

Fallbrook Community Center

PROGRAM GUIDE April - June 2024

341 HEALD LANE, FALLBROOK, CA 92028 • 760-728-1671 MONDAY - FRIDAY: 9 A.M. – 6:30 P.M.

HOLIDAY CLOSURES:

APRIL 1 - CESAR CHAVEZ DAY

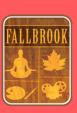
MAY 27 - MEMORIAL DAY

JUNE 19 - JUNETEENTH









Fallbrook Community Center

The Fallbrook Community Center is a hub of small-town life in North County San Diego. With a variety of recreational and social events and programs, from preschool childcare to senior lunches, the Center offers a wide range of activities to meet the diverse needs of residents of all ages, abilities and interests. We're all about play! The Fallbrook Community Center has two playgrounds, two lighted tennis courts and two lighted sand volleyball courts, picnic areas, a basketball court, a lawn area and restrooms. For groups, schools and community organizations that are looking for a meeting place, the auditorium and two meeting rooms at the Center are ideal. The community Center is also equipped with a kitchen, making it a perfect venue for weddings or special events. Additional information is located toward the back of this publication.



Fallbrook Area Parks

Clemmens Lane County Park

344 Clemmens Lane, Fallbrook • 760-728-2303 Open 8 a.m. to 30 mins. before sunset, daily

Don Dussault County Park

832 Alturas St., Fallbrook • 760-728-2303 Open sunrise to sunset, daily

Live Oak County Park

2746 Reche Road, Fallbrook • 760-728-2303 Open 8 a.m. to 30 mins. before sunset, daily

Rainbow County Park

5157 5th St., Fallbrook • 760-728-2303 Open sunrise to sunset, daily

Santa Margarita County Preserve

37385 De Luz Road, Fallbrook • 760-728-2303 Open 8 a.m. to 30 mins. before sunset, daily

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COMING SOON: Village View County Park

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111,

Youth Classes

COMIC ART

SESSION 1: APRIL 8 – 29 MONDAYS, 5 – 7 P.M.

AGES 6 - 12

\$80 / 4-WEEK SESSION + \$20 MATERIAL FEE

SESSION 2: MAY 6 – 20 MONDAYS, 5 – 7 P.M.

AGES 6 - 12

\$60 / 3-WEEK SESSION + \$20 MATERIAL FEE

SESSION 1: APRIL 4 – 25 SESSION 2: MAY 2 – 23 THURSDAYS, 5 – 7 P.M.

AGES 13+

\$80 / 4-WEEK SESSION + \$20 MATERIAL FEE

Explore the history of comic books from the mid-century traditional styles of comics in America to the Japanese genre of manga and anime. Students in this workshop will create graphic characters of superheroes, villains and more. Storyboarding, illustration techniques, airbrushing, layout, scale, proportion, perspective, and various mediums of paint and ink will be used. This workshop is for students who are interested in gaining experience in realism, fantasy and other graphic art styles.



SCIENCE KIDS

SESSION 1: APRIL 9 – 30 SESSION 2: MAY 7 – 28 SESSION 3: JUNE 4 – 25 TUESDAYS, 3:30 – 5 P.M. AGES 5 – 10 \$60 + \$20 MATERIAL FEE

Explore acid/base, solve science mysteries, discover the secrets of flight, learn about physical and chemical change, and more! Each month will have different topics to explore in this creative and cool Science Kids program - offered in three unique, topical sessions to maximize your child's learning opportunities.



KIDS TASTY RECIPE COOKING CAMP

SESSION 1: APRIL 10 – MAY 1 SESSION 2: MAY 8 – 29 WEDNESDAYS, 4 – 6 P.M. AGES 5 – 12 \$140 / 4-WEEK SESSION

Kids will bake up tasty treats and more while channeling their creativity through the decoration of culinary masterpieces. In Cooking Camp, they will learn to follow directions, work as a team and create a variety of recipes where the process is just as fun as the end result.

Session 1 recipes include: Apple pie bites, homemade bagels, chocolate mousse, homemade animal crackers, three-cheese pasta, snack pockets, strawberry chia jam and three-ingredient nutella muffins.

Session 2 recipes include: Chocolate cheesecake, pizza pasta bake, cauliflower tater tots, lemon snowflakes, shortbread cookies, easy biscuits, thin spearmint cookies and homemade cheese puffs.

We are unable to make modifications for dietary or allergic restrictions.

SIGN UP TODAY! SEE OUR SUMMER CAMP PAGES

SUMMER CAMP - EARLY REGISTRATION

APRIL 8 – MAY 8 AGES 5 – 12

\$120 / WEEK (\$140 / WEEK AFTER MAY 8)

It's time to start thinking about summer! Registering now saves you \$20 on a month of entertaining summer program options at the Fallbrook Community Center. Kids will have fun with themed activities, from the morning to the afternoon! Fees must be paid at the time of registration.

FALLBROOK COMMUNITY CENTER

SUMMER CAMP



Join us for our 2024 Summer Camp! We're offering 10 fun-filled weeks of activities including field trips, sports, game room activities, arts and crafts, theme days and more! Fees include all project materials and field trips, along with a daily snack. Camp fills up quickly and payment is due at the time of registration. Field Trips will include the San Diego Zoo, San Diego Natural History Museum, San Diego Fleet Science Center, and more!

Week 1: Under The Sea June 3 – 7

Week 2: Out Of This World June 10 – 14

Week 3: Around The World June 17 – 21 No Camp June 19, No Field Trip; Fee \$100

Week 4: Animal Planet June 24 – 28

Week 5: Red, White & Blue July 1 – 3 No Camp July 4 – 5, No Field Trip; Fee \$80

Week 6: Science Fun July 8 – 12

Week 7: Sports Week July 15 – 19

Week 8: Super Hero July 22 – 26

Week 9: Dinosaurs July 29 – August 2

Week 10: No Theme... Summer Camp! August 5 – 9

Camp Ages: 5 – 12 7:30 a.m. – 5:30 p.m.

Early Registration Fee: \$120/Week Early Registration: April 8 – May 8

Fee: \$140/Week (Unless otherwise noted)



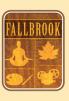
Counselor in Training (CIT) Program

The CIT Program offers opportunities for teenagers to gain the necessary knowledge and experience that will greatly add to their future job qualifications. Under the direction and supervision of a Camp Director, CITs will learn about basic camp operations, improve interaction and leadership skills, perform assigned daily and weekly duties, enhance creativity and the ability to think on their feet and work in a busy environment while utilizing fundamental managerial skills.

CIT Ages: 13 – 17 • Fee: \$65/Week
Dates: Same weeks and times as Summer Camp







341 Heald Lane, Fallbrook, CA 92028 (760) 728–1671 • sdparks.org





Join art instructor Daniel Martinez for a 10-week summer camp program that is sure to captivate your young artist. Every week, students will explore new themes and mediums, from paper mache to sewing, and ending with a DIY pinata party! Register for one, some or all courses; this camp series is easy to cater to your family's schedule.

Ages: 6 – 13 • Class Times: 9:30 a.m. – 12:30 p.m. or 2:30 – 5:30 p.m.

| Week 1: | Print Making | June 3 – 7 |
|----------|-----------------------------------|--|
| Week 2: | Paper Mache Madness | June 10 – 14 |
| Week 3: | Marionettes | June 17 – 21 (No class on June 19. Fee: \$64) |
| Week 4: | The World of Drawing and Painting | June 24 – 28 |
| Week 5: | Fantasy Sculptures (Recycled Art) | July 1 – 5 (No class July 4. Fee: \$64) |
| Week 6: | Sewing by Hand | July 8 – 12 |
| Week 7: | Fabric Art | July 15 – 19 |
| Week 8: | Screen Printing | July 22 – 26 |
| Week 9: | Mural Painting | July 29 – August 2 |
| Week 10: | Pinata Party | August 5 – 9 |

Fee: \$80/Week (unless otherwise noted) +\$20 material fee paid to the instructor



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Youth Sports



BASEBALL SAINTS

TUESDAYS, JUNE 4 - AUG. 13 (NO CLASS ON JULY 2) AGES 3 - 6, 4:30 P.M. \$150 / 10-WEEK SESSION

Baseball Saints classes are designed for children who miss the age cut-off date for Little League. Classes are non-competitive with no score-keeping, however, coaches focus on fine-tuning kids' skillsets. They will hit off of a tee and develop the fundamental skills of fielding, base running, decision-making, and throwing.

BASKETBALL SAINTS

THURSDAYS, JUNE 6 - AUG. 15 (NO CLASS ON JULY 4) AGES 5 - 8, 3:30 P.M. AGES 9 - 14, 4:30 P.M. \$150 / 10-WEEK SESSION

Basketball Saints classes introduce children to the fundamentals of basketball with key skills such as dribbling, passing, shooting and decision-making. Classes are STEAM-infused where elements of science, technology, engineering, art, and math are taught as a fun break from drills and games on the court. We encourage beginner, intermediate and advanced players to enjoy education through fun!



PLAN AHEAD: Register today for Summer sports!

SOCCER SAINTS

WEDNESDAYS, JUNE 5 - AUG. 14 (NO CLASS ON JULY 3) AGES 3 - 5, 3:30 P.M. AGES 6 - 10, 4:30 P.M. AGES 8 - 12 (Advanced), 5:30 P.M. \$150 / 10-WEEK SESSION SUNDAYS, JUNE 9 - AUG. 18 (NO CLASS ON JULY 7) AGES 3 - 5, 9 A.M. AGES 6 - 10, 10 A.M. \$150 / 10-WEEK SESSION

In our Soccer Saints STEAM infused classes players learn the fundamentals of soccer while having fun. Players will be scrimmaging towards the conclusion of every class where they get to put into practice what they've learned in the class. Come and experience club level coaching with a recreational vibe. Through our Soccer Saints programs, we coach the fundamentals of soccer including dribbling, passing, shooting, tricks, turns, volleying, goalkeeping and much, much more.

TENNIS SAINTS

MONDAYS, JUNE 3 - AUG. 12 (NO CLASS ON JULY 1) AGES 5 - 8, 3:30 P.M. AGES 9 - 14, 4:30 P.M. \$150 / 10-WEEK SESSION



The Tennis Saints curriculum was created using decades of coaching experience across multiple age groups using age-appropriate, inclusive teaching techniques. We STEAM-infuse our tennis instruction with our highly experienced and enthusiastic accredited coaches. Every class is fun and a great learning experience for beginners, intermediate and experienced players. The curriculum gives every child the opportunity for the pathway to success.







SPORTS CAMPS



June 3 - 7

8:30 - 11:30 a.m.

Ages 5 - 12

\$195 / week

Campers will get to work on their FUNdamental tennis skills such as their forehands, backhands, volleys and serves. We'll also learn a few other shots, too. Campers will learn about the major tennis tournaments around the world and the different surfaces on which they are played. Each child will receive a Tennis Saints T-shirt.



Soccer Camp

June 10 - 14

8:30 - 11:30 a.m.

Ages 5 – 12

\$195 / week

Campers will learn the FUNdamentals of soccer while playing in multiple games. Each day will conclude with a World Cupstyle mini tournament where each player will have the opportunity to captain a team. Team captains get to study the globe and choose a country to represent. Each child will receive a Soccer Saints T-shirt.

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CDC Dance



BALLET DANCE

THURSDAYS, APRIL 11 – MAY 30 4:30 – 5 P.M. AGES WALKING – 3 YEARS (WITH PARENT PARTICIPATION) \$80/SESSION

WEDNESDAYS, APRIL 10 - MAY 29 4:45 - 5:15 P.M. AGES 3 - 5 \$80 / S8-WEEK SESSION

Children will learn the fundamentals of beginner ballet techniques and and French terminology in this class, which includes floor warm-up, across-the-floor combos and exercises, and a special ballet dance routine in a fun and creative atmosphere designed to make learning ballet fun. This class is great for building confidence, poise, discipline, coordination and flexibility.

CHEERLEADING, DANCE & TUMBLE

WEDNESDAYS, APRIL 10 - MAY 29 5:25 - 5:55 P.M. AGES 3 - 5 \$80/SESSION

WEDNESDAYS, APRIL 10 – MAY 29 6 - 6:50 P.M. AGES 6 – 12 \$96 / SESSION

Students will use pom poms and learn the fundamentals of cheerleading such as stretches, arm motions, kicks and jumps, voice projection, across-the-floor exercises, cheers/chants, sideline dances, beginner stunts, tumbling and a full routine – all of which will be performed at the end of the session for family and friends! Participants will be performing at the San Diego County Fair!



BALLET FOLKLORICO

THURSDAYS, APRIL 11 – MAY 30 AGES 3 – 9, 5:45 – 6:45 P.M. AGES 10 – 17, 6:45 – 7:45 P.M. \$96 / 8-WEEK SESSION

Learn the beautiful and traditional folk dances of Mexico – boys and girls are welcome! Practice skirts are provided during class. Students will have the opportunity to perform in recitals held within the community. Some dances require special dresses to be performed traditionally, and purchasing these is optional. Recitals are at the instructor's discretion and are not associated with the County of San Diego.



TUMBLING/GYMNASTICS & DANCE

MONDAYS, APRIL 8 – JUNE 3 (NO CLASS ON MAY 27) 4:45 – 5:15 P.M.

AGES WALKING – 3 YEARS (WITH PARENT PARTICIPATION) \$80 / SESSION

WEDNESDAYS, APRIL 10 – MAY 29

4 - 4:30 P.M.

AGES WALKING – 3 YEARS (WITH PARENT PARTICIPATION) \$80 / SESSION

MONDAYS, APRIL 8 – JUNE 3 (NO CLASS ON MAY 27) 5:30 – 6 P.M.

AGES 3 – 4

\$80 / SESSION

MONDAYS, APRIL 8 – JUNE 3 (NO CLASS ON MAY 27)

6 - 6:50 P.M

AGES 5 - 11

\$96 / SESSION

MUSICAL THEATER AND DANCE

"PEPPA PIG"
THURSDAYS, APRIL 11 – MAY 30
5 – 5:30 P.M.
AGES 3 – 5
\$80 / SESSION

"TROLLS BAND TOGETHER"
THURSDAYS, APRIL 11 - MAY 30
5:30 - 6:30 P.M.
AGES 6 - 12

\$96 / SESSION

Casting all boys and girls... Join us for all the fun while learning stage presence and improving confidence. Students will get cast in parts and learn lines and a finale dance routine to perform at the end of the session for family and friends. Borrowed costumes are included. This class is great for beginner theater students!



Active Adult Programs

BEGINNER COUNTRY LINE DANCING

WEDNESDAYS AND FRIDAYS, 9:50 – 10:50 A.M. AGES 18+ \$25 / MONTHLY

This program is sure to get you bootskootin' across the dance floor! Beginning Line Dancing is a great way to learn moves, burn calories, make friends and sing along to your favorite country and dance party hits.

FITNESS FUSION

MONDAYS, WEDNESDAYS AND FRIDAYS 8:30 – 9:30 A.M. AGES 18+ \$96 / 10-CLASS CARD, \$12 / SINGLE CLASS

Enjoy a unique fusion of techniques that creates a fitness experience for every body. Aerobically build energy, balance, coordination and strength in this fitness class. Yoga, stretching and relaxation techniques will also be incorporated, and the class can be customized for all fitness levels. The instructor will share health coaching and tips. 'Wade in' - Join in! For more information, visit Wadeinto Fitness.com.

ZUMBA

TUESDAYS, 6 – 7 P.M. OR THURSDAYS, 6:45 – 7:45 P.M. AGES 18+ \$100 / 10 CLASSES, \$60 / MONTH, \$12 / SINGLE CLASS

Zumba is a Latin-inspired, easy-to-follow, calorie-burning, feel-it-to-the-core fitness party. You will get a marvelous workout while conditioning all muscles in this fun class.

PICKLEBALL FOR BEGINNERS

MONDAYS, JUNE 3 – AUG. 12 (NO CLASS ON JULY 1) 5:30 – 6:30 P.M. \$120 / 10-WEEK SESSION AGES 18+

Sports Saints coach pickleball through this exciting 10-week curriculum. Every class is extremely fun and a perfect learning experience for beginners, intermediate and experienced players. All equipment is provided, and we always recommend wearing comfortable clothing and footwear. Tennis shoes, running shoes and sneakers work great for footwear too. Please bring plenty of water too.

PICKLEBALL OPEN PLAY

TUESDAYS AND THURSDAYS 6 – 8 P.M. AGES 18+ \$2 FEE PAYABLE AT THE DOOR

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles (all equipment is provided). It's easy for beginners to learn, and can develop into a quick, fast - paced, competitive game for experienced players.

Mind & Body Fitness

BEGINNING YOGA

MONDAYS, TUESDAYS AND THURSDAYS 9:15 - 10:30 A.M. AGES 12+ \$96 / 10-CLASS CARD \$12 / CLASS

Maintaining strength and flexibility is key to having an enjoyable and vital life - both now and in the future. In this class, we go beyond basic yoga by adding light weights and modifying postures using chairs, therapy balls and walls. Join us for a session of fitness, fun and friendship. New students should arrive 15 minutes early to register.

HEALING YOGA

MONDAYS, 5:15 – 6:15 P.M. AGES 18+ \$96 / 10-CLASS CARD \$12 / CLASS

Join us on a wellness journey with a gentle, adaptable approach. We will embrace traditional yoga to strengthen and nurture our bodies. While honoring the ancient physical practice of hatha yoga, Healing Yoga incorporates modern fitness, safety and healing practices. Yoga poses are shown with multiple modifications so everyone will feel strong, centered and successful. Yoga is for every body - 'Wade in'! For more information, visit WadeintoFitness.com.

INTRODUCTION TO MEDITATION AND MINDFULNESS

MONDAYS, 6 - 7 P.M.

APRIL 22: BENEFITS OF MEDITATION

APRIL 29: BENEFITS OF MINDFULNESS & MEDITATION

MAY 6: BEING MINDFUL OF OUR BREATH & MEDITATION

MAY 13: IMPORTANCE OF MOVEMENT & MEDITATION

MAY 20: BEING MINDFUL OF DIET & MEDITATION

JUNE 3: BEING MINDFUL OF MEDIA CONSUMPTION & MEDITATION

(NO CLASS MAY 27)

\$60 / 6-WEEK SESSION

\$12 / CLASS

With spiritual/wellness coach, Katalin Szabo, this class focuses on reducing stress, less anxiety, better sleep, reducing inflammation and an enhanced sense of well-being. Take control of your personal wellness for a happier, healther you!

PILATES NEW! STARTING APRIL 12

MONDAYS, 11 A.M. FRIDAYS, 11:15 A.M. (NO CLASS APRIL 15, MAY 10-13, MAY 20-24) \$100 / 10-CLASS CARD \$12 / CLASS

This class offers a variety of exercises that focus on regaining stability, flexibility, strength and balance with a focus on core, which is important for all bodies. This is a low-impact fitness class that is easy on the body.





Puppy and Basic Dog

build a stronger bond

Obedience Training Courses,

between you and your furry best friend. Practice

commands such as sit, down,

loose-leash walking, and

more!

you and your dog(s) will learn the ten basic skills that will

DOG OBEDIENCE TRAINING







PUPPY CLASSES

4-6 MONTHS OLD \$200/5-WEEK SESSION

5 P.M. TUESDAYS, APRIL 2-APRIL 30

10 A.M. OR 11:15 A.M. stay, come - test your skills at SATURDAYS, APRIL 6-MAY 4

> PRE-REGISTRATION IS REQUIRED. **ENROLL TODAY!**

BASIC OBEDIENCE TRAINING

6 MONTHS OLD & UP \$175/4-WEEK SESSION

11 A.M. THURSDAYS, APRIL 4-APRIL 25

10 A.M. SUNDAYS, APRIL 7-APRIL 28

INSTRUCTED BY: CANINE CONNECTIONS

COURSE LOCATION & INFORMATION:

FALLBROOK COMMUNITY CENTER 341 HEALD LANE FALLBROOK, CA 92028 (760) 728-1671 SDPARKS.ORG



SD NIGHTS

FREE ACTIVITIES FOR TEENS **ACROSS SAN DIEGO**

340 EVENTS • 25 LOCATIONS • AGES 10-18

SD Nights—short for San Diego/Safe Destination Nights—is a FREE program developed by the County of San Diego Department of Parks and Recreation designed to provide teens with safe places to recreate after school during critical hours.

- GAMES & COMPETITIONS
- COLLEGE & CAREER PRESENTATIONS
- ENRICHMENT & EMPLOYMENT OPPORTUNITIES
- GANG & DRUG AWARENESS
- COMMUNITY ART EVENTS
- **VIRTUAL EVENTS AND PROGRAMS**
- DINNERS













RENT THE FALLBROOK COMMUNITY CENTER

ANNIVERSARIES · BANQUETS · BIRTHDAYS · WEDDINGS



The Fallbrook Community Center is a convenient and affordable alternative to commercial party spaces, and a great place to host your next special occasion. Inside, you'll find a 4,032-square-foot auditorium, full prep kitchen and several versatile conference rooms with tables, chairs and other equipment. Outside are two reservable picnic areas that can host 35 – 40 guests each, sand volleyball courts, a basketball court and a grassy lawn.





Reserve a Pavilion for your next BBQ or picnic!

The fee is just \$100 per day, from 9 a.m. to dusk. Reservations must be made in advance.

Fallbrook Street Picnic Pavilion

Located next to a fenced playground, basketball court and grassy play area, this rentable space includes a covered pavilion with four picnic tables.

Heald Lane Picnic Pavilion

In this area, a covered pavilion provides shade for four picnic tables, three barbecues, sand volleyball courts, and restrooms. Jumpers are accepted and may be booked separately, with a \$25 fee, plus insurance.

Book today! Call 760-728-1761 for more information.

FALLBROOK COMMUNITY CENTER

341 Heald Lane, Fallbrook, CA 92028 760-728-1671 • sdparks.org fallbrookcommunitycenter@sdcounty.ca.gov









CELEBRATE EARTH DAY

With ranger-led hikes, educational fairs, nature discovery tables, Story Trails and volunteer cleanup events, we've planned dozens of environmentally friendly activities for you to enjoy outdoors for Earth Day, Week and Month, 2024!

PARTICIPATE - VOLUNTEER - LEARN





sdparks.org

What's happening in

County Parks?



Subscribe for monthly updates



CHECK OUT THE COUNTY PARKS ENT CALENDA













Arrive early for pre-show festivities! All movies begin 15 minutes after sunset. Smoking is prohibited.





SummerMoviesInThePark.com

VULUNTEER

WITH SAN DIEGO COUNTY PARKS



OPPORTUNITIES INCLUDE:

- Camp & Park Hosting
- Tree Planting
- History & Nature
- Park Patrol
- Animal **Ambassador**
- Corporate **Volunteerism**



BECOMING A VOLUNTEER IS AS EASY AS 1-2-3!

- 1. View volunteer opportunities through our website.
- 2. Select an opportunity and follow the directions to express interest.
- 3. Complete any necessary screening and start volunteering!

ENROLL TODAY!

Scan the OR code above or visit: sdparks.org/volunteer





