSTRUCTOR: Sue Bouk, AFAA Certified Personal Trainer / Group Instructor
 suezen57@yahoo.com **(951) 663-1793**

TUES. & THUR.: 9:00 – 10:15 am

AGE: Adult
LOCATION: Simpson Center
FEE: \$5.00 / class

Chair Yoga

Do you enjoy yoga, but can't get on the floor? Then this is the perfect class for you. All the benefits of yoga, but done sitting in a chair and standing by a chair. Classic Hatha yoga techniques that work on stretching, strengthening, balance, breathing and relaxation are practiced in this class. It is designed for beginners or someone easing back into shape. Please wear comfortable clothing. This class is ongoing, register with instructor at time of class.

INSTRUCTOR: Sue Bouk
(951) 663-1793

AFAA Certified Personal Trainer / Group Instructorsuezen57@yahoo.com

FRIDAYS: 11:45 am – 12:45 pm
AGE: Adult
LOCATION: Simpson Center
FEE: \$3.00 / class

Geri-Fit® Strength Training
Workout For Older Adults

Improve strength, balance, and overall health in this 45 minute, evidence based strength training group exercise class.

No aerobics or floor work. Most exercises are performed seated in a chair with little to no impact. We are geared to meet you at your level and elevate your overall wellbeing. Bring a set of 2 or 3 pound dumbbells, a stretch band, and water. Classes are taught by Georgie Scibetta, certified Geri-Fit instructor and personal trainer.

Please call **(951) 634-7763** to register by phone, or by email: georgie4gerifit@gmail.com for further information. If you are a Medicare Advantage member you may qualify for free classes through Silver&Fit.

INSTRUCTOR: Georgie Scibetta
(951) 634-7763

Tues., Wed., Thurs.: 8:45 – 9:30 am
AGE: 50 yrs. +
LOCATION: Simpson Center

Personal Training For All Ages

Did you know that you lose one pound of muscle each year after the age of 50? If you're not lifting weights you need to start now! Learn strength training techniques from a certified personal trainer to help gait, balance, strength, stamina, and flexibility.

These private lessons will help build muscle, lose fat, and help you gain an overall sense of wellbeing. Bring a towel, water, and get ready to build strength and confidence. All equipment will be provided or you can bring your own set of dumbbells. Each session is 30 minutes long by appointment only.

INSTRUCTOR: Georgie Scibetta
(951) 634-7763
 email: georgiegirl77@live.com

AGE: All ages
DAY: Call for appt.
TIME: 30 min. session
LOCATION: Simpson Center

ATTENTION SENIORS

Free Fitness Programming Through Silver Sneakers

Silver Sneaker's is coming to Simpson Center. Hemet's own SUE BOUK will be teaching these classes.

Class will include a cardiovascular work, strength training, balance, mobility and stretching. Students will need to bring hand held weights, resistance bands and water. Please wear comfortable clothes and close toes shoes.

Insurance companies covered are United Health Care, Scan, Kaiser Advantage PLUS and many more. Call today to preregister with your 16 digit card or call 714-586-4819 to see if you qualify.

For questions regarding the class:
 Sue Bouk **(951) 663-1793**
 suebouk@gmail.com

TO REGISTER CALL: Laura Taylor or Steel

Feather at **(714) 586-4819.**

MON. & FRI.: 9 – 11am
STARTS: Dec., 15, 2017
FEE: \$3.00*
 (w/o Silver Sneakers card)

Valley-Wide Aquatic Center

**1801 Angler Ave., Hemet
 (951) 929-0047**

Missy Galloway | Recreation Supervisor

American Red Cross Lifeguard Training

Course is designed to prepare lifeguards candidates to recognize emergencies, respond quickly and effectively to emergencies, and prevent drowning.

Course included First Aid and CPR/AED for the professional rescuer. Students will learn to use a pocket mask and bag-valve resuscitator.

PRE-REQUISITES:

- Participant must be at least 15 yrs. +
- Swim 300 yard continuously
- 100 yards front crawl
- 100 yards breaststroke
- 100 yards may be a mixture of front crawl and breaststroke
- Swim 20 yards front or breaststroke, dive to the depth of 7 feet, retrieve a 10-pound brick and with legs only to the starting point.

Participants must participate and attend all classroom sessions, demonstrate proficient and water skills, and pass a written exam with a score of at least 80%.

**Passing this class does not guarantee employment with Valley-Wide Recreation and Park District.

SESSION 1: April-TBA

LOCATION: Valley-Wide Recreation Aquatic Center

FEE: \$200.00 per person

Swimming & More!

Valley-Wide Recreation's Aquatic Center is a heated 25-yard out-door pool with a water slide, zero depth entry with water fountain sprayers and activity toys for small children.

The Aquatic Center will be open on "Weekends Only" beginning, Saturday, May 12, 2018 for open swim. Beginning Friday, June 1st the pool will be open seven days per week.

OPEN SWIM SCHEDULE:

MON. - FRI.: Starts Fri., June 4
TIME: 12:30 – 4:30 pm
FEE: TBA

SAT. & SUN.: Starts Sat., May 12
TIME: 12:00 – 5:00 pm
FEE: TBA

Pool Rules/Water Slide Rules:

- Swim suits only! (no cotton tank tops or cotton t-shirts in pool)
- No outside food or drinks.
- No flotation devices (water wings, life vests., etc.)
- Swimsuits with plastic or metal rivets are not permitted on the waterslide.
- No ice chests
- All riders on the big blue slide MUST be at least 48" tall to ride and must weigh less than 275 lbs.
- Any person violating facility rules or acting in an unsafe manner will be removed from the facility and will forfeit all fees for the day.
- No Smoking or E-cigarettes

Swim Lessons

Lessons take place Monday - Thursday. Lessons are 30 minutes long with 8 children 2 per instructor. Participants learn the basic motor skills for beginning swimming and crawl stroke and graduate to elementary backstroke, breaststroke, and butterfly. Space is limited sign-up early!

Sign-up's start Tues., May 1, 10:00 am

SESSIONS:

SESSION 1: June 4 – June 14
SESSION 2: June 18 – June 28

SESSION 3: July 2 – July 12
(No class on July 4)
Session 4: July 16 – July 26

CLASS FEE: TBA /child, per session

Private Swim Lessons

By advance reservation: These lessons will take place on Fridays, Saturdays & Sundays mornings only. Lessons are 30 minutes, one on one lesson with child or adult.

FRI. – SUN.: 8:30 – 11:00 am

AGES: All ages

FEE: \$30.00 / 30 min. lesson

Junior Lifeguard Program

This program builds a foundation of knowledge, attitudes and skills for future lifeguards, including prevention fitness, response, leadership and professionalism. Participants must be able to swim 25 yards and tread water for one minute. Junior Lifeguards may be able to aid in lessons and volunteer at the pool for the 2018 season. They must pass a skills test on the last day of the class to volunteer at the pool.

MON. - THURS.: 11:20 am – 12:05 pm
AGES: 10 – 14 yrs.

SESSION 1: June 4 – June 14

SESSION 2: June 18 – June 28

FEE: TBA / child, per session

Returning Junior Lifeguards

This class is for returning Junior Lifeguards ONLY. All Junior Lifeguards must take this class to volunteer for the 2018 season.

MON. - THURS.: 5:30 – 6:15 pm
AGES: 10 – 14 yrs.

SESSION 1: May 14 – May 17

FEE: TBA /child, per session

Youth Water Polo

Learn to play water polo. This class builds necessary skills through ball handling, passing & shooting. Each

practice increase player’s strength, techniques & strategies. Students must know how to swim.

MON. - THURS.: 11:20 am – 12:05 pm
AGES: 10 – 14 yrs.

SESSION 1: July 2 – July 12
(No class July 4)

SESSION 2: July 16 – July 26

FEE: TBA /child, per session

Drop-in Pickle Ball

Bring your paddle out and enjoy a day on the courts. This is a drop in program.

WEDNESDAYS: Beginners

FRIDAYS: Advanced

TIME: 8:00 am – 12:00 pm

LOCATION: Diamond Valley Lake Community Park – behind Aquatic Center
1801 Angler Ave., Hemet

*Will not play in the rain or 100+ degrees.

Come Swim With Me

FOR KIDS 8 & UNDER

This is Valley-Wide’s version of a summer “Mom & Me” program. Parents, grandparents, and caregivers can bring their tots and swim at the Aquatic Center. What a great way to spend time with your little ones this summer!

FRIDAYS: 10:00 am – 12:00 pm
STARTS: June 1, 2018

AGES: 8 yrs. & under

FEE: \$7.00 / family of 3
(add’l family members \$2.00)

*For kids under 8, the big blue slide will NOT be turned on. Deep end of the pool closed!

Family Morning Swim

Beat the crowds and join us for a morning swim. Come enjoy family time at the pool, waterslide and tot spot. Begins June 10, 2017. (Deep end of pool will be closed). All ages welcome.

SATURDAYS: 9:45 – 11:45 am
STARTS: TBA
FEE: \$7.00 / family of 3
(add’l family members \$2.00)

Come Swim With Me “Family’s with Special Needs”

This swim time is specifically designed for children/adults with special needs.

SATURDAYS: 9:45 – 11:45 am
STARTS: TBA
FEE: \$7.00 / family of 3
(add’l family members \$2.00)

*The deep end of the pool will be closed.

4th of July

THE AQUATIC CENTER WILL BE OPEN. Bring your family and come join the FUN!

MONDAY: July 4, 12:30 – 4:30 pm
FEE: TBA

Family Fun Nights

These special activity nights are open to all ages. Come out and enjoy an evening with your family and friends.

FRIDAYS: 5:00 – 7:30 pm
DATES: TBA
FEE: TBA

Movie Night

Our Dive in Movie Theater will be open for fun this summer. Bring your favorite raft and the entire family. Enjoy some of your favorite movies.

SWIM TIME: Fridays 6:00 – 7:30 pm
(or until dark)
MOVIE TIME: 7:30 – 9:30 pm
DATES: TBA
FEE: TBA

Labor Day / Sept 3

WILL BE OPEN!!!
Bring your family and come join the FUN!

MONDAY: 12:30 – 4:30 pm
FEE: \$2.00 2 & under
TBA 3 yrs. – 55 yrs.
TBA 55+

Jerry Searl Sports Park

1001 N. Buena Vista Ave.,
Hemet
(951) 765-9551

FITNESS/EXERCISE CLASSES

Jazzercise Of Hemet/ San Jacinto Valley

Jazzercise, the worlds leading dance and fitness classes. High intensity cardio and strength classes will rock you to the core! Burn up to 600 calories in one fun and powerfully effective 60- minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and strengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of hip-hop, jazz, country, rock and many other types of dance. Resistance training, Pilates, yoga, and kickboxing.

NEW classes like Fusion, Core, Strike, Lo, Strength45 and Strength60 will challenge your fitness ability!

Lo impact classes available, check with your health insurance provider about enrolling in Jazzercise through your health benefits. Get paid to teach Jazzercise! Franchisee opportunity available. Stop by the studio and pick up some information.

Start dancing yourself to a healthy new you with 18 Unlimited classes a week at Jerry Searl Sports Park. Under new ownership, come check out the newly revamped Jazzercise Center.

Visit us on Facebook at "Jazzercise of Hemet Valley" and follow us on Twitter @ jazzercisehemet

Dance Mixx

AGE: 13 yrs. +
DAY: Saturday – Sunday
TIME: 8:30 – 9:30 am

Dance Mixx

AGE: 13 yrs. +
DAY: Monday, Wednesday & Friday
TIME: 9:40 – 10:40 am

Low Impact Jazzercise

AGE: Adults, Seniors, 13 yrs. +
DAY: Monday, Wednesday & Friday
TIME: 7:15 – 8:15 am

Strength 45

AGE: 13 yrs. +
DAY: Tuesday & Thursday
TIME: 9:40 – 10:40 am
5:00 – 5:45 pm

Dance Mixx

AGE: 13 yrs. +
DAY: Monday – Thursday
TIME: 6:00 – 7:00 pm

Dance Mixx

AGE: 13 yrs. +
DAY: Monday, Wednesday, Fridays
TIME: 4:45 – 5:45 pm

Express

AGE: 13 yrs+
DAY: Tuesdays & Thursdays
TIME: 4:15 - 4:45pm

LOCATION: Searl Sports Park
Multi-purpose Room

FEES/SIGN-UP: \$45 / mo. EFT; 12-mo.
\$49 / mo. EFT; 6 -mo.
\$55 / mo. EFT; 1 -mo.
Day Pass: \$15.00
Joining Fee: \$30.00
Child care: \$1.00 /class

NOTE* (Child care weekdays only.)

Students: \$38 Mon. / unlimited
jazzercise on EFT

SPECIAL: New Valley Wide customers get 50% off joining fee with EFT enrollment (not combined w/any other offers.)

Sign up anytime at www.jazzercise.com

Valle Vista Community Center

43935 E. Acacia Ave., Hemet
(951) 927-6673

Youth Baseball

Once again it's that time of year to

register your child for the Valley-Wide youth baseball program. With the continuous growth in this popular sport, sign-up space is limited.

AGES: Mustang 9 & 10
Bronco 11 & 12
Pony 13 & 14

As of August 31, 2018 ~ Birth certificate required!!!

REGISTRATION DEADLINE: March 1, 2018

LEAGUE PLAY: April – June
FEE: \$75.00

(incl. team uniform & award)

SPONSORSHIP FEE: \$200.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

SKILLS DAY: Mustang, Bronco & Pony
March 3, 2018 at Searl Park

PRE REGISTERED CHECK-IN & FINAL REGISTRATION: 8:30 – 9:30 am

YOUTH BASEBALL DATES TO REMEMBER:

February 15, 2018: Youth Baseball Coaches Meeting at the Sports Center @ 6:00 pm

March 1, 2018: Youth Baseball Coaches Meeting at the Sports Center @ 6:30 pm

March 3, 2018: Skills Day at Searl Park @ 9:30 am

March 12, 2018: Bronco Draft at Sports Center @ 6:00 pm

March 14, 2018: Mustang Draft at Sports Center @ 6:00 pm

March 19, 2018: Pony Draft at the Sports Center @ 6:00 pm

April 7, 2018: Opening Day Ceremonies Valley-Wide Diamond Valley Lake

Please Note: All players entering the draft or changing divisions must attend SKILLS DAY to be able to participate

Youth Baseball Coach Pitch, Machine Pitch and T-Ball

Valley-Wide Recreation will once again be offering a youth Coach Pitch and T-Ball League for ages 5 - 8 as of Aug. 31, 2018.

T-BALL: Ages 5 & 6
 COACH PITCH: Ages 7 & 8

As of August 31, 2018 ~ Birth certificate required!!!

REGISTRATION DEADLINE: Now until Mar. 31, 2018
 LEAGUE PLAY: Begins April – June
 FEE: \$55.00
 (incl. cap, jersey & award)

SPONSORSHIP FEE: \$150.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

No Skills Day for T-Ball & Coach Pitch

Girls Softball

It's sign-up time for the 2018 Valley-Wide's Girls Softball program. With the continuous growth in this popular sport, sign-up space is limited.

AGES: 10 & Under
 12 & Under
 14 & Under

As of January 1, 2018 ~ Birth certificate required!!!

REGISTRATION DEADLINE: Feb. 15, 2018
 LEAGUE PLAY: March – June
 FEE: \$75.00 / child
 (incl. team jersey & award)

SPONSORSHIP FEE: \$200.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).

SKILLS DAY: 10 & U, 12 & U, 14 & U
 DATE: February 17, 2018
 LOCATION: Valley-Wide Reg. Park Ballfields, San Jacinto

PRE-REGISTERED CHECK-IN & FINAL REGISTRATION: 8:30 – 9:30 am
 SKILLS BEGIN: 9:30 am

AGES: 16/18 & Under
 As of January 1, 2018 ~ Birth certificate may be required!!!

REGISTRATION DEADLINE: May 23, 2018
 LEAGUE PLAY: June – August
 FEE: \$75.00
 (incl. team jersey & award)

SPONSORSHIP FEE: \$200.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored). NO SKILLS DAY.

GIRLS SOFTBALL DATES TO REMEMBER:

January 24, 2018: Important Informational Coaches Meeting at Sports Center @ 6:00 pm

February 17, 2018: Skills Day at Valley-Wide Recreation Regional Park Ball Fields @ 9:30 am

February 26, 2018: 10 & Under Draft and Coaches Meeting at Sports Center @ 6:00 pm

March 2, 2018: 12 & Under Draft and Coaches Meeting at Sports Center @ 6:00 pm

March 7, 2018: 14 & Under Draft and Coaches Meeting at Sports Center @ 6:00 pm

April 7, 2018: Opening Day Ceremonies Diamond Valley Lake

****Please Note:** All players entering the draft or changing divisions must attend SKILLS DAY to be able to participate**

Girls Softball 6/8 Under

Valley- Wide Recreation is once again offering a 6 & under and 8 & under league, ages as of January 1, 2018.

AGES: 6 & Under / Ages 5 & 6,
 8 & Under / Ages 7 & 8

As of January 1, 2018 – Birth certificate required!!!

REGISTRATION DEADLINE: Now until April 8, 2018
 LEAGUE PLAY: April – July

FEE: \$55.00 (incl. Jersey & award)
 SPONSORSHIP FEE: \$150.00 per team (your business name will be printed on the team shirts and receive a plaque of the team you sponsored).
 NO SKILLS DAY FOR 6/8 UNDER

YOUTH ACTIVITY

Kids Craft Class

This is a class for parents and children to explore arts and crafts in a fun atmosphere. This class requires adult participation. Come and enjoy a new family class.

INSTRUCTORS: Missy Galloway & Keri Price

THURSDAYS: 10:00 – 11:00 am
 AGES: 2 – 5 yrs.

February 1: Valentine's Craft
 March 1: St. Patrick's Day Craft
 April 5: Easter/Mother's Day Craft

LOCATION: Valle Vista Comm. Ctr. 43935 E. Acacia, Hemet (951) 927-6673
 FEE: \$3.00 / child
 Parent Free

DANCE CLASSES

Line Dance

Who knew unwinding from a long, hard or stressful week could be so much fun? Learn steps & patterns of dances to classic country music, new country music, and the "other" music too! The best exercise you can do for your mind, body, and just for your general health all around. Come socialize, meet new friends and get smarter!

INSTRUCTOR: Ellie Halterman (951) 652-1535

ADVANCED BEGINNERS TO INTERMEDIATE

MON. WED. FRI.: 1:00 – 2:30 pm
 (Must know basic steps)

YOUTH CLASSES

Valley-Wide Elite Gymnastics

WEBSITE:

www.elitegymnastics.vpweb.com
(Dress code is listed on above website.)

CONTACT:

elitegymnasticswithheather@gmail.com

HEAD COACH: Heather Huntoon USA
Gymnastics Certified. Specializing in
TeamGym, Rhythmic Gymnastics, Acrobatic
& Tumbling.

Sign up on line on or before sign-up date
or in person on sign up date with cash or
check at: Valley-Wide Regional
901 W. Esplanade Ave. CA 92582

SIGN UP DATES:

Sat., Jan. 27: 10:00 am - 1:00 pm
Sat., Mar. 24: 10:00 am - 1:00 pm

SESSION DATES: TBA

LOCATION: Valley-Wide Regional
901 W. Esplanade Ave.
San Jacinto, CA 92582
FEE: \$20.00 Annual Reg.

KINDER GYM (GREEN) / 5 yrs. & under
The class instructs gymnasts 5 years and
under the fundamentals of gymnastics.
Students will learn coordination, strength,
and flexibility while becoming familiar
with gymnastics equipment. Equipment
includes balance beams, mini-trampolines,
vaulting box, mini-gymnastics bars &
much more.

Gymnasts will be tested & leveled at
the end of each session in a fun & safe
environment.

TUESDAYS: 3:00 – 3:50 pm
LOCATION: Valley-Wide Valle Vista
43935 E. Acacia Ave.

SESSION 4: Jan. 30 – Mar. 20 (7 Wks.)
(No class Presidents Week Feb. 19-23)

SESSION 5: Mar. 27 – May 15 (7 Wks.)
(No class Spring Break April 9-13)

FEES:

SESSION 4: \$89.00*
SESSION 5: \$89.00*
*(Add Registration if new student)

GYMNASTICS (RED) / 6-8 yrs.
Boys and girls age 6-8 years learn
basics of floor, vault, beam & bar artistic
gymnastics. Gymnasts will be tested &
leveled at the end of each session in a fun
& safe environment.

TUESDAYS: 3:55 – 4:55 pm
LOCATION: Valley-Wide Valle Vista
43935 E. Acacia Ave.

SESSION 4: Jan. 30 – Mar. 20 (7 Wks.)
(No class Presidents Week Feb. 19-23)

SESSION 5: Mar. 27 – May 15 (7 Wks.)
(No class Spring Break April 9-13)

FEES:

SESSION 4: \$104.00*
SESSION 5: \$104.00*
*(Add Registration if new student)

GYMNASTICS (ORANGE) / 9-12 yrs.
Boys and girls age 9-12 years learn
intermediate to advanced floor, vault,
beam & bar artistic gymnastics. Gymnasts
will be tested & leveled at the end of each
session in a fun & safe environment.

TUESDAYS: 5:00 – 6:00 pm
LOCATION: Valley-Wide Valle Vista
43935 E. Acacia Ave.

SESSION 4: Jan. 30 – Mar. 20 (7 Wks.)
(No class Presidents Week Feb. 19-23)

SESSION 5: Mar. 27 – May 15 (7 Wks.)
(No class Spring Break April 9-13)

FEES:

SESSION 4: \$104.00*
SESSION 5: \$104.00*
*(Add Registration if new student)

TEAMGYM COMPETITION TEAM
Closed Class

TUESDAYS: 6:00 – 7:10 pm
LOCATION: Valley-Wide Valle Vista
43935 E. Acacia Ave.

FEE:

Listed on website

LEVEL 4S TEAMGYM COMPETITION TEAM
Closed Class

TUESDAYS: 7:10 – 8:15 pm
LOCATION: Valley-Wide Valle Vista
43935 E. Acacia Ave.

FEE: Listed on website

FITNESS/EXERCISE CLASSES

Movement For Every Body

If you are in shape now or want to
get in shape, this class is for you! It is a
low-impact aerobic yet high intensity fun
& easy to follow workout. Suitable for
anyone wishing to lose weight, strengthen
the heart, increase stamina & reduce
stress. Always to motivating music.

INSTRUCTOR: Sheila Brown
Certified at CSU Hayward
(951) 927-6673

MON., WED., FRI.: 8:15 am

AGE: All Ages
LOCATION: Valle Vista Comm. Ctr.
FEE: \$5.00 / drop-in
or \$20.00 / 5 class tickets - Tickets never
expire & good for any of Sheila's classes.

Fit For Life

This exercise program from the Riverside
County's Office on Aging is focused on
safety and effectiveness. Specifically
designed to increase strength for better
joint support, restore balance & flexibility.
Most exercises are done sitting in chairs.
A certified instructor teaches this ongoing
class. The atmosphere is supportive and
encouraging. Sign up at class.

INSTRUCTOR: Sheila Brown
Certified at CSU Hayward
(951) 927-6673

MON., WED. & FRI.: 9:30 am

AGE: All Ages
LOCATION: Valle Vista Comm. Ctr.

43935 Acacia, Hemet
FEE: \$5.00 /drop-in
 or \$22.00 / 5 class tickets - Tickets never
 expire & good for any of Sheila's classes.

Yoga I With Tea

Yoga I is a class structured around
 rejuvenating and healing the body. Yoga
 props such as blankets, blocks, bolsters,
 chairs and straps are often used for safe
 practice, and to allow the body to fully
 achieve each position comfortably. This
 class is held at a slower pace and focuses
 on stretching all areas of the body, while
 releasing stress and tension from joints
 and muscles. This is a level one class but
 all levels are welcome. Tea will be served
 after class.

PLEASE BRING: 1 yoga mat, 1 yoga
 strap, 2 yoga blocks, 2- 5 lb. weights. towel
 & water, and your favorite tea cup.

*There are a few supplies available but
 may be limited upon class size.

INSTRUCTOR: Lanae Hailey
(951) 300-8379
 Certified yoga instructor RYT-200
 By Desert Yoga Therapy, Palm Springs, CA
 & registered with yogaalliance.com

**TUES., WED.,
 & THURS.:** 8:45 – 10:00 am
AGE: 18 yrs. +
LOCATION: Valle Vista Comm.Ctr.
 43935 E. Acacia, Hemet
FEE: \$6.00 / class
 or \$40.00 monthly

HEALTH & NUTRITION

"NEW" HEALTH & NUTRITION CLASSES

**"Chronic Illness Outreach Across
 America": A MyKetoPal Program**

"Combatting Chronic Illness Through
 Nutrition" 4-part Workshop Series

Chronic illness touches everyone's lives.
 This 4-part workshop focuses on "healing
 focused low-carb diet, also known as a

ketogenic diet" and provides a roadmap
 to improve overall well-being, longevity,
 and vitality, and gradually true recovery.

This program is for anyone who struggle
 with or want to prevent metabolic
 chronic illnesses such as: Alzheimer's
 (Diabetes Type 3), Arthritis, Auto-Immune
 Diseases, Cancer, Chronic Pain, Depression,
 Diabetes Type 2, Epilepsy, Fibromyalgia,
 Hypothyroidism, MS, PCOS, Obesity.

Classes include study guide, website
 resources, and recipes.

More info visit www.myketopal.com
INSTRUCTOR: Janine Lechuga Aytekin

REGISTER: www.myketopal.com/workshop
LOCATION: Valle Vista Comm.Ctr.
 43935 E. Acacia, Hemet
FEE: \$80 / 4 Sessions
 or \$20 / ea. session
 (payable at the door with cash or check)

Know someone that suffers with a chronic
 illness? Good news! Gift certificates are
 available for someone that you love.

SESSION 1

How Food And Body Interact

Awareness is the first step towards
 understanding. Knowledge and
 understanding are the foundation
 of healing. This session will take the
 participants on a journey through the
 human body, organs, glands and body
 systems and highlight the miraculous ways
 how our body functions and interacts with
 food. The participants will eliminate the
 fear associated with being in-the-dark
 about our body and chronic illness.

SESSION TOPICS: 1. God's Miracle; 2.
 Brain, central nervous system; 3. Gut,
 immune system; 4. Liver; 5. Cholesterol; 6.
 Hormones, Thyroid; 7. Metabolism; 8. Fat
 cells

TUESDAYS: 5:45 pm
 (Repeats once a month)
DATES: Jan. 9, Feb. 6, Mar. 6
LOCATION: Valle Vista Comm.Ctr.
 43935 E. Acacia, Hemet
FEE: \$20 / ea. session

SESSION 2

How We Became Ill

This session focuses on how the human
 body was meant to be nourished, how
 some industrially produced foods effect
 the body's metabolic functions and lead
 to metabolic chronic illnesses. After this
 session, the attendees will be able to
 evaluate their refrigerators and pantries
 and start eliminating items that contribute
 to prolonging their chronic health
 conditions.

SESSION TOPICS: 1. How are we
 designed to eat?; 2. Processed industrial
 foods vs natural foods; 3. Transfats;
 4. HFCS – high fructose corn syrup; 5.
 Good fats vs bad fats; 6. Omega-3s vs
 Omega-6s; 7. Types of carbohydrates, fiber
 vs starch carbs; 8. Sugar; 9. Micro-nutrients

TUESDAYS: 5:45 pm
 (Repeats once a month)
DATES: Jan. 16, Feb. 13, Mar. 13
LOCATION: Valle Vista Comm.Ctr.
 43935 E. Acacia, Hemet
FEE: \$20 / ea. session

SESSION 3

Eating To Heal

This session focuses on natural foods
 – how specific properties of God created
 natural foods support the metabolic
 processes in our body and aid healing
 the brain to the gut and beyond. After
 this session, the attendees will have a
 better understanding of healing nutritious
 foods and how to gradually replace the
 industrial, packaged foods in their daily
 diets with whole foods.

SESSION TOPICS: 1. Animal fats and
 nut oils; 2. Seafood/meats; 3. Omega
 3s; 4. Probiotics/Prebiotics; 5. Healing
 vegetables; 6. Supplements/Minerals/
 Micronutrients; 7. Herbs/roots; 8. Nuts/
 bread alternatives; 9. Fruits; 10. Natural
 sweeteners

TUESDAYS: 5:45 pm
 (Repeats once a month)
DATES: Jan. 23, Feb. 20, Mar. 20
LOCATION: Valle Vista Comm.Ctr.
 43935 E. Acacia, Hemet
FEE: \$20 / ea. session

SESSION 4

Committing To Healing

This session focuses "HOW-TO'S OF CLEAN KETOGENIC LIFESTYLE," and maintaining a ketogenic protocol of clean nutritious diet in order to support/boost body's own healing power. The goal is to achieve optimum level of health, excel physically, emotionally, and spiritually. Yes, optimum health has a spiritual dimension. At the end of this session, the attendees will be equipped with the knowledge, and tools of healing ketogenic diet, and the support network necessary to take on their healing journey.

SESSION TOPICS: 1. Our body is our temple; 2. Leaps of Faith – totally committing to the plan of action; 3. Maintaining ketogenic protocol for optimal healing; 4. Benefits of light exercise; 5. Importance of oxygen and water; 6. Group grocery shopping tours program info; 7. Low-carb food cooking/tasting demos at grocery store; 8. Online Healing Resources; 9. Local "Healing Foods Buying Co-Op" project.

TUESDAYS: 5:45 pm
(Repeats once a month)
DATES: Jan. 30, Feb. 27, Mar. 27
LOCATION: Valle Vista Comm.Ctr.
43935 E. Acacia, Hemet
FEE: \$20 / ea. session

MARTIAL ARTS CLASSES

Limalama
ARTS OF SELF DEFENSE

Valley-Wide offers popular self-defense classes for ages 6 and older in the American-Polynesian martial art called Limalama. This Polynesian infused martial art incorporates powerful, flowing and fast hand and foot movements with traditional techniques and movements. Learn self defense techniques while improving your flexibility, balance and coordination. Improve your self-confidence and views on everyday life. Contact instructor for class

information and how to get registered. **"Fear None. Respect All" that you encounter in life.**

INSTRUCTORS: Santos Mangabat
(951) 692-1719

MONDAY: 6:00 – 7:00 pm
Beg. to Intermediate

AGE: 6 yrs. +
LOCATION: Valle Vista Comm. Ctr.
43935 Acacia, Hemet

FEE: \$30.00 / mo.

American Kenpo Karate

Children receive a simplified version of Kenpo, awareness, prevention, self-defense techniques and escape. Students can study all Ed Parker techniques and Kata. Rank promotions by Dave Hebler's Original American Kenpo Karate Association (optional). Students promoted will be listed on the OAKKA website. For information & a free lesson, call instructor.

INSTRUCTOR: Ross J. Coglietti
(951) 665-9993

THURS.: 6:00 – 7:00 pm
Time subject to change.

AGE: 5 - 16 yrs.
LOCATION: Valle Vista Comm. Ctr.
43935 Acacia, Hemet

FEE: Starting at \$30 /mo.

Call for family pricing. \$15.00 registration fee for OAKKA membership (yearly). Credit for missed classes must be pre-approved.

Winchester Community Center

32665 Haddock St., Winchester
(951) 926-5917

Hawaiian & Tahitian Dance

Learn dances from Hawaii, Tahiti, New Zealand and Samoa. You will develop body coordination through basic movements, interaction skills by working as a group,

and strengthen character through performing in front of an audience.

INSTRUCTOR: Jamie Robinett

TUESDAYS: Start times based on age

3 – 5 yrs.: 10:00 – 10:30 am
6 – 14 yrs.: 10:35 – 11:35 am
15 yrs. +: 11:40 – 12:40 pm

3 – 5 yrs.: 6:00 – 6:30 pm
6 – 14 yrs.: 6:35 – 7:35 pm
15 yrs. +: 7:40 – 8:40 pm

AGE: 3 yrs. +
LOCATION: Winchester Comm. Ctr

FEES:
Beginners 3 – 5 yrs.: \$27 / mo.
6 – 14 yrs. & Adult: \$35 / mo.

Pickleball

Pickle Ball is a fun sport that can be played by just about everyone. It is played on a court with a low net, similar to tennis but played with a "wiffle" type ball and a paddle. (Bring your paddle).

MON. & THURS.: 10:00 am – 2:00 pm

AGE: Adult
LOCATION: Winchester Comm. Ctr.
FEE: Free

Riverside County

Library System - BOOKMOBILE
(909) 238-2444 or (951) 657-2358

WED.: 11:30 am - 12:30 pm (wkly)

AGE: All Ages
LOCATION: Winchester Comm. Ctr.
FEE: Free

Also join us at Rancho Bella Vista Park on Wednesday mornings between 9:00 and 11:00 am in our BOOKMOBILE!!

Dedicated Volunteers of Winchester Bingo

Every Saturday, doors open at 8:30 am (3) Games of WARM UP start at 11:30 am (2) Games of EARLY BIRDS continue right after warm ups are done, approximately 11:45. (10) REGULAR games start after

Early Birds.

There are special games mixed into the session. Payout is calculated based on attendance.

Games are over between 3:00 and 3:30 pm so come out and spend a Saturday afternoon and meet new people.

More information or questions please contact Cheryl Widel at **(951) 751-6060**.

SATURDAY: 11:30 am – 3:30 pm
(Doors open 8:30 am)

AGE: Adult
LOCATION: Winchester Comm. Ctr.

**Menifee
Community Center**

30627 Menifee Rd., Menifee
(951) 672-6744

Vince Valdez, Senior Recreation SUPV
Tammy Allen, Park Coordinator

DANCE CLASSES

Line Dance at Wheatfield Park

Learn to Line Dance with Connie Frey. Join a class anytime. No prior experience needed.

INSTRUCTOR: Connie Frey
(951) 852-6459

FRI./ADVANCED CLASS: 1:00 – 3:30 pm

AGE: 18 yrs. +
LOCATION: Wheatfield Comm. Ctr.
FEE: \$4.00 / class

Beginner Line Dance Class

Learn basic steps and terminology. Dance to a variety of music genres. No experience, no partner, no problem! Line dancing is healthy and fun! "Exercise in Disguise!" Love to "Dance in Line"

Join us anytime! For more info contact Lynne at danceinline@yahoo.com or **(903) 530-2483**.

FRIDAYS: 11:00 am – 12:30 pm
FEE: \$3.00 / class

**HEALTH & LEISURE
CLASSES**

**Jazzercise in Menifee
Cardio, Strength and Stretch**

Leaders in the fitness industry for over 40 years, Jazzercise is bigger and better than ever. This dance fitness program is designed for everyone whether you want to get in shape, stay in shape, relieve stress, or just have some fun. Certified instructors demonstrate different levels to meet a wide range of needs so everyone will feel successful in these classes. Get ready for FUN at Jazzercise! Childcare is available during weekday morning classes.

For more information on classes held at Wheatfield Park in Menifee, please contact Maureen Ward at **(951) 698-6506**, or just come in, as classes are ongoing.

INSTRUCTOR: Maureen Ward
(951) 698-6506

MON., WED., THURS. & FRI.: 9:00 am

MON., WED. & THURS.: 5:45 pm

SATURDAY: 8:00 am

AGE: 12 yrs. +
LOCATION: Wheatfield Comm. Ctr.
ATTIRE: Comfortable workout wear & aerobic shoes.

WHAT TO BRING: Bottle of water, towel, and a floor mat if you have one. Weights are optional.

FEE: \$38.00 / mo.
or \$90.00 / 8 wk. pass

**MARTIAL ARTS
CLASSES**

**Taekwando
Thomas' Martial Arts**

Popular Family Classes offered at Valley-Wide, Wheatfield Community Center.

Discipline, Focus, Flexibility & Strength, Train to your physical abilities, develop the skills to be successful in school and business. Develop the confidence to

make the right choices. Home school P.E. opportunities, (approved with Eagle's Peak).

Cross training for athletes of all ages, State, National & International Competition, Self Defense AND Self Control!

Internationally Certified Instructors. Traditional ATA Forms, Sparring, Weapons & Self Defense.

INSTRUCTORS: Mr. and Mrs. Thomas
(951) 970-6009
diamondlakeata.com

MON. & WED.: 7:00 – 8:00 pm
8:00 – 9:00 pm
AGE: 8 yrs. +
LOCATION: Wheatfield Comm. Ctr.

FRIDAY: 4:00 – 4:45 pm
AGE: 4 – 7 yrs. (Tiny Tigers)

FRIDAY: 5:00 – 6:00 pm
Sparring: 6:00 – 7:00 pm
AGE: 8 yrs. + (Kids & Adults)

LOCATION: Menifee Gym
(adj. to Bell Mtn. School)
FEE: See instructor – ask for Mrs. Thomas
(951) 970-6009
www.diamondlakeata.com

ADULT SPORTS

Softball

SPRING LEAGUE: February – April
SUMMER LEAGUE: May – August
FALL LEAGUE: Sept. – December

FEE: \$425 per team
(\$5 fee, per out of district player)

Menifee Valley Senior Softball

WEDNESDAYS: 7:00 pm
AGE: Women 45 yrs. +
LOCATION: Wheatfield Park
INFO: Gayle **(951) 506-6021**

TUES. & THUR.: 9:30 – 1:00 pm
AGE: Men* 55 yrs. +

*Still needed for a senior men's league in Menifee

LOCATION: Wheatfield Park
 INFO: Ed Husted (951) 679-8626

HORSE LESSONS + CAMPS

THE RIDING ACADEMY

30300 Garbani Rd.
 Menifee, CA 92584
 (951) 301-9272
 www.horsedaycamp.com

Horse Crazy Tiny Tots

Is your 2 to 5 year old horse crazy? This class is the perfect way to get their horsey fix. We start every class by giving our wonderful horses carrots. Then, we warm up by stretching our muscles to music. After, the tots learn a few moves, on our barrels (fake horses), that they will be doing on a real horse. Next, is the horse time, where we will be working on rider seat and other fun moves on our specially trained horse. Last, we do a little brushing with our cute pony Zack. This class is 30 minutes long and is customized for two and three year olds. Tots will gain balance, body awareness, coordination, and self-confidence. Parent involvement is required.

More info, call (951) 301-9272

Private/Group Riding Lessons

RIDING LESSONS FOR AGES: 5 yrs. +
 Horses and helmets are provided.

Students will be going over safety, haltering, grooming, saddling, mounting, and proper beginning-advanced riding under the supervision of a certified instructor. Students can also participate in our other activities such as shows, clinics, trail riding, stall cleaning, worming, clipping and more.

More info, call (951) 301-9272

Parent & Me Riding Lessons

RIDING LESSONS FOR AGES 5- 8 YRS.
 Kids and parents will be going over

safety, haltering, grooming, saddling, mounting, and proper riding under the supervision of a certified instructor. At the last class the kids will have a show and the family will be welcome to come watch and take pictures. Parents will not be riding; their job will be helping their children. Parent or Adult involvement is required.

More info, call (951) 301-9272.

Vaulting Lessons

FREE 1ST LESSON – The TRA Vaulting Club is looking for 9 years old to adults that would like to compete all the way to National level. Come check us out, learn what vaulting is all about and why it is so much fun. Horse and gymnastics experience helps but is not necessary.

More info, call (951) 301-9272

Horse Day Camp

SPRING, SUMMER + WINTER

Mon. - Fri.: 8:00 am – 3:00 pm
 extended hours avail.

Activities: Daily Horseback Riding, Games on Horseback, Horse Drill Teams, Horsemanship, Grooming, Saddling, Painting the horses, vaulting swimming (for summer camps) & More!

More info, call (951) 301-9272
 horsedaycamp.com

Menifee Gym

28545 La Piedra Rd.,
 Menifee
 (951) 672-0507

Open Gym

EVERY FRIDAY NIGHT

Basketball: 8:30 – 10:00 pm

EVERY SATURDAY MORNING

Basketball: 6:30 – 8:00 am

2018 Youth Spring Volleyball

Registration begins in February for our upcoming Co-ed Youth Volleyball League for Boys and Girls in grades 3rd thru 12th. Learn to bump, set and serve your way to great times! Games will be played Monday thru Saturday at the Menifee and Marion V. Ashley Gyms.

LEAGUE SEASON: April-June

DIV 1: 3rd - 5th / No Skills
 DIV 2: 6th - 8th / TBA
 DIV 3: 9th - 12th /TBA

SKILLS DAY: TBA
 REGISTRATION: Call for details
FEE: \$60.00

Marion V. Ashley Community Center

25625 Briggs Rd., Menifee
 (951) 928-2700

Serving: Romoland, Homeland,
 Menifee, Lake View & Nuevo

Janea Butler, Recreation Supervisor

SPECIAL EVENTS

Easter Egg Hunt March 31, 2018

CHILDREN'S CLASSES & ACTIVITIES

Mom & Me

This program is geared for moms, dads, grandparents, caregivers, and their children, ages 0-5 yrs. Children and adults can socialize in a safe, fun, learning environment. There are songs, games, arts & crafts, snacks and a special guest each week. Grab a friend and join us, it's lots of fun.

Class times & info: (951) 928-2700.
 INSTRUCTOR: Kathi Wood

WEDNESDAY: 10:00 – 12:00 pm

LOCATION: Marion V. Ashley Community Center
FEE: \$3.00 per family + 50¢ each add'l guest

Remix All Stars Dance Team

Remix All Stars is going into their 13th season teaching the art of dance to girls and boys ages 4 to high school. Everyone makes a team no matter their age or dance abilities. All dance routines are choreographed to fun music. Your dancer will learn the basic techniques and dance routines that they will perform at competitions and our end of season Recital. Remix is an ongoing program our seasons run from the first week of August to the first weekend of June where the dancers will entertain parents, family and friends and receive their end of season Trophy.

Competitions, Recital and Performance events are mandatory your dancer will perform in 3- 4 competitions, 1 Recital & 1-2 performances.

Number of events are subject to change do to event dates and timing. Director Marisa Henry, teachers; Miss Katlyn Smith and Miss Carly Embry.

Registration info at (915) 207-0649 or remixallstarsdance@yahoo.com

TUESDAYS: 5:30 – 6:15 pm
 Kinder – 2nd Grade
 6:15 – 7:15 pm
 3rd Grade +

MONTHLY FEE: \$40.00
 (Due 2nd Tues. ea. mo. or add'l\$10 late fee)
ANNUAL REG.: \$30.00
 (Due upon first class)

TEAM WEAR: \$140.00
 Includes: jacket, tank top, shorts, glitter backpack, neckless, earrings & rhinestone ponytail holder.

ADD'L FEES: TBA
 Includes: costumes, competitions, team photos & recital (guest tickets).

Starlight Singers

Starlight Singers is a children’s singing and performing group in Menifee. Children ages 5-12 can take weekly classes and learn new music, singing techniques, and performing skills. The students will be able to showcase their talents with a performances in the community. Space is limited so call soon. Come join us and let your star shine!

Info:starlightsingersmenifee@gmail.com or starlightsingers.blogspot.com

INSTRUCTOR: Natalie Sanford
(801) 637-2448

MONDAYS: 4:00 – 4:45 pm / 5-8 yrs.
 5:00 – 5:45 pm / 9-12 yrs.

LOCATION: Marion V. Ashley Community Center
FEE: \$60 / mo.
 + \$20 materials fee (incl. practice CD & shirt)

Martial Arts/Tae Kwon Do

FOCUS & FITNESS train to your physical abilities, develop the skills to be successful in school and business.

Develop the confidence to make the right choices. approved vendor for charter schools ~Inspire, Riversprings and others
 Competition, Self-defense, AND self-control!

Info call (951) 970-6009.

WEDNESDAY: 4:00 pm / Traditional
 5:00 pm / Traditional
 6:15 pm / Tiny Tigers

THURSDAY: 4:00 pm / Traditional
 5:00 pm / Traditional
 6:00 pm / Traditional

AGE: 4 - 85 yrs.
LOCATION: Marion V. Ashley Community Center
FEE: \$50.00 / mo.

YOUTH CLASSES

Valley-Wide Elite Gymnastics

WEBSITE:

www.elitegymnastics.vpweb.com
 (Dress code is listed on above website.)

CONTACT:

elitegymnasticswithheather@gmail.com

HEAD COACH: Heather Huntoon USA
 Gymnastics Certified. Specializing in TeamGym, Rhythmic Gymnastics, Acrobatic & Tumbling.

Gymnast must sign-up on or before dates listed below in order to participate in class. Sign up online in person with cash or check at: Valley-Wide Regional 901 W. Esplanade Ave. CA 92582

SIGN UP DATES:

Sat., Jan. 27: 10:00 am - 1:00 pm
 Sat., Mar. 24: 10:00 am - 1:00 pm

LOCATION: Marion V. Ashley Community Center
FEE: \$20.00 Annual Reg.

COMPETITION TUMBLING CLASS
 (Must be on competition team)

MONDAY: 4:30 – 5:30 pm
LOCATION: Marion V. Ashley Community Center

SESSION 4: Jan. 29 – Mar. 19 (7 wks.)
 (No class Presidents Week Feb. 19-23)
SESSION 5: Mar. 26 – May 14 (7 wks.)
 (No class Spring Break April 9-13)

FEES:
SESSION 4: \$70.00*
SESSION 5: \$70.00*
 *(Add Registration if new student)

FLOOR TUMBLING & ACRO STUNTING

MONDAY: 5:35 – 6:35 pm
AGE: 6 – 12 yrs.
LOCATION: Marion V. Ashley Community Center

SESSION 4: Jan. 29 – Mar. 19 (7 wks.)
 (No class Presidents Week Feb. 19-23)
SESSION 5: Mar. 26 – May 14 (7 wks.)

(No class Spring Break April 9-13)

FEES:

SESSION 4: \$104.00*
SESSION 5: \$104.00*

*(Add Registration if new student)

KINDER GYM (GREEN) / 5 yrs. & under

The class instructs gymnasts 5 years and under the fundamentals of gymnastics. Students will learn coordination, strength, and flexibility while becoming familiar with gymnastics equipment. Equipment includes balance beams, mini-trampolines, vaulting box, mini-gymnastics bars & much more.

Gymnasts will be tested & leveled at the end of each session in a fun & safe environment.

FRIDAY: 3:00 – 3:50 pm
LOCATION: Marion V. Ashley Community Center

SESSION 4: Feb. 2 – Mar. 23 (7 Wks.)
(No class Presidents Week Feb. 19-23)

FEE: \$89.00

SESSION 5: Mar. 30 – May 18 (7 Wks.)
(No class Spring Break April 9-13)

FEES:

SESSION 4: \$89.00*
SESSION 5: \$89.00*

*(Add Registration if new student)

GYMNASTICS (RED) / 6-8 yrs.

Boys and girls age 6-8 years learn basics of floor, vault, beam & bar artistic gymnastics. Gymnasts will be tested & leveled at the end of each session in a fun & safe environment.

FRIDAY: 3:55 – 4:55 pm
LOCATION: Marion V. Ashley Community Center

SESSION 4: Feb. 19 – Mar. 23 (7 Wks.)
(No class Presidents Week Feb. 19-23)

SESSION 5: Mar. 30 – May 18 (7 Wks.)
(No class Spring Break April 9-13)

FEES:

SESSION 4: \$104.00*

SESSION 5: \$104.00*

*(Add Registration if new student)

GYMNASTICS (ORANGE) / 9-12 yrs.

Boys and girls age 9-12 years learn intermediate to advanced floor, vault, beam & bar artistic gymnastics. Gymnasts will be tested & leveled at the end of each session in a fun & safe environment.

FRIDAY: 5:00 – 6:00 pm
LOCATION: Marion V. Ashley Community Center

SESSION 4: Feb. 2 – Mar. 23 (7 Wks.)
(No class Presidents Week Feb. 19-23)

SESSION 5: Mar. 30 – May 18 (7 Wks.)
(No class Spring Break April 9-13)

FEES:

SESSION 4: \$104.00*
SESSION 5: \$104.00*

*(Add Registration if new student)

LEVEL 2S TEAMGYM COMPETITION TEAM / Closed Class

TUESDAY: 6:05 – 8:05 pm
LOCATION: Marion V. Ashley Community Center

NEW CLASSES

Workshops

ARE YOU LOOKING TO BE INSPIRED?

Searching for Motivation? Want to change your life, but you don't know where to start! Do you know what your life's purpose is? Are you living the life of fulfillment and success by chasing your destiny.

Sharon Gilmore is a Marriage Life Coach, the Host of The Grace & Truth Show, Author of the new book But God: From Pain to Purpose. She is offering her experience in business and purpose through inspiration and motivation with practical applications to change your life. She will be teaching Self Publishing, Marriage, Entrepreneurship, Business,

Family, Empowerment and so much more. Bring your pen, paper and open mind! It's Never too Late!!

To register call (951) 400-7725 or email: mrrsgilmore@gmail.com for info.

Instructor: Sharon Gilmore
(951) 400-7725

GET MOTIVATED WEDNESDAYS

Let's get the book done! This is a class that will help you self-publish your book on a budget. You will own 100% of your work, and have a residual income without quitting your job or while raising your kids and no long nights. I am a stay at home mother and I completed my book and self-published it in less than 4 weeks.

This will be the motivation you needed and the accountability to finish what you started, Your Book! You are an author and we just want to help you bring it out. Don't worry about getting rejection letters or whether you are good enough to publish. We are here to help!! I believe in you and It's time to become an Author!! Each week is simply \$20.00, if you are not satisfied at the end of the class just see me after and I will give you a full refund!

Wednesday: 7:30 – 9:00 pm
AGE: 18 yrs. +
LOCATION: Marion V. Ashley Community Center
FEE: \$11.00 / class

MARRIAGE & BUSINESS

I have been a Marriage Coach for the last 5 years, I was certified through Tony Gaskins, a world renowned Relationship Life Coach. I am married for almost 10 years, have worked with my husband to create 2 business after being unemployed for 2 years. Balancing marriage, family and business in that order can be challenging and I want to help you.

I wanted to teach this class to help people, couples that were just like us. Couples that want more out of life than to be in debt, divorce and defeated.

This class will help you improve communication, family structure, discipline, intimacy, start business and so much more. Many families can not afford coaching, my

rates are 120.00 an hour, but you can afford 20.00 a week for the same information.

THURSDAY: 7:30 – 9:00 pm
AGE: 18 yrs. +
LOCATION: Marion V. Ashley Community Center
FEE: \$20.00 / couple
 \$11.00 / single

SPORTS

BBK

Darrell Teasley is a Director for 2 Dream Athletic Development. 2 Dream is a multi-sport program that focuses on the mind then the body. Children Ages 5-12 will be trained in various sports through a multi-sport league. This will give the youngster's the opportunity to find their sport niche. The first sport to be played is BBK.

BBK is basketball, baseball and kickball all in one. BBK is played outdoors on a basketball court and depending on ages it can also be played in doors.

The first week will be a trail-run to train each participant so they fully understand the game.

INSTRUCTOR: Darrell Teasley Jr.
 O: (888) 601-7627 (ext. 102)
 C: (760) 300-0930
 djjr2411@gmail.com

TUES. OR THUR.: 4:30 – 7:30 pm
AGES: 5 – 8 yrs. & 9 – 12 yrs.
LOCATION: Marion V. Ashley Recreation Center
FEE: \$7.00 / entry

After School Open Gym

Come enjoy the gym afterschool. Shoot some hoops, play pick-up games with your friends!

More info call (951) 928-2700.

TIME: 2:30 – 4:00 pm
LOCATION: Marion V. Ashley Community Center

Senior Chair Volleyball

More fun than you can possibly stand – while seated! Come enjoy this fun-filled

game with the Menifee Chair Bears. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. Rules are similar to regular volleyball except "cheeks on the chair!"

MON. & FRI.: 10:00 am – 12:00 pm
AGE: 50 yrs. +
LOCATION: Marion V. Ashley Community Center
FEE: \$2.00 / person
 Drop in's are welcome

Mens/Womens Basketball League

(3 ON 3) & (5 ON 5)

Come out and Play! Do you miss the game, or want some exercise!!!!... Here it is men and women...Bring the Kids also!!!! We are training the kids in the other gym with Dribble, Pass and Shoot from our local High School teams. More info contact Valley-Wide staff at (951) 928-2700 (Additional fees apply)

SUNDAY: 12:00 – 3:00 pm
LOCATION: Menifee & Surrounding Gyms
FEE: \$500.00 / (5/5)
 (10 games, Full Cr., + Ref Fees)
 \$300.00 (3/3)
 (2 Games/Night, 1/2 Cr., 10 Wks.)

YOUTH LEAGUES

2018 Youth Spring Volleyball

Registration begins in February for our upcoming Co-ed Youth Volleyball League for Boys and Girls in grades 3rd thru 12th. Learn to bump, set and serve your way to great times! Games will be played Monday thru Saturday at the Menifee and Marion V. Ashley Gyms.

Registration Deadline: Call for details

SEASON: April – June
SKILLS DAY: TBA
DIV 1: 3rd – 5th / No Skills

DIV 2: 6th – 8th / TBA
DIV 3: 9th – 12th / TBA

FEE: \$60.00

French Valley Community Center

31757 Browning St., Murrieta, CA

(951) 894-1468

FAX: (951) 894-1470

Visit our website at www.GoRecreation.org and click on the "French Valley" tab

Lanay Negrete, Rec. Supervisor

Rene Gonzales, Rec. Coordinator

SPECIAL EVENTS

Annual Easter Egg Hunt

SATURDAY, MARCH 31, 2018

Bring your own basket and the family and join us for fun in the park this Easter! The Easter Egg Hunt starts at 10:00 am sharp. Don't miss out!

AGE: 12 yrs. & under
LOCATION: Rancho Bella Vista Park
 31757 Browning St.,
 Murrieta, 92563
FEE: Free

PRE-SCHOOL/TODDLER PROGRAMS

Little Learners Pre-School Program

AGES 3 YRS. – KINDERGARTEN

Preschool is an important time in your child's early development and the foundation for their future love of learning. This is a parent drop off Preschool/Prekindergarten based curriculum program for ages 3 years to starting Kindergarten. Three hours a day your child will Explore, Discover, Learn and Grow in a positive fun

structured learning environment along with being socially, emotionally and academically prepared for Kindergarten!

Your child will be Socially, Emotionally and Academically prepared for Kindergarten! *All classes focus on our weekly changing Letter, Theme and Basic Concept in a fun interactive way while gaining Social Skills, Self Esteem Building, Imagination Discovery, Cognitive Development and Cooperative Play. It is a combined class of Pre-Learners ages 3 years to 4 years and Kinder-Learners age 4 years to starting Kindergarten. All children are together for the first part of our class day and then separate into age groups during the second part of our class day for age appropriate learning worksheets and activities. **Child must be potty trained and ready to have a fun learning experience. For more information about the program and to register for a class contact Instructor directly (951) 972-2333.

TEACHER/OWNER: Miss Nichelle Trzop
21 years of Preschool Experience
ASSISTANT: Sara Pujols

REGISTER: www.littlelearnerstemecula.com
EMAIL: littlelearnerstemecula@yahoo.com

CLASS OPTIONS:

TUES. & THUR.: \$168 / mo.
(2 DAYS WEEKLY) (4 wks. / 8 classes)

MON., WED. & FRIDAY: \$252 / mo.
(3 DAYS WEEKLY) (4 wks. / 12 classes)

TIMES: 11:00 am – 2:00 pm
AGE: 3 yrs. to Kindergarten
LOCATION: Rancho Bella Vista 2,
31215 Wild Meadow

Dr. Murrieta, 92563

FEE: See above class options

YOUTH EDUCATIONAL PROGRAMS

Engineering For Kids -After School Programs

Engineering For Kids® brings Science, Technology, Engineering, and Math (STEM), to kids ages 4 to 14 in a FUN and challenging way. We are proud to inspire children to build on their natural curiosity by teaching engineering concepts through hands-on learning. From designing and constructing rockets, hot air balloons, dragsters and roller coasters, to robotics, video game designing and creating fun objects using LEGO® bricks. The variety of programming is extraordinary!

Signup and registration is quick & easy online!
<https://engineeringforkids.com/temecula> or (951) 676-2969 Questions???

Video Game Design: Tower Defense Games

During the Video Game Design Tower Defense classes, students will use Multimedia Fusion 2® to create a video game. A tower defense game is one in which the programmer creates towers to defend a base which fires at passing enemies. At the end of the class, students take home a copy of the game they create.

TUESDAYS: 3:45 – 5:15 pm
DATES: Feb. 13 – Mar. 20
AGES: 5th – 8th Grade
CLASS SIZE: 10-18 students
FEE: \$130 / 6 days
(1 day /week 6 wks)

All inclusive! 2nd + 3rd child discounts avail.

Electrical Engineering: Electrified

During the Electrical Engineering classes, students use the Engineering Design Process to design, create, test, and refine basic electronics and circuits. Students experiment with Snap Circuits® to discover the capabilities of major electronic components.

In addition, students build their own flashlights and explore the world of magnetic energy by building their own Magnetic Levitation vehicle.

TUESDAYS: 3:45 – 5:15 pm
DATES: Apr. 17 – May 22

AGES: 5th – 8th Grade
CLASS SIZE: 10-20 students
FEE: \$130 / 6 days
(1 day /week 6 wks)
All inclusive! 2nd + 3rd child discounts avail.

Note: Our curriculum correlates to both National and California teaching standards; our Master Engineering class has a maximum 15:1 student teacher ratio.

HEALTH & NUTRITION

“NEW” HEALTH & NUTRITION CLASSES

“Chronic Illness Outreach Across America”: A MyKetoPal Program

“Combatting Chronic Illness Through Nutrition” 4-part Workshop Series

Chronic illness touches everyone’s lives. This 4-part workshop focuses on “healing focused low-carb diet, also known as a ketogenic diet” and provides a roadmap to improve overall well-being, longevity, and vitality, and gradually true recovery.

This program is for anyone who struggle with or want to prevent metabolic chronic illnesses such as: Alzheimer’s (Diabetes Type 3), Arthritis, Auto-Immune Diseases, Cancer, Chronic Pain, Depression, Diabetes Type 2, Epilepsy, Fibromyalgia, Hypothyroidism, MS, PCOS, Obesity.

Classes include study guide, website resources, and recipes.

More info visit www.myketopal.com
INSTRUCTOR: Janine Lechuga Aytekin
REGISTER: www.myketopal.com/workshop
LOCATION: Simpson Center
FEE: \$80 / 4 Sessions
or \$20 / ea. session
(payable at the door with cash or check)

Know someone that suffers with a chronic illness? Good news! Gift certificates are available for someone that you love.

SESSION 1

How Food And Body Interact

Awareness is the first step towards understanding. Knowledge and understanding are the foundation of healing. This session will take the

participants on a journey through the human body, organs, glands and body systems and highlight the miraculous ways how our body functions and interacts with food. The participants will eliminate the fear associated with being in-the-dark about our body and chronic illness.

SESSION TOPICS: 1. God’s Miracle; 2. Brain, central nervous system; 3. Gut, immune system; 4. Liver; 5. Cholesterol; 6. Hormones, Thyroid; 7. Metabolism; 8. Fat cells

THURSDAYS: 5:45 pm
(Repeats once a month)
DATES: Jan. 11, Feb. 8, Mar. 8
LOCATION: French Valley
Community Center
FEE: \$20 / ea. session

SESSION 2
How We Became Ill

This session focuses on how the human body was meant to be nourished, how some industrially produced foods effect the body’s metabolic functions and lead to metabolic chronic illnesses. After this session, the attendees will be able to evaluate their refrigerators and pantries and start eliminating items that contribute to prolonging their chronic health conditions.

SESSION TOPICS: 1. How are we designed to eat?; 2. Processed industrial foods vs natural foods; 3. Transfats; 4. HFCS – high fructose corn syrup; 5. Good fats vs bad fats; 6. Omega-3s vs Omega-6s; 7. Types of carbohydrates, fiber vs starch carbs; 8. Sugar; 9. Micro-nutrients

THURSDAYS: 5:45 pm
(Repeats once a month)
DATES: Jan. 18, Feb. 15, Mar. 15
LOCATION: French Valley
Community Center
FEE: \$20 / ea. session

SESSION 3
Eating To Heal

This session focuses on natural foods – how specific properties of God created

natural foods support the metabolic processes in our body and aid healing the brain to the gut and beyond. After this session, the attendees will have a better understanding of healing nutritious foods and how to gradually replace the industrial, packaged foods in their daily diets with whole foods.

SESSION TOPICS: 1. Animal fats and nut oils; 2. Seafood/meats; 3. Omega 3s; 4. Probiotics/Prebiotics; 5. Healing vegetables; 6. Supplements/Minerals/ Micronutrients; 7. Herbs/roots; 8. Nuts/bread alternatives; 9. Fruits; 10. Natural sweeteners

THURSDAYS: 5:45 pm
(Repeats once a month)
DATES: Jan. 25, Feb. 22, Mar. 22
LOCATION: French Valley
Community Center
FEE: \$20 / ea. session

SESSION 4
Committing To Healing

This session focuses “HOW-TO’S OF CLEAN KETOGENIC LIFESTYLE,” and maintaining a ketogenic protocol of clean nutritious diet in order to support/boost body’s own healing power. The goal is to achieve optimum level of health, excel physically, emotionally, and spiritually. Yes, optimum health has a spiritual dimension. At the end of this session, the attendees will be equipped with the knowledge, and tools of healing ketogenic diet, and the support network necessary to take on their healing journey.

SESSION TOPICS: 1. Our body is our temple; 2. Leaps of Faith – totally committing to the plan of action; 3. Maintaining ketogenic protocol for optimal healing; 4. Benefits of light exercise; 5. Importance of oxygen and water; 6. Group grocery shopping tours program info; 7. Low-carb food cooking/tasting demos at grocery store; 8. Online Healing Resources; 9. Local “Healing Foods Buying Co-Op” project.

THURSDAYS: 5:45 pm
(Repeats once in Feb. /twice in Mar.) **DATES:** Feb. 1, Mar. 1, Mar. 29
LOCATION: French Valley

Community Center
\$20 / ea. session

FEE:

ADULT EXERCISE

Jazzercise of French Valley

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn.

Choreographed to today’s hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Our classes — Dance Mixx, Interval, Strike, Fusion, Strength and core – will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it Why? Because it works. Start dancing yourself to a healthy new you with 14 unlimited classes per week at

INSTRUCTOR: Jackie Arroyo
(951) 805-0779
jazzerciseofrenchvalley@gmail.com

AGE: Adult
FEE: \$38.00 / with 6 mo. commitment
Childcare is \$1.00 per child/per day

SPECIAL OFFER: Mention that you saw this ad in the Valley-Wide guide and get your first month FREE when you sign up.

LOCATION #1:

RANCHO BELLA VISTA GYM
31757 Browning St., Murrieta 92563

MON.–THURS.: 8:00 – 9:00 am
MON. – FRI.: 9:15 – 10:15 am

LOCATION #2:

RANCHO BELLA VISTA 2 COMM. CENTER
31215 Wild Meadow Dr., Murrieta 92563

MON. & WED.: 4:50 – 5:50 pm
6:00 – 6:30 pm
SAT.: 8:00 – 9:00 am

YOUTH & ADULT MARTIAL ARTS PROGRAMS

French Valley ATA Martial Arts

French Valley ATA Martial Arts Fitness, Focus, & Confidence! Train to your physical abilities, develop the skills to be successful! Certified Instructors, Traditional ATA Forms, Sparring, Weapons & Self Defense. Competition, self defense, AND self-control! Develop the confidence to make the right choices.

Ongoing registration, charter schools approved.

Call (951) 970-6009 for more info & space availability.

INSTRUCTOR: Mrs. Thomas
(951) 970-6009

tstkd@verizon.net
www.diamondlakeata.com

TUES. & THURS.: 9:00 – 10:00 am
4 – 7 yrs.: 4:00 – 5:00 pm
7 yrs. + & Family: 5:00 – 6:00 pm
Adv. Students: 6:00 – 8:00 pm

Traditional Training, Tournament Preparation And Weapon Training.

SATURDAY: 10:00 am – 12:00 pm

AGE: Adults
LOCATION: Rancho Bella Vista
Comm. Center, #2

31215 Wild Meadow Dr., Murrieta

FEE: Contact instructor

YOUTH SPORTS

2018 Spring Co-ed
Youth Volleyball League
NOW OFFERING 4 DIVISIONS!! Learn

how to Pass, Set and Spike playing in the in our Youth Volleyball League. This League will have 10 games as well as playoffs.

For any questions please contact us at the French Valley Community Center at (951) 894-1468. Volunteer coaches, assistant coaches and sponsors are needed!
MONDAY - SATURDAYS
(Actual days vary depending on teams schedules)

AGES: 3rd - 12th Grade
(17 & 18 yrs. - Must still be in H.S to participate)
DEADLINE: March 2018
REGISTER: GoRecreation.org
"French Valley" tab
LOCATION: French Valley
Community Center
Murrieta, CA 92563
FEE: \$65.00 / All divisions

FRENCH VALLEY AREA GROUPS

Youth Outdoor Soccer offered by AYSO 1508

If you are interested in playing outdoor soccer in the French Valley area please contact AYSO 1508 for more information.

CONTACT: register@ayso1508.org
or register2@ayso1508.org

WEBSITE: ayso1508fvtem.d4sportsreg.com

Youth Softball and Baseball

Offered by French Valley Baseball and Softball Association

If you are interested in playing youth softball or baseball in the French Valley area please visit the website for the French Valley Baseball and Softball Association for more information.

WEBSITE: fvbsa.org

French Valley Adult Softball League

French Valley Adult Softball - Thursday Nights at Spencer's Crossing Park and Wednesday Nights at Rancho Bella Vista Park. Open to Adults 18 and over. 10 Game guaranteed season plus playoffs. \$400 per team, lowest price in the valley for organized adult softball! NO out of area residence surcharge fees. Modified S.C.M.A.F. Rules - Tentative Game times 6:00 pm - 7:15 pm - 8:30 pm.

We are limited to 7 teams. Please get your team in ASAP as we expect to fill up!

CONTACT EMAIL: Marv Ruddell
wmm1@roadrunner.com





Community Groups



AYSO Soccer:

Hemet/San Jacinto/Idyllwild Region 137 American Youth Soccer Organization is for boys and girls 4 to 18 years.

Call (951) 888-0137 or visit ayso137.net

AYSO Soccer:

If you are interested in playing outdoor soccer in the French Valley area please contact AYSO 1508 for more info.

Contact email: registerayso1508.org or register2@ayso1508.org, Website: ayso1508fvtem.d4sportsreg.com

Boy Scouts of America

Join the Adventure- Join the fun. Calling all boys in kindergarten- high school

Being a Cub Scout means you are a member of a worldwide youth movement that stands for certain values and beliefs.

Cub Scouting is more than something to do. It's all about the boy you are and the person you will become. Scouting promises you the great outdoors.

As a Boy Scout, you can learn how to camp and hike without leaving a trace and how to take care of the land.

You'll study wildlife up close and learn about nature all around you.

For more information and to join please contact Tina Roy at tina.roy@scouting.org

C.A.R.E. Program:

(Curtiling Abuses Related to the Elderly) The C.A.R.E. Program serves the elder population (65+) and dependent adults (ages 18-64) of Riverside County. The C.A.R.E. Program addresses ELDER ABUSE through education, training, and the coordination of a multidisciplinary approach to elder abuse cases. The C.A.R.E. Program addresses ELDER CONSUMER FRAUD through

advocacy.

For more info call the C.A.R.E. program at (800) 476-7506.

Democrats of Hemet/San Jacinto:

Affiliated with Riverside County Democratic Central and California Democratic Party. Our purpose is to promote the activities of the Democratic politics and develop leadership within the Hemet-San Jacinto community. Our monthly meetings are at 6:30 pm, the second Thursday of the month.

Call (951) 402-3194 for location and information.

Diamond Valley Lake

Docent Program:

Diamond Valley Lake is looking for volunteers for the Visitor Center, the Clayton A. Record JR. View Point and the Diamond Valley lake education program. Volunteers, better known as Docents, are trained in water education and preservation to better inform the public of water conservation as well as the history and purpose of Diamond Valley Lake. Docents are needed at the Diamond Valley Lake Visitor Center Saturday and Sunday from 10:00 am to 4:00 pm and are scheduled on a voluntary basis. Group info meetings are also scheduled once a month for program updates and changes.

For more information and to volunteer, contact Sarah at (951) 654-1505.

EEK Fitness & Friends:

We provide support and opportunities through sports and exercise programs for individuals with special needs and their families. This program has a significant positive on social, emotional and physical health. The classes and sports are for all ages. We meet in Winchester, San Jacinto & Hemet.

For more information please call (951) 375-6906 or visit our web site at eekandfriends.com

French Valley Baseball Softball Association:

If you are interested in playing youth softball or baseball in the French Valley area please visit the website for the French Valley Baseball and Softball Association for more information. www.fvbsa.org

Friends of the Hemet Public Library:

Meets the third Wednesday of the month at 1:30 pm in the conference room at the new Hemet Public Library, 300 E. Latham Ave. Plan to visit the Friends Book Shop, located in the Library. Persons who would like to help in the bookshop are invited to become a member of the Friends, and express their interest in volunteering in the shop. The Friends support the Hemet Public Library by assisting in the funding of programs and materials not funded in the regular budget.

For more information, please call (951) 765-2431.

Friends of the Sun City Library:

Regular membership meetings with programs are held on the third Tuesday of January, March, May, and October at 1:30 pm in the Community Room of the Library, 26982 Cherry Hills Blvd. at Bradley Road. We provide volunteer and financial support to the library, primarily through sales in our book store, which is open during all library hours. We hold quarterly Bag-of-Books-for-a-Buck Sales for excess inventory. We are an IRS 501(c)(3) organization; cash donations and saleable used books are tax deductible. We welcome new members. For more information, see a Friendly volunteer in the book store when you visit the library,

and please check our website at suncitylibrary.org.

For more information, please call 679-3534.

Friends of Valle Vista Library:

Meets in the community room of the Valle Vista Library the first Wednesday of each month at 2:00. New members are always welcomed. Plan a visit to our bookstore, located in the library.

For information contact the Valle Vista Library, (951) 927-2611.

Foot Loose & Fancy Free:

Do you like to dance? Come dance, sing, and make new friends on the 2nd Friday of each month from 6:00 pm to 9:00 pm. This is a dance for people with special needs but friends of all abilities are welcome. We will be in the Main Dance Building at Valley-Wide Regional Park.

For more information call Adele at (951) 852-1054 or Rachelle at (951) 375-6112.

Girls Scouting:

For girls Kindergarten thru 12th grade and for adults who want to make a difference in the lives of girls throughout the community. While making friends and having fun, Girls Scouts helps girls Discover their own interests and potential. Connect with others around them and Take Action to make the world a better place.

Contact your local office to learn more about how you can help girls in your area at (951) 813-3355.

The Golden Smoothies:

is a nonprofit organization of senior volunteers dedicated to enriching the lives of senior citizens and others in our community. Our variety entertainment club highlights the talents and resources of performers over the age of 50. The Golden Smoothies was organized to provide pleasure, entertainment, recreation, and to participate in fundraisers supporting qualified charities, within Hemet, San Jacinto and surrounding communities. We have performances at Simpson

Center, and can outreach to assisted living, senior residences and skilled nursing facilities.

Information or to schedule an audition, please visit www.goldensmoothies.com

The Harmoners Chorale:

Is a mixed choir which presents spring and fall concerts each year, entertaining area audiences since 1977. Rehearsals are Monday mornings from 9:15 to noon at the First Presbyterian Church, 515 E. Kimball Ave., Hemet. Each Spring, vocal music scholarships are offered to qualifying graduating seniors from Hemet and San Jacinto high schools, with over \$40,000 having been awarded to date.

For more information about singing with this group, or if your organization wishes to host a "mini" concert, see their Harmoners Chorale Facebook page, and send an e-mail to harmonerschorale@gmail.com, or call Terest Baum at (951) 927-7534.

The Hemet Harmonizers:

sing four part barbershop harmony. The chorus is open to all men who love to sing. We meet at 7 pm Thursday evenings in the Music Building #1600 at Mount San Jacinto College. The group presents an annual show at the college and sings out to various groups in the community. The rehearsals provide an opportunity for musical growth.

For information, contact: Larry Hull at (951) 306-2171.

Hemet Area Museum Association:

The Hemet Area Museum Association (HAMA) meets the second Monday of each month, except in August, in the library of the Diamond Valley Middle School, 291 W. Chambers Street, Hemet. The school is just two blocks south of Stetson and one-half block west of State Street. Meetings, all of which are free, start promptly at 7:00 pm and generally conclude at approximately 8:45 pm. Programs are announced in local newspapers as well as on HAMA's website:

www.hemetmuseum.org. HAMA operates the Hemet Museum which is a privately-funded, all-volunteer staffed museum located in the historic Santa Fe Depot at the corner of State Street and Florida Avenue in downtown Hemet. It is open to the public except in August, from 11:00 am to 3:00 pm, Tuesday through Sunday. Donations for admission are appreciated. Whether you are a local resident or an out-of-towner, your visit to the Hemet Museum will give you, your family, and guests a fascinating look into the history of Hemet and the San Jacinto Valley.

Hemet Valley Art Association:

Is open to everyone. Gallery is located at 144 N. Harvard St., Hemet. Classes in fine art, photography and workshops in other mediums during week. Nominal fee. Monthly meeting and demonstration, second Wednesday, 1:30 pm at Simpson Center 305 E. Devonshire Ave. Available membership offers many perks plus art shows. \$35 per year.

For more information call Gallery Director, Constance Peters at (951) 927-2556 or the Gallery at (951) 652-4592.

Hemet Valley Bird Society:

The Hemet Valley Bird Society hold their monthly meetings the 1st Saturday of each month at Valley-Wide Recreation, 901 W. Esplanade Ave. in San Jacinto. The meeting starts at 6:00 pm and features guest speakers and other activities for the bird enthusiast.

Hemet Model Masters:

Come fly seven days per week and enjoy their 600 x 80 paved runway, south of Simpson Road and West of Warren Road in Hemet. Club meets every third Saturday of the month at the Flying Field 9:00 am. The club charges a membership fee.

For more information contact Mario Muniz (909) 969-1003.

Hemet Sr. Computer Club:

Meets the 3rd Monday of each month from 10:00 – 12:00 noon at the Valle Vista Community Center located at 43935 E. Acacia

in Valle Vista. No dues required, however registration is mandatory. Guest speakers, consisting of local computer involved business persons, will inform members of computer developments in the area and informally answer computer questions that club members may have regarding their individual needs. * *Actual computer lessons are not part of the meetings**

For more information, please contact call 925-0176.

Hemet-San Jacinto Congress of Republicans:

The Hemet-San Jacinto Congress of Republicans meet monthly generally on the third Friday at 6:30 pm. Meetings are announced in the local newspapers. The HSJCR is a volunteer organization whose objectives include keeping the membership and interested guests informed on political issues at the local, state, and federal level and supporting Republican candidates and legislators. Meetings feature guest speakers or forums. The HSJCR is affiliated with the California Congress of Republicans.

Please call (951) 927-7142

Hemet-San Jacinto Jr. All-American Football:

Tackle Football at its finest. Registration begins May 1st, practice begins August 1st. League play begins the first Saturday in September. Ages 8 - 14. Girls welcome to play or cheerlead. Fee includes use of gear. Cheer uniform is separate.

For more information call (951) 956-8396.

Hemet Juventus FC (Soccer Club):

Call (951) 634-4401 or 634-6980.

Hemet-San Jacinto Valley Republican Women's Club Federated:

The Hemet San Jacinto Valley Republican Women's Club Federated meets the third Wednesday of the month at the "Hungry Bear" restaurant in Hemet. Registration

begins at 11:00am and the meeting begins at 11:30am. Meetings include guest speakers from local, state and federal agencies. Objectives of the organization are to promote awareness of the GOP thru education and community involvement. They are involved in voter registration.

For more information, please contact Sharon Durbin at smdurbin@verizon.net

Hemet Valley Dolphins Aquatics:

Year-round program for ages 5 through 18 years.

For more information, contact (909) 856-6617 or Travis Lansig (951) 321-9786.

Hemet Woman's Club:

The Hemet Woman's Club meets the third Thursday of the month at 11:30 am. A luncheon follows the meeting and then a program. All meetings are held at the Masonic Family Center at 150 N. Laursen, Hemet. The Woman's Club is a volunteer organization uniting women of all ages for community service and support to meet the emerging needs of the community, state and nation.

For more information call (951) 315-5524.

Lawn Bowling at Gibbel Park:

Come learn a new sport. It's fun, challenging, and social. A great adult activity. Games are held Monday, Wednesday, Friday and Sunday at 1:15 pm. Free lessons are available.

Contact (951) 925-7856 for more information and bowling times.

Lee De Forest Radio Club:

H.A.M. Radio testing. H.A.M. Radio Licenses.

For more information contact Joe Cetinkse at (951) 357-7215.

Menifee Programs:

Contact (951) 672-6744.

Menifee Valley Porcelain Artist:

A local community group meets every Monday at the Menifee Lakes Community Center from 10:30 am - 2:00 pm Everyone is welcome to

come and paint.

For more information, please contact Mary Pennington at (951) 929-1744.

Palms to Pines Painters:

Tole painters meet the first Thursday of each month at Trinity Lutheran Church, 191 South Columbia St., Hemet, From 6:30 pm to 9:00 pm.

For further information contact Frances Meyer at (951) 927-3257.

Ramona Country Carvers:

Meetings are held at Valley-Wide's Regional Facility on Mondays, 8:30 am - 11:30 am. The Annual Woodcarving Show is the 2nd weekend of March. Web site is www.ramona-countrycarvers.com.

Contact information, please call Roger Harrison (951) 306-6692.

Ramona Rancheros 4-H Club:

4-H is a great way to get your children involved. Make new friends and learn new things. Projects include cooking, archery, horses, dogs, rabbits, leadership and much more! You do not have to own an animal to be involved. General meetings are held the second Thursday of each month beginning at 7:00 pm at San Jacinto United Methodist Church at 210 South San Jacinto Ave in San Jacinto. The meetings are conducted by 4-H members and include special guest speakers, project reports, special activities, and refreshments. Everyone is welcome. Come and spend an evening with Ramona Rancheros and see what we are all about.

For more information, please contact Heidi Denney at (951) 509-1084 or visit us at ramonarancheros4h.webs.com.

R.C. Electric Flying Club:

Build and fly radio controlled radio airplanes Tuesday & Friday at the Valley-Wide Winchester Center from 7:30 to 11:00 am. Must become an AMA member.

For more information call Jack Wilson at (951) 237-4317.

Sage Society:

This organization meets on the 2nd Tuesday of each month 1:30 to 3:00 pm (Sept. thru June) at Miller Jones Mortuary, 1501 W. Florida Ave., Hemet (Ramona Room). Each month we have an inspiring speaker on topics of interest suggested by our members. Come and join us for a stimulating afternoon. All adults welcome. Refreshments are served.

For more information call Peggie Sherman (951) 926-2143.

San Jacinto Valley Chapter of CADSV:

Serves the Deaf and Hard of Hearing Community that rely on American Sign Language surrounding the San Jacinto Valley area. We meet for Deaf socials on the first Tuesday of each month.

For information, please contact Roberta Smith at robertaesmith@msn.com or web site at www.cad1906.org.

Senior Softball:

Always welcomes new participants. It is open to 55 years and over. Practice at Valley-Wide Recreation in San Jacinto on every Monday, Wednesday and Friday at 7:30 am League games are Tuesdays & Thursdays 8:30 am, 10:30 am, or 11:30 am Each team will play a three game rotation on a Tuesday or Thursday. Registration begins August 1st for Winter League and March 1st for Summer League. Manny Garcia at (951) 537-4764.

Shuffleboard:

Come join in the fun of Shuffleboard. Meet people, make new friends and take part in this wonderful game. We offer: League Play, Tournaments, and numerous other shuffleboard activities throughout the year. Free Lessons. We are located at the North end of Weston Park and open at various hours throughout the year.

For more information please call: James Hutson (714) 926-7055 or (951) 599-4638

Simpson Neighborhood Center:

The Simpson Neighborhood Center

has many activities for young and old alike. Call (951) 929-5607, for current schedule of events and services.

Valley Needles Knitting Guild:

A variety of activities are available to members of the guild, including an informal workshop every Monday from 9:00 am to 11:30 am at the Provident Bank, 1590 E. Florida Ave. Hemet CA. Visitors/Guests are welcomed. A daytime general meeting for all guild members is held the 3rd Monday of each month, from 10:00 – 11:30 am at the Provident Bank.

For more information please contact Dona Simpson, (951) 927-4945.

Valley Quilters Guild:

A non-profit organization that meets A non-profit organization that meets on the 4th Tuesday of each month at the Seven Hills Member Clubhouse located at 3050 Jacaranda Way in Hemet. The doors open at 9 a.m. and the meeting begins at 9:30. You are welcome to attend our meetings; a fee of \$5.00 is requested for the guests. April, September, and December are closed meeting; no guests please.

Membership is open to men and women over 16 years of age, and the yearly dues are \$25.00. Members also meet at 9:00 am every Monday at the Valley-Wide Sport Center to work on our philanthropic endeavors such as security quilts that are donated to hospitals for babies, seniors, and patients who need a quilt to cuddle, in addition to the local police department and hospice. Members are also busy hand quilting our "Opportunity Quilt" that we raffle off once a year at our Annual Quilts Show, which is held yearly at Valley-Wide the second Friday and Saturday of February. Proceeds from this quilt raffle provide scholarship for local high school students to further their education.

For more information, please contact our Guild President, Nancy Alaksin at (951) 534-9414.

Valley-Wide Youth Sports:

Valley-Wide offers Softball for Men, Women, Coed and Church Leagues, Men's Basketball, and Co-ed Volleyball. For more information call (951) 487-9234.

Valley-Wide Kayak Club:

We are a club dedicated to sharing with others our mutual love of kayaking. We meet the first Monday of each month at 6:30 pm at Valley-Wide Recreation on Esplanade Ave. in San Jacinto, conduct monthly safety trainings at Lake Perris – Sail Cove and have monthly day or weekend paddling trips to many beautiful lakes, rivers & ocean.

Go to www.valleywidekayakclub.org for our current events calendar or call (951) 927-5951.

Winchester Women's Club:

Meets the 2nd Wednesday of the month from September through June at 1:00 pm in the Francis Domenigoni Community Center, 32665 Haddock St. Winchester. Their objective is the betterment of home, school, and community.

For information call Shelli Romine (951) 925-1031.

Winchester Historical Society of Pleasant Valley:

dedicated to preserving the past of Winchester and the surrounding area. The society also owns and operates the Patterson House Museum located at Grand and Patterson Avenues.

For information call Gregg Cowdery (951) 294-0899.

Winchester Town Association (WTA):

Meets the 1st Thursday of each month at 6:30 pm in the Francis Domenigoni Community Center, 32665 Haddock St. Winchester. This organization acts as a sounding board for the community voicing their concerns about the present and future of Winchester. Anyone with an interest in the future of Winchester is invited. You need not be a homeowner to become a member.

For information call Cindy Domenigoni at (951) 926-6924.

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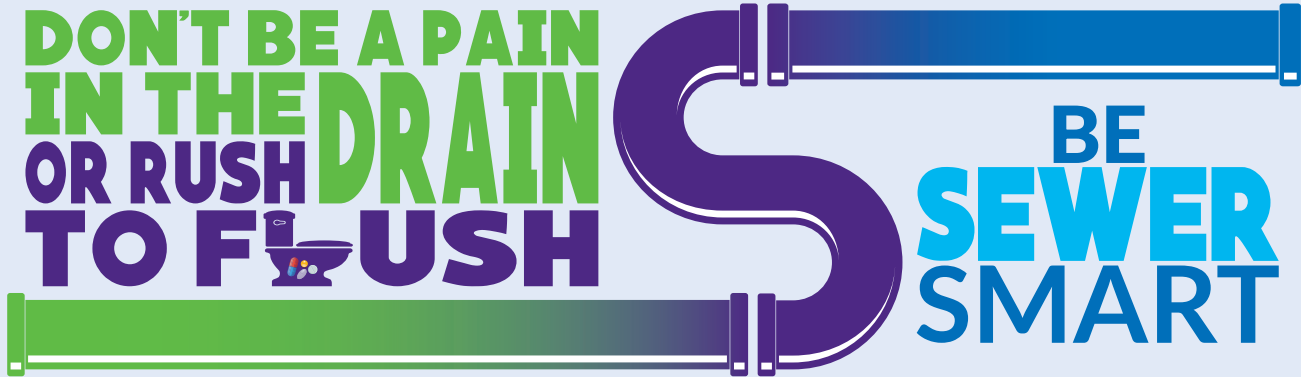


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