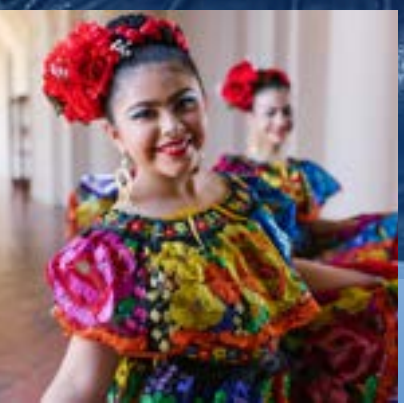
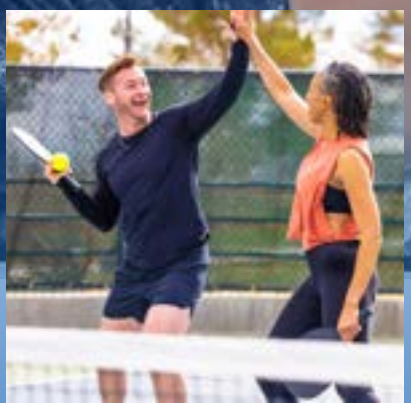
SUMMER
JULY-SEPTEMBER
2026

PROGRAM GUIDE

CITY OF CHULA VISTA
Parks & Rec



276 Fourth Avenue Bldg. C · Chula Vista, CA 91910 · (619) 409-5979 · chulavistaca.gov/rec Follow us:



SPONSORSHIP

With several events per year attracting thousands of people, the City of Chula Vista is happy to provide sponsorship opportunities for your business or organization.

We have many levels of participation for events with themes that may complement your business and brand.

for more info!

adelcarmen@chulavistaca.gov



(619) 409-5979

RecAdmin@chulavistaca.gov

www.chulavistaca.gov/rec



ADMINISTRATIVE OFFICE

276 Fourth Avenue, Building C
Chula Vista, CA 91910

ADMIN OFFICE HOURS

Monday – Thursday: 8:00 am - 5:00 pm
Friday: 8:00 am - 12:00 pm
Saturday & Sunday: CLOSED

www.facebook.com/cvrec/

@cvrec



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DIRECTORS MESSAGE

Summer is one of the most exciting times of the year in Chula Vista, and we're thrilled to welcome you to another season of recreation, connection, and community. Whether you're looking to enroll your child in summer camp, learn a new skill, stay active through fitness and aquatics, enjoy one of our special events, or simply spend time with family and friends in our beautiful parks, this guide is your gateway to making the most of the season. Our dedicated Parks & Recreation team is proud to offer programs and experiences that enrich lives, promote wellness, and create lasting memories for residents of all ages.

This summer, we continue our commitment to providing high-quality, inclusive, and affordable recreation opportunities that reflect the diverse interests of our community. From toddlers taking their first swim lesson to teens developing leadership skills, adults pursuing lifelong learning, and older adults staying active and socially connected, there truly is something for everyone. We encourage you to explore new activities, visit one of our community centers, cool off at our aquatic facilities, and discover the many ways Parks & Recreation serves as the Heart of the Neighborhood.

On behalf of the entire Parks & Recreation Department, thank you for allowing us to be part of your family's summer traditions. We look forward to seeing you in our parks, pools, community centers, and programs throughout the season. Here's to a safe, fun-filled, and unforgettable Summer 2026, we can't wait to see you out enjoying all that Chula Vista has to offer!

Frank Carson, Parks and Recreation Director



Leader of the Season

Chula Vista Leader of the Season recognizes a Parks & Recreation staff member who has demonstrated exceptional performance, professionalism, and dedication throughout the season. This employee consistently goes above and beyond in their role, contributes to a positive team environment, and embodies the City's core values through outstanding service to the community.



Marcel Marquez,
Recreation Specialist - Norman Park Senior Center

Marcel is a dedicated member of the team at Norman Park Senior Center, where she goes above and beyond to create meaningful programs and experiences for our senior community. From leading the Norman Park Sole Walkers walking group and teaching pickleball clinics to coordinating exciting senior field trips, Marcel continuously helps participants stay active, connected, and engaged.

Most recently, Marcel stepped up to take on an out-of-class assignment while the center awaited a new supervisor, providing leadership and support to both staff and participants during the transition.

Thank you, Marcel, for your hard work, positive attitude, and commitment to serving our community. Your dedication makes a difference every day, and we are proud to recognize you as our Leader of the Season!







Community & Aquatic Centers

Heritage Community Center
1381 East Palomar Street
Chula Vista, CA 91913
619-409-5493

Loma Verde Community Center
1420 Loma Lane
Chula Vista, CA 91911
619-409-1939

Montevalle Community Center
840 Duncan Ranch Road
Chula Vista, CA 91914
619-691-5269

Norman Park Senior Center
270 F Street
Chula Vista, CA 91910
619-409-1930

Otay Community Center
3554 Main Street
Chula Vista, CA 91911
619-409-1999

Oleander Community Center
1301 Oleander Ave
Chula Vista, CA 91911
619-409-5979

Parkway Community Center
373 Park Way
Chula Vista, CA 91910
619-409-1980

Salt Creek Community Center
2710 Otay Lakes Road
Chula Vista, CA 91915
619-585-5739

Veterans Community Center
785 East Palomar Street
Chula Vista, CA 91911
619-691-5260

Women's Club
357 G Street
Chula Vista, CA 91910
619-409-1980

Loma Verde Aquatic Center
1420 Loma Lane
Chula Vista, CA 91911
619-409-1987

Parkway Aquatic Center
385 Park Way
Chula Vista, CA 91910
619-409-1985










FACILITY RENTALS

Looking to host an event, meeting, celebration, or sport? You're in the right place! Our community centers offer a variety of spaces to fit your needs — from classrooms, meeting rooms, gymnasiums, swimming pools, and more.





- Gatherings
- Sports Teams
- Short & Long Term

CLICK HERE **For More Information**

YOUTH SCHOLARSHIPS AVAILABLE
Apply Today!



We believe that everyone should have the opportunity to participate in recreation activities. Financial need-based scholarship assistance is available to qualifying individuals for many recreation programs. The goal is to remove financial barriers for community members with limited financial resources.

To apply visit:
www.tinyurl.com/ScholarshipCV

Mission Statement

We enrich our community through recreation opportunities and services.

WELCOME, EVERYONE'S INVITED!

Whether you are one, one hundred, or somewhere in between, the Chula Vista Parks and Recreation Department is the place to enjoy recreation all summer long.

As the days get longer and the sunshine returns, Chula Vista Parks and Recreation is ready for another exciting season filled with opportunities to stay active, explore new interests, and make lasting memories. From camps and classes to sports, aquatics, and special events, there's something for everyone to enjoy this summer.

Whether you're looking for swimming lessons, youth and adult sports, therapeutic programs, summer camps, or fitness classes, our wide variety of programs offers fun and recreation for all ages.

There's nothing better than spending summer outdoors, trying something new, and connecting with your community. Join us this season and discover all that Chula Vista Parks and Recreation has to offer!





Photo from Harborside Park Grand Opening Celebration



FRIENDS OF CHULA VISTA PARKS & RECREATION

Support Our Mission

DONATE TODAY!

At The Friends of Chula Vista Parks and Recreation, our mission is to empower children and the under-served communities in the city of Chula Vista by providing them with transformative recreational and learning experiences. We are dedicated to breaking down barriers and creating equal opportunities for all children, ensuring they have access to the resources and support necessary to thrive.

PROJECTS:

- Pathways to Play Initiative
- Recreation Scholarships for low income families
- Proud Sponsors of the City's Annual 5K Run
- "Learn to Swim, Operation Splash" Initiative
- Providing recreation supplies for camps, activities, recreational classes and special events

CITY OF CHULA VISTA
Parks & Rec

DONATE, JOIN THE BOARD, OR VOLUNTEER NOW



www.friendsofcvparks.org/

SUMMER Concert SERIES

BIDDING NOW OPEN!

ALL PROCEEDS DIRECTLY SUPPORT FRIENDS OF CHULA VISTA PARKS & REC!







NORTH ISLAND CREDIT UNION AMPHITHEATER

2050 ENTERTAINMENT CIRCLE
CHULA VISTA, CA 91911



TO BID ON VIP TICKETS & INFO VISIT

HTTPS://NEW.BIDDINGOWL.COM/FRIENDSOFCVPARKSANDRECCONCERTS2026

SUMMER Concert SERIES

BIDDING NOW OPEN!

ARTISTS

JULY 10- CHRIS STAPLETON - ALL AMERICAN ROAD SHOW

JULY 11- CHRIS STAPLETON - ALL AMERICAN ROAD SHOW

JULY 17- EVANESCENCE - 2026 WORLD TOUR W/ SPIRITBOX & NOVA TWINS

AUG 11- SANTANA & THE DOOBIE BROTHERS- ONENESS TOUR 2026

AUG 12- TOTO + CHRISTOPHER CROSS + ROMANTICS

AUG 19- 311 & DIRTY HEADS - SO GLAD YOU MADE IT TOUR

AUG 29- MUSE - THE WOW! SIGNAL TOUR

SEP 8- DEEP PURPLE WITH SPECIAL GUEST KANSAS

SEP 15- GODSMACK - THE RISE OF ROCK WORLD TOUR 2026

SEP 18- MOTLEY CRUE - THE RETURN OF THE CARNIVAL OF SINS

OCT 2- MARCO ANTONIO SOLIS - TOUR GRATITUD

OCT 3- THE HAYLEY WILLIAMS SHOW

OCT 4- $UICIDEBOY$ PRESENT GREY DAY TOUR 2026 W/ SHORELINE MAFIA

OCT 9- JACK JOHNSON - SURFILMUSIC TOUR 2026

OCT 16- LOGIC & G-EAZY - THE ENDLESS SUMMER TOUR PART II

OCT 24- BYSON TILLER PRESENTS - THE NEO TRAPSOUL TOUR

TO BID ON VIP TICKETS & INFO VISIT

HTTPS://NEW.BIDDINGOWL.COM/FRIENDSOFCVPARKSANDRECCONCERTS2026

JULY

PARK & REC MONTH

EVENTS

SUNDAY
JULY 12



MUSIC IN THE PARK

Memorial Bowl

373 Park Way — 5:00 – 7:00 PM

SATURDAY
JULY 18



BIRD AND BREW

Montevalle Park

840 Duncan Ranch Rd — 9:00 – 11:00 AM

SATURDAY
JULY 18



FAMILY ROLLER SKATING

Sunset View Park

1390 S Greensview Dr — 3:00 – 6:00 PM

FRIDAY
JULY 24



DIVE-IN MOVIE: LILO & STITCH

Parkway Pool

385 Park Way — 8:00 – 10:00 PM

SATURDAY
JULY 25



FAMILY ROLLER SKATING

Harborside Park

670 Oxford St — 3:00 – 6:00 PM

CITY OF CHULA VISTA Parks & Rec

NRPA

THE POWER OF PARKS AND RECREATION

GET OUT. HAVE FUN. STAY ACTIVE.



CHULA VISTA CHAMPIONS 5K RUN

SAVE THE DATE

Saturday, November 14, 2026

Chula Vista Elite Athlete Training Center

2800 Olympic Parkway

CITY OF CHULA VISTA Parks & Rec

FRIENDS of Chula Vista Parks & Recreation

CHULA VISTA ELITE ATHLETE TRAINING CENTER — CITY OF CHULA VISTA

Look Out for Future Parks & Recreation Special Events in 2026

Movies in the Moonlight

FREE MOVIES IN THE PARK RETURN THIS JUNE - SEPTEMBER!

Join Parks & Recreation Community Event staff for free activities and outdoor movies at local parks throughout the city. Bring your family, friends, blankets, chairs, and snacks, and enjoy a fun movie night under the stars.

To become a sponsor for Movies in the Moonlight contact: adelcarmen@chulavistaca.gov

Summer 2026 MUSIC IN THE PARK

Free, Family-Friendly Music in Memorial Bowl

Enjoy an evening of live music and community fun at Music in the Park in Memorial Bowl! Bring blankets or chairs, grab dinner from a local downtown restaurant, and relax while listening to a favorite local band. Concerts return this summer—and they're free!





July 24, Aug. 28, or Sept. 25, 2026

Parents Night Out

Ages: 6y-12y
Resident $20 / Non-Resident $ 25

Heritage Community Center
Friday, July 24, 2026
Friday, Aug. 28, 2026
or Friday, Sept. 25, 2026
6:00 - 9:30 pm

Parents, enjoy a well-deserved night out! Leave the kids with our trusted Heritage Rec staff for a fun evening of games, crafts, activities, and a kid-friendly dinner in a safe, supervised environment.

What to Expect:

- Fun games and group activities
- Arts and crafts
- Pizza dinner and snack
- Movie or themed entertainment
- Safe, supervised environment



August 8, 2026

Family Fun Day

Ages: 5y- 13y
Resident $5 / Non-Resident $ 6

Parkway Community Center
Saturday, August 8, 2026
12:00 - 3:00 pm

Enjoy carnival games, face painting, crafts, tasty treats, and live entertainment for all ages. Fun for the whole family—don't miss this celebration of laughter and memories!



How to register

Summer 2026 Registration

Get ready to splash into Summer with a fresh season of recreation!

Registration for the July - September 2026 session opens **Monday, June 22**, beginning at 8am online and 9am in person.

A wide variety of classes, programs, and activities for all ages will be available—perfect for staying active, learning new skills, and connecting with your community this Summer.

All Summer session classes will begin the week of **July 20.** Reserve your spot early to ensure the best selection!

Waitlists

If the registration for a program is listed as "full," be sure to add your name on the waitlist.

This important step lets us know you are interested if an opportunity becomes available.

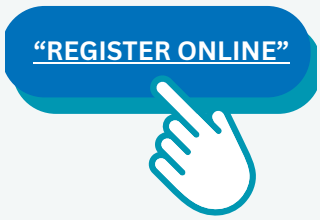
If you are on a waitlist, be sure to check emails regularly for any notifications about activity openings.

Once a notification email is sent to you, you have 24 hours to respond and register, otherwise your held spot is forfeited.

Being on the waitlist does not guarantee placement in a program or commit you to participating.

Refund & Cancellation Policy

- Refunds are not issued unless classes are cancelled by Parks & Rec. Refunds will be processed and mailed approximately 4-8 weeks after classes begin. Transfers and/or credits may be approved under certain limited conditions. Credit card and on-line registration processing fee is non-refundable.
- **Cancellations:** A minimum number of participants are required to hold class. Where enrollment is low, Parks & Rec reserves the right to cancel. To help ensure that classes are held, please register early. An automatic refund will be issued if a class is cancelled by the department.



New Accounts

You can go online or come in person to create a new account.

When creating a new account, it is important to enter the parent's / adults information first.

The first person on the account created will be the default payer slash head of household and must be an adult.

The primary e-mail address entered into the parent slash adults account will be your username moving forward.

Text and Email Opt-in

CVRec will be sharing information about class cancellation and facility closures via text message or email.

Please enter your cell phone number and select your mobile carrier to receive important updates instantly.

Username

Your username will always be your e-mail address. You will have the option of adding additional e-mail addresses when you wish to receive important updates.

Password

Passwords need to be at least 8 characters in length and include at least three of the following: capital letter, lower case letter, number, special character.

If you have forgotten your password, please select "forgot password" to reset it at any time.

Emergency Contact

You're required to add one emergency contact to your account profile. Be prepared to enter the emergency contacts first and last name, relationship to the person, phone number, and e-mail address.

Follow to create an account:

- Create a Public Account on Desktop
- Create a Public Account on Mobile
- Create an account using Facebook or Google

Online Registration Instructions

Registering for your favorite classes and programs is quick and easy!

- **Visit Our Online Catalog**

Click the "Register Online" tab or go directly to: secure.rec1.com/CA/chula-vista-ca/catalog

- **Log In or Create an Account**

Enter your username and password under the Log In / Create Account section. Be sure to add all family members to your account with accurate birthdates and genders.



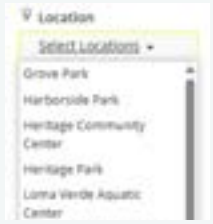
- **Find Your Activities**

Search for programs using any of the following options:

- **Keyword or Activity Code (Fastest):** Type the class name into the search bar and press Enter.



- **Location Filter:** Narrow your search by selecting your preferred recreation site.



- **Activities Tab:** Browse the full list of camps, classes, and programs available.



- **Complete Your Registration**

After selecting your activities, proceed to checkout to finalize your registration.

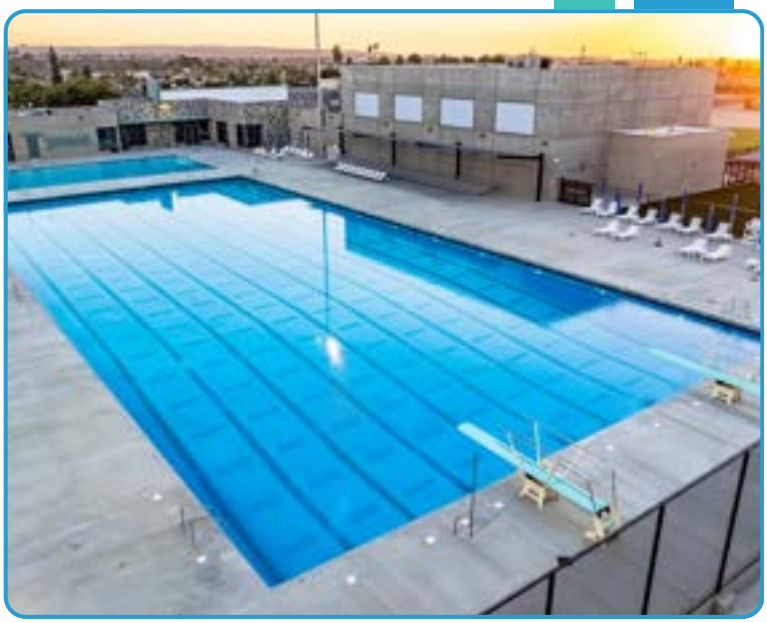
If you need assistance, our team is here to help! Contact Recreation Administration at: (619) 409-5979 or recadmin@chulavistaca.gov.

AQUATIC ACTIVITIES

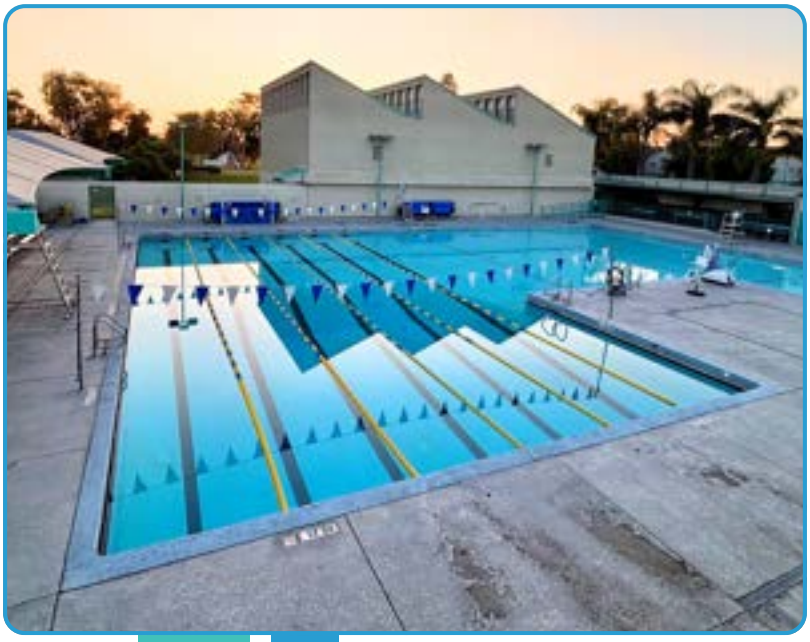
LOMA VERDE & PARKWAY AQUATIC CENTERS

Loma Verde Aquatic Center
1420 Loma Lane
Chula Vista, 91911
619-409-1987

Serving Chula Vista since 1971, Loma Verde was fully renovated in 2021–2023 and now offers year-round heated pools, a splash pad, indoor and family changing rooms, and event space. The competition pool (78–80°) hosts lap swim, deep water fitness, and team rentals, while the recreation pool (84–86°) is ideal for lessons, fitness classes, open swim, and casual lap swim.



To register at Loma Verde CLICK HERE



Parkway Aquatic Center
385 Park Way
Chula Vista, 91910
619-409-1985

Parkway Aquatic Center has been serving the community since 1955. This aquatic facility offers a variety of classes, leisure programs, rentals, and special events. The outdoor pool is heated year-round (83–86°) and we offer temperature controlled indoor changing rooms.

To register at Parkway CLICK HERE

@cvrec aquatics@chulavistaca.gov chulavistaca.gov

Daily Drop-in Fees

Adult (16-54): $8 res / $9 non-res
Senior (55+): $7 res / $8 non-res
Child (under 16): $4 res / $5 non-res

Monthly Registration Dates for All Aquatic Activities

Activity Month	Resident Online Registration	Non-Resident or In-person Registration
July	June 22nd at 8:00am	June 24th at 8:00am
August	July 27th at 8:00am	July 29th at 8:00am
September	August 24th at 8:00am	August 26th at 8:00am

Lap Lane Rental (16+ yrs)

Swimming is excellent for everyone from the aquatic enthusiast to the occasional swimmer. Adults and seniors are welcome to swim laps or aqua jog. Add one guest age 16+ to your lane for no additional fee (BOGO). Guest must stay in your lane.
Prerequisite: Must be able to swim 50 yards crawl stroke with your face in the water and back float for 30 seconds.

Masters Swim Team (16+ yrs)

Great for athletes looking to stay in shape or prepare for high school/club swim, water polo, or triathlons. Swimmers will take on challenging sets, refine strokes, and practice competitive skills including starts, turns, and race techniques.
Prerequisite: Must be able to swim 50 yards freestyle with side breathing and 50 yards backstroke.

Water Fitness Classes (16+ yrs)

Join our instructor-led water exercise classes designed for all fitness levels. The water's natural buoyancy reduces stress on joints while providing resistance for a safe, effective workout. All equipment is provided. Sunglasses and a hat are recommended.

Shallow Water Class (3.5-5 ft deep)
This class focuses on aerobic exercise in the water. Provides great cardio, strength training, ab workouts, and stretching all to the beat of upbeat music.

Gentle Fit Class (3.5-5 ft deep)
This class is a more relaxed pace. Focuses on gentle movements and stretches to improve flexibility, balance, and overall well-being. Ideal for beginners and seniors.



Deep Water Class (5-12.5 ft deep)

Focuses on aerobic exercise in the water. Provides great cardio, strength training, ab workouts, and stretching all to upbeat music. Aqua-jogger belts provided but not required.
Prerequisite: Must be able to swim 50 yards crawl stroke with your face in the water and back float for 30 seconds.

Aqua Zumba Class (3.5-5 ft deep)

Make a splash with this low-impact, high-energy workout set to vibrant Latin and World rhythms! Join our Aqua Zumba Instructor Lorraine Duarte every Tuesday morning for a pool party like no other. Aqua Zumba combines the lively spirit of Zumba with the natural resistance of water, giving you a fun, effective workout that's easy on the joints and great for toning muscles. Move at your own pace, let the music carry you, and enjoy the refreshing energy of exercising in the pool. Jump in and dance with us - fitness has never been this fun in the water!

Loma Verde Pool
$8 per class Res / $9 Non-Res

Instructor: L. Duarte
Session: July, August & September
Tuesday 12-12:45pm



Monthly Adult Pricing (16-54 yrs)
Lane Rental, Masters, & Water Fitness

Per one (1) hour timeslot for one (1) month.

	M/W	T/Th	Fri	Sat
July	Res: $48 Non-Res: $60	Res: $54 Non-Res: $67.50	Res: $24 Non-Res: $30	Res: $18 Non-Res: $24
Aug	Res: $54 Non-Res: $67.50	Res: $48 Non-Res: $60	Res: $24 Non-Res: $30	Res: $30 Non-Res: $37.50
Sept	Res: $48 Non-Res: $60	Res: $54 Non-Res: $67.50	Res: $24 Non-Res: $30	Res: $24 Non-Res: $30

Monthly Senior Pricing (55+ yrs)
Lane Rental, Masters, & Water Fitness

Per one (1) hour timeslot for one (1) month.

	M/W	T/Th	Fri	Sat
July	Res: $36 Non-Res: $48	Res: $40.50 Non-Res: $54	Res: $18 Non-Res: $24	Res: $13.50 Non-Res: $18
Aug	Res: $40.50 Non-Res: $54	Res: $36 Non-Res: $48	Res: $18 Non-Res: $24	Res: $22.50 Non-Res: $30
Sept	Res: $36 Non-Res: $48	Res: $40.50 Non-Res: $54	Res: $18 Non-Res: $24	Res: $18 Non-Res: $24

Monthly Aqua Zumba Pricing

Monthly fee for once a week forty-five (45) minute class.

	Tues, Adult	Drop-in
July	Res: $32 Non-Res: $40	Res: $9 Non-Res: $11
Aug	Res: $32 Non-Res: $40	Res: $9 Non-Res: $11
Sept	Res: $32 Non-Res: $40	Res: $9 Non-Res: $11

DID YOU KNOW?

- **Drowning is the leading cause** of unintentional death for children ages 1–4.
- **Learning to swim early** is one of the best ways to prevent drowning.
- **Constant supervision**—even in shallow water—is the number one safety measure.
- **Most drownings are silent**—no splashing, no yelling—so always keep your eyes on the water.

Open Swim (All Ages)

Swimming is fun for all ages! Join us for Open Swim and enjoy time together in the water. Children under 6 must be accompanied by an adult in the pool, and children under 4 are required to wear a swim diaper.



Water Walking (16+ yrs)

Swim or water walk in a designated area reserved for adults only. Water walking improves strength, balance, and flexibility while being gentle on the joints. Lanes are not included. Bathing suit required.



Monthly Adult Pricing (16-54 yrs)
Open Swim & Water Walking

Per one (1) hour timeslot for one (1) month.

	Mon	Tues	Wed	Thurs	Fri	Sat
July	Res: $16 Non-Res: $20	Res: $16 Non-Res: $20	Res: $20 Non-Res: $25	Res: $20 Non-Res: $25	Res: $16 Non-Res: $20	Res: $12 Non-Res: $15
August	Res: $20 Non-Res: $25	Res: $16 Non-Res: $20	Res: $16 Non-Res: $20	Res: $16 Non-Res: $20	Res: $16 Non-Res: $20	Res: $20 Non-Res: $25
September	Res: $12 Non-Res: $15	Res: $20 Non-Res: $25	Res: $20 Non-Res: $25	Res: $16 Non-Res: $20	Res: $16 Non-Res: $20	Res: $16 Non-Res: $20

Monthly Senior (55+) & Child (under 16) Pricing
Open Swim & Water Walking

Per one (1) hour timeslot for one (1) month.

	Mon	Tues	Wed	Thurs	Fri	Sat
July	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16	Res: $15 Non-Res: $20	Res: $15 Non-Res: $20	Res: $12 Non-Res: $16	Res: $9 Non-Res: $12
August	Res: $15 Non-Res: $20	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16	Res: $15 Non-Res: $20
September	Res: $9 Non-Res: $12	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16	Res: $12 Non-Res: $16

The pools are heated year-round & open rain or shine!

Dive into fitness and swimming!

Get your kids started with fitness and swimming! These important programs teach life-long skills to help your child be comfortable and safe around water. Lessons enable kids to understand how good swimming can feel and can unlock many outdoor water activities available in Chula Vista.

Parent & Child Lessons (6 mos - 3 yrs)

Level 1
Familiarize children between the ages of 6 months to 3 years with the water and teach swimming readiness skills. This class provides safety information for parents and teaches techniques parents can use to orient their children to the water.
Prerequisites: No skill prerequisites. Parent must accompany child to each class. Child must wear a swim diaper.

Level 2
Improve skills learned in Parent and Child Aquatics Level 1 and learn more advanced skills. Continue to build on water safety knowledge.
Prerequisites: Comfort level with skills taught in Parent and Child Aquatics Level 1. Parent must accompany child to each class. Child must wear a swim diaper.

Loma Verde Aquatic Center (30 mins)
Tue/Thurs: 5:45pm
Sat: 10:50
Summer Break: 10:50am

Parkway Aquatic Center (30 mins)
Mon/Wed: 4:10pm, 5:20pm
Tue/Thurs: 4:45pm, 5:55pm
Sat: 9:40am, 10:50
Summer Break: 9:40am, 10:15am





Preschool Lessons (4 - 5 yrs)

Level 1
This class will familiarize children 4 to 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. We will help participants begin to develop positive attitudes and safe practices in and around water.
Prerequisites: No skill prerequisites.

Level 2
Building on and improving skills learned in Preschool Aquatics Level 1, participants will increase knowledge of water safety topics.
Prerequisites: Successful demonstration of the Preschool Aquatics Level 1 exit skills assessment.

Level 3
Increasing proficiency and building on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2, this class will reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics.
Prerequisites: Successful demonstration of the Preschool Aquatics Level 1 exit skills assessment.

Loma Verde Aquatic Center (30 mins)
Mon/Wed: 3:25pm, 4:35pm, 5:45pm
Tues/Thurs: 3:25 or 4:35pm, 5:45pm
Sat: 9:05am
Summer Break: 9:05am, 9:40am, 10:50am

Parkway Aquatic Center (30 mins)
Mon/Wed: 4:10pm, 5:20pm, 6:30pm
Tue/Thurs: 3:35pm, 4:45pm, 5:55pm, 6:30pm
Sat: 9:40am, 10:50
Summer Break: 9:05am, 9:40am, 10:15am, 10:50am, 11:25am

Youth Lessons (6-15 yrs)

Prerequisites for Levels 2-5: Successful demonstration of the exit skills assessment for the prior Youth Aquatics Level.

Level 1:
Introduction to Water Skills
We will orient participants to the aquatic environment and help them gain basic aquatic skills. This class will help participants begin to develop positive attitudes and safe practice around water.
Prerequisites: No skill prerequisites.

Level 2:
Fundamental Aquatic Skills
This class is building on the basic aquatic skills and water safety skills and concepts learned in Level 1.

Level 3: Stroke Development
Building on the skills learned in Levels 1 and 2, we will help participants achieve basic water competency in a pool environment.

Level 4: Stroke Improvement
Improving participants' proficiency in performing the swimming strokes that were introduced in Level 3.

Level 5: Stroke Refinement
This class will help participants refine their performance of all six swimming strokes (i.e. front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)

Loma Verde Aquatic Center (30 mins)
Mon/Wed: 4:00pm, 5:10pm, 6:20pm
Tues/Thurs: 4:00pm, 5:10pm, 6:20pm
Sat: 9:40am, 10:15am, 10:50am, 11:25am
Summer Break: 9:40am, 10:15am, 11:25am

Parkway Aquatic Center (30 mins)
Mon/Wed: 4:10pm, 5:20pm, 6:30pm
Tues/Thurs: 4:10pm, 5:20pm, 6:30pm
Sat: 9:05am, 10:15am, 11:25am
Summer Break: 8:30am, 9:40am, 10:50am





Group Swim Lesson Pricing

Price for 30 minute class for the full session.

Chula Vista Resident	M/W	T/Th	M-Th	Sat
July	$90	$90		$30
August	$90	$80		$50
September	$80	$90		$40
Summer Break 6/8-7/21	$130	$130		
Non-Resident	**M/W**	**T/Th**	**M-Th**	**Sat**
July	$112.50	$112.50		$37.50
August	$112.50	$100		$50
September	$100	$112.50		$50
Summer Break 6/8-7/21	$162.50	$162.50		

Private Swim Lesson Pricing

Price for 30 minute class for the full session.

Chula Vista Resident	M/W	T/Th	M-Th	Sat
July	$270	$270		$90
August	$270	$240		$150
September	$240	$270		$120
Summer Break 6/8-7/21	$390	$390		
Non-Resident	**M/W**	**T/Th**	**M-Th**	**Sat**
July	$337.50	$337.50		$112.50
August	$337.50	$300		$187.50
September	$300	$337.50		$150
Summer Break 6/8-7/21	$487.50	$487.50		

Group Lessons

The City of Chula Vista teaches swim lessons utilizing the American Red Cross Learn-to-Swim curriculum.
Our lessons are based on progressively learned swim skills with different levels in each age group. All classes have a duration of 30 minutes.

Group Lesson Age Groups

Register for a swim lesson based on your child's age:
6 mon - 3 years: Parent and Child
4 - 5 years: Preschool
6 - 15 years: Youth
16 and older: Adult
Review the class descriptions and select the level for your child's skills and required class prerequisites.

Private Swim Lessons (2+ yrs)

Available for all levels, from beginner to advanced. Instructors provide individualized instruction based on each student's goals in a one-on-one setting. A second participant may be added to the lesson for half price.

Loma Verde Aquatic Center (30 mins)
Mon/Wed or Tue/Thurs: 3:25pm, 4:00pm, 4:35pm, 5:10pm, 5:45pm, 6:20pm
Sat: 9:05am, 9:40am, 10:15am, 10:50am, 11:25am
Summer: 9:05am, 9:40am, 10:15am, 10:50am, 11:25am

Parkway Aquatic Center (30 mins)
Mon/Wed or Tue/Thurs: 3:35pm, 4:10pm, 4:45pm, 5:20pm, 5:55pm, 6:30pm, 7:05pm
Saturday: 12pm
Summer Break Fri: 9:05am, 9:40am, 10:15am, 10:50am, 11:25am



Swim Lesson Assessment

Take the guesswork out with a free swim assessment to ensure your child is in the right class before registering.

Loma Verde Aquatic Center
Monday-Thursday 4-6:30pm

Parkway Aquatic Center
Monday-Thursday 4-7pm

Water Polo Fundamentals (6-15 yrs)

The Water Polo Fundamentals class is designed to introduce the sport of water polo to children and teens. The intent is to provide basic skills and understanding of the sport in a recreational format.
Prerequisites: Must be able to swim 25 yards front crawl and back float for 10 seconds.

Loma Verde Aquatic Center
Tue/Thurs: 5:10pm

Parkway Aquatic Center (30 mins)
Mon/Wed: 5:20pm
Tue/Thurs: 6:30pm



Youth Swim Team (6-17 yrs)

Help refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.
Prerequisites: Successful demonstration of the exit skills assessment for the Youth Aquatics Level 5.

Loma Verde Aquatic Center $165
Summer Break M/W 9:05-10:05am

Parkway Aquatic Center $130
Summer Break T/Th 3-4pm



How can you build on your child's swimming experience?

Help your child make the most of their swim lessons! Bring them to open swim sessions to practice new skills, build endurance, and grow their confidence in the water. Continue reinforcing water safety rules at home and model a safety-first mindset. Remember, every child learns at their own pace — progress looks different for everyone. Celebrate small victories and keep swim time positive. Check in with your child's instructor throughout the session for updates and tips on how to support their learning outside of class.

Adult Lessons (16+ yrs)

Level 1:
Learning the Basics
This class will help participants gain basic aquatic skills and swimming strokes and teach skills and concepts needed to stay safe in and around water.
Prerequisites: None

Level 2:
Improved Skills and Swimming Strokes
Improving participants' proficiency in basic aquatic skills and the six basic swimming strokes.
Prerequisites: Participants must be: Comfortable in chest-deep water, able to put their face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.

Loma Verde Aquatic Center (30 mins)
Mon/Wed: 6:20pm
Tue/Thurs: 4:35pm

Parkway Aquatic Center - (30 mins)
Mon/Wed: 6:30pm
Tue/Thurs: 6:30pm
Sat: 9:05am
Summer Break: 8:30am



AQUATICS SCHEDULE - SUBJECT TO CHANGE

Lap Swim Lane Rental (16+ yrs)

	Mon	Tues	Wed	Thurs	Fri	Sat
Loma Verde Competition Pool	7am-1pm 4-7pm	7am-1pm 4-7pm	7am-1pm 4-7pm	7am-1pm 4-7pm	7am-1pm 4-7pm	9am-2pm
Parkway Pool	8am-2pm	7am-2pm	8am-2pm	7am-2pm	8am-2pm	9am-2pm

Open Swim & Water Walking

	Mon	Tues	Wed	Thurs	Fri	Sat
Loma Verde Rec Pool: All Ages	12pm-1pm		12pm-1pm	12pm-1pm	12pm-1pm 4-7pm	12pm-2pm
Parkway Shallow Section: All Ages	12-2pm	12-2pm	12-2pm	12-2pm	12-2pm	12-2pm
Parkway Middle Section: 16+ yrs	8am-10am 12-1pm	6-10am, 11am-2pm	8am-10am 11am-2pm	6-10am, 11am-2pm	8am-10am 12-1pm	12-2pm

Water Fitness Classes - 1 hr (16+ yrs)

	Mon	Tues	Wed	Thurs	Fri	Sat
Loma Verde Pool	Deep Water 10-11am	Aqua Zumba 12-12:45pm	Deep Water 10-11am		Deep Water 10-11am	
Parkway Pool	Deep 8-9am Shallow 10-11am Gentle 11am-12pm	Deep 8-9am Shallow 10-11am	Deep 8-9am Shallow 10-11am	Deep 8-9am Shallow 10-11am	Shallow 10-11am Gentle 11am-12pm	Shallow 10-11am

Masters Swim Team (16+ yrs)

	Mon	Tues	Wed	Thurs	Fri	Sat
Loma Verde Pool						
Parkway Pool		6-7am		6-7am		

Parent & Child Swim Lessons - 30 mins (6 mo-3 yrs)

	Mon/Wed	Tues/Thur	Sat	Summer Break 6/8-7/21
Loma Verde Pool	4:35pm	4:35pm	10:50am	10:50am
Parkway Pool	3:35pm, 4:45pm	3:35pm, 4:45pm	9:40am, 10:50am	10:15am

Preschool Swim Lessons - 30 mins (4-5 yrs)

	Mon/Wed	Tues/Thur	Sat	Summer Break 6/8-7/21
Loma Verde Pool	3:25pm, 4:35pm, 5:45pm	3:25pm, 4:35pm, 5:45pm	9:05am	9:05am, 9:40am, 10:50am
Parkway Pool	3:35pm, 4:45pm, 5:55pm	3:35pm, 4:45pm, 5:55pm	9:40am, 10:50am, 11:25am	9:05am, 10:15am, 11:25am

Youth Swim Lessons - 30 mins (6-15 yrs)

	Mon/Wed	Tues/Thur	Sat	Summer Break 6/8-7/21
Loma Verde Pool	4pm, 5:10pm, 6:20pm	4pm, 5:10pm, 6:20pm	10:15am, 10:50am, 11:25am	10:15am, 11:25am
Parkway Pool	4:10pm, 5:20pm, 6:30pm	4:10pm, 5:20pm, 6:30pm	9:05am, 10:15am, 11:25am	8:30am, 9:40am, 10:50am

Water Polo Fundamentals - (6-15 yrs)

	Mon/Wed	Tues/Thur	Sat	Summer Break 6/8-7/21
Loma Verde Pool		5:10pm		
Parkway Pool		5:20pm		

Adult Swim Lessons - 30 mins (16+ yrs)

	Mon/Wed	Tues/Thur	Sat	Summer Break 6/8-7/21
Loma Verde Pool	6:20pm	4:35pm	11:25am	
Parkway Pool	7:05pm	6:30pm	9:05am	8:30am

Private Swim Lessons - 30 mins (2+ yrs)

	Mon/Wed	Tues/Thurs	Sat	Summer Break 6/8-7/21
Loma Verde Pool	9:05am, 9:40am, 10:15am, 10:50am, 11:25am	9:05am, 9:40am, 10:15am, 10:50am, 11:25am	9:05am, 9:40am, 10:15am, 10:50am, 11:25am	9:05am, 9:40am, 10:15am, 10:50am, 11:25am
Parkway Pool	3:25pm, 4:10pm, 4:45pm, 5:20pm, 5:55pm, 6:30pm	3:25pm, 4:10pm, 4:45pm, 5:20pm, 5:55pm, 6:30pm	12pm	8:30am, 9:05am, 9:40am, 10:15am, 10:50am, 11:25am

Youth Swim Team - Summer Break (6-17 yrs)

	M/W	T/Th	Sat	Summer Break 6/8-7/21
Loma Verde Pool				M/W 9:05-10:05am
Parkway Pool				T/Th 3:00-4:00pm

FAQS



When can I register for activities?

Registration will open every 4th Monday at 8:00 AM online for Chula Vista residents, and the following Wednesday for non-residents or in-person registration.

How long are the classes?

Swim lessons run for 30 minutes per day. Sessions range from two weeks to one month, at one to four days per week.

Can I rent the pool for a party?

Yes!
Click here for more information about renting Loma Verde Pool.
Click here for more information about renting Parkway Pool.

How many students per instructor?

Parent & Child: 10
Preschool: 5
Youth: 8
Water Polo: 10
Adult: 8

Do you have a membership?

No membership but we do offer monthly registration for Lap Swim, Open Swim, and Water Fitness classes at a discounted rate.

Are lockers available?

At Loma Verde, yes. They are free to use. There are no lockers available at Parkway.

How do I know what level swim lesson to register for?

Testing is available the Friday afternoon/evening before registration. You must register for an appointment for testing.

What if there's bad weather?

We do not close for rain. The pool will close for thunder/lighting and will re-open 30 minutes after the last strike.

Do you offer financial assistance?

Yes, the City offers scholarship programs for qualifying families.
www.tinyurl.com/ScholarshipCV
to apply!

¿Sus instructores hablan español?

Muchos de nuestros instructores sí hablan español. Sin embargo, no es necesario hablar para enseñar las habilidades de natación, ya que la natación es una actividad física que se enseña fácilmente mediante demostraciones visuales y correcciones prácticas.

How does the Waitlist work?

If someone drops out of the session, the first person on the waitlist will receive an email with a link to enroll. If they are not interested we will email the next person on the waitlist. Each timeslot/class has its own waitlist.

Do you offer refunds if I can't attend a class or program?

Refunds are not provided for missed classes, scheduling conflicts, or personal cancellations. Refunds will only be issued if the City cancels a program, class, or swim lesson.

TESTIMONIALS



"Thank you for showing my son how to swim. He did great this was the first time I saw my son swimming"

"The instructors were excellent. Instructors were very helpful and kind with the kids."

"Great pool, Great facility!! Best part is the friendly staff"

"Coach was positive and took time to help participants"

"Great workouts, wonderful instructor and lovely pool staff. All make these workouts an enjoyable experience...keep up the great work"

NOW HIRING LIFEGUARDS

JOIN OUR TEAM TODAY! $17.18 - $25.26/HOUR



TO GET CERTIFIED

CLICK HERE

ALREADY CERTIFIED?

CLICK HERE

TO APPLY!

Lifeguard Training (15+)

This class teaches the skills needed to prevent and respond to aquatic emergencies and provides the certifications required for employment as a City of Chula Vista Lifeguard I. Successful participants earn American Red Cross certifications in Lifeguarding & First Aid, CPR for the Professional Rescuer, and Title 22 First Aid for Public Safety Personnel.

Prerequisites (tested on the first day):

- *Must be 15 years old by the last day of class*
- *Swim-tread-swim sequence:*
  - *150-yard swim (front crawl/breaststroke)*
  - *2 minutes treading water (legs only)*
  - *50-yard swim (front crawl/breaststroke)*
- *Timed event (1:40): 20-yard swim, 12.5 ft. dive for a 10-lb object, 20-yard swim on back with object, exit without ladder*

Fee: *$200.* Scholarship and discount opportunities available.



REC CENTER DAY CAMPS

Join us next school break!

Leave the fun to us!

Come join the fun during the next school break! Chula Vista Parks and Recreation offers exciting specialty camps during Chula Vista Elementary School District breaks. Each camp features a mix of games, crafts, and indoor/outdoor activities designed to keep kids active and engaged. Campers will make new friends, explore new interests, and build teamwork and leadership skills along the way. Sign up for a week (or more!) of fun today!

Heritage Center
1381 E Palomar
Chula Vista, 91913
619-409-5439

Otay Center
3554 Main Street
Chula Vista, 91911
619-409-1999

Loma Verde Center
1420 Loma Lane
Chula Vista, 91911
619-409-1939

Salt Creek Center
2710 Otay Lakes Rd
Chula Vista, 91915
619-585-5739

Montevalle Center
840 Duncan Ranch Rd
Chula Vista, 91914
619-691-5269

Veterans Center
785 E Palomar
Chula Vista, 91911
619-691-5260



Extended Care
Available before (7-9am) and after (4-6pm) for campers!

CLICK HERE

To register for Day Camp & Specialty Camps

SUMMER DAY CAMP 2026

REC CENTER DAY CAMPS

Week 2: June 15-18 (Closed June 19)

Location	Ages	Days	Times	Fees	Extended Care
Heritage Montevalle	6-12 yrs	Mon-Th	9am-4pm	$120 Resident / $150 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Th	9am-12pm	$60 Resident / $74 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Th	9am-4pm	$134 Resident / $168 Non-res	$40 Resident / $50 Non-res
Veterans	6-12 yrs	Mon-Th	9am-4pm	$120 Resident / $150 Non-res	$40 Resident / $50 Non-res
Parkway (includes field trip)	6-12 yrs	Mon-Th	9am-4pm	$132 Resident / $165 Non-res	$40 Resident / $50 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Fri	9am-4pm	$120 Resident / $150 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Th	9am-4pm	$180 Resident / $225 Non-res	$50 Resident / $63 Non-res

Week 3: June 22-26

Heritage Montevalle	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Fri	9am-12pm	$75 Resident / $94 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Fri	9am-4pm	$164 Resident / $205 Non-res	$50 Resident / $63 Non-res
Veterans	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Parkway (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$162 Resident / $203 Non-res	$50 Resident / $63 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$225 Resident / $281 Non-res	$50 Resident / $63 Non-res

Week 4: June 29-July 2 (Closed July 3)

Heritage Montevalle	6-12 yrs	Mon-Th	9am-4pm	$120 Resident / $150 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Th	9am-12pm	$60 Resident / $74 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Th	9am-4pm	$134 Resident / $168 Non-res	$40 Resident / $50 Non-res
Veterans	6-12 yrs	Mon-Th	9am-4pm	$120 Resident / $150 Non-res	$40 Resident / $50 Non-res
Parkway (includes field trip)	6-12 yrs	Mon-Th	9am-4pm	$132 Resident / $165 Non-res	$40 Resident / $50 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Fri	9am-4pm	$120 Resident / $150 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Th	9am-4pm	$180 Resident / $225 Non-res	$50 Resident / $63 Non-res

Week 5: July 6-10

Heritage Montevalle	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Fri	9am-12pm	$75 Resident / $94 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Fri	9am-4pm	$164 Resident / $205 Non-res	$50 Resident / $63 Non-res
Veterans	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Parkway (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$162 Resident / $203 Non-res	$50 Resident / $63 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$225 Resident / $281 Non-res	$50 Resident / $63 Non-res

Week 6: July 13-17

Location	Ages	Days	Times	Fees	Extended Care
Heritage Montevalle	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Fri	9am-12pm	$75 Resident / $94 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Fri	9am-4pm	$164 Resident / $205 Non-res	$50 Resident / $63 Non-res
Veterans	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Parkway (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$162 Resident / $203 Non-res	$50 Resident / $63 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$225 Resident / $281 Non-res	$50 Resident / $63 Non-res



H.E.R. Sports Powerplay Summer Camp at Parkway Community Center

This Health Empowerment Recreation (H.E.R) Girls Multisport Camp brings girls together to try new sports, build confidence, and get moving in a supportive, girl-centered environment. Throughout the week, campers will jump in the pool for water sports, learn the basics of volleyball, hoop it up in basketball, and take part in team-building and leadership challenges that help them grow on and off the court.

Dates	Ages	Days	Times	Fees	Extended Care
Week 1: June 8-12	7 - 14 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Week 2: June 15-18	7 - 14 yrs	Mon-Thurs	9am-4pm	$120 Resident / $150 Non-res	$40 Resident / $50 Non-res
Week 3: June 22-26	7 - 14 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Week 4: June 29-July 2	7 - 14 yrs	Mon-Thurs	9am-4pm	$120 Resident / $150 Non-res	$40 Resident / $50 Non-res
Week 5: July 6-10	7 - 14 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Week 6: July 13-17	7 - 14 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res

H.E.R. Sports Basketball Fall Camp at Parkway Community Center

HER Sports CV Basketball Training Camp is a week-long half-day program where girls build basketball skills, confidence, and game experience through drills, competitions, conditioning, and live gameplay in a fun, supportive environment.
Funded through the National Recreation and Park Association x Nike Get Her In The Game Initiative, this camp empowers girls to grow as athletes and leaders.

Dates	Ages	Days	Times	Fees	Extended Care 7-9am
September 28-October 2	7 - 14 yrs	Mon-Fri	9am-12:30pm	$90 Resident / $113 Non-res	$50 Resident / $63 Non-res

FALL DAY CAMP 2026

Week 1: September 21-25

Location	Ages	Days	Times	Fees	Extended Care
Heritage Montevalle	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Fri	9am-12pm	$75 Resident / $94 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Fri	9am-4pm	$164 Resident / $205 Non-res	$50 Resident / $63 Non-res
Otay Veterans	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Parkway (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$162 Resident / $203 Non-res	$50 Resident / $63 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$225 Resident / $281 Non-res	$50 Resident / $63 Non-res

Week 2: September 28-October 2

Location	Ages	Days	Times	Fees	Extended Care
Heritage Montevalle	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Fri	9am-12pm	$75 Resident / $94 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Fri	9am-4pm	$164 Resident / $205 Non-res	$50 Resident / $63 Non-res
Otay Veterans	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Parkway (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$162 Resident / $203 Non-res	$50 Resident / $63 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$225 Resident / $281 Non-res	$50 Resident / $63 Non-res

SPECIALITY CAMPS



Mini Basketball Camp

A great opportunity for children to learn basketball fundamentals plus meet new friends. Campers will have fun and develop their basketball skills and athletic ability!

$65 Res / $81 Non Res (First Week)
$52 Res/ $65 Non Res (Second Week)

Heritage Park - 10-14y
Instructor: Staff
Session: June 15-18
Mon-Fri 1:00pm-3:00pm

Skyhawks Beginner Golf Camp

Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving, join Skyhawks for rewarding progress with every shot!

$185 Res / $231 Non Res

Heritage Park- 7y-12y
Instructor: Skyhawks Sports
Session: June 29-July 2
Mon-Fri 8:30-11:30am

Skyhawks Flag Football Camp

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football!

$230 Res / $288 Non Res

Heritage Park- 6-10y
Instructor: Skyhawks Sports
Session: July 6-10
Mon-Fri 8:30-11:30am

Skyhawks Mini-Hawk Camp

Embark on a sports adventure with Skyhawks Mini-Hawk! Young athletes will explore a variety of sports in a fun, structured environment while building balance, coordination, teamwork, and sportsmanship. Perfect for an active introduction to athletics!

$230 Res / $288 Non Res

Heritage Park- 4y-6y
Instructor: Skyhawks Sports
Session: June 22-26 or July 13-17
Mon-Fri 8:30-11:30am

Skyhawks Basketball Camp

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth.

$180 Res / $231 Non Res

Heritage Park- 7y-12y
Instructor: Skyhawks Sports
Session: June 15-18
Mon-Fri 8:30-11:30am

Tumble & Twist Tumbling/Gymnastics Camp

Join us for a week of fun featuring beginner level instruction for fun tumbling/gymnastics skills including handstands, cartwheels, rolls, backhand springs and more using mats and equipment, obstacle courses, routines and daily themed arts and craft activities and more! Please wear athletic clothing each day and pack a snack and drink.

$195 Res / $244 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: July 6-10
Mon-Fri: 1:00pm-4:00pm

Skyhawks Multi-Sport Camp

Skyhawks Multi-Sport Camp introduces kids to Soccer, Basketball, and Flag Football in one fun, action-packed program. Using age-appropriate equipment, participants build skills, coordination, confidence, teamwork, and sportsmanship—all in a positive, encouraging environment focused on FUN!

$230 Res / $288 Non Res

Heritage Park- 7y-12y
Instructor: Skyhawks Sports
Session: July 13-17
Mon-Fri 8:30-11:30am

Parkway Basketball Camp

Join our Half-Day Basketball Camp for a fun, high-energy experience for all skill levels! Campers will build skills in dribbling, passing, shooting, and defense through drills, games, and friendly competition.
Led by experienced coaches in a positive environment, participants will improve their game, build confidence, and learn teamwork and sportsmanship while having fun on the court!

$90 Res / $113 Non Res

Parkway Center- 9y-16y
Instructor: Staff
Session: September 21-25
Mon-Fri 9:00am-12:30pm

Flag Football Mini Camp

This Summer Break Flag Football Mini Camp is a great opportunity for children to learn flag football fundamentals plus meet new friends. Each day, coaches will run drills and scrimmage. Campers will have fun and develop their football skills and athletic ability!

$80 Res / $100 Non Res

Veterans Park - 7-12y
Instructor: Staff
Session: June 15-18 & June 22-26
Mon-Fri 9:30am-12pm

Tennis Camp

Participants will learn the basic skills and fundamentals of tennis by playing games and different activities. We'll use red ball, orange ball and yellow ball progression. All participants need to bring their own tennis racquet, snacks and something to drink.

$230 Res / $288 Non Res

Montevalle Park- 7y-14y
Instructor: J. Villanueva
Session: June 8-12, June 22-26, July 6-10, or July 13-17
Mon-Fri 9:00am-12:00pm

Marisol Park - 7y-14y
Instructor: J. Villanueva
Session: June 15-19,or June 29- July 2
Mon-Fri 9:00am-12:00pm

Tennis Intermediate Workshop

Participants will learn the basic skills and fundamentals of tennis by playing games and different activities. We'll use red ball, orange ball and yellow ball progression. All participants need to bring their own tennis racquet, snacks and something to drink.

$160 Res / $200 Non Res

Montevalle Park- 7y-14y
Instructor: J. Villanueva
Session: June 15-18, or June 29-July 2
Mon-Th 4:00-6:00pm

Hoop it Up Basketball Camp

This camp is for players to develop their skills and to gain a true love for the game. Ball handling techniques, passing, dribbling, shooting and team play are covered with an emphasis on sportsmanship.

$65 Res / $81 Non Res

Veterans Center - 7-12y
Instructor: Staff
Session: June 22-26
Mon-Fri 1:00-3:00pm

Spike it Down Volleyball Camp

In this camp participants will learn beginning and intermediate volleyball skills and drills.

$80 Res / $100 Non Res

Veterans Center - 10-14y
Instructor: Staff
Session: June 8-12, or June 29-July 2
Mon-Th 12-3pm



Cheerleading, Dance, Tumble & Stunting Camp

GO! FIGHT! WIN! Campers will learn cheerleading fundamentals including motions, jumps, cheers, dances, beginner stunts, tumbling, and a full routine to perform for family and friends at the end of camp. Daily cheer-themed games, crafts, and activities add to the fun! Please bring a snack, drink, and water bottle each day and wear athletic clothing.

$195 Res / $244 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: July 13-17
Mon-Fri: 9:15am-12:15pm

Skyhawks Sideline Cheer Camp

Get ready to rally with Skyhawks Cheerleading! This fun-filled program teaches a variety of cheers, hand and body movements, and jumping techniques, all stunt-free. Participants will also learn valuable teamwork and leadership skills. The program ends with a performance where each cheerleader shines.

$230 Res / $288 Non Res

Heritage Park- 7y-12y
Instructor: Skyhawks Sports
Session: July 6-10
Mon-Fri 8:30-11:30am

SPECIALTY CAMPS • PERFORMING ARTS

Playhouse Musical Theater Camp

Step into the exciting world of Musical Theatre Camp! Students will explore choreography, vocal techniques, and scene work inspired by popular musicals—all while building confidence, teamwork, and essential stage skills. Designed for all experience levels, this program provides a supportive environment where every performer can grow and shine.

$200 Res / $250 Non Res

Parkway Center - 8y-14y
Instructor: Staff
Session: June 8-26 or June 29-July 17
Mon-Fri 9:00am-12:30pm

Camp K Pop Huntrix

Calling all Huntrix and Saja Boys fans! Join us for all the fun in this K Pop Demon Hunters themed sing along and dance camp! Learn fun dance routines to hit songs from the popular movie musical while creating fun themed K Pop Demon Hunters crafts like DIY ramen cups, glitter gem microphones, concert posters, K Pop bracelets, clip in hair braids, DIY Honmoon lights and more! Perform for families on the last day of camp!

$195 Res / $244 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: June 22-26
Mon-Fri: 9:15am-12:15pm

$156 Res / $195 Non Res

Veterans Center- 5y-12y
Instructor: C. Donovan
Session: June 29-July 2
Mon-Th: 9:15am-12:15pm

Musical Theater Camp: K Pop Demon Hunters

Calling all future stars! Join us for a fun-filled week of drama, dance, and creativity while building confidence and stage presence. Campers will play theater games, learn acting scenes and a finale dance from K-Pop Demon Hunters, and create themed props and backdrops for an end-of-week showcase. Costumes are included, and beginners are welcome! Please bring a snack, drink, and water bottle each day.

$195 Res / $244 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: July 6-10
Mon-Fri: 9:15am-12:15pm

Latin Dance for Kids

Get ready to move, groove, and have fun! This upbeat and welcoming Latin dance class is designed especially for kids who love music and movement. Children will explore fun rhythms inspired by salsa, merengue, bachata, and cha cha while learning easy-to-follow steps and playful combinations. Perfect for beginners and kids who simply want to try something new in a positive, supportive rec center environment.

$144 Res / $188 Non Res

Veterans Center - 12-17y
Instructor: N. Duran
Session: June 15-18
Mon-Th 9:15am-12:15pm



Preschool Musical Theater & Dance (Frozen) Camp

Casting all boys and girls! Join us for a week of fun! Campers will participate in fun drama games, learn simple lines from the hit movie musical Frozen and learn dance routines while singing along to their favorite hits from the movie in preparation for an end of camp showcase for family and friends on the last day!

$195 Res / $244 Non Res

Veterans Center- 3y-5y
Instructor: C. Donovan
Session: July 13-17
Mon-Fri: 9:15am-12:15pm

Swifties Sing & Dance Camp

Calling all Swifties! Join us for all the fun in this Swifties themed sing along and dance camp! Learn fun dance routines to hit Taylor Swift songs including some of her newest songs and have a blast creating fun Swiftie themed crafts like friendship bracelets, posters, microphones, DIY guitar crafts, mini Taylor Swift figurines and more! Perform for families on the last day of camp!

$195 Res / $244 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: July 13-17
Mon-Fri: 1:00-4:00pm

Acrobatics and Dance Camp

Calling all aspiring dancers and acrobats! Learn the fundamentals of dance and acro technique including turns, leaps, jumps, kicks, stretches, tricks, beginner tumbling skills and more! Also learn a special choreographed dance routine incorporating all of the elements learned over the camp week!

$195 Res / $244 Non Res

Veterans Center- 5y-12y
Instructor: C. Donovan
Session: July 6-10
Mon-Fri: 9:15am-12:15pm

Spa-Tacular Creations Kids Spa Camp

This fun spa-themed camp teaches kids how to make their own scrubs, masks, lip balms, bath bombs, soaps, nail art, perfumes, and more using natural ingredients! Campers will also enjoy spa-themed crafts, games, smoothies, and creative beauty projects each day. Please bring a water bottle and snack daily.

$180 Res / $225 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: June 29-July 2
Mon-Fri: 1:00pm-4:00pm

Sparkle & Shine Jewelry Making and Hair Accessory Camp

Get creative while designing fun jewelry, accessories, and room décor! Campers will make projects like friendship bracelets, necklaces, rings, scrunchies, keychains, wall art, Kawaii crafts, painted rock paperweights, cosmetic brush mugs, and more while building artistic expression and fine motor skills.

$180 Res / $225 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: June 29-July 2
Mon-Fri: 9:15am-12:15pm

Art Unleashed Camp

Art Unleashed Camp is a creative art camp where students explore painting, drawing, mixed media, sculpture, and creative art projects. Campers will experiment with different art styles and materials while creating fun and unique projects throughout the week.

Half Day: $200 Res / $250 Non Res
Full Day: $260 Res / $325 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: July 13-17
Mon-Fri 9:00am-12:00pm or
9:00am-3:00pm

Design Summer Fashion Week

Design: Summer Fashion Week is a creative design camp where students design clothing, accessories, and fashion items while learning design concepts, branding, and creative expression. Campers will work on fashion design projects and creative design challenges throughout the week.

Half Day: $200 Res / $250 Non Res
Full Day: $260 Res / $325 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: June 22-26
Mon-Fri 9:00am-12:00pm or
9:00am-3:00pm

Design Back to School Fashion

Design: Back to School Fashion is a creative design camp where students design clothing, accessories, backpacks, and fashion items while learning design and branding concepts. Campers will create custom fashion projects and design items for the upcoming school year.

Half Day: $200 Res / $250 Non Res
Full Day: $260 Res / $325 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: July 6-10
Mon-Fri 9:00am-12:00pm or
9:00am-3:00pm

Youth Self Defense

This class teaches practical self-defense techniques drawn from multiple martial arts, including Kickboxing, Brazilian Jiu-Jitsu, and Filipino Martial Arts (FMA). Students will learn how to respond to realistic self-defense situations while building strength, cardiovascular endurance, agility, and overall fitness through drills, partner exercises, striking, grappling, and conditioning.

$60 Res / $75 Non Res

Veterans Park - 12-17y
Instructor: A. Reyes
Session: June 22-26
Mon-Fri 9:30am-11am

Super Slime and Science Expierment Lab Camp

Join us for a week of slime and science fun with exciting themes each day! Campers will create a variety of slimes and hands-on experiments like glow-in-the-dark slime, edible slime, volcanoes, optical illusion flipbooks, ice cream in a bag, DIY lava lamps, Mentos geysers, and more. Daily games, projects, and activities add to the fun. Please bring an oversized old T-shirt on the first day to decorate and wear during messy activities!

$180 Res / $225 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: June 15-18
Mon-Thurs: 9:15am-12:15am

Incredible Edible Art Creations Camp

Forget what you've been told — in this camp, you get to play with your food! Campers will create fun and tasty treats like edible slime, silly sandwiches, mini pizzas, rainbow yogurt bark, bunny buns with homemade butter, lollipops, cookies, and more. It's a week full of creativity, messy fun, and delicious snacks to enjoy afterward! Please bring a drink/water bottle each day.

$180 Res / $225 Non Res

Heritage Center- 5y-12y
Instructor: C. Donovan
Session: June 15-18
Mon-Thurs: 1:00pm-4:00pm



Arts & Tech Camp

Arts & Tech Camp combines creativity and technology through digital art, design projects, engineering builds, and creative challenges. Students will work on art projects, technology activities, and design challenges that combine creativity with STEM learning.

Half Day: $160 Res / $200 Non Res
Full Day: $208 Res / $260 Non Res

Montevalle Center- 5y-12y
Instructor: Creative Stem & Arts
Session: June 15-18
Mon-Thurs 9:00am-12:00pm or
9:00am-3:00pm

Battle Bots Camp

Battle Bots Camp is a robotics engineering camp where students design, build, and compete with robots in challenges and friendly competitions. Campers will work on engineering builds, robot battles, obstacle courses, and team challenges while learning problem-solving and design skills.

Half Day: $200 Res / $250 Non Res
Full Day: $260 Res / $325 Non Res

Montevalle Center- 5y-12y
Instructor: Creative Stem & Arts
Session: June 22-26
Mon-Fri 9:00am-12:00pm or
9:00am-3:00pm

Aerial Tech Camp

Aerial Tech Camp introduces students to drone technology, flight challenges, aerial missions, and engineering concepts related to flight. Campers will complete drone missions, obstacle challenges, mapping activities, and team competitions while learning how aerial technology is used in the real world.

Half Day: $160 Res / $200 Non Res
Full Day: $208 Res / $260 Non Res

Montevalle Center- 5y-12y
Instructor: Creative Stem & Arts
Session: June 15-18
Mon-Thurs 9:00am-12:00pm or
9:00am-3:00pm

Battle Bots Camp

Battle Bots Camp is a robotics engineering camp where students design, build, and compete with robots in challenges and friendly competitions. Campers will work on engineering builds, robot battles, obstacle courses, and team challenges while learning problem-solving and design skills.

Half Day: $200 Res / $250 Non Res
Full Day: $260 Res / $325 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: June 22-26
Mon-Fri 9:00am-12:00pm or
9:00am-3:00pm

Pokémon Sci-Tech Academy

Pokémon Sci-Tech Academy combines STEM activities with Pokémon-themed challenges and projects. Students will participate in engineering builds, science experiments, design challenges, and technology activities inspired by Pokémon while learning creativity, problem-solving, and teamwork.

Half Day: $200 Res / $250 Non Res
Full Day: $260 Res / $325 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: July 6-10
Mon-Fri 9:00am-12:00pm or
9:00am-3:00pm

3D Lab Remix Camp

3D Lab Remix Camp introduces students to 3D design, modeling, and printing. Students will design objects, characters, and projects using 3D design software and learn how 3D printing works through creative design challenges and projects.

Half Day: $160 Res / $200 Non Res
Full Day: $208 Res / $260 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: June 29-July 2
Mon-Thurs 9:00am-12:00pm or
9:00am-3:00pm

Roboverse Champions Camp

Roboverse Champions Camp is an advanced robotics challenge camp where students compete in engineering missions, robot competitions, obstacle courses, and team challenges throughout the week. Campers will design, build, and improve robots while competing to become Roboverse Champions.

Half Day: $200 Res / $250 Non Res
Full Day: $260 Res / $325 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: July 13-17
Mon-Fri 9:00am-12:00pm or
9:00am-3:00pm



Mindcraft Legends Camp

Minecraft Legends Camp combines creativity, engineering, and problem-solving through Minecraft challenges and missions. Students will build worlds, complete engineering challenges, create structures, and participate in team missions while learning creativity and design concepts.

Half Day: $160 Res / $200 Non Res
Full Day: $208 Res / $260 Non Res

Montevalle Center- 5y-12y
Instructor: Staff
Session: June 29-July 2
Mon-Thurs 9:00am-12:00pm or
9:00am-3:00pm

CREATIVE ARTS







CREATIVE ARTS PROGRAMS

Inspire. Create. Imagine.

Unleash your creativity and discover the artist within! The City of Chula Vista offers a wide variety of Creative Arts classes designed to spark imagination, encourage self-expression, and build new skills for all ages. Whether you're painting your first masterpiece, exploring the wonders of clay, or watching your little one dance to the rhythm, there's something for everyone to enjoy.

Intro to Drawing, Craft, & Paint

This creative class introduces young artists to the fundamentals of drawing, crafting, and painting in a fun and supportive environment. Participants will explore a variety of techniques using pencils, markers, watercolors, acrylics, and mixed media while learning basic art principles such as color, shape, texture, and composition.

$50 Res / $63 Non Res

Parkway Community Center- 6y-15y
Instructor: Rec Staff
Session: Jul 21 - Sep 8
Tue. 5 - 6:30pm

Plein Aire Painting

Outdoor Painting, also known as plein-aire painting is such a dynamic and rewarding challenge for beginners and seasoned painters. In this class we blend thoughtful planning with a dash of spontaneity!

$75 Res / $94 Non Res

Parkway Community Center- 18y+
Instructor: A. Orozco
Session: July 22 - Sep 9
Wed. 2 - 4pm

Ceramics Club

This introductory ceramics class teaches the fundamentals of working with clay, including slip casting and painting techniques. While molds and kiln access are provided, participants must bring their own supplies, as this is not a “make-and-take” class. Additional details and guidance on materials will be shared on the first day.

FREE

Montevalle Community Center- 14y+
Instructor: M. Lucero
Session: Jul 22 - Sep 9
Wed. 5:15 - 7:45pm

Sensory Explores-Parent & Me

Join us for a playful Parent & Me Sensory Class that sparks curiosity and creativity! Each session is filled with hands-on activities that support motor skills, language growth, and social interaction while you bond with your little one. It’s a fun way to learn, connect, and explore together in a welcoming space.

$58 Res / $73 Non Res

Loma Verde Community Center- 18m-3y
Instructor: Staff
Session: Jul 24 - Sep 11
Fri. 9 - 9:50am
Fri. 10:15 - 11:05am

Drawing Lab

This fun and easy-to-follow class is perfect for budding artists! Students will explore new drawing techniques, tools, and mediums through guided, step-by-step lessons that build confidence and creativity. Along the way, they’ll develop fine motor skills and discover their unique artistic expression.

*A one-time material fee of $20 per student will be due on the first day of class.

$45 Res / $57 Non Res

Loma Verde Community Center- 7y-13y
Instructor: A. Orozco
Session: Jul 22 - Sep 9
Wed. 5 - 5:50pm

Guided Acrylic Painting

Join us for this mindful and peaceful class that will stimulate creative self-expression. Students will learn color, composition, and modeling with acrylic paints. In an easy to follow and relaxed classroom together we will learn a variety of painting skills. Remember to please dress accordingly messy activities are in the making.

*A one-time material fee of $30 per student will be due on the first day of class.

$75 Res / $94 Non Res

Parkway Community Center- 18y+
Instructor: A. Orozco
Session: 7/25-9/12 Jul 25 - Sep 12
Sat. 10:30 - 12pm

Creature Sketch Lab

Our Fun hands-on workshop will explore How-to-Draw all kinds of creatures big and small. We will learn and explore various techniques in drawing animals, and their variety of features from fur to feathers.

$45 Res / $56 Non Res

Parkway Community Center- 7y-12y
Instructor: A. Orozco
Session: July 25 - Sep 12
Sat. 9 - 10am

Painting Lab

Each session begins with art appreciation and a look at the life of a real artist before students dive into hands-on painting. Through step-by-step instruction, they’ll experiment with different styles, techniques, and materials to create unique works of art. Kids will gain skills, confidence, and creativity—so be sure to dress for messy fun! *All art materials are provided for use during class.*

*A one-time material fee of $30 per student will be due on the first day of class.

$65 Res / $82 Non Res

Loma Verde Community Center- 8y-13y
Instructor: A. Orozco
Session: Jul 22 - Sep 9
Wed. 6 - 7:30pm

Acrylic Painting

Students will learn basic and professional techniques from a professional painter.

*A one-time material fee of $30 per student will be due on the first day of class.

$50 Res / $63 Non Res

Veterans Park Community Center- 7y-13y
Instructor: O. Alvarado
Session: Jul 24 - Sep 11
Fri. 5 - 6pm

Art & Expression for Kids

This creative class invites children to explore art as a way to express their emotions, ideas, and imagination. Through drawing, painting, and simple journaling activities, participants will build confidence, creativity, and self-awareness in a fun and supportive environment. Basic materials will be provided. Participants may be invited to bring additional items for certain projects.

$65 Res / $81 Non Res

Veterans Park Community Center- 7y-12y
Instructor: C. Hernandez
Session: Jul 22 - Sep 9
Wed. 4:45 - 5:30pm





Totally Arts and Crafts

Totally Arts and Crafts is a dynamic class designed to unleash your child's creativity! Your young artist will bring their imagination to life with regular household items.

$36 Res / $45 Non Res

Veterans Park Community Center- 6y-12y
Instructor: Staff
Session: Jul 18 - Sep 8
Tue. 4:30 - 5:30pm

Little Chefs, Big World

Little Chefs, Big World is a fun, easy-to-run cooking program designed for recreation centers and led by non-professional staff. Children ages 8–15 explore different countries each session through simple, kid-friendly recipes and hands-on activities. Each class includes step-by-step instructions, basic kitchen safety guidance, and easy prep using minimal equipment. Staff facilitate rather than instruct at a professional level, making the program accessible and low-stress to lead.

$75 Res / $94 Non Res

Parkway Community Center- 8y-15y
Instructor: Staff
Session: Jul 24 - Sep 11
Fri. 4:30 - 6pm

Intro to Crochet

Students will learn the basics of common crochet stitches. Crocheting is a fun and relaxing hobby that anyone can do!

$36 Res / $45 Non Res

Veterans Park Community Center- 9y-14y
Instructor: Staff
Session: Aug 18 - Sep 8
Tue. 5:45 - 6:45pm

Robotics and Video Game Coding Club

At the Robotics Club, kids will work on Arduino-based Robotic designs while learning about electronics & all robot sub-systems in a fun way, kids will be using cells & bricks, gears, axles, DC & servo motors, sensors, and wireless controllers.

$140 Res / $175 Non Res

Salt Creek Community Center- 7y-11y
Instructor: RoboThink
Session: Jul 23 - Sep 10
Thur. 5:30 - 6:45pm

Dollars and Sense!

Develop critical thinning through STEM Project, Financial Literacy and Coding.

$140 Res / $175 Non Res

Salt Creek Community Center- 12y-15y
Instructor: RoboThink
Session: Jul 22 - Sep 9
Wed. 5:30 - 6:45pm

Jr. Roboverse

Get ready to build, create, and explore in Jr. Roboverse! Young engineers will dive into the exciting world of robotics as they design beginner bots, make them move, and take on fun challenges. With hands-on building and plenty of action, this class sparks curiosity and turns big imaginations into amazing robot creations!

$140 Res / $175 Non Res

Salt Creek Community Center- 4y-6y
Instructor: Creative Stem And Arts an LLC
Session: Jul 25 - Sep 12
Sat. 10 - 11am

Montevalle Community Center- 4y-6y
Instructor: Creative Stem And Arts an LLC
Session: Jul 22 - Sep 9
Wed. 4:30 - 5:30pm

Creative Journaling for Self-Care

This reflective and creative class combines journaling and simple art practices as tools for self-expression and personal care. Participants will explore guided prompts and creative exercises to connect with their thoughts, reduce stress, and cultivate mindfulness in a calm and welcoming space.

$100 Res / $125 Non Res

Veterans Park Community Center- 18y+
Instructor: C. Hernandez
Session: Jul 22 - Sep 9
Wed. 6 - 7:30pm

Design & Fashion

Step into the world of fashion and bring your ideas to life! Students will sketch, design, and create their own clothing and accessories, exploring projects like T-shirt graphics, custom tote bags, and wearable art. With hands-on design challenges and digital tools, every class is a runway of creativity where students can showcase their personal style. The session ends with a fun fashion show, where students debut their original designs for friends and family!

$160 Res / $200 Non Res

Salt Creek Community Center- 5y-13y
Instructor: Creative Stem And Arts an LLC
Session: Jul 25 - Sep 12
Sat. 11 - 12pm

Roboverse Battle Bot League

Get ready for an epic showdown of creativity and competition! In this high-energy class, students build and customize their own battling robots, then face off in obstacle courses, speed trials, and head-to-head competitions. It's nonstop action where engineering meets excitement — who will rise as the Battle Bot champion? Every match is a chance to outthink, outbuild, and outplay the competition!

$140 Res / $175 Non Res

Salt Creek Community Center- 7y-13y
Instructor: Creative Stem And Arts an LLC
Session: Jul 25 - Sep 12
Sat. 10 - 11am

Jr. Innovators

Young creators jump into science and tech fun with robotics, engineering, and hands-on building activities! From racing their own Robo Racers to cracking open dinosaur eggs, making 3D prints, and more, every week is packed with discovery and creativity. This enrichment class is the ultimate starter lab for future innovators ready to explore, experiment, and build their imaginations into reality!

$140 Res / $175 Non Res

Montevalle Community Center- 4y-6y
Instructor: Creative Stem And Arts an LLC
Sessions: Jul 21 - Sep 8
Tue. 4:30 - 5:30pm

HEALTH & FITNESS





HEALTH & FITNESS PROGRAMS

Move. Strengthen. Thrive.

Stay active and healthy with the City of Chula Vista's diverse lineup of fitness classes designed for all ages and fitness levels. From strength-building weightlifting and core-focused Pilates to relaxing yoga sessions, there's something for everyone.



Belly Dance Fitness

Beginners and experienced students are both welcome! Improve your core strength, flexibility, and coordination while learning the art of belly dance in a supportive and high-energy environment.

$50 Res / $63 Non Res

Parkway Community Center- 5y-13y Kids & Teens
Instructor: R. Arreola
Session: Jul 20 - Sep 14
Mon. 6 - 6:50pm
Session: Jul 21 - Sep 8
Tue. 6 - 6:50pm

$70 Res / $88 Non Res

Parkway Community Center- 5y-13y Kids & Teens Combo
Instructor: R. Arreola
Session: Jul 20 - Sep 14
Mon. & Tue. 6 - 6:50pm

$50 Res / $63 Non Res

Parkway Community Center- 13y + Teens & Adults
Instructor: R. Arreola
Session: Jul 20 - Sep 14
Mon. 7 - 7:50pm
Session: Jul 21 - Sep 8
Tue. 7 - 7:50pm
***FREE TRIAL CLASS**
Session: Jul 13
Mon. 7 - 7:50pm

Parkway Community Center- 13y + Teens & Adults Combo
Instructor: R. Arreola
Session: Jul 20 - Sep 14
Mon. & Tue. 7 - 7:50pm

$70 Res / $88 Non Res

Salt Creek Community Center- 15y +
Instructor: R. Arreola
Session: Jul 26 - Sep 13
Sun. 9:30 - 10:20am
***FREE TRIAL CLASS**
Session: Jul 18
Sun. 9:30 - 10:20am





Belly Dance Performance Group

This exclusive performance class is designed for dedicated students ready to take their training to the next level. The focus of this class will be on developing choreography, refining stage presence, and creating performance-ready costumes.

Enrollment in both the Monday and Tuesday classes is required to participate, as this ensures proper preparation and consistency in training.

This class is invitation only

$50 Res / $63 Non Res

Salt Creek Community Center- 18y +
Instructor: R. Arreola
Session: Jul 22 - Sep 9
Wed. 6 - 6:50pm

Beginner Line Dance

This is for beginner line dancers. We will learn 8-10 beginner line dances over the 8 week period. Each week we will progress from the following week.

$55 Res / $69 Non Res

Salt Creek Community Center- 18y +
Instructor: T. Curley
Session: Jul 20 - Sep 7
Mon. 4:15 - 5:15pm

Hot Hula

Inspired by Pacific Island dance, HOT HULA fitness® is a fun, 60-minute, full-body workout. It's easy to follow, for all ages and fitness levels, and requires no equipment. Set to Polynesian drum beats with a Reggae twist, it targets major muscle groups—especially the core, glutes, quads, and arms.

$64 Res / $80 Non Res

Salt Creek Community Center- 18y +
Instructor: D. Kopecky
Session: Jul 20 - Sep 7 or Jul 25 - Sep 12
Mon. 6:30 - 7:30pm
Sat. 9:30 - 10:30am

Urban Line Dance

Get moving and have fun in our Urban Line Dance class, perfect for beginners and experienced dancers alike! Learn basic steps to popular urban beats while staying fit, meeting new people, and enjoying the music. No experience needed—just bring your energy and a positive attitude!

$30 Res / $38 Non Res

Loma Verde Community Center- 18y +
Instructor: L. James
Session: Jul 21 - Sep 8
Tue. 5:30 - 6:30pm

Groovazon Dance Fitness

Groovazon is a dance fitness class that mixes hip-hop, funk, jazz, swing and a splash of Latin. Come learn fun dance combinations, funky dance techniques and groovy dance moves. This class is for participants of all skill levels.

$96 Res / $120 Non Res

Salt Creek Community Center- 18y +
Instructor: G. Ferman
Session: Jul 22 - Sep 9
Wed. 6:45 - 7:45pm

ZUMBA & Lift

Get ready for a high-energy workout with our new Zumba + Lift class, combining dance cardio with functional strength training for a full-body fitness experience. Participants should bring their own hand weights and/or resistance bands with handles and come prepared to sweat, smile, and strengthen.

Jul $50 Res / $63 Non Res
Aug $50 Res / $63 Non Res
Sep $44 Res / $55 Non Res
$8 Drop-in Fee

Loma Verde Community Center- 15y +
Instructor: L. Duarte
Session: Monthly (Jul, Aug, Sep)
Mon. 6:30 - 7:30pm & Wed. 6:30 - 7:30pm





ZUMBA

Dance your way to fitness in our fun Zumba classes! This energetic class blends Latin and international music with easy-to-follow routines for a full-body workout. Perfect for beginners and experienced dancers alike—get fit, have fun, and groove to the music!

$70 Res / $88 Non Res

Zumba Combo
Veterans Park Community Center- 18y +
Instructor: S. Fitch
Session: Jul 7 - Sep 10
Tue. 9 - 9:55am & Thur. 9 - 9:55am

$40 Res / $50 Non Res

Veterans Park Community Center- 18y +
Instructor: S. Fitch
Session: Jul 6-Sep 14
Mon. 7 - 7:55pm
Tue. 9 - 9:55am
Wed. 7 - 7:55pm
Thur. 9 - 9:55am
Thur. 7 - 7:55pm

$105 Res / $131 Non Res

Zumba Combo
Veterans Park Community Center- 18y +
Instructor: S. Fitch
Session: Jul 6 - Sep 14
Mon, Wed, Fri. 7 - 7:55pm

Dance Cardio Party

Start your day with our multi-rhythmic cardio dance class, a fun 60-minute workout to energizing music. Perfect for adults 50+, this class welcomes all fitness levels and abilities—no dance experience required. Move at your own pace while burning calories, boosting energy, and enjoying the music!

Jul $45 Res / $57 Non Res
Aug $40 Res / $50 Non Res
Sep $45 Res / $57 Non Res

Loma Verde Community Center- 16y-54y
Instructor: R. Sancen
Session: Monthly (Jul, Aug, Sep)
Tue. 9 - 10am & Thur. 9 - 10am

Jul $36 Res / $45 Non Res
Aug $32 Res / $40 Non Res
Sep $36 Res / $45 Non Res

Loma Verde Community Center- 55y +
Instructor: R. Sancen
Session: Monthly (Jul, Aug, Sep)
Tue. 9 - 10am & Thur. 9 - 10am



Balanced Body Circuit Training

You will do different stations utilizing different equipment such as battling ropes, medicine balls, bosu, kettlebells and steps. We will also come together as a group and do weights focusing on our arms and core. This class will fly by. Every week class will be different. Modifications are always available.

$52 Res / $65 Non Res
$7 Drop-in Free

Salt Creek Community Center- 13y +
Instructor: T. Curley
Session: Jul 22 - Sep 9
Wed. 9 - 10am

Boxing

This class will teach the fundamentals of western style boxing. Students will learn striking, defensive techniques, and boxing footwork. Classes will also incorporate many exercises to develop fitness and cardio.

$60 Res / $75 Non Res

Veterans Park Community Center- 18y +
Instructor: A. Reyes
Session: Jul 22 - Sep 16
Wed 10 - 11:15am

Butts and Guts Plus Stretching

45 minutes of core, leg and glute work followed by 15 minutes of stretching, flexibility and mobility to equal an hour long class. This class consists of 3 circuits of 9 min of legs followed by 6 min of core work. Always changing. Each exercise is 45 seconds of work with 15 sec break.

$52 Res / $65 Non Res
$7 Drop-in Fee

Salt Creek Community Center- 13y +
Instructor: T. Curley
Session: Jul 20 - Sep 7
Mon. 5:30-6:30pm

Mountain Hawk Park- 13y +
Instructor: T. Curley
Session: Jul 23 - Sep 10
Thur. 8:30 - 9:30am

AHA Certification CPR & First Aid

CPR/AED training that includes Basic First Aid, and De-choking techniques for all ages. An AHA certification course for adults and children 10+, valid for two years. Supplies to bring: Water and comfortable attire. There are compression portions of the training that will be done on the floor. All other required materials and tests will be emailed once registered.

$85 Res / $106 Non Res

Heritage Community Center- 10y +
Instructor: L. Kulleck
Session: They don't have dates yet check in 1-2 weeks
Fri. 4 - 6pm



Strengthen and Tone

This class will teach the fundamentals of western style boxing. Students will learn striking, defensive techniques, and boxing footwork. Classes will also incorporate many exercises to develop fitness and cardio.

$50 Res / $63 Non Res

Salt Creek Community Center- 13y +
Instructor: T. Curley
Session: Jul 20 - Sep 7
Wed 9 - 9:45am

Fitness Center Membership

Join our Fitness Center and take the first step toward a healthier, stronger you! Whether you're a beginner or pushing your limits, we've got you covered.
Youth Guidelines:

- Ages 10–14: Must be with a parent/guardian member at all times
- Ages 15–17: May use the facility with a signed waiver and membership
- A parent/guardian may be required at any time at staff discretion

$25 Res / $31 Non Res
$5 Drop-in Fee

Otay Community Center- 10y +
Instructor: N/A
Session: 3 Month Membership
Fitness Center Hours
Mon - Fri. 9am - 12pm / 2pm - 7:45pm
Sat. 9am - 1pm

$40 Res / $50 Non Res
$5 Drop-in Fee

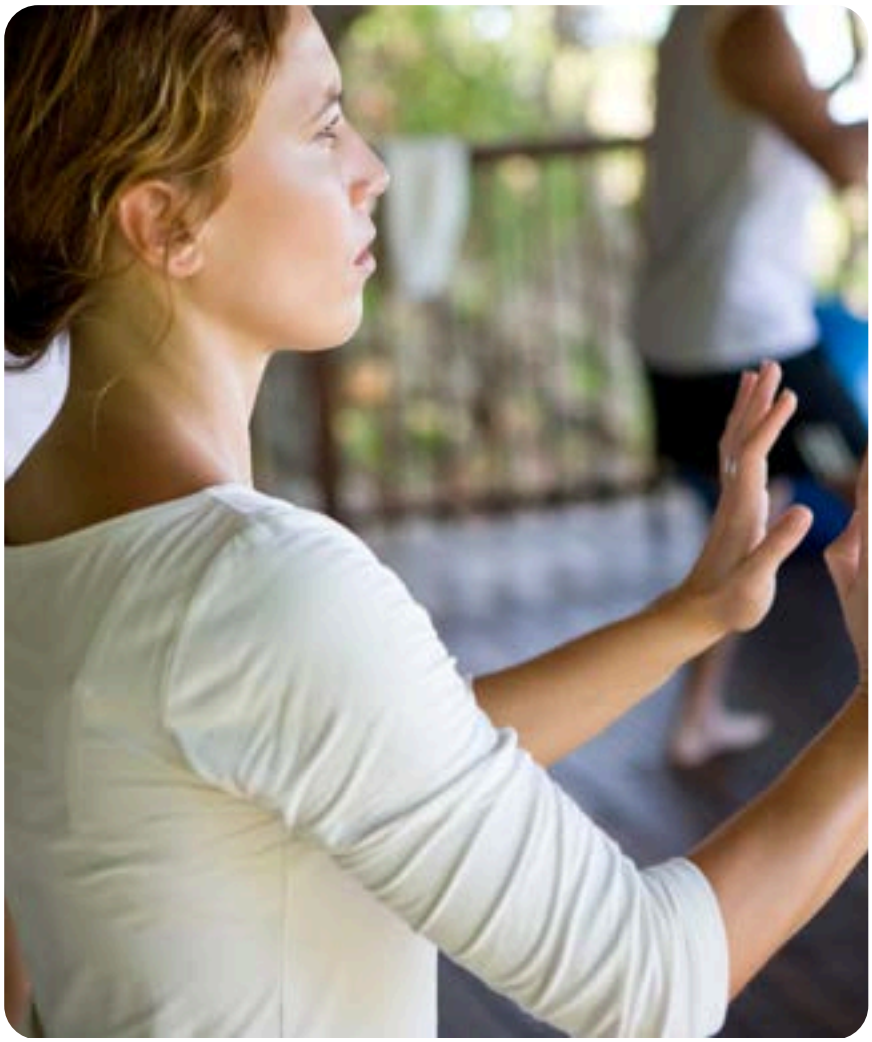
Salt Creek Community Center- 10y +
Instructor: N/A
Session: 3 Month Membership
Fitness Center Hours
Mon - Fri. 9am - 12pm / 2pm - 7:45pm
Sat. 9am - 1pm

Loma Verde Fitness Room

Our private weight room offers a peaceful, focused space to work out at your own pace. Equipped with dumbbells, a squat rack, a Titan Functional Trainer, an Assault Bike, and a Power Rower, it's perfect for those who prefer to train without the distractions or crowds of a large gym. Reserve a monthly time slot for consistent access, or drop in when space is available. Enjoy a quiet, convenient workout experience designed just for you. **Drop-in is only available if time is not already reserved.**

Call Center for Pricing
$5 Drop-in Fee

Loma Verde Community Center- 18y +
Instructor: N/A
Session: Monthly Membership



Tai Chi Chih Beginner

Tai Chi Chih class is a moving meditation. This gentle activity has many benefits - try it and see for yourself! Instructor Michelle Sarubbi, is very welcoming to beginners and encourages participants with positivity and inspires them to "have fun with it."

$58 Res / $73 Non Res
$8 Drop-in Free

Heritage Community Center- 18y +
Instructor: M. Sarubbi
Session: Jul 23 - Sep 10
Thur. 11 - 11:45am

Tai Chi Chih Intermediate

This intermediate Tai Chi Chih class is designed for those ready to build upon the basics and refine their flow. Instructor Michelle Sarubbi helps you connect deeper with your internal energy and truly master the movements. Bring your foundational knowledge and continue your wellness journey in a warm, encouraging environment.

$58 Res / $73 Non Res
$8 Drop-in Free

Heritage Community Center- 18y +
Instructor: M. Sarubbi
Session: Jul 23 - Sep 9
Thur. 9:45am - 10:45am

Slow Flow Yoga

A gentle, mindful practice that links breath with smooth, unhurried movement. Poses are held longer than in a traditional flow, allowing time to build strength, improve flexibility, and deepen body awareness. With a calm, steady pace, Slow Flow encourages intentional transitions, balanced effort, and relaxation—creating a grounding practice that supports both focus and ease.
Please bring a yoga mat.

$90 Res / $113 Non Res

Veterans Park Community Center- 18y +
Instructor: N. Duran
Session: Jul 24 - Sep 11
Fri. 11:05am - 11:55am

CPR & First Aid AHA Certification

CPR/AED training that includes Basic First Aid, and De-chocking techniques for all ages. An AHA certification course for adults and children 10+, valid for two years.

$85 Res / $106 Non Res

Heritage Community Center - 10y +
Instructor: L. Kulleck
Session: ?
Fri. 4pm - 6pm

Mat Pilates for Adults

A core-focused, full-body workout performed on the mat to build strength, improve posture, and enhance flexibility. This class emphasizes controlled movement, proper alignment, and mindful breathing to create balanced muscle tone and greater body awareness. Suitable for all levels, with modifications offered to support every participant.

$90 Res / $113 Non Res

Veterans Park Community Center- 18y +
Instructor: N. Duran
Session: Jul 24 - Sep 11
Fri. 9:10 - 10:10am

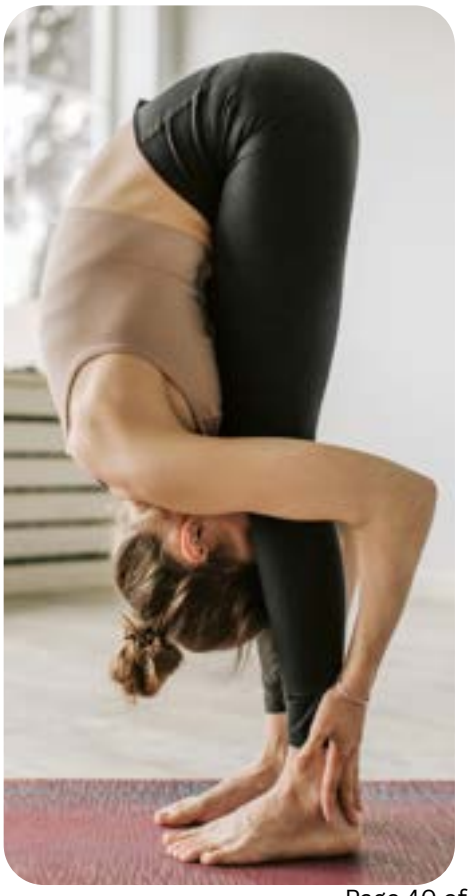
Montevalle Community Center- 18y +
Instructor: N. Duran
Session: Jul 22 - Sep 9
Wed. 9:10am - 10:10am

Power Pilates Plus Stretching

This class fuses the unmatched core sculpting effects of Pilates with the powerful fat burning power of HIIT. We will focus on our arms, cardio and core using our own body weight. There will be 4 circuits of 6 minutes with a cardio move followed by an arm move on the mat. This 30 min class will fly by but leave you feeling toned and sculpted.

$50 Res / $63 Non Res
$7 Drop-in Free

Mountain Hawk Park- 13y +
Instructor: T. Curley
Session: Jul 21 - Sep 8
Tue 8:45-9:30am



MARTIAL ARTS





MARTIAL ART PROGRAMS

Respect, Perseverance, Self Growth

Whether you're a beginner looking to learn the basics or an experienced martial artist aiming to refine your techniques, Chula Vista's martial arts programs provide a supportive and structured environment to help you achieve your goals. Join us to enhance your physical abilities, learn self-defense skills, and become part of a community that values respect, perseverance, and personal growth.



Judo Beginning

Participants will be learning how to perform Judo exercises and basic Judo Falls. We will teach the rich Judo history and benefits of the Martial Art and the Olympic Sport of Judo. Class will work into basic Judo throws and Judo hold downs.

$28 Res / $35 Non Res
$10 Drop-in Fee

Salt Creek Community Center- 5y-12y
Instructor: D. Ozaki
Session: Jul 23 - Sep 10
Thur. 3-3:50pm

Salt Creek Community Center- 13y +
Instructor: D. Ozaki
Session: Jul 23 - Sep 10
Thur. 4 - 4:50pm

Judo All Levels

The ancient martial art of judo provides personal development through precise physical movements and discipline. Develop self defense techniques and strive to perfect individual character. Additional uniform and federation fees are associated with this program.

$35 Res / $44 Non Res

Parkway Community Center- 4y-10y
Instructor: D. Ozaki
Session: Jul 21 - Sep 8 or Jul 23 - Sep 10
Tue. 5 - 5:50pm or
Thur. 5 - 5:50pm

Parkway Community Center- 5y-12y
Instructor: D. Ozaki
Session: Jul 21 - Sep 8 or Jul 23 - Sep 10
Tue. 6 - 6:50pm or
Thur. 6 - 6:50pm

Parkway Community Center- 13y+
Instructor: D. Ozaki
Session: Jul 21 - Sep 8 or Jul 23 - Sep 10
Tue. 7 - 7:50pm or
Thur. 7- 7:50pm

Parkway Community Center- 11y+
Instructor: D. Ozaki
Session: Jul 25 - Sep 12
Sat. 11:30 am - 12:30pm





Karate- Do Beginner

This class is designed for beginners, teaching you not only self-defense techniques but also valuable life skills such as discipline, focus, and perseverance. As you progress, you'll gain physical strength and mental clarity, helping you tackle challenges both on and off the mat.

$70 Res / $88 Non Res

Loma Verde Community Center- 5y-11y
Instructor: A. Lopez
Session: Jul 23 - Sep 10
Thur. 4:30 - 5:30pm

Montevalle Community Center- 5y-11y
Instructor: A. Lopez
Session: Jul 21 - Sep 8
Tue. 4:30 - 5:20pm

Salt Creek Community Center- 5y-10y
Instructor: A. Lopez
Session: Jul 22 - Sep 9
Wed. 4:30 - 5:20pm

Veterans Park Community Center- 5y-11y
Instructor: A. Lopez
Session: Jul 25 - Sep 12
Sat. 9:30 - 10:30am

Karate Little Ninjas

Build confidence, strength, and focus in our Karate Little Ninjas class! Designed for young beginners, this class introduces basic karate movements and discipline in a fun, supportive environment. Students learn respect, coordination, and self-control while developing a strong foundation in martial arts.

$38 Res / $48 Non Res

Otay Community Center- 3y-6y
Instructor: A. Gacuya
Session: Aug 3 - Sep 14 or Aug 5 - Sep 9
Mon. 4:30-5pm
Wed. 4:30-5pm

Karate- Do Intermediate

This class is designed for those who have mastered the basics and are ready to push their limits, enhancing your technique, strength, and mental focus. You'll refine your self-defense abilities while deepening your understanding of Karate's core principles, including discipline, respect, and perseverance. Please note that this class is for advanced students only. **Do not sign up unless you have been approved by the instructor**.

$70 Res / $88 Non Res

Loma Verde Community Center- 5y+
Instructor: A. Lopez
Session: Jul 23 - Sep 10
Thur. 5:30 - 6:30pm

Montevalle Community Center- 5y+
Instructor: A. Lopez
Session: Jul 21 - Sep 8
Tue. 5:30 - 6:20pm

Salt Creek Community Center- 10y+
Instructor: A. Lopez
Session: Jul 22 - Sep 9
Wed. 5:30 - 6:20pm

Veterans Park Community Center- 5y+
Instructor: A. Lopez
Session: Jul 25 - Sep 12
Sat. 10:30 - 11:30am

Karate Juniors

Build confidence, strength, and discipline in our Karate Juniors class! This class expands on basic techniques while emphasizing focus, respect, and coordination in a fun, supportive environment.

$38 Res / $48 Non Res

Otay Community Center- 6y+
Instructor: A. Gacuya
Session: Aug 3 - Sep 14 or Aug 5 - Sep 9
Mon. 5:15 - 6pm
Wed. 5:15 - 6pm



Karate Club

The Okinawan Karate-do at parkway karate club is a Recreation Class. Our purpose is to preserve traditional Okinawan Karate-do through teaching and practice. We strive to imbue in our students discipline, confidence, teamwork, and spirit. Our curriculum includes sparring (Kumite), forms (Kata) as well as various self-defense techniques that create the core foundation of our karate training.

Beginning

$60 Res / $75 Non Res

Parkway Community Center- 3y+
Instructor: J. Morrison
Session: Jul 25 - Sep 12
Sat. 9:40 - 10:20am

Intermediate/Advanced

$70 Res / $88 Non Res

Parkway Community Center- 3y+
Instructor: J. Morrison
Session: Jul 25 - Sep 12
Sat. 10:30 - 11:30am

Kajukenbo Karate

Kajukenbo is a realistic approach to learning self defense. Improve balance, self confidence, and build a strong mind and body. ***This is a competitive level program**

$70 Res / $88 Non Res

Montevalle Community Center- 5y+
Instructor: B. Angeles
Session: Monthly (Jul, Aug, Sep)
Mon, Wed, & Fri. 6:30 - 8pm

Karate Beginning

Beginning Karate class teaches basic blocking, kicking, forms and self-defense for young ones with games to make it more fun. You will also complete a promotion test after every session.

$70 Res / $88 Non Res

Heritage Community Center- 5y+
Instructor: D. Van Dyke
Session: Jul 21 - Sep 8
Tue. 5 - 5:50pm

Karate Intermediate

Intermediate Karate class involves the same techniques as beginning, but your rank dictates the classes as you develop your skills to more advanced methods plus sparring.

$70 Res / $88 Non Res

Heritage Community Center- 5y+
Instructor: D. Van Dyke
Session: Jul 21- Sep 8
Tue. 6 - 6:50pm





Daring Dragons Preschool

This program encourages Parent's to act as coaches for their toddlers. Focusing on improving your child's listening and motor skills. This fun filled educational class will introduce your toddler to the Martial Arts in a safe, fun environment. Learn the basic framework of martial arts techniques to empower your child to focus and concentrate. Beginner Technique training with safe equipment, basic tumbling, and training listening/obeying commands.

$80 Res / $100 Non Res

Parkway Community Center- 3y-4y
Instructor: J. Tanagras
Session: Jul 20 - Sep 14
Mon. 5 - 5:30pm

Veterans Park Community Center- 3y-4y
Instructor: J. Tanagras
Session: Jul 23 - Sep 17
Thur. 5 - 5:30pm

Daring Martial Arts Beginners

Introduction to Martial Arts. Family Friendly and Parent Participation (coaching) highly recommended. Learn confidence, responsibility, and character development in a safe, fun environment. A great class to get your kids off their screens and improve their agility, balance, flexibility, and endurance!

$100 Res / $125 Non Res

Veterans Park Community Center- 4y+
Instructor: J. Tanagras
Session: Jul 21 - Sep 15
Tue. 5 - 5:30pm

Parkway Community Center- 4y+
Instructor: J. Tanagras
Session: Jul 22 - Sep 9
Wed. 5 - 5:30pm

Daring Martial Arts Advanced

Advanced Martial Arts Instruction. Students in this class will be part of Black Belt Prep We will be covering all techniques necessary to earn a Black Belt through Daring Martial Arts. Students should be either familiar with Master James or have attended other Daring Martial Arts classes to be able to register. Advanced Techniques: Punches, Kicking & Self Defense.

$100 Res / $125 Non Res

Parkway Community Center- 7y+
Instructor: J. Tanagras
Session: Jul 22 - Sep 9
Wed. 6:30 - 7:30pm

Veterans Park Community Center- 7y+
Instructor: J. Tanagras
Session: Jul 21 - Sep 15
Tue. 6:30 - 7:15pm

Daring Martial Arts Kids

Beginner/Intermediate Martial Arts Instruction. Students will be more independent and given more responsibilities during class time. Students will be introduced to self defense drills, and footwork. Intermediate Techniques: Punches, Kicking, & Self Defense.

$100 Res / $125 Non Res

Parkway Community Center- 4y+
Instructor: J. Tanagras
Session: Jul 22 - Sep 9
Wed. 5:30 - 6:15pm

Veterans Park Community Center- 4y+
Instructor: J. Tanagras
Session: Jul 21 - Sep 15
Tue. 5:30 - 6:15pm

Daring Martial Arts Kickboxing

Muay Thai Kickboxing Instruction. This class will teach basic kicks, punches, knees, elbows, clinches, and footwork. Boxing gloves are required for class participation.

$100 Res / $125 Non Res

Parkway Community Center- 7y+
Instructor: J. Tanagras
Session: Jul 20 - Sep 14
Mon. 6:30 - 7:30pm

Veterans Park Community Center- 7y+
Instructor: J. Tanagras
Session: Jul 23 - Sep 17
Thur. 6:30 - 7:15pm

Daring Martial Arts Demo Team

Demo Team Practice, Invitation only class. Daring Martial Arts Demo Team performs all over San Diego County and has done performances at various Martial Arts tournaments, business openings, and holiday celebrations. This class is meant to sharpen techniques for performance level Martial Arts. Students must be signed up with Daring Martial Arts Kids or Advanced to join this class.

$40 Res / $50 Non Res

Parkway Community Center- 5y+
Instructor: J. Tanagras
Session: Jul 20 - Sep 14
Mon. 5:30 - 6:15pm

Veterans Park Community Center- 5y+
Instructor: J. Tanagras
Session: Jul 23 - Sep 17
Thur. 5:30 - 6:15pm

Kung Fu San Soo- Youth

Designed for beginners, this class teaches the foundational practices of Kung Fu, helping students build coordination, health, and character. With a focus on self-defense, students will also develop essential skills for hand-to-hand combat, all while learning the values of respect, perseverance, and focus.

$40 Res / $50 Non Res

Loma Verde Community Center- 5y-11y
Instructor: D. Suiter
Session: Monthly (Jul, Aug, Sep)
Tue. 6 - 6:40pm & Sat. 8 - 8:40am

Kung Fu San Soo- Adult

This class is designed for students who are ready to refine their skills and build greater strength, confidence, and character. You will enhance your techniques in striking, punching, kicking, and throwing, while also perfecting your forms and stances.

$80 Res / $100 Non Res

Loma Verde Community Center- 12y+
Instructor: D. Suiter
Session: Monthly (Jul, Aug, Sep)
Tue. 6:40 - 8pm & Sat. 8:40 - 10am

Fencing

Learn how to fence with Forte Fencing Club. Classes are tailored for participants of all skill levels and will promote physical fitness, mental agility and socialization skills. All equipment is provided for the first month of classes. All participants must wear sweat pants and closed toe athletic shoes.

$125 Res / $157 Non Res

Montevalle Community Center- 7y-10y
Instructor: Forte Fencing Club
Session: Monthly (Jul, Aug, Sep)
Tue. 5 - 6pm or
Thur. 5 - 6pm

$175 Res / $219 Non Res

Montevalle Community Center- 11y+
Instructor: Forte Fencing Club
Session: Monthly (Jul, Aug, Sep)
Tue. 6 - 7:30pm or
Thur. 6 - 7:30pm

Montevalle Community Center- 7y-10y
Instructor: Forte Fencing Club
Session: Monthly (Jul, Aug, Sep)
Tue. 5 - 6pm & Thur. 5 - 6pm

$250 Res / $313 Non Res

Montevalle Community Center- 11y+
Instructor: Forte Fencing Club
Session: Monthly (Jul, Aug, Sep)
Tue. 6 - 7:30pm & Thur. 6 - 7:30pm

Fencing- Beginner

Discover the exciting sport of fencing! Perfect for beginners, our classes introduce the basics of footwork, blade work, and strategy while helping you build confidence, fitness, and coordination. With our expert instructor and a fun, supportive environment, you'll learn safely while developing skill, discipline, and respect.

$140 Res / $175 Non Res

Loma Verde Community Center- 7y-13y
Instructor: A. Ridley
Session: Jul 22 - Sep 9
Wed. 4 - 5:30pm



Fencing- Beginner II / Intermediate

Take your fencing skills to the next level! Our Beginner II / Intermediate class builds on the basics with more advanced footwork, blade work, and strategy. With guidance from our experienced instructor, you'll sharpen your technique, improve coordination and fitness, and continue training in a safe, respectful, and supportive environment.

$140 Res / $175 Non Res

Loma Verde Community Center- 7y-13y
Instructor: A. Ridley
Session: Jul 23 - Sep 10
Tue. 4-5:30pm

Amara Taekwondo- Beginner

This class will teach the fundamentals of Taekwondo. Students will learn basic kicks, punches, and self-defense.

$70 Res / $88 Non Res

Veterans Park Community Center- 6y+
Instructor: A. Reyes
Session: Jul 20 - Sep 16
Mon. 4 - 5pm & Wed. 4 - 5pm



Amara Taekwondo- Kids

Family friendly and kid focused class to introduce martial arts. Parents are encouraged to go through drills and learn with their kids.

$50 Res / $63 Non Res

Veterans Park Community Center- 4y+
Instructor: A. Reyes
Session: Jul 20 - Sep 16
Mon. 3:15 - 4pm & Wed. 3:15 - 4pm

Amara Taekwondo- Advance

This class focuses on reinforcing the fundamentals of Taekwondo by challenging students in advanced settings. Students will further develop strength, mobility, and athleticism.
*Supplies/Materials Needed: Sparring gear (please see instructor for more info)

$70 Res / $88 Non Res

Veterans Park Community Center- 6y+
Instructor: A. Reyes
Session: Jul 20 - Sep 16
Mon. 5 - 6pm & Wed. 5 - 6pm

Muay Thai- Beginner

This class will teach the fundamentals of Muay Thai and Kickboxing. Students will learn combinations of punches, kicks, knees, and elbows.
*Supplies/Materials Needed: 14 oz. boxing gloves or heavier. Shin guards are optional.

$60 Res / $75 Non Res

Veterans Park Community Center- 16y+
Instructor: A. Reyes
Session: Jul 20 - Sep 14
Mon. 6:30 - 7:30pm



FREE

MWF 3:30-5PM
AGES 6-12

MOBILE REC

rec delivered.



MONDAYS
LOS NINOS PARK
150 Teal St, Chula Vista, CA 91911

WEDNESDAYS
ESCAYA PARK
1075 Camino Prado, Chula Vista, 91913

FRIDAYS
HARBORSIDE PARK
670 Oxford St, Chula Vista, CA 91911

MOUNTAIN HAWK PARK
1475 Lake Crest Dr, Chula Vista, CA 91915



Let the good times roll!

Good times are coming to your neighborhood, with our FREE mobile recreation ride packed with activities for after school fun-seekers.

- Have fun while staying fit!
- Get help with your homework and we'll bring the supplies too!
- Mobilize yourself with arts and crafts that build creativity!
- Join in on the games and make memories as well as friends!
- Roll into a safe place to hang just steps from home!

CLICK HERE

For more information about Mobile Rec or call (619) 409-5979

NATURE PROGRAMS





NATURE PROGRAMS

Finding Nature in the City!

Nature recreation programs offer a variety of outdoor activities for all ages! Programs are offered throughout the year to help residents and visitors explore the surprising beauty of the outdoors with the park and recreation department as well as partner organizations and departments.

CHECKOUT THE JUNIOR RANGER PROGRAM TAUGHT BY THE CHULA VISTA PARK RANGERS.







BECOME A CHULA VISTA JR. PARK RANGER!

FREE PROGRAM! NO ADVANCE SIGN-UP NECESSARY

Ages 5 - 15 welcome with a guardian
Every 4th Weekend of the month (Saturday and Sunday)
9:00 AM - 12:00 PM at Rice Canyon - North Rancho Del Rey Pkwy, 91910

Explore, learn, and make a difference!
Pick up your activity book at your first event and earn stamps each time you attend. Complete events and projects to earn coins and rewards! Once you complete your activity book, you can become a Jr. Park Ranger!

Activities include:

- Learning about parks and preservation from Chula Vista Park Rangers
- Seeing native animal specimens from the Natural History Museum
- Identifying local plants and taking a self-led hike through Rice Canyon
- Participating in eco-projects and park clean-ups



More info contact: JrRangers@chulavistaca.gov (619)-397-6013







NATURE PROGRAMS

BIRD AND BREW

SAVE THE DATE!



Sip, Stroll, Spot

EXPLORE NATURE ONE SIP AT A TIME!

FREE, AGES 13+

Sat, June 20th, 9-11am
Mountain Hawk Park
1475 Lake Crest Drive

Sat, July 18th, 9-11 am
Montevalle Park
840 Duncan Ranch Rd

Sat, August 15th, 9-11am
Rice Canyon Trail
1242 Cima Del Rey

Sat, September 19th, 9-11am
Wildlife Refuge
Meet at 845 E Street

Whether you're a nature lover, a coffee enthusiast, or just looking for a fun way to unwind outdoors, this is your perfect mix of leisure and learning. Bring your walking shoes, a sense of curiosity, and get ready to sip, stroll, and spot! Come and enjoy this unique experience put together by the City of Chula Vista Parks and Rec Department and the San Diego Wildlife Refuge System.

For more information, please contact:
cweston@chulavistaca.gov

Register at:
www.chulavistaca.gov/rec

CITY OF CHULA VISTA Parks & Rec

NATIONAL WILDLIFE REFUGE SYSTEM

PERFORMING ARTS





PERFORMING ARTS PROGRAMS

Learn. Grow. Perform.

Chula Vista offers a dynamic selection of dance classes for all ages and skill levels. Participants can explore various styles, including tap, ballet, ballet folklórico, hip hop, salsa, and innovative fusion classes that blend multiple genres. These programs are designed to promote physical fitness, cultural appreciation, and artistic expression in a supportive community environment. Whether you're a beginner looking to learn new moves or an experienced dancer aiming to refine your technique, Chula Vista's dance offerings provide an inclusive space to move, connect, and grow.





Baby Toddler Ballet

Boys and girls will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet! Teaching kids to dance at a young age helps them develop stamina, self-confidence and independence. Join us for a fun time dancing and moving with your mommy or daddy (one parent/guardian is required to participate).

$80 Res / $100 Non Res

Heritage Community Center- 6m-3y
Instructor: C. Donovan
Session: Jul 21 - Sep 8
Tue. 9:15 - 9:45am

Parent & Me Mini Ballet

In this class, little ones and their parents are introduced to ballet in a fun, playful setting. Simple movements and creative activities encourage coordination, bonding, and a love for dance.

$80 Res / $100 Non Res

Loma Verde Community Center- 18m-2y
Instructor: N. Duran
Session: Jul 21 - Sep 8
Tue. 9:30 - 10am

Preschool Twinkle Toes Ballet

All boys and girls will enjoy this fun-filled class learning new dancing styles and the latest techniques of tap! Teaching kids to dance at a young age helps them develop stamina, self-confidence and independence. Join us for a fun time learning ballet dance and movements.

$80 Res / $100 Non Res

Heritage Community Center- 3y-5y
Instructor: C. Donovan
Session: Jul 21 - Sep 8
Tue. 9:50 - 10:20am

Toddler Ballet

In this class, students are introduced to ballet in a fun and playful setting. While basic terminology and technique are included, the focus is on fostering early development, creativity, and a love for movement through the art of ballet.

$80 Res / $100 Non Res

Loma Verde Community Center- 2y-3y
Instructor: N. Duran
Session: Jul 21 - Sep 8
Tue. 10:10 - 10:40am

Montevalle Community Center- 2y-4y
Instructor: N. Duran
Session: Jul 22 - Sep 9
Wed. 11:15 - 11:55am

Pre-School Ballet

In this class, students are introduced to ballet in a fun and playful setting. While basic terminology and technique are included, the focus is on fostering early development, creativity, and a love for movement through the art of ballet.

$88 Res / $110 Non Res

Loma Verde Community Center- 3y-4y
Instructor: N. Duran
Session: Jul 20 - Sep 14 or Jul 21 - Sep 8
Mon. 5 - 5:45pm
Tue. 11 - 11:45am

$96 Res / $120 Non Res

Heritage Community Center- 3y-4y
Instructor: C. Donovan
Session: Jul 22 - Sep 9
Wed. 4:45 - 5:15pm





Mini Ballet

This class will focus on the basics of ballet. Students will also build motor skills, coordination, and musicality through games and imagination

$104 Res / $130 Non Res

Veterans Park Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Jul 25 - Sep 12
Sat. 9 - 9:45am

Veterans Park Community Center- 3y-6y
Instructor: M. Arechiga-Romero
Session: Jul 21 - Sep 8
Tue. 5:15 - 6pm

Montevalle Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Jul 22 - Sep 9
Wed. 5 - 5:45pm



Beginners Ballet

In this class, students are introduced to ballet in a fun and playful setting. While basic terminology and technique are included, the focus is on fostering early development, creativity, and a love for movement through the art of ballet.

$88 Res / $110 Non Res

Loma Verde Community Center- 4y-5y
Instructor: N. Duran
Session: Jul 20 - Sep 14
Mon. 4:15 - 5pm

$96 Res / $120 Non Res

Heritage Community Center- 5y-10y
Instructor: C. Donovan
Session: Jul 22 - Sep 9
Wed. 5:15 - 6:05pm

Ballet 1

In this class, students begin exploring ballet in a supportive and playful environment. While learning basic steps, positions, and terminology, the focus is on building coordination, confidence, and a joy for movement.

$96 Res / $120 Non Res

Loma Verde Community Center- 5y-9y
Instructor: N. Duran
Session: Jul 20 - Sep 14
Mon. 6 - 6:50pm

$104 Res / $130 Non Res

Veterans Park Community Center- 6y-10y
Instructor: M. Arechiga-Romero
Session: Jul 25 - Sep 12
Sat. 9:45 - 10:30am

Montevalle Community Center- 6y-9y
Instructor: M. Arechiga-Romero
Session: Jul 22 - Sep 9
Wed. 5:45 - 6:30pm

Ballet 2

In this class, students build on their ballet foundation with more challenging steps and technique. Creativity and expression remain at the center as dancers strengthen coordination, discipline, and confidence.

$100 Res / $125 Non Res

Loma Verde Community Center- 7y-11y
Instructor: N. Duran
Session: Jul 20 - Sep 14
Mon. 7 - 7:50pm

$112 Res / $140 Non Res

Montevalle Community Center- 9y-12y
Instructor: M. Arechiga-Romero
Session: July 20 - Sep 14
Mon. 6:30 - 7:30pm
Wed. 6:30 - 7:30pm

Ballet 1 & 2

Continuation of Ballet 1, or for students with prior dance experience. Class will go through barre, center work and progressions which include basic turns, jumps, and leaps.

$112 Res / $140 Non Res

Veterans Park Community Center- 7y-12y
Instructor: M. Arechiga-Romero
Session: Jul 21 - Sep 8
Tue. 6 - 7pm





Ballet 3 | Ballet 4 - Pointe

This class will cover basic ballet and tap positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility. Participants will also develop a sense of musical awareness and movement quality.

$152 Res / $190 Non Res

Montevalle Community Center- 13y +
Instructor: M. Arechiga-Romero
Session: Jul 20 - Sep 14
Mon. 6:30 - 8pm
Wed. 6:30 - 8pm

Veterans Park Community Center- 13y +
Instructor: M. Arechiga-Romero
Session: Jul 21 - Sep 8
Tue. 7 - 8:30pm

Ballet 4

This class is the continuation of Advanced Ballet 2, for students with dance experience. Class will focus on intermediate/advance ballet technique and discipline. Students will move through barre, center work and progressions which include turns, jumps and leaps.

$152 Res / $190 Non Res

Veterans Park Community Center- 13y +
Instructor: M. Arechiga-Romero
Session: Jul 25 - Sep 12
Sat. 12 - 1:30pm

Mini Ballet & Tap

This class will focus on the basics of ballet and tap, motor skills, coordination and musicality through games and imagination.

$104 Res / $130 Non Res

Veterans Park Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Jul 23 - Sep 10
Thur. 4:45 - 5:30pm

Montevalle Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Jul 20 - Sep 12
Mon. 5:45 - 6:30pm
Sat. 10:30 - 11:15am

Ballet & Tap 1 & 2

This class will focus on the basics of ballet, motor skills, coordination and musicality through games and imagination.

$104 Res / $130 Non Res

Veterans Park Community Center- 6y-10y
Instructor: M. Arechiga-Romero
Session: Jul 22 - Sep 9
Wed. 5:15 - 6pm

Ballet & Tap 1

This class will focus on the basics of ballet, motor skills, coordination and musicality through games and imagination.

$104 Res / $130 Non Res

Montevalle Community Center- 6y-10y
Instructor: M. Arechiga-Romero
Session: Jul 23 - Sep 12
Thur. 5:45 - 6:30pm
Sat. 10:30 - 11:15am

Mini Tap

This class will focus on the basics of tap, motor skills, coordination and musicality through games and imagination.

$93 Res / $117 Non Res

Montevalle Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Jul 22 - Sep 9
Wed. 4:30 - 5pm

Mini Jazz

This class will teach elementary techniques of jazz to help develop skills and creative movement. Students will also delve into routines, rhythm, coordination and stretching.

$93 Res / $116 Non Res

Veterans Park Community Center- 3y-6y
Instructor: M. Arechiga-Romero
Session: Jul 23 - Sep 10
Thur. 5:30 - 6pm

Jazz 1 and Mini Jazz Advanced

Learn elementary techniques of jazz to help develop skills and creative movement. This course will delve into routines, rhythm, coordination, and stretching.

$104 Res / $130 Non Res

Veterans Park Community Center- 7y-12y
Instructor: M. Arechiga-Romero
Session: Jul 23 - Sep 10
Thur. 6 - 6:45pm



Junior Hip Hop Dance

This high-energy class blends street dance styles like breaking, popping, and locking, while encouraging students to express their own unique style and personality.

$96 Res / $120 Non Res

Heritage Community Center- 4y-10y
Instructor: C. Donovan
Session: Jul 22 - Sep 9
Wed. 6:05-6:55pm

Jazz / Hip Hop 1

Students will learn elementary techniques of jazz and hip hop to help develop skills and creative movement. Students will also delve into routines, rhythms, coordination and stretching.

$104 Res / $130 Non Res

Montevalle Community Center- 7y +
Instructor: M. Arechiga-Romero
Session: Jul 23 - Sep 10 or Jul 25 - Sep 12
Thur. 4:30 - 5:15pm
Sat. 12 - 12:45pm

Veterans Park Community Center- 7y +
Instructor: M. Arechiga-Romero
Session: Jul 22 - Sep 9
Wed. 6:30 - 7:15pm

Mini Hip Hop

This is an introductory dance class where creative movement and activities help introduce basic dance steps. Students also play games which enhance cognitive & social development and learn classroom etiquette.

$93 Res / $115 Non Res

Montevalle Community Center- 3y-6y
Instructor: M. Arechiga Romero
Session: Jul 23 - Sep 10 or Jul 25 - Sep 12
Thur. 5:15 - 5:45pm
Sat. 10 - 10:30 am

$104 Res / $130 Non Res

Veterans Park Community Center- 3y-6y
Instructor: M. Arechiga Romero
Session: Jul 22 - Sep 9
Wed. 6 - 6:30pm



Samba Afro-Brazilian Dance

Learn the basic steps to Samba, get exercise, and make friends!

$70 Res / $88 Non Res

Heritage Community Center- 18y +
Instructor: I. Campbell
Session: Jul 22 - Sep 9
Wed. 10:45 - 11:45am

Latin Ladies Dance

Intro to Latin dances: bachata, salsa, merengue, cumbia, and kizomba, with a focus on lady style for graceful and confident movement.

$50 Res / $63 Non Res

Parkway Community Center- 15y +
Instructor: P. Arreola
Session: Jul 22 - Sep 9
Wed. 7 - 7:50pm

- FREE TRIAL CLASS: Jul 22 - Sep 9 Wed. 7-7:50pm

Salsa & Bachata – Beginner

Learn to dance in this fun beginner course featuring 4 weeks of tropical Salsa followed by 4 weeks of Bachata. You'll master basic steps, turns, partner connection, and rhythm, while developing confidence on the dance floor. Partners are recommended but singles are welcome to join the fun!

$104 Res / $130 Non Res

Loma Verde Community Center- 18y +
Instructor: G. Ferman
Session: Jul 24 - Sep 11
Fri. 7:15 - 8:15pm

$48 Res / $60 Non Res

Montevalle Community Center- 18y +
Instructor: G. Ferman
Session: Jul 21 - Sep 8
Tue. 7 - 8pm



Folklorico Mexicano

Have fun learning the basics in various regional dances with an emphasis on developing rhythm and motor skills. Students will build confidence, coordination, and teamwork in a fun, supportive environment.

$70Res / $88 Non Res

Beginning 1

Parkway Community Center- 6y-13y
Instructor: Y. Beniquez
Session: Jul 25 - Sep 12
Sat. 10-10:50am

Otay Community Center- 6y-11y
Instructor: Y. Beniquez
Session: Jul 21 - Sep 8
Tue. 5 - 5:50pm

Beginning 2

Parkway Community Center- 6y-13y
Instructor: Y. Beniquez
Session: Jul 23 - Sep 10
Thur. 5-5:50pm

Intermediate 1

Parkway Community Center- 7y-16y
Instructor: Y. Beniquez
Session: Jul 25 - Sep 12
Sat. 12-12:50pm

Intermediate 2

Parkway Community Center- 6y-16y
Instructor: Y. Beniquez
Session: Jul 23 - Sep 10
Thur. 6-6:50pm

Emerging 1

Parkway Community Center- 12y +
Instructor: Y. Beniquez
Session: Jul 25 - Sep 12
Sat. 11-11:50am

Advanced / Pro

$75Res / $94 Non Res

Parkway Community Center- 16y +
Instructor: Y. Beniquez
Session: Jul 23 - Sep 10
Thur. 7-7:50pm

Folklorico Mexicano – Preschool

Have fun learning the basics in various regional dances with an emphasis on developing rhythm and motor skills. Students will build confidence, coordination, and teamwork in a fun, supportive environment.

$60 Res / $75 Non Res

Parkway Community Center- 3y-5y
Instructor: Y. Beniquez
Session: Jul 25 - Sep 12
Sat. 9:30-10am

Otay Community Center- 3y-5y
Instructor: Y. Beniquez
Session: Jul 21 - Sep 8
Tue. 4:30 - 5pm



Mini Folklorico

This class incorporates footwork and skirt technique from the different regions in Mexico.

$93 Res /$116 Non Res

Montevalle Community Center- 4y-7y
Instructor: M. Arechiga Romero
Session: Jul 20 - Sep 14
Mon. 4:15 - 4:45pm

Veterans Park Community Center- 4y-8y
Instructor: M. Arechiga Romero
Session: Jul 22 - Sep 9
Wed. 4:45-5:15pm

$104 Res /$130 Non Res

Heritage Community Center- 3y - 6y
Instructor: A. Acuna
Session: Jul 20 - Sep 14
Mon. 5:15 - 6pm

Ballet Folklorico 1

This class incorporates footwork and skirt technique from the different regions in Mexico.

$93 Res / $116 Non Res

Montevalle Community Center- 4y-8y
Instructor: M. Arechiga Romero
Session: Jul 25 - Sep 12
Sat. 9:30 - 10am

$104 Res / $130 Non Res

Veterans Park Community Center- 7y-12y
Instructor: M. Arechiga Romero
Session: Jul 21 - Sep 8
Tue. 4:30-5:15pm

$104 Res / $130 Non Res

Heritage Community Center- 7y-12y
Instructor: A. Acuna
Session: Jul 20 - Sep 14
Mon. 6 - 6:45pm

Ballet Folklorico 2

This class incorporates footwork and skirt technique from the different regions in Mexico.

$112 Res / $140 Non Res

Montevalle Community Center- 10y+
Instructor: M. Arechiga Romero
Session: Jul 20 - Sep 14
Mon. 4:45 - 5:45pm

Ballet Folklorico – Beginner / Intermediate

Step into the colorful tradition of Ballet Folklórico! Designed for beginners, this class introduces basic steps, footwork, and skirt technique while exploring the cultural roots of traditional dances from Mexico.

$72 Res / $90 Non Res

Loma Verde Community Center- 8y-14y
Instructor: M. Castro
Session: Jul 23 - Sep 10
Thur. 5:30-6:30pm

Ballet Folklorico – Advance

This advanced class is for dancers ages 14+ with at least two years of Ballet Folklórico experience. Students will refine technique, master complex regional choreography, and enhance stage presence through dynamic footwork, skirt work, and musicality. Performance opportunities throughout the year allow dancers to showcase their skills and dedication.

$80 Res / $100 Non Res

Loma Verde Community Center- 14y +
Instructor: M. Castro
Session: Jul 21 - Sep 10
Tue. 6:30 - 8pm & Thur. 6:30 - 8pm

Preschool Cheerleading, Dance, & Tumble

Children will use poms and learn the fundamentals of cheer technique including team work, arm motions, stretches, kicks, jumps, voice projection, cheers/chants, beginner tumbling and stunting, and a full dance routine, all of which will be performed at the end of the session for families during the last portion of class on the last day!

$100 Res / $125 Non Res

Veterans Park Community Center- 3y-4y
Instructor: C. Donovan
Session: Jul 24 - Sep 11
Fri. 5 - 5:30pm

Polynesian Dance

Come learn and experience the Hawaiian and Tahitian culture through dance!
This class focuses on the basics of these distinct Polynesian dances, Hawaiian Hula and ‘Ori Tahiti which feature different hip and footwork
*Costuming cost not included in the fee.

Beginning

$40 Res / $50 Non Res

Parkway Community Center- 4y-6y
Instructor: L. Abalos
Session: Jul 25 - Sep 12
Sat. 1 - 1:30pm

Beginning Elementary

$80 Res / $100 Non Res

Parkway Community Center- 7y-12y
Instructor: L. Abalos
Session: Jul 25 - Sep 12
Sat. 1:35 - 2:25pm

Adult

$80 Res / $100 Non Res

Parkway Community Center- 18y +
Instructor: L. Abalos
Session: Jul 25 - Sep 12
Sat. 2:30-3:30pm





K-Pop Dance

In this class we'll be learning all your favorite choreo's from your favorite artists, such as BTS, TWICE, NEW JEANS, Stray Kids, and More. And even go over basics of K-Pop dance, so you'll be confident by the end of the class!

$85 Res / $106 Non Res

Salt Creek Community Center- 8y+
Instructor: C. Donovan
Session: Jul 23 - Sep 10
Thur. 5:15 - 6:15pm or 6:20 - 7:20pm

Sing & Dance - Swifties

Shake It Off Dance Party: Get ready to sing, spin, and dance like a superstar in this high-energy class set to the music of Taylor Swift! Dancers will learn fun, age-appropriate choreography inspired by upbeat hits, blending playful moves with dance basics. This class focuses on building coordination, rhythm, and confidence while encouraging kids to express themselves and have fun. Through games, creative movement, and group routines, dancers will develop teamwork and performance skills in a positive environment. No experience needed just bring your energy and get ready to “shake it off”!

$104 Res / $130 Non Res

Montevalle Community Center- 4y-7y
Instructor: N. Duran
Session: Jul 24 - Sep 11
Fri. 6 - 6:50pm

Montevalle Community Center- 8y-12y
Instructor: N. Duran
Session: Jul 24 - Sep 11
Fri. 7 - 7:50pm

Swingology – Swing Dance

Get ready to move and groove in this high-energy Swing Dance class! Learn a fun mix of East Coast Swing, Blues, Jive, Charleston, and Lindy Hop — no partner required. Taught by Gustavo Ferman, this beginner-friendly class is perfect for anyone ready to dance, laugh, and have a great time.

$48 Res / $60 Non Res

Loma Verde Community Center- 16y +
Instructor: G. Ferman
Session: Jul 24 - Sep 11
Fri. 6 - 7pm

Conditioning & Creative Dance Team

This class will focus on conditioning and creative dance. This class is immersive and fun for students of all ages to learn!

$152 Res / $190Non Res

Veterans Park Community Center- 11y +
Instructor: M. Arechiga-Romero
Session: Jul 25 - Sep 12
Sat. 10:30 - 12pm

Conditioning - Stretch & Strengthen

This class will focus on exercises to improve strength and flexibility.

$104 Res / $130 Non Res

Montevalle Community Center- 12y +
Instructor: M. Arechiga-Romero
Session: Jul 23 - Sep 10
Thu. 6:30-7:15pm



Preschool Musical Theater & Dance: Moana

Casting all boys and girls! Students will learn songs, acting lines, scenes, and dance routines in preparation for an end of session abridged play presentation for family and friends!

$100 Res / $125 Non Res

Veterans Park Community Center- 3y-5y
Instructor: C. Donovan
Session: Jul 24 - Sep 11
Fri. 5:35 - 6:05pm

Junior Musical Theater and Dance: Moana

Casting all boys and girls! Students will learn songs, acting lines, scenes, and dance routines in preparation for an end of session abridged play presentation for family and friends!

$120 Res / $150 Non Res

Veterans Community Center- 5y-12y
Instructor: C. Donovan
Session: Jul 24 - Sep 11
Fri. 6:05 - 6:55pm

Junior Musical Theater and Dance: Toy Story 5

Casting all boys and girls! Students will learn songs, acting lines, scenes, and dance routines in preparation for an end of session abridged play presentation for family and friends!

$96 Res / $120 Non Res

Heritage Community Center- 5y-12y
Instructor: C. Donovan
Session: Jul 20 - Sep 14
Mon. 7 - 7:50pm

Ukulele

This is a fun-filled instrument class! Students will learn how to play chords, strumming patterns, tune their instrument, how to play tabs, and read music.

$70 Res / $88 Non Res

Veterans Park Community Center- 7y +
Instructor: J. Advento
Session: 4/6-6/1
Mon. 5:30-6:10pm

Baby Beats: Music & Me!

Children will explore the world of music with different fun songs, finger puppets, singing and more with the comfort of a grown-up by their side! Make music with our voices, hands, feet, instruments, fun props and more! Parent/adult participation required.

$80 Res / $100 Non Res

Heritage Community Center- 6m-3y
Instructor: C. Donovan
Session: Jul 20 - Sep 14
Mon. 10:30 - 11am

Guitar

This is a fun-filled instrument class! Students will learn how to play chords, strumming patterns, tune their instrument, how to play tabs, and read music.

$70 Res / $88 Non Res

Veterans Park Community Center- 7y +
Instructor: J. Advento
Session: 4/6-6/1
Mon. 6:20-7pm



SENIORS







SENIOR PROGRAMS

Connect. Engage. Thrive.

Located in the heart of Chula Vista, the Norman Park Senior Center offers a welcoming space for older adults to stay active, creative, and socially engaged. The center provides a diverse array of classes and activities, including dance, yoga, singing, art, knitting, and games like mah jongg and duplicate bridge. For those interested in sports, the facility features two indoor pickleball courts with permanent lines and nets, offering free play for individuals aged 50 and up. Whether you're looking to learn a new skill, maintain physical fitness, or connect with peers, Norman Park Senior Center is the perfect place to enrich your daily life.



Morning Fitness

A progressive slow movement class for seniors. Healthy exercise and stretching to start your day.

FREE

Norman Park Senior Center- 50y +
Instructor: Volunteer
Session: Jul 1 - Sep 30
Mon - Thur. 8 - 9am

Norman Park Sole Walkers

Participants meet at the Senior Center every Tuesday and Thursday at 9:30am. After a short sharing of ideas or health tips, its out to walking we go.

FREE

Norman Park Senior Center- 50y +
Instructor: Staff
Session: Jul 2 - Sep 29
Tue. & Thur. 9:45 - 10:45am

Knitting & Crocheting

A progressive slow movement class for seniors. Healthy exercise and stretching to start your day.

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 1 - Sep 30
Wed. 9:30 - 11:30am

Pickleball Clinic

Practice your game with our Pickleball Clinic class for seniors! This fun, low-impact session focuses on technique, footwork, and confidence on the court for players of all levels.

FREE

Norman Park Senior Center- 50y +
Instructor: Staff
Session: Jul 1 - Sep 30
Mon, Wed, Fri. 9 - 10am

Functional Stretching for Older Adults

A gentle, mobility-focused class designed to enhance flexibility, balance, and everyday movement. Using simple, functional stretches, participants safely increase range of motion, reduce stiffness, and support overall wellness. Ideal for older adults aiming to stay active, move comfortably, and maintain independence.

$90 Res / $113 Non Res

Veterans Park Community Center- 50y +
Instructor: N. Duran
Session: Jul 24 - Sep 11
Fri. 10:15-11am

Circuit Training

A blend of light weights, step, circuit machines, and a whole lot of fun. Move at your own pace and enjoy yourself while you exercise.

FREE

Norman Park Senior Center- 50y +
Instructor: Staff
Session: Jul 1 - Sep 30
Mon, Wed, Fri. 9:30 - 10:30am

Longevity Stick

A gentle, low-impact exercise routine using a simple long stick to perform a series of 12 slow, controlled movements. Sticks are provided.

FREE

Norman Park Senior Center- 50y +
Instructor: Volunteer
Session: Jul 2 - Sep 29
Tue. & Thur. 9 - 9:30am



Afterhours Pickle Ball

Enjoy open play during Afterhours Pickleball , offering flexible, drop-in games for all skill levels in a fun evening environment.

$15 Res / $20 Non Res

Norman Park Senior Center- 18y +
Instructor: Staff
Session: Monthly (July, Aug, Sep)
Tue. & Thur. 5-8pm

Yoga

A perfect class to end your day. This class is specifically planned to cater to seniors. Chairs will be used for added support.

Jul - $33 Res / $40 Non Res
Aug - $26 Res / $33 Non Res
Sep - $26 Res / $33 Non Res

Norman Park Senior Center- 50y +
Instructor: K. Young
Session: Monthly (Jul, Aug, Sep)
Thur. 4 - 5pm

Tai Chi Chih

A progressive slow movement class for seniors. Healthy exercise and stretching to start your day.

$58 Res / $73 Non Res

Norman Park Senior Center- 50y +
Instructor: M. Sarubbi
Session: Jul 6 - Aug 31
Mon. 10:45 - 11:45am

Senior Body Sculpt Strength Training

A low-impact strength training class designed specifically for older adults to improve muscle tone, balance, and overall fitness. This supportive, guided workout focuses on building strength safely using light weights and resistance exercises. Suitable for all fitness levels.

$70 Res / $88 Non Res

Parkway Community Center- 50y +
Instructor: S. Enwright
Session: Jun 9 - Aug 13
Tue. & Thur. 9:15-10:15am

Session: Aug 18 - Oct 15
Tue. & Thur. 9:15 - 10:15am

Dance Cardio Party

Each class is a party, and you don't even know you're exercising. You get benefits from exercise, and socialization

Jul $36 Res / $45 Non Res
Aug $36 Res / $45 Non Res
Sep $36 Res / $45 Non Res

Norman Park Senior Center- 50y +
Instructor: R. Sancen
Session: Monthly (Jul, Aug, Sep)
Mon, Wed, Fri. 4 - 5pm

Jul $36 Res / $45 Non Res
Aug $32 Res / $41 Non Res
Sep $36 Res / $45 Non Res

Loma Verde Community Center- 55y +
Instructor: R. Sancen
Session: Monthly (Jul, Aug, Sep)
Tue. & Thur. 9-10am





Bridge Group

Come make some new friends playing the great game of bridge

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 6 - Sep 28
Mon. 12 - 3pm

Pinochle Group

Learn a card game that will keep your brain working and you'll also make some new friends.

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 1 - Sep 30
Wed. 9am - 1pm

Rummikub

This fun group spends Wednesday afternoons playing rummikub and socializing. Come join us!

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 1 - Sep 30
Wed. 1 - 4pm

Mah Jongg

Come and learn the great game of Maj Jongg and make some friends while your at it

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 10 - Sep 25
Fri. 10am - 2pm

Bingo

Join us on Fridays for some games of bingo and socializing. Who knows, you may was walk away with a great prize.

$3 Drop in Fee

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 10 - Sep 25
Fri. 1 - 3:30pm

Art Water Color Group

Are you interested in painting with watercolor? Would you like to meet and paint with others artist? Then this is the activity for you!

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 6 - Sep 28
Mon. 9:30am - 12pm

Line Dance

Learn this fun form of dancing, make new friends and have a good time.

FREE

Norman Park Senior Center- 50y +
Instructor: Volunteer
Session: Jul 7 - Sep 29
Tue. 9:45 - 11:45am
Session: Jul 11 - Sep 26
Sat. 9am - 10am

Adult Beginning Line Dancing

Join us in the evening on Tuesdays and Thursdays for a fun dance class that will be teach you all the moves you need for the most popular dances.

FREE

Norman Park Senior Center- 50y +
Instructor: Volunteer
Session: Jul 9 - Sep 24
Tue. & Thur. 5 - 6pm

Singing Seniors

Join us on any Tuesday afternoon for some fun singing activities.

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Jul 7 - Sep 29
Tue. 1pm - 3pm

Senior Sketch Circle - NEW!

Beginner friendly program where older adults can learn and practice basic drawing techniques in a relaxed, supportive environment. The class focuses on creativity, skill building, and social connection, with no prior experience required.

FREE

Norman Park Senior Center- 50y +
Instructor: Staff
Session: Jul 6 - Aug 24
Tue. 11:30 - 12:30pm

Artist Corner - NEW!

Explore your artistic side and learn valuable painting techniques. This class is suitable for all skill levels. Encouraged to bring your own supplies, basic painting materials are provided.

FREE

Norman Park Senior Center- 50y +
Instructor: Staff
Session: Aug 5 - Sep 30
Tue. 11am - 12:15pm

Book Nook

We choose a new book every couple months and the group meets and discusses the book and does activities related to the book.

FREE

Norman Park Senior Center- 50y +
Instructor: Staff
Session: Jul 10 - Sep 25
Fri. 1 - 2pm

Crafty Tea Social Hour

A great activity for socializing and each week you will create a new art project. We are sure you'll have a great time.

FREE

Norman Park Senior Center- 50y +
Instructor: Staff
Session: Jul 10 - Sep 25
Fri. 10:30 - 11:30am





TEEN PROGRAM

young. bright. free.

Calling all middle and high school students! Join us for a fun and free Teen Night at Montevalle and Loma Verde. Enjoy music, free food (while supplies last), and a chance to win cool prizes in our raffle. School ID is required for entry.

FRIDAYS 7-9PM
AGES 12-18

AUGUST 14
LOMA VERDE CENTER
1420 Loma Lane, 91911 (619) 409-1937

SEPTEMBER 11
MONTEVALLE CENTER
840 Duncan Rd 91914 (619) 691-5269

To register for Teen Activities CLICK HERE

JUNIOR LIFEGUARDS

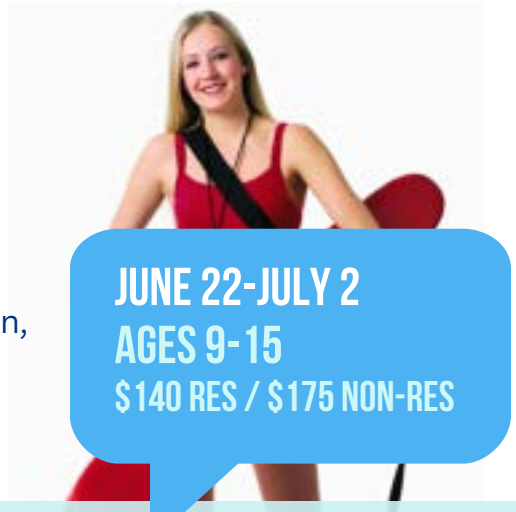
Train hard. Stay safe. Lead with confidence.

Junior Lifeguards is a fun, high-energy program that introduces participants to water rescue skills, first aid basics, and lifesaving techniques. While this course does not provide lifeguard certification, it serves as a strong foundation and bridge to Lifeguard Training. Participants must be able to swim 50 yards freestyle.

Why Join?

- Learn real water safety and rescue skills
- Build strength, endurance, and confidence
- Develop responsibility and leadership skills

To register for Junior Lifeguards CLICK HERE



JUNE 22-JULY 2
AGES 9-15
$140 RES / $175 NON-RES

12:15-3:15PM MON -THURS
PARKWAY POOL
385 Park Way, 91910 (619) 409-1985

THERAPEUTICS

WITH INCLUSION, EVERYONE BENEFITS!



THERAPEUTIC RECREATION

Include. Empower. Inspire.

The City of Chula Vista proudly offers a variety of Therapeutic Recreation programs designed to support individuals with developmental and/or physical challenges. If you or your child has a disability and are interested in participating in a general program, we will help make it happen.

To ensure a successful experience, we encourage you to contact the parks and recreation therapeutics division and let us know that you need assistance with registering you or your child. Someone will contact you to schedule an assessment and discuss what we can do to make your experience a success.

Our inclusive recreation classes promote social interaction, personal growth, creative expression, and physical well-being in a welcoming and supportive environment. Programs are held at Heritage and Veterans Recreation Centers.

More info or an assessment contact Caitlin Weston at cweston@chulavistaca.gov.





GRANT INFO

The Therapeutics program is working on our grant goals for our adult programs. Goals include increasing independent living skills, socialization, fine and gross motor skills, and communication. Required intake form and supporting documentation is due one (1) week prior to activity start date. Hard copy is acceptable or email to Caitlin Weston at cweston@chulavistaca.gov.

This form must be renewed annually (the collection period is July 1-June 30). If a participant needs a parent/caregiver to assist on their behalf for speech impairments this will be permitted. If a participant needs assistance with mobility, transitioning, toileting, eating, or language translation the staff will seek the assistance of the parent/caregiver at that time.

Already had an assessment? CLICK HERE **To register for Therapeutics activities**

Heritage Center
1381 E Palomar St.
Chula Vista, 91913
619-409-5439

Veterans Center
785 E Palomar St
Chula Vista, 91911
619-691-5260



These classes are designed for individuals with developmental and/or physical disabilities. Participants are also encouraged to explore and enroll in other recreation programs, as the City of Chula Vista is committed to inclusive programming. Please contact our staff to complete an assessment and determine the best program fit.

Adaptive Pickleball

Serve up some fun in our Pickleball class! Participants of all experience and ability levels will build coordination, strength, confidence, and sportsmanship while learning new skills, playing games, and making new friends in a fun, supportive environment. Come discover why pickleball is one of the fastest-growing sports around!

Free

Heritage Community Center - 18y+
Session: Jul 21 - Sep 8
Tue. 3 - 3:50pm

Swing into Spring

Learn to prepare simple, healthy meals using minimal equipment like microwaves, kettles, or no-cook methods. Participants will explore budget-friendly shopping, food safety, and easy recipes for small spaces in an inclusive class designed for all abilities and experience levels.

Free

Veterans Park Community Center- 18y+
Session: April 10th
Fri. 5-7pm

Recreation Explorations

Join this monthly social group to learn new leisure and recreation skills, stay active, spark creativity, relieve stress, and build friendships. Each session is a fun celebration for your mind and body!

Free

Veterans Park Community Center- 18y+
Session: Sep 16
Wed. 10-12pm

Children's Playful Pals

Join us for a weekly fun-day! This program will work toward enhancing socialization, sports, and recreation skills for children with special needs.

$50 res / $63 non-res

Veterans Community Center- 7y-12yrs
Session: Jul 27 - Aug 31
Mon. 3:30 - 4:30pm

Fantastic Futsal

Kick into action with our Adaptive Futsal class, designed to make the game accessible and enjoyable for everyone! This inclusive program focuses on building fundamental soccer skills, coordination, and teamwork in a supportive and flexible environment. Players of all abilities are encouraged to participate, stay active, and have fun while developing confidence and a love for the game.

Free

Veterans - 18y+
Session: Jul 23 - Sep 10
Thu. 3 - 3:50pm

Painting Basics

Get ready to unleash your imagination in this fun-filled painting class where each week we will paint a new work of art inspired by famous artists of our time and their work. Art is an amazing way to promote one's creativity and critical thinking skills, so don't miss out! You'll have the chance to experiment with different techniques, colors, and styles while expressing your unique ideas. Whether you're a beginner or have some experience, this class is all about building confidence and having fun through creativity.

Free

Heritage - 18y+
Session: Jul 21 - Sep 8
Tue. 4 - 4:50pm

Grill and Chill Fiesta

Continue celebrating summer and good vibes with the Grill & Chill Fiesta! Participants will have a fun night dancing and hanging out with new friends, enjoying upbeat music, and taking part in lively games and creative arts & crafts activities. There will be a relaxed, festive atmosphere perfect for socializing and making new connections. Refreshments will be served to keep everyone fueled for the fun. Make sure to pre-register for this event, as space is limited and spots will fill quickly!

Free

Heritage - 18y+
Session: Aug 14
Fri. 5 - 7pm

Cooking Without the Kitchen

Learn how to prepare simple, wholesome meals using minimal equipment like microwaves, kettles, or no-cook methods. This class focuses on budget-friendly shopping, food safety, and creative meal solutions for small or limited spaces. Designed to be inclusive, it offers adaptations to support a wide range of abilities and experience levels.

Free

Veterans Park Community Center- 18y+
Session: Jul 23 - Sep 10
Fri. 4 - 5pm

Fall into Friends Party

It's time to Fall Into Friends! Celebrate the cozy fall season with a fun-filled evening designed for connection, creativity, and community. Participants will enjoy dancing, hanging out with new friends, playing interactive games, and taking part in seasonal arts & crafts activities. It's a great opportunity to relax, socialize, and build friendships in a welcoming and upbeat environment. Refreshments will be served to keep the fall spirit going all night long. Be sure to pre-register for this event, as space is limited and fills up quickly!

Free

Heritage - 18y+
Session: Sep 11
Fri. 5 - 7pm

Aloha Luau Party

Join us for a fun, tropical-themed evening of music, dancing, and good vibes! Participants will get the chance to hang out with new friends, enjoy exciting games, and take part in creative arts and crafts activities. Refreshments will be served to keep the island spirit going all night long. Be sure to pre-register for this event, as space is limited and spots will fill quickly!

Free

Veterans Park Community Center- 18y+
Session: Jul 10
Fri. 5-7pm

TINY TOTS



The First Step Toward a Lifetime of Learning!

Tiny Tots is a playful, preschool-style program that helps little ones take their first steps into learning and independence. Children will explore letters, numbers, colors, shapes, writing, arts and crafts, and imaginative play while building social and creative skills in a supportive setting. Parents provide daily snacks, and all participants must be fully potty trained.



$212 Res / $265 Non Res

Heritage Community Center- 3y-5y
Instructor: Staff
Session: Jul 20 - Sep 16 or Jul 21 - Sep 17
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Loma Verde Community Center- 3y-5y
Instructor: Staff
Session: Jul 20 - Sep 16 or Jul 21 - Sep 17
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Montevalle Community Center- 3y-5y
Instructor: Staff
Session: Jul 20 - Sep 16 or Jul 21 - Sep 17
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Parkway Community Center- 3y-5y (Dual Immersion)
Instructor: Staff
Session: Jul 20 - Sep 16 or Jul 21 - Sep 17
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Veterans Park Community Center- 3y-5y
Instructor: Staff
Session: Jul 21 - Sep 17 or Jul 22 - Sep 18
Tue & Thur: 9 - 11:50am or Wed & Fri: 9 - 11:50am

COED RECREATIONAL SPORTS



COED RECREATIONAL SPORT PROGRAMS

Play. Learn. Grow.

The City of Chula Vista offers a wide range of sports programs for all ages and skill levels, promoting fitness, teamwork, and fun throughout the community. These programs focus on building fundamentals, encouraging active lifestyles, and fostering good sportsmanship in a supportive environment.





Skyhawks Hoopster Tots

Discover the joy of basketball with Skyhawks Hoopster Tots! These classes focus on dribbling, shooting, passing and teamwork using adjustable hoops for age-appropriate challenges. Join Hoopster Tots to shoot and score foundational skills! Parent participation is required with children ages 3.5 and younger.

$99 Res / $124 Non Res

Heritage Community Center- 2.5-4y
Instructor: Skyhawks Sports
Session: July 21-Aug 18 or September 9-29
Tue. 4-4:40pm

Skyhawks Basketball

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth.

$99 Res / $124 Non Res

Heritage Community Center- 4y-6y
Instructor: Skyhawks Sports
Session: July 21-August 18
Tue. 4:50-5:30pm

Heritage Community Center- 6y-10y
Instructor: Skyhawks Sports
Session: July 21-August 18
Tue. 5:40-6:20pm

Basketball Skills and Drills

This class is designed for beginner and intermediate players looking to build confidence on the court. Participants will develop fundamental basketball skills—such as dribbling, passing, shooting, and teamwork—through fun drills and game-style play. Whether you're just starting out or ready to take your skills to the next level, this class offers a supportive environment for all experience levels.

$95 Res / $119 Non Res

Salt Creek Community Center- 6y-12y
Instructor: Staff
Session: July 23-September 10
Thur. 3:30-4:30pm

Hoop It Up Basketball

This class to made to help children develop their skills and find their love for the game. Techniques such as ball handling, passing, dribbling, shooting, and team play are all taught.

$68 Res / $85 Non Res

Veterans Park Community Center- 6y-9y
Instructor: Staff
Session: August 1-September 12
Sat. 10-10:50am

Veterans Park Community Center- 10y-12y
Instructor: Staff
Session: August 1-September 12
Sat. 11-11:50am

Basketball 101

Learn the basics of basketball in a fun environment. Taught by experienced staff, these introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump toward advancement in organized team basketball.

$70 Res / $88 Non Res

Montevalle Center- 6-7y or 8-9y
Instructor: Staff
Session: July 24-September 11
Fri. 4-5pm

Basketball 102

Learn the basics of basketball in a fun environment. Taught by experienced staff, these introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump toward advancement in organized team basketball.

Basketball 102:
$72 Res / $90 Non Res

Montevalle Center- 10-14y
Instructor: Staff
Session: July 24-September 11
Fri. 5:15-6:30pm

Otay Hoopers

Our Beginner Basketball Class teaches young athletes the fundamentals of basketball in a fun and supportive environment. Players will learn basic skills like dribbling, passing, shooting, defense, and teamwork through engaging drills and games designed for beginners.

$55 Res / $69 Non Res

Otay Community Center- 7-12y or 11-14y
Instructor: Staff
Session: July 22-September 10
Tu & Th. 4:00-4:50pm or 5-5:50pm

H.E.R. Sports CV: Basketball Training

HER Sports CV Basketball Training is a high-energy, skill-development class designed for girls to strengthen fundamentals in ball handling, shooting mechanics, footwork, defensive positioning, and overall game IQ. Sessions include structured drills, small-sided games, conditioning, and live play to help athletes improve decision-making, confidence, and on-court performance.

$40 Res / $50 Non Res

Parkway Community Center- 8y-11y
Instructor: Staff
Session: July 22-September 9
Thur. 5:30-6:30pm

Parkway Community Center- 12y-14y
Instructor: Staff
Session: July 22-September 9
Thur. 6:30-7:30pm

Basketball Shooting Workout

Get a high volume of shots in our shooting workout program. Participants will be lead through workouts and will get an opportunity to do drills on a rebound machine. **This program is for players with basketball experience**. We recommend beginners register for our Basketball 101/102 program on Fridays.

$50 Res / $63 Non Res

Montevalle Community Center- 10y-15y
Instructor: Staff
Session: June 22-September 9
Wed. 5-6pm



Skyhawks Outdoor Volleyball

Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members.

$99 Res / $124 Non Res

Heritage Community Center- 6y-9y
Instructor: Skyhawks Sports
Session: July 24-Aug 21, or Sept 4-Oct 2
Fri. 4:50-5:30pm

Heritage Community Center- 10y-13y
Instructor: Skyhawks Sports
Session: July 24-Aug 21, or Sept 4-Oct 2
Fri. 5:40-6:20p

Volleyball Fundamentals

Perfect for beginner and intermediate players, this class builds volleyball skills through practice in passing, serving, setting, and spiking. Participants will also develop teamwork, sportsmanship, confidence, and game strategies while strengthening their foundation for higher-level play.

Beginners

$70 Res / $88 Non Res

Loma Verde Community Center- 7y-11y
Instructor: Staff
Session: July 20-September 14
Mon. 4:00-4:50pm or
Wed. 5:00-5:50pm

Otay Community Center- 12-15y
Instructor: Staff
Session: July 22-September 10
Wed. 4:00-4:50pm

$68 Res / $85 Non Res

Parkway Community Center- 8y-11y
Instructor: Staff
Session: July 23-September 10
Thurs. 5:00-6:00pm

Intermediate

$70 Res / $88 Non Res

Loma Verde Community Center- 12y-15y
Instructor: Staff
Session: July 20-September 14
Mon. 5:00-5:50pm

$68 Res / $85 Non Res

Parkway Community Center- 12y-15y
Instructor: Staff
Session: July 23-September 10
Thurs. 6:00-7:00pm



Spike It Down Volleyball

Learn and improve your volleyball skills through fun drills and games! This class welcomes beginner, intermediate, and advanced players to develop serving, passing, setting, and hitting techniques in a supportive, team-focused environment.

$68 Res / $85 Non Res

Beginners

Veterans Park Community Center- 10y-14y
Instructor: Staff
Session: July 31-Sept 11
Fri. 6:00-6:50pm
Session: August 1-September 12
Sat. 12:30-1:20pm

Intermediate / Advanced

Veterans Park Community Center- 10y-14y
Instructor: Staff
Session: July 31-September 11
Fri. 7:00-7:50pm
Session: August 1-September 12
Sat. 1:30-2:20pm

Volleyball 101 & 102

These introductory classes are like mini camps. Staff will teach the basics of volleyball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump toward advancement in organized volleyball.

$70 Res / $88 Non Res

Volleyball 101

Montevalle Community Center- 8y-11y
Instructor: Staff
Session: July 21-September 8
Tue. 5:00-6:00pm

Volleyball 102

Montevalle Community Center- 12y-15y
Instructor: Staff
Session: July 21-September 8
Tue. 4:00-5:00pm

Volleyball Skills & Drills

Open to all skill levels, this class teaches volleyball fundamentals like bumping, setting, serving, and teamwork through fun drills and games. Intermediate players will continue developing their skills through advanced drills and scrimmages in a supportive, energetic environment.

$95 Res / $119 Non Res

Beginners

Salt Creek Community Center- 10y-16y
Instructor: Staff
Session: July 23-September 10
Mon. 4:30-5:30pm

Intermediate

Salt Creek Community Center- 10y-16y
Instructor: Staff
Session: July 23-September 10
Thur. 4:30-5:30pm

Skyhawks SoccerTots

Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition. Parent participation is required with children 3.5 years and younger.

$99 Res / $124 Non Res

Heritage Community Center- 1.5y-3y
Instructor: Skyhawks Sports
Session: July 24-Aug 21, or Sept 4-Oct 2
Fri. 4-4:40pm

Heritage Community Center- 3y-5y
Instructor: Skyhawks Sports
Session: July 24-Aug 21, or Sept 4-Oct 2
Fri. 4:50-5:30 pm

Skyhawks Soccer

Kickstart a soccer journey with Skyhawks Soccer! This program boosts young athletes by teaching key skills like dribbling, passing, shooting, and ball control. Each session focuses on enhancing core skills while instilling teamwork and sportsmanship. Participants will improve their soccer abilities and embrace the game's spirit

$99 Res / $124 Non Res

Heritage Community Center- 6y-10y
Instructor: Skyhawks Sports
Session: July 24-Aug 21, or Sept 4-Oct 2
Fri. 5:40-6:20pm

Arena Soccer Skills and Drills

This fundamental/intermediate Indoor Soccer class will teach skills to enhance your child's athleticism and prepare them for the City of Chula Vista's Youth Indoor Soccer League!

$85 Res / $106 Non Res

Salt Creek Park - 7y-12y
Instructor: Staff
Session: July 23-September 10
Thur. 4:30-5:30pm

Intermediate/Advanced Soccer Skills & Games

Intermediate and Advanced Soccer training to further develop skills to take your soccer game to the next level.

$85 Res / $106 Non Res

Salt Creek Park - 6y-9y
Instructor: San Diego Soccer Academy
Session: July 22-September 9
Wed. 4:30-5:30pm

Salt Creek Park - 10y-14y
Instructor: San Diego Soccer Academy
Session: July 22-September 9
Wed. 5:30-6:30pm



Kindergarten Tennis

Introduction to tennis using elements of USTA Net-Generation. Focus will be on grips, ball tracking, and racquet pathway during swing. Uses red tennis ball.

$170 Res / $213 Non Res

Level 1

Montevalle Community Park- 4y-6y
Instructor: J. Villanueva
Session: Jul 20-Sept 14 or Jul 23-Sept 10
Mon. 3:30-4:30pm
Thur. 3:30-4:30pm

Level 2

Montevalle Community Park- 4y - 6y
Instructor: J. Villanueva
Session: Jul 20-Sept 14 or Jul 23-Sept 10
Mon. 4:30-5:30pm
Fri. 3:30-4:30pm

Tennis Beginning - Youth

Introduction to tennis using elements of USTA Net-Generation. Focus will be on grips, ball tracking and racquet pathway during swing.

$180 Res / $225 Non Res

Level 1

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: Jul 21-Sept 8 or Jul 24-Sept 11
Tue. 4:30-5:30pm or
Fri. 5:30-6:30pm

Level 2

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: July 21-Sept 8 or July 24-Sept 11
Tue. 5:30-6:30pm or
Fri. 4:30-5:30pm

Level 3

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: July 25-September 12
Sat. 9:00-10:00am

Tennis Intermediate - Youth

This progressive tennis program develops skills for competitive play. Level 1 focuses on point play, footwork, spin, and pace. Level 2 is designed for current or aspiring high school players, emphasizing advanced footwork, ball machine drills, and match play. Instructor approval required for both levels.

$250 Res / $313 Non Res

Level 1

Montevalle Community Park- 8y-12y
Instructor: J. Villanueva
Session: July 23-September 10
Thur. 4:30-6:00pm

Salt Creek Community Center- 7y-11y
Instructor: J. Villanueva
Session: July 20-September 7
Mon. 4:00-5:00pm

$180 Res / $225 Non Res

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: July 25-September 12
Sat. 10:00-11:00am

Level 2

$250 Res / $313 Non Res

Montevalle Community Park- 7y-10y
Instructor: J. Villanueva
Session: July 20-September 14
Mon. 5:30-7:00pm

Montevalle Community Park- 11y +
Instructor: J. Villanueva
Session: July 22-September 9
Wed. 4:30-6:00pm
Sat. 11-12:30pm

$400 Res / $500 Non Res

Montevalle Community Park- 11y +
Instructor: J. Villanueva
Session: July 25-September 12
Wed. 4:30-6:00pm & Sat. 11:00-12:30pm

Tennis Advanced - Youth

Designed for high school and aspiring high school team players, this program focuses on footwork, balance, racquet skills, ball machine drills, and point play. **Instructor approval required.**

$250Res / $313 Non Res

Montevalle Community Park- 10y-17y
Instructor: J. Villanueva
Session: July 25-September 12
Sat. 12:30-2pm

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: July 22-September 9
Wed. 6:00-7:30pm

$400 Res / $500 Non Res

Montevalle Community Park- 10y-17y
Instructor: J. Villanueva
Session: July 25-September 12
Wed. & Sat. 6:00-7:30pm & 12:30-2pm

Juniors Tennis

Introduction of the basics skills of tennis through the use of hand-eye coordination drills along with stroke production. The ABCs (agility, balance, and coordination) are a major focus at this level.

$250 Res / $313 Non Res

Salt Creek Community Center- 12y-16y
Instructor: J. Villanueva
Session: July 23-September 10
Thur. 4:00-5:00pm

Advance Juniors Tennis

Players can rally with each other. They develop more consistency with their strokes, aim their shots, and play matches against each other.

$250 Res / $313 Non Res

Salt Creek Community Center- 10y-16y
Instructor: J. Villanueva
Session: July 20-September 7
Mon. 5:00-6:00pm

Salt Creek Community Center- 10y-14y
Instructor: J. Villanueva
Session: July 20-September 7
Thur. 5:00-6:00pm

Adult Tennis

This progressive tennis program is designed for players of all skill levels, from beginners to intermediate. Entry-level participants will learn fundamental tennis skills in a fun, non-competitive environment. As players advance, classes focus on proper technique, rally skills, footwork, positioning, strategy, pace, and point play, building a strong foundation for continued development and match success.

$180 Res / $225 Non Res

Entry Level

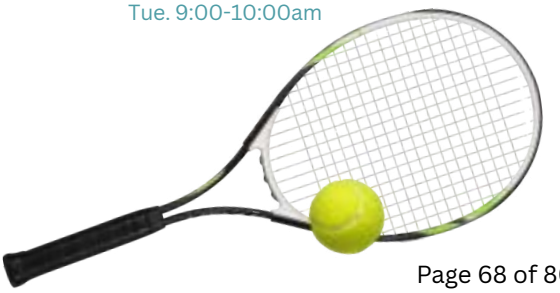
Montevalle Community Park- 18y +
Instructor: J. Villanueva
Session: July 28-Sept 8 or July 22-Sept 9
Tue. 6:30-7:30pm or
Wed. 9:00-10:00am

Beginner Level 2

Montevalle Community Park- 18y +
Instructor: J. Villanueva
Session: July 23-September 10
Thur. 6:00-7:00pm

Intermediate

Montevalle Community Park- 18y +
Instructor: J. Villanueva
Session: July 21-September 8
Tue. 9:00-10:00am



Parent & Me Tumbling

Come tumble, bounce, and play with us! Tumble Time is perfect for kids ages 18 months to 3 years to hop, roll, balance, and explore new skills with the help of a parent. Together, we'll move, laugh, and make new friends along the way!

$72 Res / $90 Non Res

Loma Verde Community Center- 1.5-3y
Instructor: N. Duran
Session: July 23-September 10
Thur. 9:15-9:55am

$85 Res / $106 Non Res

Montevalle Community Center- 18m-3y
Instructor: N. Duran
Session: July 22-September 9
Wed. 10:25-11:05am

Tot Time

Gymnastics can be great for our littlest friends! This class is designed to introduce beginning motor skills and movements to young toddlers through the use of gymnastics equipment and fun props/activities. One parent/ guardian (over the age of 18) is required to actively participate throughout the class.

Tot Time I

$115 Res / $144 Non Res

Salt Creek Community Center- 1.5-2.5y
Instructor: D. Johnson
Session: July 23-September 10
Thur. 9:40-10:10am

Parkway Community Center- 1.5-2.5y
Instructor: D. Johnson
Session: July 24-September 11
Fri. 10:10-10:45am

Tot Time II

$115-$154 Res / $144-$193 Non Res

Otay Community Center- 2-3.5y
Instructor: D. Johnson
Session: July 23-September 10
Thur.. 4:30-5:10pm

Salt Creek Community Center- 2-3.5y
Instructor: D. Johnson
Session: July 23-September 10
Thur. 10:15-10:55am
Sat. 11-11:40am

Parkway Community Center- 2-3.5y
Instructor: D. Johnson
Session: July 24-September 11
Fri. 10:50-11:30am





Preschool Tots

This class is designed to allow participants to explore movement by introducing beginning motor skills and shapes through the use of gymnastics equipment and fun props and activities.

$154 Res / $193 Non Res

Salt Creek Community Center- 3-4.5y
Instructor: D. Johnson
Session: July 23-September 10
Thur. 11:00-11:40am

Parkway Community Center- 3y-4y 6m
Instructor: D. Johnson
Session: July 24-September 11
Fri. 9:30-10:10am

Preschool Gym

A fun introduction to movement for little ones. Children will explore basic motor skills, shapes, and gymnastics equipment through guided activities and free play. One parent/guardian (18+) must actively participate throughout the class.

$154 Res / $193 Non Res

Otay Community Center - 3.5y-5y
Instructor: D. Johnson
Session: July 20-September 14
Mon. 4:15-4:55pm or

Pee Wee Skill Builders Athletics

Gymnastics can be great for our littlest friends! This class is designed to allow participants to explore movement by introducing beginning motor skills and shapes through the use of gymnastics equipment and fun props and activities.

$58 Res / $73 Non Res

Parkway Community Center - 3.5y-5y
Instructor: Rec Staff
Session: July 21-September 8
Tue. 5:00-5:45pm or
Tue. 6:00-6:45pm

Kinder Gymnastics

Join the fun in Kinder Gym, a gymnastics class just for ages 4–5! Kids will jump, roll, balance, and explore movement while building confidence and coordination in a safe, supportive space. It's the perfect mix of learning, play, and big smiles!

$72 Res / $90 Non Res

Loma Verde Community Center- 4y-5y
Instructor: Staff
Session: July 20-September 14
Mon. 5:00-5:45pm

Kinder Gym I

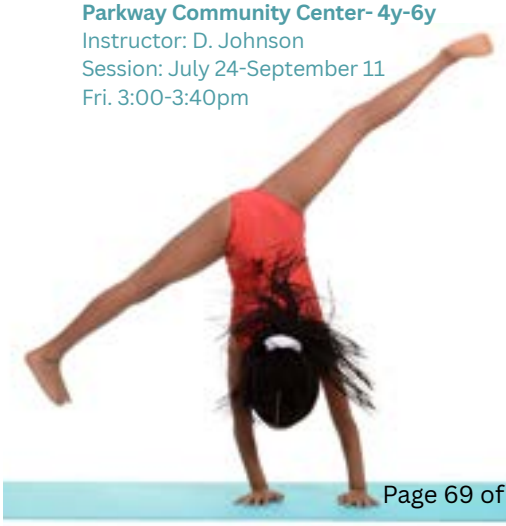
Get ready to learn basic gymnastics skills plus fundamental movements that can be carried over to any sport or activity! This class is specifically designed for preschool and kinder-age participants to be introduced to gross motor skills, social interaction, and beginning gymnastics and tumbling movements.

$154 Res / $193 Non Res

Otay Community Center- 4y-6y
Instructor: D. Johnson
Session: July 20-September 19
Thur. 5:20-6:00pm or 6:10-6:50pm

Salt Creek Community Center- 5y-6y
Instructor: D. Johnson
Session: July 25-September 12
Sat. 9:20-10:00am

Parkway Community Center- 4y-6y
Instructor: D. Johnson
Session: July 24-September 11
Fri. 3:00-3:40pm



Gymnastics Level 1

Gymnastics Level 1 is the perfect starting point for kids ages 6–12 to build strength, agility, and confidence. With the guidance of our coaches, students will learn the basics of tumbling and develop skills like handstands, cartwheels, and bridges in a supportive, fun environment.

$88 Res / $110 Non Res

Loma Verde Community Center- 6y-12y
Instructor: Staff
Session: July 25-September 12
Sat. 8:15-9:15am

Gymnastics Level 2

Gymnastics Level 2 is designed for kids ages 6–12 who are ready to build on their foundational skills and grow stronger, more confident, and more agile. Students will advance their tumbling and gymnastics techniques while exploring new challenges in a supportive environment. To enroll, participants must already demonstrate core skills like bridges, handstands, cartwheels, forward rolls, and pullovers on the bar.

$88 Res / $110 Non Res

Loma Verde Community Center- 6y-12y
Instructor: Staff
Session: July 25-September 12
Sat. 9:30-10:30am

Rec Gym I

Get ready to learn basic gymnastics skills plus fundamental movements that can be carried over to any sport or activity! This class is specifically designed for school-age participants to be introduced to beginning gymnastics and tumbling movements, strength-based activities, and social interaction.

$186 Res / $233 Non Res

Otay Community Center- 7y-13y
Instructor: D. Johnson
Session: July 23-September 14
Thur. 6:10-7pm

Salt Creek Community Center- 7y-13y
Instructor: D. Johnson
Session: July 25-September 12
Sat. 10:05-10:55am

Parkway Community Center- 7y-13y
Instructor: D. Johnson
Session: July 24-September 11
Fri. 3:45-4:35pm

Rec Gym II

(INVITE ONLY) Participants in this class will take the basics to the next step and continue to build on developmental movements. New skills to learn include handstands, bridge kick overs, turns, new jumps, and more! *MUST BE EVALUATED INTO THIS CLASS*

$230 Res / $288 Non Res

Otay Community Center- 6y-13y
Instructor: D. Johnson
Session: July 20-September 14
Mon. 5-6pm

Salt Creek Community Center- 6y-13y
Instructor: D. Johnson
Session: July 25-September 12
Sat. 11:45-12:45pm

Tumblez 101

This class will build tumbling skills such as rolls, cartwheels, roundoffs, walkovers, and handsprings! Participants of this class will also build overall strength and gain social skills. The class will be taught to the skill level of those registered for the class.

$150 Res / $188 Non Res

Parkway Community Center- 8y-14y
Instructor: D. Johnson
Session: July 24-September 11
Fri 4:45-5:45pmpm

Preschool Cheer Dance & Tumble

GO! FIGHT! WIN! Join us for all the fun in this high energy cheerleading, dance, and tumble! Children will use poms and learn the fundamentals of cheer technique including team work, arm motions, stretches, kicks, jumps, voice projection, cheers/chants, beginner tumbling and stunting, and a full dance routine, all of which will be performed at the end of the session for families during the last portion of class on the last day!

$100 Res / $125 Non Res

Heritage Community Center- 3y-4y
Instructor: C. Donovan
Session: July 7-September 14
Mon. 5:30-6:00pm



Junior Cheer Dance & Tumble

GO! FIGHT! WIN! Join us for all the fun in this high energy cheerleading, dance, and tumble camp! Children will use poms and learn the fundamentals of cheer technique including team work, arm motions, stretches, kicks, jumps, voice projection, cheers/chants, beginner tumbling and stunting, and a full dance routine, all of which will be performed at the end of the session for families during the last portion of class on the last day!

$120 Res / $150 Non Res

Heritage Community Center- 4y-10y
Instructor: C. Donovan
Session: July 25-September 12
Sat. 10:15-11:15am

Heritage Community Center- 5y-10y
Instructor: C. Donovan
Session: July 20-September 14
Mon. 6-6:50pm

Heritage Community Center- 7y-13y
Instructor: C. Donovan
Session: July 22-September 9
Wed. 7-7:50pm

$104 Res / $130 Non Res

Montevalle Community Center- 5y-11y
Instructor: N. Duran
Session: July 24-September 11
Fri. 5-5:50pm





Rock it Run Club - Ready to Run

Rock It Run Club's Ready to Run program empowers youth of all fitness levels through fun running games and drills. Kids build resilience and confidence while improving running form, endurance, speed, strength, and flexibility—encouraging an "I CAN DO HARD THINGS!" mentality while staying active and having fun.

$99 Res / $124 Non Res

Grove Park - 5y-7y
Instructor: Rock it Run Club
Session: July 20-September 7
Mon. 4:00-5:00pm

Millenia Park - 6y-10y
Instructor: Rock it Run Club
Session: July 25-September 12
Sat. 9:30-10:20am

Rock it Run Track Club

This developmental track-style running program builds on our Rock It Run Club for children who can run a mile nonstop. Participants focus on track drills like strides and fartleks, dynamic warmups, and a mix of speed, agility, and endurance exercises, while still enjoying running games and relays.

$99 Res / $124 Non Res

Grove Park - 8y-12y
Instructor: Rock it Run Club
Session: July 22-September 9
Wed. 4:30-5:20pm

Rock it Run Club Strength +Endurance

An 8-week program to build strength, endurance, and mental resilience for a successful 5K. Includes interval training, running games, calisthenics, and growth mindset lessons. New drills each week, ending with a 5K medal celebration.

$105 Res / $131 Non Res

Grove Park - 11y-15y
Instructor: Rock it Run Club
Session: July 20-September 7
Mon. 5:00-6:00pm

Skyhawks Multi-Sport Tots

Begin an athletic journey with Multi-Sport Tots! This program offers a variety of sports through fun, age-appropriate activities, enhancing balance, coordination, and fitness. This engaging introduction to multiple sports is packed with learning and teamwork! Parent participation is required with children 3.5 years and younger.

$159 Res / $199 Non Res

Heritage Community Center- 2-2.5y
Instructor: Skyhawks Sports
Session: Jun 6-Aug 1 or Aug 15-Oct 3
Sat. 9-9:40am

Heritage Community Center- 3.5-5y
Instructor: Skyhawks Sports
Session: Jun 6-Aug 1 or Aug 15-Oct 3
Sat. 9:50-10:30am

Heritage Community Center- 6y-12y
Instructor: Skyhawks Sports
Session: Jun 6-Aug 1 or Aug 15-Oct 3
Sat. 10:40-11:20am

Bumble Bee Sports

Get your little athlete moving with our Bumble Bee Sports class! Children will build confidence and coordination while exploring the basics of soccer, T-ball, and basketball in a fun, supportive setting. It's the perfect way to develop motor skills and spark a lifelong love for sports.

$60 Res / $75 Non Res

Heritage Community Center- 3y5m-5y
Instructor: Staff
Session: June 9-July 14
Tue. 4-4:45pm

$58 Res / $73 Non Res

Loma Verde Community Center- 2y-3y
Instructor: Staff
Session: July 24-September 11
Fri. 4-4:45pm

Loma Verde Community Center- 4y-5y
Instructor: Staff
Session: July 24-September 11
Fri. 5-5:45pm

$55 Res / $69 Non Res

Otay Community Center- 4-5y
Instructor: Staff
Session: July 20-September 16
Mon & Wed 2:15-2:50pm

Kids Rec Games Night

Fun, high-energy program featuring recreation games, team challenges, and fitness activities that promote movement, teamwork, and friendship in a safe, engaging environment.

$75 Res / $94 Non Res

Veterans Center- 6-12y
Instructor: Staff
Session: July 23-September 10
Thur. 6:45-7:45pm

Pee Wee Skill Builders Athletics

Pee Wee Sports is a fun, high-energy class designed for ages 3.5–5 that builds foundational motor skills through a variety of sports-based activities. Children develop balance, coordination, agility, throwing, catching, kicking, and spatial awareness in an engaging, age-appropriate environment.

$58 Res / $73 Non Res

Parkway Community Center- 3.5-5y
Instructor: Staff
Session: July 21-September 8
Tu. 5:00-5:45pm or 5:45-6:30pm



Skyhawks Beginner Golf

Swing into Skyhawks Beginning Golf, powered by Payne Stewart Golf Experiences. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities.

$99 Res / $124 Non Res

Heritage Community Center- 5y-10y
Instructor: Skyhawks Sports
Session: Jul 24- Aug 21 or Sept 4-Oct 2
Fri. 4-4:40pm



COED YOUTH SPORTS LEAGUES



Get in the game!

Our youth sports leagues focus on fun, teamwork, and skill development in a supportive environment. Whether your child is a first-time player or looking to sharpen their skills, our leagues offer a great way to stay active, make friends, and build confidence on and off the field.

YOUTH SPORTS LEAGUES IMPORTANT DATES

	Classes in for Public View	Registration Online 8am Walk-in 9am	Leagues Offered	Game Dates
Spring 2026	January 18	Monday, February 9	Coed Youth Volleyball	Saturdays April 11-May 23
Summer 2026	February 16	Monday, March 16	Coed Youth Basketball	Saturdays June 1-August 22
Fall 2026	June 13	Saturday, July 15	Coed Youth Basketball	Saturdays October 3-November 21
Winter 2027	September 27	Saturday, October 17	Coed Youth Basketball	Saturdays December 1-March 28, 2027



SUMMER LEAGUE: JUNE 2-AUGUST 22



YOUTH BASKETBALL (6-13 YRS)

The Chula Vista Youth Basketball League welcomes players of all skill levels! Teams are organized by geographic area—East and West Chula Vista—but players may register for either, regardless of residency.

Practices:

- West: Parkway Gymnasium
- East: Montevalle Community Center or Salt Creek Recreation Center

Games:

Saturdays between 8:00 a.m. and 2:00 p.m., rotating between Parkway Gymnasium and Montevalle Community Center.

Note:

Proof of age is required at evaluations (birth certificate, passport, or legal document).

Division AA (14-15 yrs)

	Dates	Days/Times	Mandatory Evaluations	Fee
East: Montevalle	June 4-August 22	Thursdays 7-8pm Saturdays 3-5pm	Tuesday, May 12th 7:00-8:00pm	$150 Residents $188 Non-Res
West: Parkway	June 4-August 22	Tuesdays 6-7pm Saturdays 3-5pm	Tuesday, May 19th 7:00-8:00pm	$150 Residents $188 Non-Res

Division A (12-13 yrs)

	Dates	Days/Times	Mandatory Evaluations	Fee
East: Montevalle	June 2-Aug 22	Thursdays 6-7pm Saturdays 12-2pm	Tuesday, May 12th 6:00-7:00pm	$150 Residents $188 Non-Res
West: Parkway	June 2-Aug 22	Tuesdays 6-7pm Saturdays 1-3pm	Tuesday, May 19th 6:00-7:00pm	$150 Residents $188 Non-Res

Division B (10-11 yrs)

	Dates	Days/Times	Mandatory Evaluations	Fee
East: Montevalle	June 4-August 22	Thursdays 6-7pm Saturdays 11am-2pm	Monday, May 11th 6:30-7:30pm	$150 Residents $188 Non-Res
West: Parkway	June 4-August 22	Thursdays 6-7pm Saturdays 11am-2pm	Monday, May 18th 6:30-7:30pm	$150 Residents $188 Non-Res

Division C (8-9 yrs)

	Dates	Days/Times	Mandatory Evaluations	Fee
East: Montevalle	June 4- August 22	Thursdays 5-6pm Saturdays 9am-12pm	Monday, May 11th 5:40-6:40pm	$150 Residents $188 Non-Res
West: Parkway	June 4- August 22	Thursdays 5-6pm Saturdays 9am-12pm	Monday, May 18th 5:40-6:40pm	$150 Residents $188 Non-Res

Division D (6-7 yrs)

	Dates	Days/Times	Mandatory Evaluations	Fee
East: Montevalle	June 2 - August 8	Tuesdays 5-6pm Saturdays 8-10am	Monday, May 11th 5:00-6:00pm	$150 Residents $188 Non-Res
West: Parkway	June 2 - August 8	Tuesdays 5-6pm Saturdays 8-10am	Monday, May 18th 5:00-6:00pm	$150 Residents $188 Non-Res

To register for Youth Sports Leagues

CLICK HERE

East Division:
Montevalle Center
840 Duncan Ranch Rd
Chula Vista, 91914
619-691-5269

West Division:
Parkway Center
373 Park Way
Chula Vista, 91910
619-409-1980



NEW

Chula Vista Parks and Recreation is expanding opportunities for girls in sports and recreation thanks to a **Get Her in the Game grant from the National Recreation and Park Association**. Be sure to check upcoming activity guides and program updates for **new low-cost H.E.R. Sports classes, clinics, and events** designed to keep girls active, confident, and connected through sports.

H.E.R. Sports Highlights: Inspiring stories from female athletes and role models in sports.
Try-It Sports Camps & Clinics: Introductory sessions to explore a variety of sports.
Skills & Drills Workshops: Practice on fundamentals.
Coaching & Training Opportunities: Empowering women to lead, mentor, and coach youth sports.
Girls & Women in Sport Leadership Events: Events that elevate female voices in sport leadership.

For girl's coaching opportunities contact
kpeyton@chulavistaca.gov

Did You Know?

71%

The top barrier for youth sports participation for girls is a lack of women coaches.



Overall, **35%** of participants in agencies' youth sports programs are girls and **25%** of coaches are women.

Almost three in five agencies **(59%)** lack specific training for coaching girls in sports.





GIVE A LITTLE, GET A LOT

Become a Volunteer Youth Sports Coach!

Make a Difference in Your Community - One Game at a Time.

Basketball • Soccer • Volleyball

Program Overview

The City of Chula Vista Parks & Recreation Department is seeking volunteer coaches to lead and inspire our youth athletes this season! Our Youth Sports Program serves children ages 5 –17, offering recreational leagues that focus on skill development, teamwork, and sportsmanship not just wins and losses. Coaches serve as mentors, role models, and positive influences both on and off the court. Whether you're a parent, former athlete, student, or community member, you can make a lasting impact by helping youth learn, grow, and have fun through sports!

Requirements

- Must be 18 years or older
- Complete a Volunteer Application
- Pass a DOJ/FBI background check
- Sign a Coach Code of Conduct Agreement
- Attend pre-season orientation and safety training

Your Commitment

- 2–4 hours per team, per week
- 8–10 week season
- Attend 1 mandatory coach orientation per year
- Model good sportsmanship and positive coaching
- Communicate regularly with players and parents

What We Provide

We'll make sure you're supported every step of the way. All volunteer coaches will receive:

- Free training, orientation, and practice plans
- Coaching resources and rulebooks
- CPR / Concussion / Abuse Prevention certifications (as required)
- Access to staff support for scheduling, communication, and supplies



Coach Perks & Recognition

- Free City-branded apparel and swag
- Volunteer service hours (great for students!)
- Recognition certificates and appreciation events
- Opportunity to mentor and inspire youth
- Make new friends and be part of the recreation family!



Ready to Coach? Apply Today!

Apply: chulavistaca.gov/departments/human-resources/about-us/volunteers
Call: Parkway Community Center (619) 409-1980
Email: Kevin Payton KPayton@chulavistaca.gov
Visit: Parkway Community Center, 373 Park Way, Chula Vista, CA 91910

Join the Team that Builds Character! Volunteering as a youth sports coach is more than just teaching the game, it's about building confidence, leadership, and community spirit. Step up, get involved, and make a difference this season!

To apply to become a volunteer youth sports coach

CLICK HERE



ADULT SPORTS LEAGUES

PLAY. COMPETE. CONNECT.

ADULT CO-ED SPORTS LEAGUES (18+ YRS)

Looking to stay active, meet new people, and compete for fun? Chula Vista Parks and Recreation department offers Adult Sports Leagues for all skill levels – from casual weekend warriors to competitive athletes. Team Champions will receive a free T-shirt!



WHO CAN JOIN?

- All gender adults 18 and older
- Full Teams – 1 Team Manager registers the team
- All experience levels welcome

ADULT SPORTS LEAGUES		
	Leagues Offered	**Season Dates**
Summer 2026	Basketball, Softball, Golf*	Monday - Friday
Fall 2026	Basketball, Softball, Golf*	Monday - Friday
Winter 2027	Basketball, Softball	Monday - Friday



SEASONS AND REGISTRATION

Our leagues are designed to foster fun, fitness and friendly competition so get your team together and register today! Leagues run year-round (except for Golf), and registration opens prior to each season. Note that only online registration is allowed.

SUMMER LEAGUE

ADULT BASKETBALL LEAGUES

Fast-paced, indoor league perfect for hoopers of all-genders and skill levels. 8 week season not including playoffs and championship game.

$355/ Team Fees & Referee Fees: $40/per team/per game

Parkway Gym and Montevalle Recreation Center
Games vary between 6:30-10pm





ADULT SOFTBALL LEAGUES

Our all-gender adult leagues are a community favorite, played year-round across top local fields. 11 week season for Winter including playoffs and championship.

$480/ Team Fees & Umpire Fees: $20/per team/per game
$395 FALL Season/ Team Fees & Umpire Fees: $20/per team/per game

Mount San Miguel Park and Veterans Park
6:30pm or 7:40pm or 8:50pm

Summer Basketball

	Location	Dates	Days	Game Times	Fee	Referee Fees
Men's D3	Parkway	July - Sept.	Wednesdays	Times vary 6:30-10pm	$355/team	$40/team/game
Men's D2	Montevalle	July - Sept.	Wednesdays	Times vary 6:30-10pm	$355/team	$40/team/game

Summer Softball (Dates subject to change due to inclement weather)

	Location	Dates	Days	Game Times	Fee	Umpire Fees
Men's	Mt. San Miguel/Montevalle/ Veterans	July - Sept.	Monday-Friday	6:30, 7:40, or 8:50pm	$480/team	$20/team/game
Coed	Mt. San Miguel	July - Sept.	Thursday & Friday	6:30, 7:40, or 8:50pm	$480/team	$20/team/game



For registration dates and more info on Adult Sports Leagues

CLICK HERE

Montevalle Center
840 Duncan Ranch Rd
Chula Vista, 91914
619-691-5269

Mt. San Miguel Park
2335 Paseo Veracruz
Chula Vista, 91914
619-409-5892

Parkway Gym
385 Park Way
Chula Vista, 91910
619-409-1980



PICKLEBALL
WHERE 2 PLAY

Pickle Ball Schedule										
	Ages	Type	In/Out	Fees Per Season	Mon	Tues	Wed	Thurs	Fri	Sat
Loma Verde Center	All	Open Play	Indoor	Free! No Registration	9-11:50am		9-11:50am			
MacKenzie Creek Park	All	Open Play	Outdoor	Free! No Registration	7am-10pm	7am-10pm	7am-10pm	7am-10pm	7am-10pm	7am-10pm
Norman Park	18+	Open Play	Outdoor	Free! No Registration	1-5pm	1-5pm	1-5pm	1-5pm	1-5pm	10:30am-1pm
Norman Park	18+	Club	Outdoor	$15 Resident $20 Non-Res		5-8pm		5-8pm		
Norman Park	50+	Open Play	Outdoor	Free! No Registration	8am-9am & 10am-1pm	8am-9am & 9:30am-1pm	8am-9am & 10am-1pm	8am-9am & 9:30am-1pm	8am-9am & 10am-1pm	8am-10:30am
Norman Park	50+	Clinic	Outdoor	Free! Must Register	9-10am		9-10am		9-10am	
Parkway Center	18+	Club	Indoor	Free! No Registration	11-11:50am	9-11:50am & 2-4:15pm	11-11:50am	9-11:50am		
Eucalyptus Park	All	Open Play	Outdoor	Free! No Registration	Coming soon!					
Grove Park	All	Open Play	Outdoor	Free! No Registration	Coming soon!					
Montevalle Center	All	Open Play	Indoor	Free! No Registration	Coming soon!					

CLICK HERE

To register for Pickleball

FREE!

CITY OF CHULA VISTA Parks & Rec

CHULA VISTA After School Rec Club

Formerly A.S.P.I.R.E.







REGISTRATION IS NOW OPEN

Supervised, drop-in, recreation program. Come and go as you please!

OFFERED ONLY ON SCHOOL DAYS!

CENTER	AGES	MON-THURS	FRIDAYS	ADDRESS	PHONE
Harborside Park	6-12	Tu 3:30-5:30pm	2:00-5:00pm	670 Oxford St.	(619) 691-5260
Heritage	5-12	2:00-4:00pm	1:00-3:00pm	1381 East Palomar St.	(619) 409-5439
Loma Verde	6-12	2:30-5:00pm	1:00-3:30pm	1420 Loma Lane	(619) 409-1939
Montevalle	11-13	3:15-5:00pm	1:00-3:30pm	840 Duncan Ranch Rd.	(619) 691-5269
Otay	5-12	3:00-5:00pm	2:00-5:00pm	3554 Main Street	(619) 409-1999
Veteran's	6-18	3:30-5:00pm	1:00-3:30pm	785 East Palomar St.	(619) 691-5260
Mobile Rec	K-6	MW 3:30-5pm	3:30-5:00pm	Mon - Los Ninos Park Wed - Escaya Park Fri - Harborside Park & Mountain Hawk Park	(619) 585-5739

CLICK HERE

To register for After School Rec Club

WWW.CHULAVISTACA.GOV/REC

Parks Make Life Better!℠

@CVREC

Enjoy Chula Vista's OUTSTANDING PARKS!

70 PARKS **598** ACRES



51 PLAYGROUNDS



6 SKATEBOARD PARKS



8 EXERCISE COURSES

2 SPLASH PADS





8 DOG PARKS

2 AMPHITHEATERS



22 HIKING TRAILS

40 PARKS HAVE BARBEQUE FACILITIES





30 PARKS HAVE GROUP PICNIC AREAS

Parks with Fields & Courts

SOCCER/FOOTBALL	37
BASEBALL/SOFTBALL	16
BASKETBALL	31
VOLLEYBALL	1
TENNIS COURTS	14



37 GAZEBOS

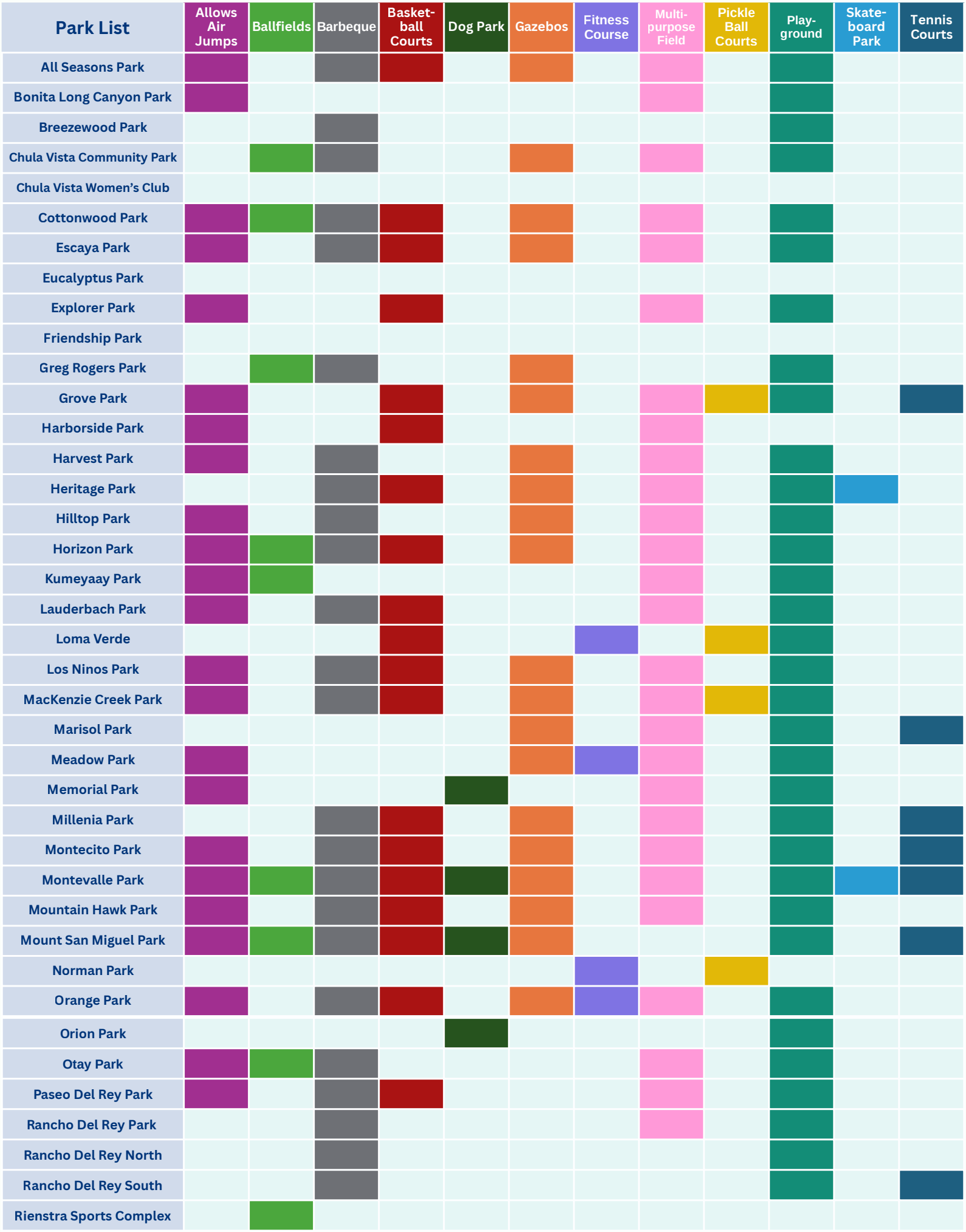
PLUS!

- SKATE RINK
- MINI PITCH
- SOCCER RINK
- FITNESS CENTERS
- SHUFFLE BOARD
- PICKLE BALL
- 2 CITY POOLS
- 10 REC CENTERS

PLAN YOUR NEXT CHULA VISTA PARK VISIT

Our website contains a complete list of city parks and their features, as well as information on making reservations for select areas. www.chulavistaca.gov/rec

CITY OF CHULA VISTA

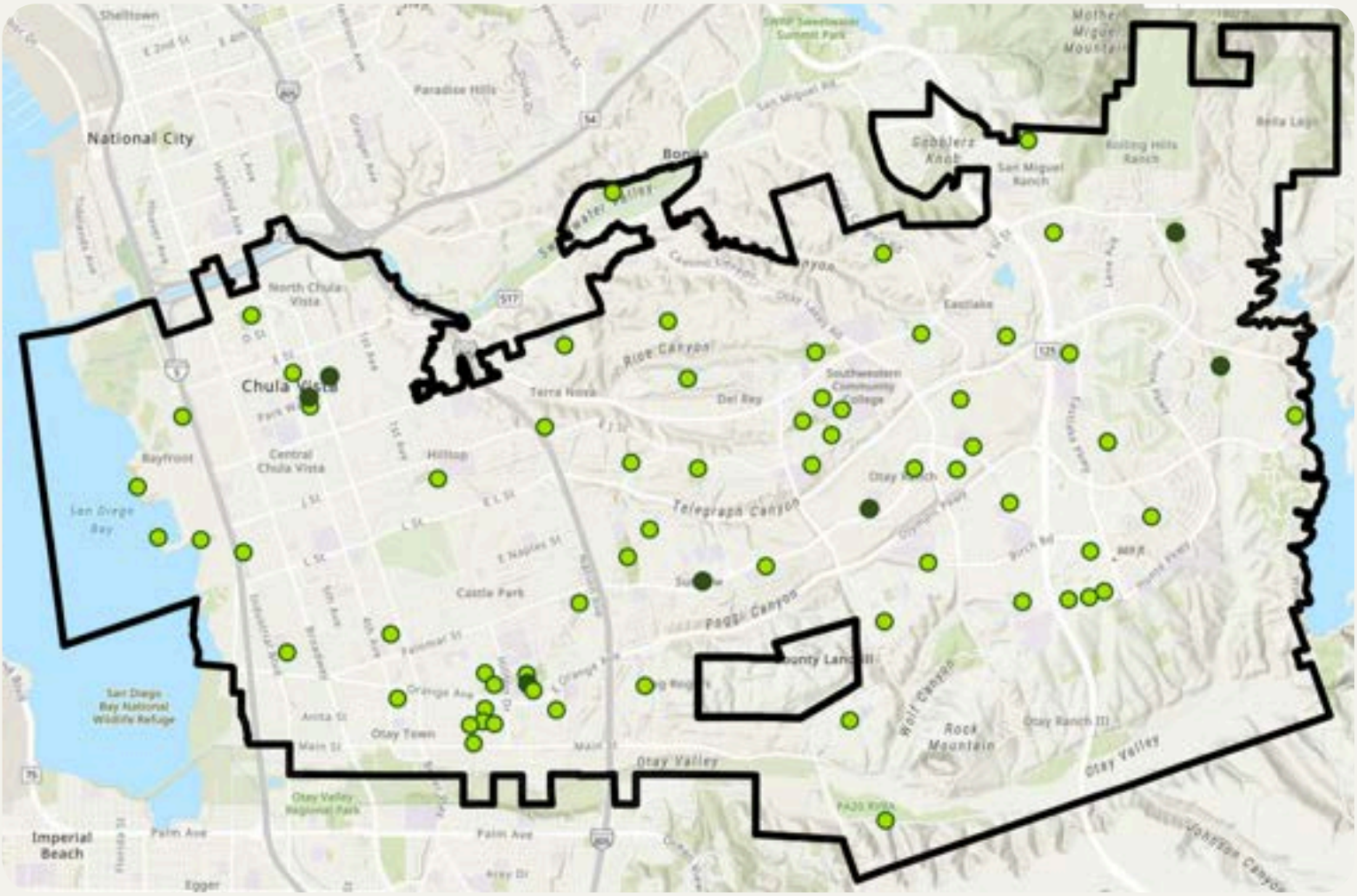

Park List
Allows Air Jumps
Ballfields
Barbeque
Basket-ball Courts
Dog Park
Gazebos
Fitness Course
Multi-purpose Field
Pickle Ball Courts
Play-ground
Skate-board Park
Tennis Courts
All Seasons Park
Bonita Long Canyon Park
Breezewood Park
Chula Vista Community Park
Chula Vista Women's Club
Cottonwood Park
Escaya Park
Eucalyptus Park
Explorer Park
Friendship Park
Greg Rogers Park
Grove Park
Harborside Park
Harvest Park
Heritage Park
Hilltop Park
Horizon Park
Kumeyaay Park
Lauderbach Park
Loma Verde
Los Ninos Park
MacKenzie Creek Park
Marisol Park
Meadow Park
Memorial Park
Millenia Park
Montecito Park
Montevalle Park
Mountain Hawk Park
Mount San Miguel Park
Norman Park
Orange Park
Orion Park
Otay Park
Paseo Del Rey Park
Rancho Del Rey Park
Rancho Del Rey North
Rancho Del Rey South
Rienstra Sports Complex

Park List	Allows Air Jumps	Ballfields	Barbeque	Basket-ball Courts	Dog Park	Gazebos	Fitness Course	Multi-purpose Field	Pickle Ball Courts	Play-ground	Skate-board Park	Tennis Courts
Rohr Park												
Salt Creek Park												
Santa Venitia Park												
SDG&E East												
SDG&E West												
Strata Park												
Stylus Park												
Sunbow Park												
Sunridge Park												
Sunset View Park												
Terra Nova Park												
Valle Lindo Park												
Veterans Park												
Voyager Park												
Winding Walk Park												

PARKS AMENITIES MAP

CLICK HERE

To Use The Parks Finder





TOUR THE CHULA VISTA ELITE ATHLETE TRAINING CENTER

U.S. Olympic and Paralympic Training Site

Mon-Fri 9:30am-3:00pm

On this guided tour you will learn an overview of the history of the Chula Vista Elite Athlete Training Center (CVEATC), the purpose of the center and general facts about our athletes and sport venues.

Silver Tour

- Exclusive tour of venues
- Behind the Scenes walkthrough of Strength & Conditioning Center & Dining Hall

Gold Tour

- Exclusive tour of venues
- Behind the Scenes walkthrough of Strength & Conditioning Center & Dining Hall
- "Eat like an Athlete" experience – enjoy an all-inclusive lunch in the Dining Hall

Bronze Tour

- Guided tour down the Olympic Path

VIP

- VIP tours also include an Archery Experience with a minimum of six guests, ages 8 and up.

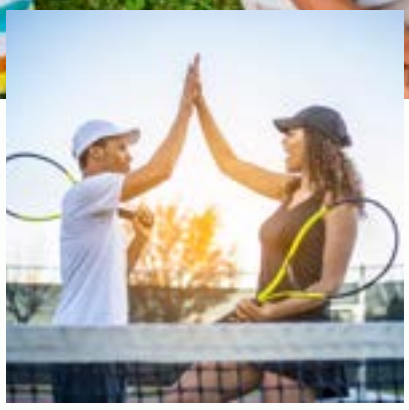
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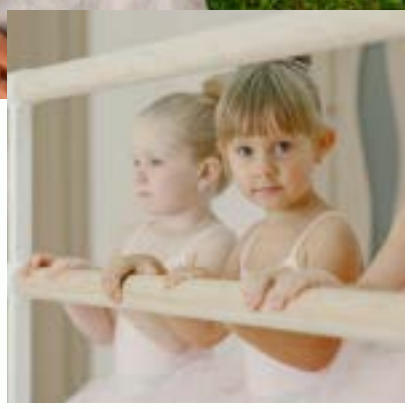
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