FALL
OCT-DEC
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:



(619) 409-5979

RecAdmin@chulavistaca.gov

www.chulavistaca.gov/rec



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

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



As the seasons change, there's no better time to get out, get active, and connect with your community! The City of Chula Vista Parks & Recreation Department is excited to welcome you to our Fall 2026 Recreation Guide, filled with opportunities for residents of all ages and abilities. From youth and adult sports, aquatics, and fitness to arts, enrichment, senior activities, and special events, our programs are designed to bring people together, support healthy lifestyles, and create memorable experiences throughout Chula Vista.

This fall, we invite you to try something new, return to a favorite program, explore one of our community centers, or simply spend more time enjoying Chula Vista's parks and public spaces. Our dedicated Parks & Recreation team is proud to serve our community every day by creating welcoming places and meaningful opportunities to play, learn, grow, and connect. We look forward to seeing you this fall in the Heart of the Neighborhood!

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.

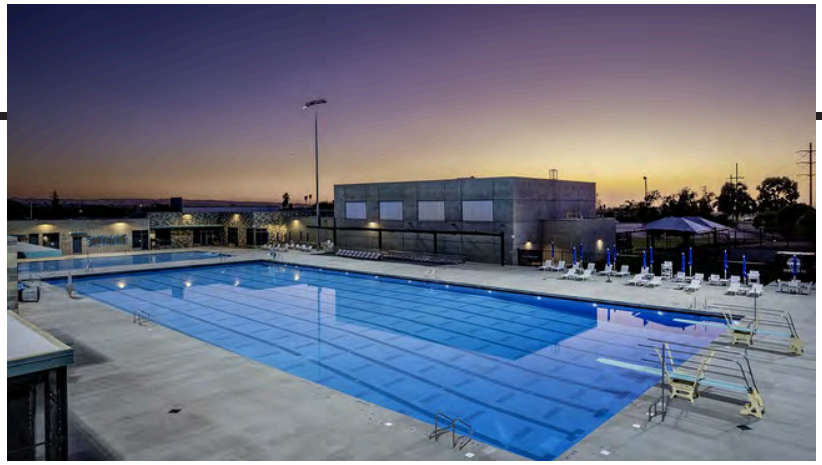


Izabella Kovar
Recreation Leader – Veterans Park Community Center

It is our pleasure to recognize Izabella Kovar as Leader of the Season. Izabella consistently demonstrates a positive attitude, strong leadership, and a willingness to go above and beyond in her role with the City of Chula Vista.

Izabella currently supports the Adaptive and Inclusive Recreation Program, where she plans and hosts programs and events for adults with disabilities. She also recently served as a Recreation Supervisor through an Out-of-Class Assignment at the Otay Community Center. During her assignment, she developed new programs, restructured open gym schedules, and provided training and guidance to fellow supervisors, all while continuing to support Therapeutics programming.

Izabella's dedication, leadership, and commitment to the community make her a great example to her peers and a deserving recipient of this recognition. Congratulations, Izabella, on being selected as 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

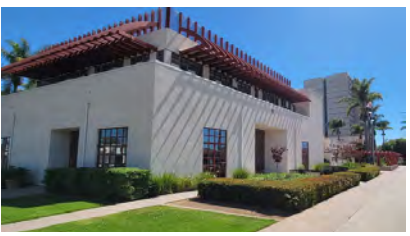
Salt Creek Community Center
2710 Otay Lakes Road
Chula Vista, CA 91915
619-585-5739

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








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



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**

FRIENDS OF CHULA VISTA PARKS & RECREATION

Stronger Parks, Stronger Community









GROW PARKS. CHANGE LIVES.

JOIN THE FRIENDS BOARD!

The Friends of Chula Vista Parks & Recreation is a nonprofit dedicated to expanding recreational opportunities for children, families, seniors, and underserved communities throughout Chula Vista

We're looking for passionate community members who want to make a lasting impact

YOUR IMPACT SUPPORTS

- Scholarships for families in need
- Learn to Swim - Operation Splash
- Youth camps and enrichment programs
- Adaptive and inclusive recreation
- Community events and special programs
- Recreation equipment and supplies
- The City's Annual 5K run
- Future park and recreation initiatives

WE'RE GROWING OUR BOARD!

We need motivated leaders with passion, skills and time to help secure grants, build partnerships, and increase fundraising efforts.

WE'RE ESPECIALLY SEEKING PEOPLE WITH EXPERIENCE IN:

- Grant writing
- Fundraising & donor development
- Business or community leadership
- Marketing and communications
- Event Planning
- Finance or nonprofit governance

You don't need to be an expert - just someone who believes parks and recreation changes lives and is ready to help!

Many Ways to Make a Difference!

DONATE
Invest in our Community.

JOIN THE BOARD
Lead the way. Make an inpact.

VOLUNTEER
Share your time and skills

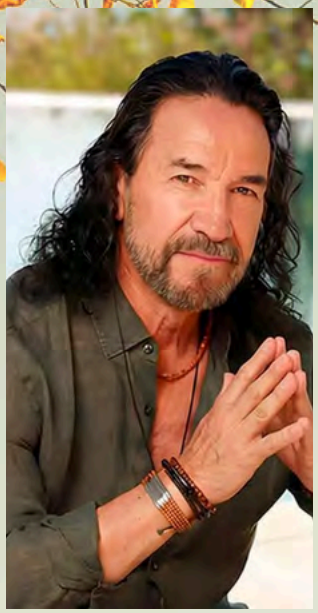
CONNECT US WITH SPONSORS
Help build partnerships.

LEARN MORE OR GET INVOLVED

friendsofcvparks.org

FALL Concert SERIES









BIDDING NOW OPEN FOR VIP TICKETS & FREE PARKING!

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

NORTH ISLAND CREDIT UNION AMPHITHEATER

2050 ENTERTAINMENT CIRCLE
CHULA VISTA, CA 91911



TO BID ON VIP TICKETS & INFO VISIT

HTTPS://NEW.BIDDINGOWL.COM/FRIENDSOFCVPARKSANDRECCONCERTS2026

FALL Concert SERIES

BIDDING NOW OPEN FOR VIP TICKETS & FREE PARKING!

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

ARTISTS

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

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

OCT 30 - THE B-52S * DEVO: COSMIC DE-EVOLUTION TOUR

TO BID ON VIP TICKETS & INFO VISIT

HTTPS://NEW.BIDDINGOWL.COM/FRIENDSOFCVPARKSANDRECCONCERTS2026

REGISTER TODAY!

CHULA VISTA CHAMPIONS 5K RUN

RUN • WALK • RECREATE

- CERTIFIED 5K COURSE
- FINISHER MEDAL
- FAMILY FUN FESTIVITIES
- CUSTOM RACE SHIRT

★ SATURDAY, NOVEMBER 14, 2026 ★

CHULA VISTA ELITE ATHLETE TRAINING CENTER

BENEFITING YOUTH RECREATION SCHOLARSHIPS

TINYURL.COM/CVCHAMPIONSRUN2026

CITY OF CHULA VISTA Parks & Rec



CHULA VISTA CHAMPIONS 5K RUN

SATURDAY, NOVEMBER 14 AT 8:00AM

CHULA VISTA ELITE ATHLETE TRAINING CENTER
2800 Olympic Parkway. Chula Vista, CA 91915
Register at: https://tinyurl.com/CVChampionsRun2026

RACE DETAILS

COURSE INFORMATION

- Certified 5k Course
- Run or Walk Course
- Stroller & Wheelchair Accessible
- NO PETS ALLOWED



RACE CATEGORIES

- Ages 5y - 16y
- Ages 18y +
- Children 4 and under

START TIMES

7:35AM: Race Warm Up
7:45AM: Welcome & Announcements
8:00AM: Opening Ceremony/Race Starts

EVENT SPONSORS & VENDORS

Showcase your organization or business to hundreds of community members while supporting youth recreation programs.

Sponsors: Support this community event with Bronze, Silver, Gold, or Presenting Sponsorship opportunities. All sponsorships are tax-deductible.
Contact: Kevin Payton, (619) 409-1982
kpayton@chulavistaca.gov

Vendors: Reserve your booth today.
Contact: Caitlin Weston, (619) 691-5266
cweston@chulavistaca.gov

REGISTER NOW!

Early Bird Pricing Ends September 30th

REGISTRATION INFORMATION

ENTRY FEES

Children 4 and under are FREE!
No Race shirt or Finisher Medal

Ages 5y - 17y

- Early Bird Rate

August 17 - September 30: $30

- Regular Rate

October 1 - November 12: $35

- Race Day Rate

November 13 - 14: $40

Ages 18y +

- Early Bird Rate

August 17 - September 30: $45

- Regular Rate

October 1 - November 12: $50

- Race Day Rate

November 13 - 14: $55

REGISTRATION INCLUDES

- Custom Race shirt
- Finisher Medal

IF REGISTERING ON DAY OF RACE A SHIRT AND MEDAL ARE NOT GUARANTEED

PACKET PICKUP OPTIONS

Pre-Race Pickup:

- Fri, Nov 13: 4PM - 7PM

Chula Vista Elite Athlete Training Center

Day of Race Pickup:

- Sat, Nov 14: 6:30AM - 8AM

Chula Vista Elite Athlete Training Center

DAY OF FESTIVITIES

Before and after the race, enjoy delicious food vendors, a live DJ, kids games and activities, a community vendor expo, and exciting opportunity drawings. Bring the whole family and celebrate with us while cheering on the walkers and runners!

BENEFITING

Proceeds help provide youth recreation scholarships for local Chula Vista youth to participate in recreation classes, sports, and intersession camps, ensuring every child has the opportunity to play, learn, and grow.

Scan The QR Code To Register & Learn More

FOR MORE INFORMATION

Anthony Ramos
(619) 585-5653
aramos@chulavistaca.gov

NO REFUNDS OR TRANSFERS.
Dogs and Bicycles Not Permitted on Course

CITY OF CHULA VISTA Parks & Rec

FRIENDS of Chula Vista Parks & Recreation

CHULA VISTA ELITE ATHLETE TRAINING CENTER

CHULA VISTA CHAMPIONS 5K RUN

REGISTER TODAY!

NEW

KIDS

1 MILE RUN

RIGHT BEFORE THE 5K!



SATURDAY, NOVEMBER 14, 2026
STARTS AT 8:00 AM

CHULA VISTA ELITE ATHLETE
- TRAINING CENTER -

AGES 5-12

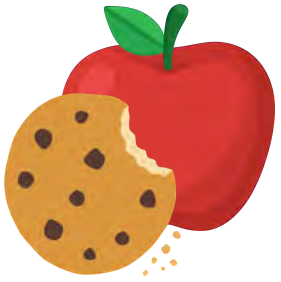
$15.00 PER CHILD



KIDS RECEIVE A

MEDAL

AND A TREAT AFTER THE RACE!



BENEFITING YOUTH
RECREATION SCHOLARSHIPS

TINYURL.COM/CVCHAMPIONSRUN2026

CHULA VISTA ELITE ATHLETE TRAINING CENTER
CITY OF CHULA VISTA

CITY OF CHULA VISTA Parks & Rec



How to register

Fall 2026 Registration

Get ready to jump into Fall with a fresh season of recreation!

Registration for the October - December 2026 session opens **Tuesday, September 8**, 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 Fall.

All Fall session classes will begin the week of **October 5.** 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

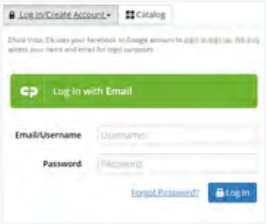
Registering for your favorite classes and programs is quick and easy!

- **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**

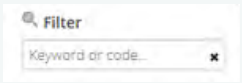
Enter your username and password under the Log In / Create Account section. Be sure to add all family members to your account with accurate birthdates and genders.



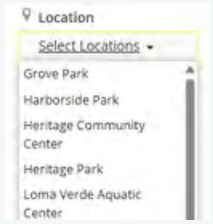
- **Find Your Activities**

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.









CITY OF CHULA VISTA

CITY OF CHULA VISTA Parks & Rec

SCHOLARSHIP PROGRAM

Scholarships are available for Chula Vista resident children under 18 years old. Up to $100 per child, bi-annually.

Apply Now

Fill out application at:
tinyurl.com/ScholarshipCV

More Info

Our Contact
(619) 409-5979
recadmin@chulavistaca.gov



Passport to Cooking Workshop: China

Ages: 8-13
Res $20 / Non Res $25

Montevalle Community Center
Friday, October 16, 2026
6:00-8:00pm

In this fun, hands-on workshop, young chefs will explore easy-to-follow recipes inspired by cuisines from different countries. Along the way, participants will learn basic cooking skills, kitchen safety, and proper cooking etiquette while building confidence and creativity in the kitchen. All ingredients and cooking supplies are provided. A $10 material fee (cash only) will be due the day of the workshop



Doggie Costume Contest

Ages: All
Res $5/ Non Res $6

Heritage Community Center
Friday, October 16, 2026
5:30-6:30pm

Show off your pup at the Doggie Costume Contest at Heritage Park Community Center! Prizes will be awarded for Cutest, Most Original, and Funniest costumes. Entry is $5 per dog (register under the owner's name), and spectators are free. Bring a lawn chair or picnic blanket. Dogs must be well-behaved, fully vaccinated, and spayed/neutered. All ages are welcome!



Dia De Los Muertos Celebration

Ages: 50+
Price: $5

Norman Park Senior Center
Friday, October 16, 2026
4:30-6:30pm

Join us for a Día de los Muertos celebration honoring our loved ones. Bring a photo for our community ofrenda and enjoy pan de muerto, hot drinks, food, music, and Lotería!



Kids Night Out Hallowen Party

Ages: 6-12
Res $20 / Non Res $25

Loma Verde Community Center
Friday, October 23, 2026
6:00- 9:00pm

Join us for a spooky Kids' Night Out Halloween Party filled with games, crafts, treats, and festive fun! Come dressed in your favorite costume and get ready for a frightfully fun evening!

CLICK HERE

To register for Rec Center Special Events



Trick - or - Treat Bash

Ages: All
Res $5/ Non Res $6

Parkway Community Center
Friday, October 23, 2026
6:00-8:00pm

Bring your little ghouls, superheroes, and princesses for a fun Halloween celebration with treats, games, costumes, spooky decorations, and family-friendly fun!



Halloween Kids Night Out

Ages: 6-12
Res $15/ Non Res $19

Otay Community Center
October 23, 2026
6:00-9:00pm

Calling all ghosts and ghouls ages 6–12! Dress in your favorite costume and enjoy pizza, Halloween games, music, spooky activities, and fun with friends while your parents enjoy a night out!



Heritage Trunk or Treat

Ages: 17 & Under
Free
Heritage Community Center
Friday, October 30, 2026
5:00- 7:30pm

Spots are available to participate in our Trunk-or-Treat event! Decorate your car, pass out treats, and join the Halloween fun. Prizes will be awarded to the best-decorated cars.



Montevalle's Trunk or Treat

Ages: 17 & Under
Free
Montevalle Community Center
Friday, October 30, 2026
3:00-6:00pm

Enjoy an evening of costumes, candy, and Halloween fun! This family-friendly event is open to children and youth ages 17 and under.

CLICK HERE To register for Rec Center Special Events



Crafts at the Creek: Pumkin Carving & Decorating

Ages: 5-12
Res $15/ Non Res $19

Salt Creek Community Center
Friday, October 30, 2026
3:00-5:00pm

Enjoy an afternoon of carving and decorating pumpkins at Montevalle Community Center. All supplies will be provided. Parent participation may be required for younger particpants.



Monster Ball

Ages: 50+
Price: $8

Norman Park Senior Center
Friday, October 30, 2026
Time: TBD

Put on your best costume and join us for a spooktacular Halloween Monster Ball! Enjoy tasty food and drinks, sweet treats, music, and exciting prizes and a fun costume contest as we celebrate Halloween together.



Veterans Hallowen Party

Ages: 5-14
Res $5/ Non Res $6

Veterans Community Center
Friday, October 30, 2026
4:00-6:00pm

Put your costume on and join us for an afternoon of crafts, games and FUN! Participants may receive an award for the following categories: Most Original, Funniest, etc.



Passport to Cooking: France

Ages: 8-13
Res $20/ Non Res $25

Montevalle Community Center
Friday, November 20, 2026
6:00-8:00pm

Young chefs will make simple dishes from around the world while learning cooking skills, kitchen safety, and etiquette. All supplies are provided. A $10 cash material fee is due on the day of the workshop.

CLICK HERE **To register for Rec Center Special Events**



November 20, 2026

Parkway Playhouse Talent Show

Ages: All
Res $5/ Non Res $6

Parkway Community Center
Friday, November 20, 2026
6:00- 8:00pm

Solo acts, group performances, and family duos are all welcome. Let your creativity shine and be part of a fun, supportive, and energetic showcase of local talent!



November 20, 2026

Operation Gobble

Ages: 50+
Free

Norman Park Senior Center
Friday, November 20, 2026
9:00- 11:00am

Thanks to the generous support of Assembly Member David Alvarez, Norman Park is excited to give back to our beloved seniors with FREE turkeys and side dishes! Must bring Photo ID.



December 5, 2026

Santa's Holiday Workshop

Ages: 3-17
Res $10/ Non Res $ 13

Montevalle Community Center
Saturday, December 5, 2026
10:00- 11:30am

Celebrate the season at Santa's Holiday Workshop on Saturday, December 5, from 10:00–11:30 a.m. at Montevalle Community Center! Enjoy ornament-making, hot chocolate, cookies, and a possible special visitor. Please bring a camera. Due to limited space, only one adult per child may attend.



December 5, 2026

Starlight Parade Walking Group

Ages: 50+
Free

Norman Park Senior Center
Friday, December 5, 2026
2:00-4:00pm

Join our senior walking group in the Starlight Parade! Enjoy a festive evening of walking, holiday cheer, and community spirit. Comfortable shoes and holiday attire are encouraged.

CLICK HERE **To register for Rec Center Special Events**



December 11, 2026

Winter Holiday Party

Ages: 50+
Price: $8

Norman Park Senior Center
Friday, December 11, 2026
6:00-9:30pm

Celebrate the holiday season with friends at our Senior Holiday Party! Enjoy festive music, delicious treats, fun activities, and plenty of holiday cheer. Come dressed in your favorite holiday attire and get ready for a joyful celebration!



December 18, 2026

Passport to Cooking Workshop: Japan

Ages: 8-13
Res $20 / Non Res $25

Montevalle Community Center
December 18, 2026
6:00 - 8:00 pm

Young chefs will prepare simple dishes from around the world while learning cooking skills and kitchen safety. All supplies are included. A $10 cash material fee is due on the day of the workshop.



December 18, 2026

Craft at the Creek: Holiday Gifts

Ages: 5-12
Res $20/ Non Res $25

Salt Creek Community Center
Friday, December 18, 2026
5:00 - 8:00 pm

Participants will have the opportunity to make up to three gifts for family and Friends. Refreshments included.

Follow us on Instagram and Facebook for more updates on our special events

Facebook
@cvrec

Instagram
@cvrec

AQUATIC ACTIVITIES

LOMA VERDE & PARKWAY AQUATIC CENTERS

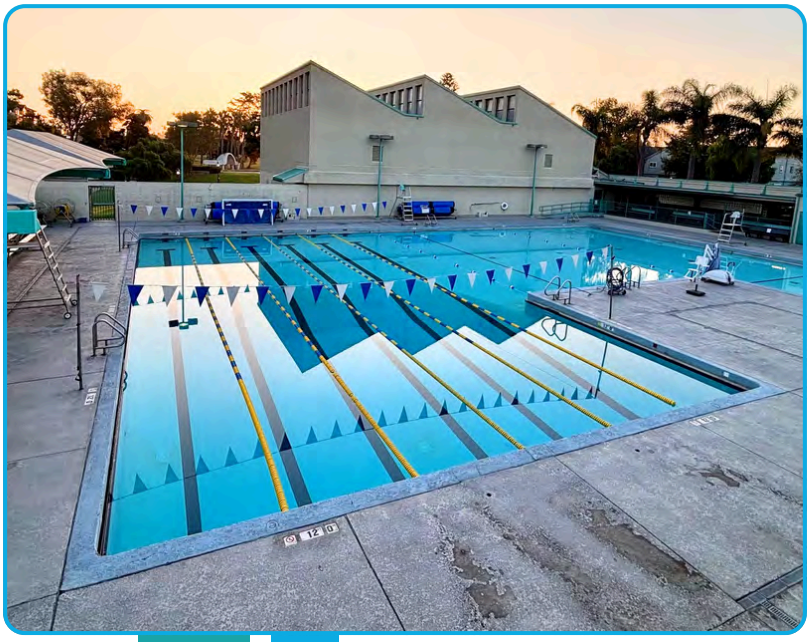
Loma Verde Aquatic Center
1420 Loma Lane
Chula Vista, 91911
619-409-1987

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



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



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

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
Aqua Zumba (16+): $9

Monthly Aquatics Registration Dates

Activity Month	Resident Online Registration	Non-Resident or In-person Registration
October	September 28th at 8:00am	September 30th at 8:00am
November	October 26th at 8:00am	October 28th at 8:00am
December	November 23rd at 8:00am	Novmber 25th at 8:00am

NEW! Swim Passes

No more reserving a specific timeslot, water fitness class, or lane! Simply purchase a **Lap Swim, Water Fitness, or Open Swim/Water Walking Pass** for the location of your choice and come when it's convenient for you. Enjoy the flexibility to visit without having to reserve a spot in advance. Your pass is valid only at the location selected and expires one month from purchase date.

- Pool space and lanes are subject to availability and programming changes.
- A private lane is not guaranteed.
- No guest privileges.
- Aqua Zumba classes are not included.

Swim Pass Fees

Purchase in multiples of 5. All passes expire one month from purchase date.

	Lap Swim or Water Fitness 5 Visit Pass	Open Swim or Water Walking 5 Visit Pass
Adult 16-49 yrs	Res: $30 Non-Res: $35	Res: $20 Non-Res: $25
Senior 50+ yrs	Res: $20 Non-Res: $30	Res: $15 Non-Res: $20
Child 15 yrs & under	N/A	Res: $15 Non-Res: $20

Lap Swim (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.
Prerequisite: Must be able to swim 50 yards crawl stroke with your face in the water and back float for 30 seconds.

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.

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 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 to the beat of upbeat music. 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.

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 cardio, strength, core, and stretching. Aqua-jogger belts provided but optional.
Prerequisite: Must be able to swim 50 yards crawl stroke with face in the water and back float for 30 seconds.

Aqua Zumba Class (16+ yrs)

Make a splash with this low-impact, high-energy workout set to vibrant Latin and World rhythms! Join Aqua Zumba every Tuesday for a pool party like no other. combines the energy of Zumba with water resistance for a refreshing, joint-friendly workout. that tones muscles and lets you move at your own pace. Fitness has never been this fun in the water!

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

Instructor: L. Duarte
Session: October, November, & December
Tuesday 12-12:45pm

Monthly Aqua Zumba Pricing

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

	Adult (16-49)	Senior (50+)
Oct	Res: $32 Non-Res: $40	Res: $24 Non-Res: $32
Nov	Res: $24 Non-Res: $32	Res: $18 Non-Res: $24
Dec	Res: $32 Non-Res: $40	Res: $24 Non-Res: $32

Masters Swim Team (16+ yrs)

Perfect for athletes preparing for high school/club swim, water polo, or triathlons. Build endurance, refine strokes, and practice competitive skills including starts, turns, and race techniques.
Prerequisite: Must swim 50 yards freestyle with side breathing & 50 yards backstroke

Parkway Pool

Instructor: Staff
Session: October $54, November $42, & December $48
Tuesday & Thursdays 6:00-7:00am



Swim Skills for Life!

Learning to swim is more than learning strokes—it's an important life-saving skill. Our swim lessons help participants build confidence, develop water safety skills, and become comfortable in a variety of aquatic environments. Start building skills today that can last a lifetime!

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
Fall 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
Fall Break M-Th: 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
Fall 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
Fall Break M-Th: 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
Fall 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
Fall Break M-Th: 8:30am, 9:40am, 10:50am





Group Swim Lesson Pricing

Price for 30 minute classes for the full session.

Chula Vista Resident	M/W	T/Th	M-Th	Sat
October (No class Oct 31)	$80	$90		$40
November (No class Nov 21-27)	$70	$60		N/A
December (No Class Dec 21-31)	$50	$60		N/A
Fall Break: Sept 21-Oct 1	$40	$40	$80	
Non-Resident	**M/W**	**T/Th**	**M-Th**	**Sat**
October (No class Oct 31)	$100	$112		$50
November (No class Nov 21-27)	$87	$75		N/A
December (No Class Dec 21-31)	$62	$75		N/A
Fall Break: Sept 21-Oct 1	$50	$50	$100	

Private Swim Lesson Pricing

Price for 30 minute class for the full session.

Chula Vista Resident	M/W	T/Th	M-Th	Sat
October (No class Oct 31)	$240	$270		$120
November (No class Nov 21-27)	$210	$180		N/A
December (No Class Dec 21-31)	$150	$180		N/A
Fall Break: Sept 21-Oct 1	$120	$120	$240	
Non-Resident	**M/W**	**T/Th**	**M-Th**	**Sat**
October (No class Oct 31)	$300	$337		$150
November (No class Nov 21-27)	$262	$225		N/A
December (No Class Dec 21-31)	$187	$225		N/A
Fall Break: Sept 21-Oct 1	$150	$150	$300	

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

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
Fall 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

DID YOU KNOW?

- **Drowning is the leading cause** of unintentional death for children ages 1–4
- **Check the water first.** If a child is missing, immediately check nearby pools and other bodies of water before searching elsewhere.
- **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.
- **A child can drown** in the time it takes to answer a phone call. Put your phone away and keep your eyes on the water.
- **Floaties are not life-saving** devices. Water wings and inflatable toys can give a false sense of security and should never replace supervision.



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: 5:55pm
Tue/Thurs: 5:20pm

Adult Lessons (16+ yrs)

Level 1:
Learning the Basics
This class is designed for participants who are new to swimming or looking to build confidence in the water. Participants will learn basic aquatic skills, swimming strokes, and water safety concepts while developing comfort and confidence in and around the water. Instructors will introduce skills at an appropriate pace and help participants build a strong foundation for continued swimming development.
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: 7:05pm
Tue/Thurs: 6:30pm
Sat: 9:05am
Fall Break: 8:30am

Junior Lifeguards (11-14 yrs)

Build a strong foundation for future success in the American Red Cross Lifeguarding Course! Jr. Guards will learn drowning prevention, water safety, supervision, drowning recognition, basic first aid, CPR, and AED skills while developing leadership, communication, decision-making, and teamwork skills. Emphasis is placed on responsibility, professionalism, work ethic, and fitness. This class does not provide lifeguard certifications required for employment, but serves as an excellent bridge to Lifeguard Training. *Swim skills assessment required to register.*

$100 Res / $125 Non-Res

Parkway Aquatic Center 11-14 yrs
Instructor: Staff
Session: Fall Break Sept 21-Oct 1
Mon-Thurs 12-4pm





AQUATICS SCHEDULE - SUBJECT TO CHANGE

Lap Swim (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 (October Only)

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	1-2pm	1-2pm	1-2pm	1-2pm	12-2pm	12-2pm (October Only)
Parkway Middle Section: 16+ yrs	8am-10am 12-1pm	6am-2pm	8am-10am 11am-2pm	6am-2pm	8am-10am 12-1pm	12-2pm (October Only)

Water Fitness Classes (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	Deep 8-9am Shallow 10-11am	Deep 8-9am	Shallow 10-11am Gentle 11am-12pm	Shallow 10-11am (October Only)

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	Fall Break 9/21 - 10/1
Loma Verde Pool	4:35pm	4:35pm	10:50am	10:50am
Parkway Pool	4:10pm, 5:20pm	4:45pm, 5:55pm	9:40am, 10:50am (October Only)	10:15am

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

	Mon/Wed	Tues/Thur	Sat	Fall Break 9/21 - 10/1
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	4:10pm, 5:20pm, 6:30pm	4:10pm, 4:45pm, 5:55pm	9:40am, 10:50am, 11:25am October Only	9:40am, 10:50am, 11:25am

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

	Mon/Wed	Tues/Thur	Sat	Fall Break 9/21 - 10/1
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	4:45pm, 5:55pm, 6:30pm, 7:05pm	4:10pm, 5:20pm, 6:30pm, 7:05pm	9:05am, 10:15am, 11:25am (October Only)	9:40am, 10:50am

Water Polo Fundamentals - (6-15 yrs)

	Mon/Wed	Tues/Thur	Sat	Fall Break 9/21 - 10/1
Loma Verde Pool		5:10pm		
Parkway Pool	5:55pm			

Adult Swim Lessons - 30 mins (16+ yrs)

	Mon/Wed	Tues/Thur	Sat	Fall Break 9/21 - 10/1
Loma Verde Pool	6:20pm	4:35pm	11:25am	
Parkway Pool	7:05pm	6:30pm	9:05am (October Only)	

Private Swim Lessons - 30 mins (2+ yrs)

	Mon/Wed	Tues/Thurs	Sat	Fall Break 9/21 - 10/1
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	4:10pm, 4:45pm, 5:20pm, 5:55pm, 6:30pm	4:10pm, 4:45pm, 5:20pm, 5:55pm, 6:30pm	12pm (October Only)	9:05am, 9:40am, 10:15am, 10:50am, 11:25am

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 5-visit swim passes 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?

Swim assessments are available Monday-Thursday 4:00pm-6:30pm at Loma Verde Pool and 4:00-7:00pm at Parkway Pool.

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

JOIN US!

JR. LIFEGUARD PROGRAM

Learn
Swim
Serve
Grow

DATES

September 21st - October 1st

12:00PM - 4:00PM

Monday-Thursday



PROGRAM FEATURES

- Communication, teamwork and decision-making skills.
- The basic responsibilities of a lifeguard.
- The basic knowledge and skills required to participate in the American Red Cross Lifeguarding course.

AGES 11-14

REGISTER HERE!



RESIDENTS $150

NON-RESIDENTS $187



INCLUDES A **FREE** Junior Lifeguard Shirt!

For More information, contact us :

(619) 409-1985

WWW.CHULAVISTACA.GOV/REC

Parkway Aquatic Center

385 Park Way, Chula Vista, 91910

CITY OF CHULA VISTA
Parks & Rec

JUNIOR LIFEGUARD PROGRAM

BE PREPARED
BE CONFIDENT
MAKE A DIFFERENCE

PREREQUISITES

Swim FRONT CRAWL
for 25 yards continuously while breathing to the front or side

OR

Swim BREASTSTROKE
for 25 yards continuously while using pull, breathe, kick and glide sequence.

Complete Water Competency Test.

1. Step into the water from the side and totally submerge.
2. Maintain position for 1 minute by treading water or floating (can use a combination of the two).
3. Rotate one full turn and orient to the exit.
4. Level off and swim on the front or back for 25 yards.
5. Exit without using a ladder or stairs.

Swim Learn Grow

WATER COMPETENCY TEST



1. Step into the water from the side and totally submerge.



2. Maintain position for 1 minute by treading water or floating (can use a combination of the two).



3. Rotate one full turn and orient to the exit.



4. Level off and swim on the front or back for 25 yards.



5. Exit without using a ladder or stairs.

TESTING AVAILABLE AT:

Parkway Pool or Loma Verde

Saturday, September 12th & 19th

12:00 PM – 2:00 PM

American Red Cross

Upon completion of the class they will receive a

CERTIFICATE OF JUNIOR LIFEGUARD COURSE



IMPORTANT:

Must attend all days to obtain certificate.

Does not certify them to be a Lifeguard.

For more information contact us:
(619) 409-1985
aquatics@chulavistaca.gov

Parkway Aquatic Center
385 Park Way, Chula Vista, 91910

CITY OF CHULA VISTA Parks & Rec

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

Thanksgiving DAY CAMP 2026

November 23-25					
Location	**Ages**	**Days**	**Times**	**Fees**	**Extended Care**
Heritage Montevalle	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Otay (1/2 day)	6-12 yrs	Mon-Wed	9am-1pm	$51 Resident / $64 Non-res	N/A
Veterans	6-12 yrs	Mon-Wed	9am-1pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Parkway	6-12 yrs	Mon-Wed	9am-4pm	$98 Resident / $123 Non-res	$30 Resident / $38 Non-res
Parkway Little Explorers	3-5 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	N/A
Salt Creek (includes field trip)	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res

Winter DAY CAMP 2026

Week 1: December 21-23					
Location	**Ages**	**Days**	**Times**	**Fees**	**Extended Care**
Heritage Montevalle	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Wed	9am-12pm	$75 Resident / $94 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Otay (1/2 day)	6-12 yrs	Mon-Wed	9am-1pm	$51 Resident / $64 Non-res	N/A
Parkway (includes field trip)	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Salt Creek (includes field trip)	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Veterans	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res

Week 2: December 28-30					
Location	**Ages**	**Days**	**Times**	**Fees**	**Extended Care**
Heritage Montevalle	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	N/A
Heritage (1/2 day)	6-12 yrs	Mon-Wed	9am-12pm	$75 Resident / $94 Non-res	N/A
Loma Verde	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Otay (1/2 day)	6-12 yrs	Mon-Wed	9am-1pm	$51 Resident / $64 Non-res	N/A
Parkway (includes field trip)	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Salt Creek (includes field trip)	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res
Veterans	6-12 yrs	Mon-Wed	9am-4pm	$90 Resident / $113 Non-res	$30 Resident / $38 Non-res

Week 3: January 4-8					
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	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Otay (1/2 day)	6-12 yrs	Mon-Fri	9am-1pm	$85 Resident / $106 Non-res	N/A
Parkway (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 Non-res	$50 Resident / $63 Non-res
Salt Creek (includes field trip)	6-12 yrs	Mon-Fri	9am-4pm	$150 Resident / $188 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

SPECIALITY CAMPS



Parkway Sports Camp

Keep the fun going when school is out! Fall Sports Camp keeps kids active and engaged with a mix of sports, pool days, games, team challenges, arts and crafts, and seasonal activities. Campers build athletic skills, confidence, teamwork, and sportsmanship in a fun and inclusive environment.

$98 Res / $123 Non Res

Parkway Center- 9y-16y
Instructor: Staff
Session: November 23 - 25
Mon-Wed 9:00am-4:00pm

Tennis Beginner 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.

$138 Res / $173 Non Res

Montevalle Community Center- 7y-14y
Instructor: J. Villanueva
Session: November 23 - 25
Mon-Wed 9:00am-12:00pm

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.

$150 Res / $188 Non Res

Parkway Center - 8y-14y
Instructor: Staff
Session: December 21 - January 8
Mon-Fri 9:00am-12:30pm

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.

$117 Res / $146 Non Res

Veterans Center - 5-12y
Instructor: N. Duran
Session: November 23 - 25
Mon-Wed 9:15am-12:15pm



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: Oct 6 - Dec 1
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: Oct 10 - Dec 5
Sat. 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: Oct 7 - Dec 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: Oct 9 - Dec 4
Fri. 9 - 9:50am
Fri. 10:15 - 11:05am



Art allows children to use their creativity while developing their imagination

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: Oct 7 - Dec 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: Oct 10 - Dec 5
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: Oct 7 - Dec 2
Wed. 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: Oct 7 - Dec 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: Oct 9 - Dec 4
Fri. 5 - 6pm

Crochet for Teens & Adults

Adults and teens, learn to crochet in the beginner-friendly class.

$48 Res / $60 Non Res

Salt Creek Community Center- 15+
Instructor: Creative Stem And Arts an LLC
Session: Oct 6 - Dec 1
Tue. 7 - 8 pm





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.

$48 Res / $60 Non Res

Veterans Park Community Center- 6y-12y
Instructor: Staff
Session: Oct 6 - Dec 4
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: Oct 9 - Dec 4
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!

$48 Res / $60 Non Res

Veterans Park Community Center- 9y-14y
Instructor: Staff
Session: Oct 6 - Dec 4
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: Oct 8 - Dec 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: Oct 7 - Dec 16
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: Oct 10 - Dec 5
Sat. 10 - 11am

Montevalle Community Center- 4y-6y
Instructor: Creative Stem And Arts an LLC
Session: Oct 7 - Dec 9
Wed. 4:30 - 5:30pm

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: Oct 10 - Dec 5
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: Oct 10 - Dec 5
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: Oct 6 - Dec 1
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.



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.

$65 Res / $81 Non Res
$7 Drop-in Free

Salt Creek Community Center- 13y +
Instructor: T. Curley
Session: Oct 7 - Dec 9
Wed. 9 - 10am

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
Parkway Community Center - 17y +
Instructor: P. Arreola
Session: Oct 7 - Dec 2
Wed. 6 - 6:50pm

Belly Dance / Latin Ladies Dance COMBO - NEW!

Join us for a fun and welcoming beginner dance program featuring Bellydance on Mondays and Latin Dance on Wednesdays. This class is designed for participants of all fitness levels who want to learn new dance styles, stay active, and build confidence in a supportive environment.

On Mondays, explore the fundamentals of Bellydance, including posture, isolations, shimmies. On Wednesdays, enjoy the energy of Latin Dance while learning basic steps and combinations inspired by Salsa, Bachata, Cumbia, and more.

$70 Res / $88 Non Res
2 - DAY COMBO
Parkway Community Center - 13y +
Instructor: P. Arreola
Session: Oct 5 - Dec 2
Mon. & Wed. 7 - 7:50pm

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
Kids & Teens (ONCE A WEEK)
Parkway Community Center - 5y-13y
Instructor: P. Arreola
Session: Oct 6 - Nov 30
Mon. 6 - 6:50pm

$70 Res / $88 Non Res
Kids & Teens (2 - DAY COMBO)
Parkway Community Center - 5y-13y
Instructor: P. Arreola
Session: Oct 5 - Dec 1
Mon. & Tue. 6 - 6:50pm

$50 Res / $63 Non Res
Teens & Adults (ONCE A WEEK)
Parkway Community Center - 13y +
Instructor: P. Arreola
Session: Oct 5 - Nov 30
Mon. 7 - 7:50pm
Session: Oct 6 - Dec 1
Tue. 7 - 7:50pm

$70 Res / $88 Non Res
Teens & Adults (2 - DAY COMBO)
Parkway Community Center - 13y +
Instructor: P. Arreola
Session: Oct 5 - Dec 1
Mon. & Tue. 7 - 7:50pm

$45 Res / $56 Non Res
Single Day
Salt Creek Community Center - 15y +
Instructor: P. Arreola
Session: Oct 11 - Dec 6
Sun. 9:30 - 10:20am
FREE TRIAL AVAILABLE!

$50 Res / $63 Non Res
Single Day
Heritage Community Center - 17y +
Instructor: P. Arreola
Session: Oct 7 - Dec 9
Wed. 9:45 - 10:30am

$50 Res / $63 Non Res
ONCE A WEEK
Otay Community Center - 17y +
Instructor: P. Arreola
Session: Oct 5 - Nov 30
Mon. 9:45 - 10:30am
Session: Oct 6 - Dec 1
Tue. 9:45 - 10:30am
Session: Oct 8 - Dec 3
Thu. 9:45 - 10:30am
FREE TRIAL
Sep 28
Mon. 9:45 - 10:30am

$120 Res / $150 Non Res
3 - DAY COMBO
Otay Community Center - 17y +
Instructor: P. Arreola
Session: Oct 5 - Dec 3
Mon., Tue. & Thu. 9:45 - 10:30am



Belly Dance Beginner

Perfect for beginners, this class offers a low-impact way to stay active, connect with others and enjoy the art of dance. Learn the fundamentals of belly dance movements, posture, musicality and technique while helping improve coordination, flexibility, and self-confidence.

$50 Res / $63 Non Res
Single Day
Otay Community Center - 17y +
Instructor: P. Arreola
Session: Oct 9 - Dec 4
Fri. 5:30 - 6:30pm
FREE TRIAL
Oct 2
Fri. 5:30 - 6:30pm

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.

$65 Res / $81 Non Res

Salt Creek Community Center- 13y +
Instructor: T. Curley
Session: Oct 5 - Dec 7
Mon. 4:15 - 5:15pm

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: Oct 7 - Dec 16
Wed 11 - 11:55am

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.

$65 Res / $81 Non Res
$7 Drop-in Fee

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

Mountain Hawk Park- 13y +
Instructor: T. Curley
Session: Oct 8 - Dec 3
Thur. 8:30 - 9:30am

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: Oct 8 - Dec 3
Thu. 6:30-7:15pm

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!

Oct $45 Res / $57 Non Res
Nov $30 Res / $38 Non Res
Dec $30 Res / $38 Non Res

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

Oct $36 Res / $45 Non Res
Nov $24 Res / $30 Non Res
Dec $24 Res / $30 Non Res

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





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

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

Single Day
Salt Creek Community Center- 18y +
Instructor: D. Kopecky
Session: Oct 5 - Dec 7
Mon. 6:30 - 7:30pm
Session: Oct 10 - Dec 8
Sat. 9:30 - 10:30am

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: Oct 9 - Dec 11
Fri. 9:10 - 10:10am

Montevalle Community Center- 18y +
Instructor: N. Duran
Session: Oct 7 - Dec 16
Wed. 9:10 - 10:10am



Mat Pilates for Beginners

A core-focused, full-body workout performed on the mat to build strength, improve posture with this beginner - friendly Mat Pilates class. Through controlled movements, and core focused exercises, you'll increse body awareness, balance, and stability. Suitable for all levels, bring a mat and get ready to move!

$50 Res / $63 Non Res

Heritage Community Center- 17y +
Instructor: P. Arreola
Session: Oct 7 - Dec 9
Wed. 9:00 - 9:40am

FREE TRIAL
Otay Community Center- 17y +
Instructor: P. Arreola
Session: Sep 28
Mon. 9 - 9:45am

$50 Res / $63 Non Res

Single Day

Otay Community Center- 17y +
Instructor: P. Arreola
Session: Oct 5 - Nov 30
Mon. 9 - 9:40am
Session: Oct 6 - Dec 1
Tue. 9 - 9:40am
Session: Oct 8 - Dec 3
Thu. 9 - 9:40am

$120 Res / $150 Non Res

3 - Day Combo

Otay Community Center- 17y +
Instructor: P. Arreola
Session: Oct 5 - Dec 3
Mon., Tue., Thu. 9 - 9:40am

Mat Pilates and Bellydance Combo

Start your week with a balanced fitness experience that combines the core-strengthening benefits of Mat Pilates with the fun, energizing movements of Bellydance Fitness. Improve posture, flexibility, balance, coordination, and overall fitness while enjoying a welcoming and supportive environment.
No prior experience is needed—just bring a mat and get ready to move!

$70 Res / $88 Non Res

Otay Community Center - 17y +
Instructor: P. Arreola
Session: Oct 5 - Nov 30
Mon. 9 - 10:30am
Session: Oct 6 - Dec 1
Tue. 9 - 10:30am
Session: Oct 8 - Dec 3
Thu. 9 - 10:30am



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: Oct 6 - Dec 8
Tue 8:45 - 9:30am

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. 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: Oct 9 - Dec 11
Fri. 11:05 - 11:55am



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.

$65 Res / $81 Non Res

Salt Creek Community Center- 13y +
Instructor: T. Curley
Session: Oct 5 - Dec 7
Wed 9 - 9:45am

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: Oct 8 - Dec 3
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: Oct 8 - Dec 3
Thur. 9:45 - 10:45am

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: Oct 6 - Dec 8
Tue. 5:30 - 6:30pm

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.

Oct $44 Res / $55 Non Res
Nov $28 Res / $35 Non Res
Dec $28 Res / $35 Non Res
$8 Drop-in Fee

Loma Verde Community Center- 15y +
Instructor: L. Duarte
Session: Monthly (Oct, Nov, Dec)
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!

$40 Res / $50 Non Res
Single Day
Veterans Park Community Center- 18y +
Instructor: S. Fitch
Session: Oct 5 - Dec 17
Mon. 7 - 7:55pm
Tue. 9 - 9:55am
Wed. 7 - 7:55pm
Thur. 9 - 9:55am
Thur. 7 - 7:55pm

$70 Res / $88 Non Res
AM Combo (2 - DAYS)
Veterans Park Community Center- 18y +
Instructor: S. Fitch
Session: Oct 6 - Dec 17
Tue. 9 - 9:55am & Thur. 9 - 9:55am

$105 Res / $131 Non Res
PM Combo (3 - DAYS)
Veterans Park Community Center- 18y +
Instructor: S. Fitch
Session: Oct 5 - Dec 17
Mon, Wed, Thur. 7 - 7:55pm



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: Oct 8 - Dec 3
Thur. 3-3:50pm

Salt Creek Community Center- 13y +
Instructor: D. Ozaki
Session: Oct 8 - Dec 3
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: Oct 6 - Dec 1 or Oct 8 - Dec 3
Tue. 5 - 5:50pm or
Thur. 5 - 5:50pm

Parkway Community Center- 5y-12y
Instructor: D. Ozaki
Session: Oct 6 - Dec 1 or Oct 8 - Dec 3
Tue. 6 - 6:50pm or
Thur. 6 - 6:50pm

Parkway Community Center- 13y+
Instructor: D. Ozaki
Session: Oct 6 - Dec 1 or Oct 8 - Dec 3
Tue. 7 - 7:50pm or
Thur. 7- 7:50pm

Parkway Community Center- 11y+
Instructor: D. Ozaki
Session: Oct 10 - Dec 5
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: Oct 9 - Dec 10
Thur. 4:30 - 5:30pm

Montevalle Community Center- 5y-11y
Instructor: A. Lopez
Session: Oct 6 - Dec 8
Tue. 4:30 - 5:20pm

Salt Creek Community Center- 5y-10y
Instructor: A. Lopez
Session: Oct 7 - Dec 9
Wed. 4:30 - 5:20pm

Veterans Park Community Center- 5y-11y
Instructor: A. Lopez
Session: Oct 3 - Dec 5
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.

$50 Res / $63 Non Res

Otay Community Center- 3y-6y
Instructor: A. Gacuya
Session: Oct 5 - Nov 30 or Oct 7 - Dec 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: Oct 9 - Dec 10
Thur. 5:30 - 6:30pm

Montevalle Community Center- 5y+
Instructor: A. Lopez
Session: Oct 6 - Dec 8
Tue. 5:30 - 6:20pm

Salt Creek Community Center- 10y+
Instructor: A. Lopez
Session: Oct 7 - Dec 9
Wed. 5:30 - 6:20pm

Veterans Park Community Center- 5y+
Instructor: A. Lopez
Session: Oct 3 - Dec 5
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.

$50 Res / $63 Non Res

Otay Community Center- 6y+
Instructor: A. Gacuya
Session: Oct 5 - Nov 30 or Oct 7 - Dec 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: Oct 10 - Dec 5
Sat. 9:40 - 10:20am

Intermediate/Advanced

$70 Res / $88 Non Res

Parkway Community Center- 3y+
Instructor: J. Morrison
Session: Oct 10 - Dec 5
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 (Oct, Nov, Dec)
Mon, Wed, & Fri. 6:30 - 8pm

Beginning Traditional Japanese Karate

Introduce your child to traditional Japanese karate in a fun, structured, and supportive environment where they will build confidence, discipline, and respect. Students learn proper stances, blocks, punches, kicks, kata (forms), and age-appropriate self-defense while developing focus, coordination, and perseverance. Parents are welcome to observe class, and students who demonstrate the required skills and readiness will have the opportunity to participate in belt promotion testing at the end of the session.

$70 Res / $88 Non Res

Heritage Community Center- 5y+
Instructor: D. Van Dyke
Session: Jul Oct 6 - Dec 1
Tue. 5 - 5:50pm

Traditional Japanese Karate

Designed for returning youth students and adults, this class builds on the fundamentals of traditional Japanese karate through advanced kata, bunkai (kata applications), controlled sparring, self-defense, and continued technical development. Training emphasizes discipline, perseverance, respect, and personal growth while allowing students to progress at their own pace. Students who demonstrate the required skills and readiness will have the opportunity to participate in belt promotion testing.

$70 Res / $88 Non Res

Heritage Community Center- 5y+
Instructor: D. Van Dyke
Session: Oct 6 - Dec 1
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: Oct 5 - Nov 30
Mon. 5 - 5:30pm

Veterans Park Community Center- 3y-4y
Instructor: J. Tanagras
Session: Oct 8 - Dec 10
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: Oct 6 - Dec 1
Tue. 5 - 5:30pm

Parkway Community Center- 4y+
Instructor: J. Tanagras
Session: Oct 7 - Dec 2
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: Oct 7 - Dec 2
Wed. 6:30 - 7:30pm

Veterans Park Community Center- 7y+
Instructor: J. Tanagras
Session: Oct 6 - Dec 1
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: Oct 7 - Dec 2
Wed. 5:30 - 6:15pm

Veterans Park Community Center- 4y+
Instructor: J. Tanagras
Session: Oct 6 - Dec 1
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: Oct 5 - Nov 30
Mon. 6:30 - 7:30pm

Veterans Park Community Center- 7y+
Instructor: J. Tanagras
Session: Oct 8 - Dec 10
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: Oct 5 - Nov 30
Mon. 5:30 - 6:15pm

Veterans Park Community Center- 5y+
Instructor: J. Tanagras
Session: Oct 8 - Dec 10
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 (Oct, Nov, Dec)
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 (Oct, Nov, Dec)
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.

$150 Res / $188 Non Res

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

$200 Res / $250 Non Res

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

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

$275 Res / $344 Non Res

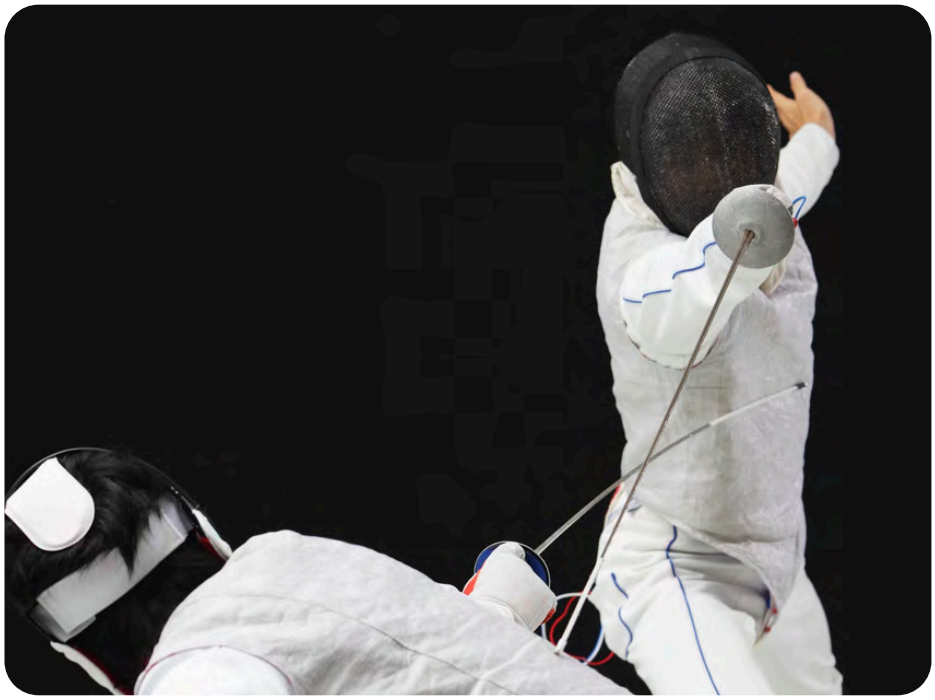
Montevalle Community Center- 11y+
Instructor: Forte Fencing Club
Session: Monthly (Oct, Nov, Dec)
Tue. 6 - 7:30pm & Thur. 6 - 7:30pm

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: Oct 7 - Dec 2
Wed. 4:15 - 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.

$150 Res / $188 Non Res

Loma Verde Community Center- 7y-13y
Instructor: A. Ridley
Session: Oct 6 - Dec 1
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: Oct 5 - Dec 9
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: Oct 5 - Dec 9
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: Oct 5 - Dec 9
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: Oct 5 - Nov 30
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!

Free!



Sip, Stroll, Spot

EXPLORE NATURE ONE SIP AT A TIME!

FREE, AGES 13+

Saturday, September 19th
9:00 am – 11:00 am*
Wildlife Refuge

Meet at 845 E Street. We will be taking the bus or walking to refuege.

**Ending time might adjusted due to bus ride to facility.*

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.

NATIONAL WILDLIFE REFUGE SYSTEM

Register at:
www.chulavistaca.gov/rec

CITY OF CHULA VISTA Parks & Rec

NATIONAL WILDLIFE REFUGE SYSTEM






NEW!

ART IN NATURE

A World Where Nature Meets Creativity

Join the Chula Vista Parks & Recreation and U.S. Fish and Wildlife staff as we enjoy an outdoor activity followed by an art activity for the fall and winter months. All ages and abilities welcome.

Spooky Night Hike and Glow in the Dark Nature Craft
October 17th from 5:00 pm - 7:00 pm at San Miguel Park

Nature Photo Walk and Holiday Nature Craft
December 12, 2026 (Time & Location TBD)

Pressed Flower Activity and Nature Journaling
February 20, 2027 (Time & Location TBD)

Seed Planting and Wind Craft
April 17, 2027 (Time & Location TBD)

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: Oct 6 - Dec 14
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: Oct 6 - Dec 14
Tue. 10:10 - 10:40am

$82 Res / $103 Non Res

Montevalle Community Center- 2y-4y
Instructor: N. Duran
Session: Oct 7 - Dec 16
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: Oct 5 - Nov 30 or Oct 6 - Dec 14
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

$91 Res / $114 Non Res

Veterans Park Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Oct 10 - Dec 5
Sat. 9 - 9:45am

$104 Res / $130 Non Res

Veterans Park Community Center- 3y-6y
Instructor: M. Arechiga-Romero
Session: Oct 6 - Dec 1
Tue. 5:15 - 6pm

Montevalle Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Oct 7 - Dec 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: Oct 5 - Nov 30
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: Oct 5 - Nov 30
Mon. 6 - 6:50pm

$91 Res / $114 Non Res

Veterans Park Community Center- 6y-10y
Instructor: M. Arechiga-Romero
Session: Oct 10 - Dec 5
Sat. 9:45 - 10:30am

$104 Res / $130 Non Res

Montevalle Community Center- 6y-9y
Instructor: M. Arechiga-Romero
Session: Oct 7 - Dec 9
Wed. 5:45 - 6:30pm

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: Oct 6 - Dec 1
Tue. 6 - 7pm

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: Oct 5 - Nov 30
Mon. 7 - 7:50pm

$112 Res / $140 Non Res

Montevalle Community Center- 9y-12y
Instructor: M. Arechiga-Romero
Session: Oct 5 - Nov 30 or Oct 7 - Dec 9
Mon. 6:30 - 7:30pm
Wed. 6:30 - 7:30pm





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: Oct 5 - Nov 30 or Oct 7 - Dec 9
Mon. 6:30 - 8pm
Wed. 6:30 - 8pm

Veterans Park Community Center- 13y +
Instructor: M. Arechiga-Romero
Session: Oct 6 - Dec 1
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: Oct 10 - Dec 5
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: Oct 8 - Dec 3
Thur. 4:45 - 5:30pm

Montevalle Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Oct 5 - Nov 30 or Oct 10 - Dec 5
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.

$91 Res / $114 Non Res

Veterans Park Community Center- 6y-10y
Instructor: M. Arechiga-Romero
Session: Oct 7 - Dec 2
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: Oct 8 - Dec 3 or Oct 10 - Dec 5
Thur. 5:45 - 6:30pm
Sat. 11:15 - 12 pm

Mini Tap

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

$93 Res / $116 Non Res

Montevalle Community Center- 3y-5y
Instructor: M. Arechiga-Romero
Session: Oct 7 - Dec 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: Oct 8 - Dec 3
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: Oct 8 - Dec 3
Thur. 6 - 6:45pm



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: Oct 8 - Dec 3 or Oct 10 - Dec 5
Thur. 4:30 - 5:15pm
Sat. 12 - 12:45pm

$91 Res / $114 Non Res

Veterans Park Community Center- 7y +
Instructor: M. Arechiga-Romero
Session: Oct 7 - Dec 2
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: Oct 8 - Dec 3 or Oct 10 - Dec 5
Thur. 5:15 - 5:45pm
Sat. 10 - 10:30 am

$81 Res / $101 Non Res

Veterans Park Community Center- 3y-6y
Instructor: M. Arechiga Romero
Session: Oct 7 - Dec 2
Wed. 6 - 6:30pm

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



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: Oct 7 - Dec 2
Wed. 7 - 7:50pm

- FREE TRIAL CLASS: Wed. 7-7:50pm

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

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!

$96 Res / $120 Non Res

Loma Verde Community Center- 18y +
Instructor: G. Ferman
Session: Oct 9 - Dec 4
Fri. 7:15 - 8:15pm

$104 Res / $130 Non Res

Montevalle Community Center- 18y +
Instructor: G. Ferman
Session: Oct 6 - Dec 1
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: Oct 10 - Dec 5
Sat. 10-10:50am

Otay Community Center- 6y-11y
Instructor: Y. Beniquez
Session: Oct 6 - Dec 1
Tue. 5 - 5:50pm

Beginning 2

Parkway Community Center- 6y-13y
Instructor: Y. Beniquez
Session: Oct 8 - Dec 3
Thur. 5-5:50pm

Intermediate 1

Parkway Community Center- 7y-16y
Instructor: Y. Beniquez
Session: Oct 10 - Dec 5
Sat. 12-12:50pm

Intermediate 2

Parkway Community Center- 6y-16y
Instructor: Y. Beniquez
Session: Oct 8 - Dec 3
Thur. 6-6:50pm

Emerging 1

Parkway Community Center- 12y +
Instructor: Y. Beniquez
Session: Oct 10 - Dec 5
Sat. 11-11:50am

Advanced / Pro

$75Res / $94 Non Res

Parkway Community Center- 16y +
Instructor: Y. Beniquez
Session: Oct 8 - Dec 3
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: Oct 10 - Dec 5
Sat. 9:30-10am

Otay Community Center- 3y-5y
Instructor: Y. Beniquez
Session: Oct 6 - Dec 1
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: Oct 5 - Nov 30
Mon. 4:15 - 4:45pm

$81 Res /$101 Non Res

Veterans Park Community Center- 4y-8y
Instructor: M. Arechiga Romero
Session: Oct 7 - Dec 2
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: Oct 10 - Dec 5
Sat. 9:30 - 10am

$104 Res / $130 Non Res

Veterans Park Community Center- 7y-12y
Instructor: M. Arechiga Romero
Session: Oct 6 - Dec 1
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: Oct 5 - Nov 30
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: Oct 8 - Dec 3
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: Oct 6 - Dec 3
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: Oct 9 - Dec 4
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

$45 Res / $56 Non Res

Parkway Community Center- 4y-7y
Instructor: L. Abalos
Session: Oct 10 - Dec 5
Sat. 1 - 1:30pm

Beginning Elementary

$60 Res / $75 Non Res

Parkway Community Center- 8y-14y
Instructor: L. Abalos
Session: Oct 10 - Dec 5
Sat. 1:35 - 2:25pm

Adult

$60 Res / $75 Non Res

Parkway Community Center- 18y +
Instructor: L. Abalos
Session: Oct 10 - Dec 5
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

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!

$133 Res / $166 Non Res

Veterans Park Community Center- 11y +
Instructor: M. Arechiga-Romero
Session: Oct 10 - Dec 5
Sat. 10:30 - 12pm

Conditioning - Stretch & Strengthen

This class focuses on improving strength, flexibility, balance, and mobility through a variety of exercises performed at each participant’s own pace.

$104 Res / $130 Non Res

Montevalle Community Center- 12y +
Instructor: M. Arechiga-Romero
Session: Oct 8 - Dec 3
Thu. 6:30-7:15pm

Disney Mania Dance Class

Join us for Disney Mania, a dance class where young dancers explore movement and beginner techniques through their favorite Disney songs. Our classes focus on building coordination, confidence, and rhythm through themed games, storytelling, and age-appropriate choreography in a fun, supportive environment. No previous experience is required—just bring your imagination and a smile. We look forward to making magical memories together.

$104 Res / $130 Non Res

Montevalle Community Center- 4y-7y
Instructor: N. Duran
Session: Oct 9 - Dec 11
Fri. 6 - 6:50pm

Latin Dance

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.

$104 Res / $130 Non Res

Montevalle Community Center- 8y-12y
Instructor: N. Duran
Session: Oct 9 - Dec 11
Fri. 7 - 7:50pm

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



Junior Musical Theater and Dance: The Grinch

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: Oct 9 - Dec 4
Fri. 6:05 - 6:55pm

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.

$96 Res / $120 Non Res

Loma Verde Community Center- 16y +
Instructor: G. Ferman
Session: Oct 9 - Dec 4
Fri. 6 - 7pm

Preschool Musical Theater & Dance: K Pop Demon Hunters

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: Oct 9 - Dec 4
Fri. 5:35 - 6:05pm

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



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.

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: Oct 1 - Dec 31
Tue. & Thur. 5 - 6pm

Artist Corner

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: Oct 7 - Dec 30
Tue. 11:30am - 12:30pm

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: Oct 5 - Dec 28
Mon. 9:30am - 12pm



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: Oct 2 - Dec 31
Fri. 1 - 3:30pm

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: Oct 2 - Dec 31
Fri. 1 - 2pm



Bridge Group

Come make some new friends playing the great game of bridge

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Oct 5 - Dec 28
Mon. 12 - 3pm

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: Oct 5 - Dec 30
Mon, Wed, Fri. 9:30 - 10:30am

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: Oct 2 - Dec 31
Fri. 10:30 - 11:30am

Dance Cardio Party

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

Oct $32 Res / $39 Non Res
Nov $32 Res / $39 Non Res
Dec $36 Res / $43 Non Res

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

Oct $45 Res / $57 Non Res
Nov $30 Res / $42 Non Res
Dec $40 Res / $52 Non Res

Loma Verde Community Center- 55y +
Instructor: R. Sancen
Session: Monthly (Oct, Nov, Dec)
Tue. & Thur. 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: Oct 9 - Dec 11
Fri. 10:15 - 11am

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: Oct 7 - Dec 30
Wed. 9 - 11am



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: Oct 6 - Dec 29
Tue. 9:45 - 11:45am
Session: Oct 3 - Dec 26
Sat. 9am - 10am

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: Oct 6 - Dec 31
Tue. & Thur. 9 - 9:30am

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: Oct 2 - Dec 31
Fri. 10am - 2pm



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: Oct 5 - Dec 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: Oct 6 - Dec 31
Tue. & Thur. 9:45 - 10:45am

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: Oct 7 - Dec 30
Wed. 9am - 1pm

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: Oct 5 - Dec 30
Mon, Wed, Fri. 9 - 10am

Norman Park 50+ Fall Pickleball League - NEW!

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

$80 Res / Non Res

Norman Park Senior Center- 50y +
BEGINNERS
Instructor: Staff
Session: Oct 7 - Dec 2
Wed. 5:30 - 7pm

Norman Park Senior Center- 50y +
ADVANCED
Instructor: Staff
Session: Oct 9 - Dec 4
Fri. 5:30 - 7pm

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 (Oct, Nov, Dec)
Tue. & Thur. 5-8pm



Rummikub

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

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Oct 7 - Dec 30
Wed. 1 - 4pm

Senior Sketch Circle

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: Oct 5 - Dec 27
Tue. 12 - 1pm

Singing Seniors

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

FREE

Norman Park Senior Center- 50y +
Instructor: Social Group
Session: Oct 6 - Dec 29
Tue. 1pm - 3pm

Tai Chi Chih

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

$58 Res / $70 Non Res

Norman Park Senior Center- 50y +
Instructor: M. Sarubbi
Session: Sep 14 - Nov 2
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: Aug 18 - Oct 15
Tue. & Thur. 9:15-10:15am

Session: Oct 20 - Dec 17
Tue. & Thur. 9:15 - 10:15am

Yoga

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

Oct - $33 Res / $40 Non Res
Nov - $20 Res / $27 Non Res
Dec - $33 Res / $40 Non Res

Norman Park Senior Center- 50y +
Instructor: K. Young
Session: Monthly (Oct, Nov, Dec)
Thur. 4 - 5pm







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 7PM - 9PM

AGES 12-18

OCTOBER 9, 2026

LOMA VERDE CENTER

1420 Loma Ln. (619) 409-1939

NOVEMBER 13, 2026

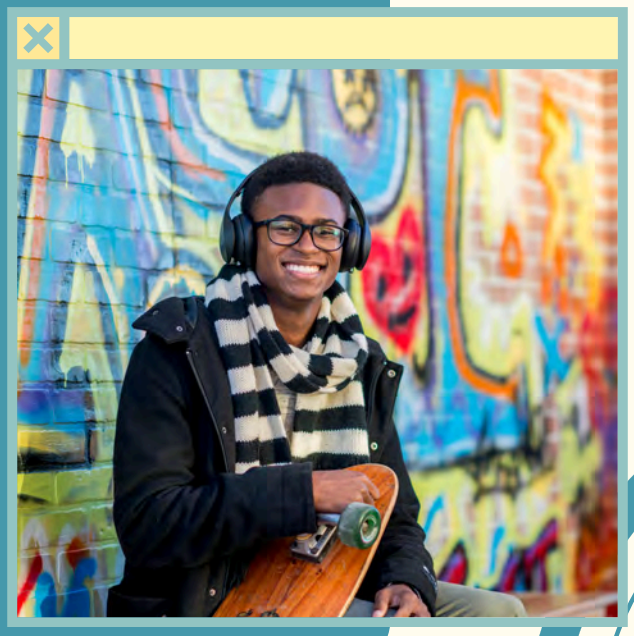
MONTEVALLE CENTER

840 Duncan Rd 91914 (619) 691-5269

JANUARY 15, 2027

LOMA VERDE CENTER

1420 Loma Ln. (619) 409-1939



To register for Teen Activities

CLICK HERE

ADAPTIVE AND INCLUSIVE RECREATION

WITH INCLUSION, EVERYONE BENEFITS!



ADAPTIVE AND INCLUSIVE RECREATION

Include. Empower. Inspire.

The City of Chula Vista proudly offers a variety of Adaptive and Inclusive 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 Adaptive and Inclusive 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 Adaptive and 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 Adaptive and Inclusion 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 Adaptive and Inclusive 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.

All Hands on Deck

Shuffle up and join the fun! This class bring participants together to learn and play a variety of card games in a fun and social setting. Particpants will practice skills such as stradegy, memory, taking turns and good sportsmanship while learning new games and enjoying old favorites.Its a great way to build confidence, make friends, learn new skills and have fun together.

Free

Veterans Community Center- 18y+
Session: Oct 8 - Nov 19
Thurs, 4:00pm - 4:50pm
Instructos: Staff

Beyond the Canvas

Beyond the Canvas gives participants the opportunity to expirement with a variety of art projects outside of just a canvas. This class is a great way to learn new skills and build confidence in creating something uniquely your own. No art expierence is needed, just bring your imagination and get ready to create!

Free

Heritage Community Center- 18y+
Session: Oct 6 - Nov 17
Tues. 4:00pm - 4:50pm
Instructor: Staff

Bump Set Spike

Get ready to serve some fun! Bump, Set, Spike introduces participants to the basics of volleyball through fun games and activities. This includes practicing skills like passing, setting, serving, and hitting while having fun with friends, All skill levels are welcome.

Free

Veterans Park Community Center- 18y+
Session: Oct 8 - Nov 19
Thurs. 3:00pm - 3:50pm
Instructors: Staff

Childrens Adaptive Program - Rec Explorers

Get Ready for a new adventure each week! Rec Explorers will enjoy a variety of activities including games, sports, arts, music and more. This class will encourage friendship, teamwork, and staying active outdoors.

$50 Res / $63 Non Res

Veterans Community Center- 7 - 12yrs
Session: Oct 12 - Nov 16 (7 weeks)
Mon. 3:30pm - 4:40pm
Instructor: Staff

Gooble & Groove

Come celebrate the season of friendship and gratitude at our Gobble & Groove! Enjoy an afternoon filled with music, dancing, festive crafts and games! We will also enjoy some refreshments while spending time with our friends, make memories and enjoy all the fun of the season. Come ready to gobble, groove, and have a great time!

Free

Heritage - 18y+
Session: Nov 13
Fri. 5 - 7pm
Instructor: Staff

Recreation Explorations

We encourage physical activity, stimulate creativity, relieve stress and enhance social connections. Each session is a party for your mind and body!

Free

Veterans Community Center - 18y+
Session: Sept 16
Tue. 10am - 12pm
Instructor: Staff



Rec Games Tuesday

Get moving and have fun with a variety of recreational games! Participants will enjoy dodgeball, kickball, relay games, team challenges and more in a fun environment. This class is a great way to socialize, build teamwork, and enjoy some friendly competition while staying active.

Free

Heritage Community Center- 18y+
Session: Oct 6 - Nov 17
Tues. 3:30pm - 3:50pm
Instructor: Staff

Nightmare Before Christmas

Join us for our Nightmare Before Christmas Party, where halloween meets the holiday season. Enjoy a fun night with friends whie dancing with spooky music, creating fun crafts, participating in games, and enjoying some refreshments. Come dressed in your favorite halloween attire and get ready for a night filled with laughter, creativity and spooky holiday cheer.

Free

Veterans Park Community Center- 18y+
Session: Oct 16
Fri. 5:00pm - 7:00pm
Instructor: Staff

Trip To North Pole

Pack your holiday spirit and Take a Trip to the North Pole with us! Celebrate the season with friends while enjoying holiday music, dancing, festive games, crafts and delicious refreshments. Get ready for an evening filled with laughter, friendship, and holiday cheer as we transform our celbration into a winter wonderland. Dont forget your holiday spirit, the North Pole is waiting!

Free

Heritage Community Center- 18y+
Session: Dec 11
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: Oct 5 - Dec 7 or Oct 6 - Dec 2
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Loma Verde Community Center- 3y-5y
Instructor: Staff
Session: Oct 5 - Dec 7 or Oct 6 - Dec 2
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Montevalle Community Center- 3y-5y
Instructor: Staff
Session: Oct 5 - Dec 14 or Oct 6 - Dec 10
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Parkway Community Center- 3y-5y (Dual Immersion)
Instructor: Staff
Session: Oct 5 - Dec 9 or Oct 6 - Dec 10
Mon & Wed: 9 - 11:50am or Tue & Thur: 9 - 11:50am

Veterans Park Community Center- 3y-5y
Instructor: Staff
Session: Oct 6 - Dec 10 or Oct 7 - Dec 11
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: Oct 13-Nov 10 or Nov 17-Dec 15
Tue. 4-4:40pm

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.

$75 Res / $94 Non Res

Veterans Park Community Center- 6y-9y
Instructor: Staff
Session: Oct 10 - Dec 5
Sat. 10-10:50am

Veterans Park Community Center- 10y-12y
Instructor: Staff
Session: Oct 10 - Dec 5
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: Oct 9 - Dec 4
Fri. 4-5:00pm

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.

$70 Res / $88 Non Res

Montevalle Center- 10-14y
Instructor: Staff
Session: Oct 9 - Dec 4
Fri. 5:15-6:30pm

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: Oct 13-Nov 10 or Nov 17-Dec 15
Tue. 4:50-5:30pm

Heritage Community Center- 6y-10y
Instructor: Skyhawks Sports
Session: Oct 13-Nov 10 or Nov 17-Dec 15
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: Oct 8 - Dec 10
Thur. 3:30-4:30pm

$40 Res / $53 Non Res

Parkway Community Center- 7-9y
Instructor: Staff
Session: Oct 11 - Dec 6
Sun. 11am-12:30pm

$50 Res / $63 Non Res

Parkway Community Center- 10-12y
Instructor: Staff
Session: Oct 11 - Dec 6
Sun. 12:30-2:30pm

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: Oct 7 - Dec 2
Wed. 5:30-6:30pm

Parkway Community Center- 12y-14y
Instructor: Staff
Session: Oct 7 - Dec 2
Wed. 6:30-7:30pm

Let's Hoop Heritage

Spark your child's love for the game with Let's Hoop Heritage! Specially designed for boys and girls ages 6 to 9, this high-energy introductory class focuses on building fundamental basketball skills in a fun, supportive, and non-competitive environment.
Whether your child is picking up a basketball for the first time or looking to sharpen their growing skills, our coaches use age-appropriate equipment and engaging games to teach the absolute basics.

$60 Res / $76 Non Res

Heritage Community Center- 6y-9y
Instructor: Staff
Session: Oct 5 - Nov 30
Mon. 3-3:45pm

Heritage Community Center- 10-14y
Instructor: Staff
Session: Oct 5 - Nov 30
Mon. 4-5:00pm



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- 7y-14y
Instructor: Skyhawks Sports
Session: Oct 16-Nov 13 or Nov 20-Dec 18.
Fri. 4:30-5:10pm

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: Oct 5 - Dec 9
Mon. 4-4:50pm or
Wed. 5-5:50pm

$68 Res / $85 Non Res

Parkway Community Center- 8y-11y
Instructor: Staff
Session: Oct 8 - Dec 3
Thur. 5-6:00pm

Intermediate

$70 Res / $88 Non Res

Loma Verde Community Center- 12y-15y
Instructor: Staff
Session: Oct 5 - Dec 9
Mon. 5-5:50pm

$68 Res / $85 Non Res

Parkway Community Center- 12y-15y
Instructor: Staff
Session: Oct 8 - Dec 3
Thur. 6-7:00pm



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.

$75 Res / $94 Non Res

Beginners

Veterans Park Community Center- 10y-14y
Instructor: Staff
Session: Oct 9 - Dec 4
Fri. 6-6:50pm
Session: Oct 10-Dec 5
Sat. 12:30-1:20pm

Intermediate / Advanced

Veterans Park Community Center- 10y-14y
Instructor: Staff
Session: Oct 9-Dec 4
Fri. 7-7:50pm
Session: Oct 10-Dec 5
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: Oct 8 - Dec 3
Thur. 5-6:00pm

Volleyball 102

Montevalle Community Center- 12y-15y
Instructor: Staff
Session: Oct 8 - Dec 3
Thur. 4-5:00pm

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: Oct 5 - Dec 9
Mon. 4:30-5:30pm

Intermediate

Salt Creek Community Center- 10y-16y
Instructor: Staff
Session: Oct 5 - Dec 9
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: Oct 16-Nov 13 or Nov 20-Dec 18
Fri. 2:50pm-3:30pm

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- 3y-5y
Instructor: Skyhawks Sports
Session: Oct 16-Nov 13 or Nov 20-Dec 18.
Fri. 3:40pm-4:20pm

Heritage Community Center- 6y-10y
Instructor: Skyhawks Sports
Session: Oct 16-Nov 13 or Nov 20-Dec 18.
Fri. 4:30-5:10pm

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: Oct 8 - Dec 10
Thur. 4:30-5:30pm

Beginning Soccer II

Soccer skills and mini games to further player development while learning the game in a fun way. Players will work on dribbling, passing and shooting techniques as well as play small sided competitive games.

$85 Res / $106 Non Res

Salt Creek Community Center- 6y-9y or 10y-14y
Instructor: San Diego Soccer Academy
Session: Oct 7 - Dec9
Wed. 5-6:00pm



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: Oct 5-Nov 30 or Oct 8-Dec 3
Mon. 3:30-4:30pm or
Thur. 3:30-4:30pm

Level 2

Montevalle Community Park- 4y - 6y
Instructor: J. Villanueva
Session: Oct 5-Nov 30 or Oct 9-Dec 4
Mon. 4:30-5:30pm or
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: Oct 5-Dec 1 or Oct 9-Dec 4
Tue. 4:30-5:30pm or
Fri. 5:30-6:30pm

Level 2

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: Oct 6-Dec 1 or Oct 9-Dec 4
Tue. 5:30-6:30pm or
Fri. 4:30-5:30pm

Level 3

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: Oct 10 - Dec 5
Sat. 9-10:00am

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.

Level 1

$250 Res / $313 Non Res

Montevalle Community Park- 8y-12y
Instructor: J. Villanueva
Session: Oct 8 - Dec 3
Thur. 4:30-6pm

Salt Creek Community Park- 7y-11y
Instructor: J. Villanueva
Session: Oct 5 - Dec 9
Mon. 4-5pm

$180 Res / $225 Non Res

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: Oct 10 - Dec 5
Sat. 10-11am

Level 2

$250 Res / $313 Non Res

Montevalle Community Park- 7y-10y
Instructor: J. Villanueva
Session: Oct 5 - Nov 30
Mon. 5:30-7:00pm

Montevalle Community Park- 11y +
Instructor: J. Villanueva
Session: Oct 7 - Dec 9
Wed. 4:30-6pm or
Sat. 11-12:30pm

$400 Res / $500 Non Res

Montevalle Community Park- 11y +
Instructor: J. Villanueva
Session: October 7 - December 9
Wed. 4:30-6pm & Sat. 11am-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: Oct 7 - Dec 9
Sat. 12:30-2pm

Montevalle Community Park- 7y +
Instructor: J. Villanueva
Session: Oct 7 - Dec 9
Wed. 6-7:30pm

$400 Res / $500 Non Res

Montevalle Community Park- 10y-17y
Instructor: J. Villanueva
Session: Oct 7 - Dec 9
Wed. 6-7:30pm & Sat. 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: Oct 8 - Dec 10
Thur. 4-5pm

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: Oct 8 - Dec 10
Mon. 5-6pm

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: Oct 6 - Dec 9
Tue. 6:30-7:30pm or
Wed. 9-10am

Beginner Level 2

Montevalle Community Park- 18y +
Instructor: J. Villanueva
Session: Oct 8 - Dec 3
Thur. 6-7pm

Intermediate

Montevalle Community Park- 18y +
Instructor: J. Villanueva
Session: Oct 6 - Dec 1
Tue. 9-10am



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: Oct 8 - Dec 10
Thur. 9:15-9:55am

$85 Res / $106 Non Res

Montevalle Community Center- 18m-3y
Instructor: N. Duran
Session: Oct 7 - Dec 16
Wed. 10:25-11:05am

$100 Res / $125 Non Res

Heritage Community Center- 6m-3y
Instructor: C. Donovan
Session: Oct 5 - Dec 5
Monday 9:15-9:45am, Fri. 4-4:30pm,
or Sat. 10:15-11:15am

Veterans Community Center- 1-3y
Instructor: C. Donovan
Session: Oct 7 - Dec 9
Wed. 9:15am-9:45am

Tot Time

Introduce your little one to gymnastics! This class develops beginning motor skills and movements through fun activities, props, and gymnastics equipment. One parent/guardian (18+) must 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: Oct 8 - Dec 3
Thur. 9:40-10:10am

Parkway Community Center- 1.5-2.5y
Instructor: D. Johnson
Session: Oct 9 - Dec 4
Fri. 10:10-10:45am

Tot Time II

$154 Res / $193 Non Res

Otay Community Center- 2-3.5y
Instructor: D. Johnson
Session: Oct 8 - Dec 3
Thur.. 4:30-5:10pm

$115 Res / $144 Non Res

Salt Creek Community Center- 2-3.5y
Instructor: D. Johnson
Session: Oct 8 - Dec 5
Thur. 10:15-10:55am or
Sat. 11-11:40am

Parkway Community Center- 2-3.5y
Instructor: D. Johnson
Session: Oct 9 - Dec 4
Fri. 10:50-11:30am

Play Gym

Bring parents and kiddos together for socialization and a combination of tumbling/gymnastics, music and dance movement, and games and play in a fun, instructor-led environment!

$100 Res / $125 Non Res

Heritage Community Center - 6mo - 5y
Instructor: C. Donovan
Session: Oct 9 - Dec 4
Fri. 10:30-11am

Preschool Tumbling/Gymnastics

Gymnastics is great for developing our motor skills for our preschool aged participants! This class is designed to introduce beginning tumbling, motor skills and movements to preschoolers through the use of gymnastics equipment and fun props/activities.

$100 Res / $125 Non Res

Heritage Community Center - 3y-4y
Instructor: C. Donovan
Session: Oct 5 - Dec 5
Mon. 5:30-6:00pm, Fri. 4:30-5pm,
or Sat. 10:45-11:15am

Veterans Community Center - 3y-5y
Instructor: C. Donovan
Session: Oct 7 - Dec 9
Wed. 9:50-10:20am

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: Oct 8 - Dec 3
Thur. 11-11:40am

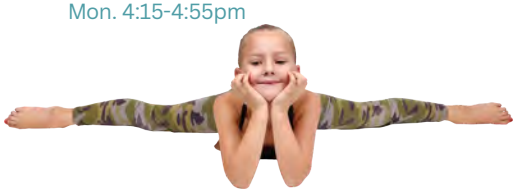
Parkway Community Center- 3y-4.5y
Instructor: D. Johnson
Session: Oct 9 - Dec 4
Fri. 9:30-10:10am

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: Oct 5 - Nov 30
Mon. 4:15-4:55pm





Pee Wee Tumbling/Gymnastics

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.

$100 Res / $125 Non Res

Heritage Community Center - 3-5y
Instructor: C. Donovan
Session: Oct 5 - Nov 30
Mon. 9:50-10:20am

Parkway Community Center - 4.5y-6y
Instructor: Rec Staff
Session: Oct 6 - Dec 1
Tue. 5:45-6:30pm

Kinder Gym I

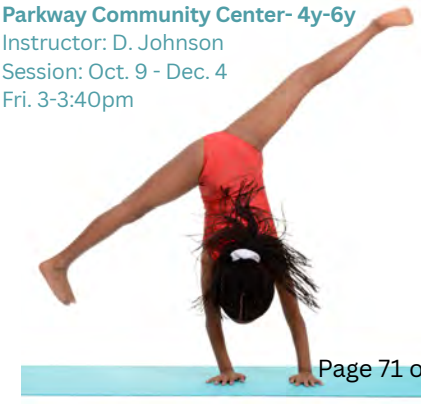
Get ready to learn basic gymnastics skills plus fundamental movements that can be carried over to any sport or activity! This class is specifically designed for preschool and kinder-age participants to be introduced to gross motor skills, social interaction, and beginning gymnastics and tumbling movements.

$154 Res / $193 Non Res

Otay Community Center- 4y-6y
Instructor: D. Johnson
Session: Oct 5 - Nov 30
Mon. 6:10-6:50pm or Thur. 5:20-6:00pm

Salt Creek Community Center- 5y-6y
Instructor: D. Johnson
Session: Oct 10 - Dec 5
Sat. 9:20-10am

Parkway Community Center- 4y-6y
Instructor: D. Johnson
Session: Oct. 9 - Dec. 4
Fri. 3-3:40pm



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.

$66 Res / $83 Non Res

Loma Verde Community Center- 6y-12y
Instructor: Staff
Session: Oct 10 - Dec 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.

$66 Res / $83 Non Res

Loma Verde Community Center- 6y-12y
Instructor: Staff
Session: Oct 10 - Dec 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.

$154 & $186 Res / $193 & $283 Non Res

Otay Community Center- 7y-13y
Instructor: D. Johnson
Session: Oct 5 - Dec 3
Mon. 7-7:50pm or Th. 6:10-7pm

Salt Creek Community Center- 7y-13y
Instructor: D. Johnson
Session: Oct 10 - Dec 5
Sat. 10:05-10:55am

Parkway Community Center- 7y-13y
Instructor: D. Johnson
Session: Oct 9 - Dec 4
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: Oct 5 - Nov 30
Mon. 5-6pm

Salt Creek Community Center- 6y-13y
Instructor: D. Johnson
Session: Oct 10 - Dec 5
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: Oct 9 - Dec 4
Fri 4:45-5:45pmpm

Tumbling/ Gymnastics

Build confidence, coordination, strength, and flexibility through fun tumbling and gymnastics activities! Beginner participants will develop basic motor skills and tumbling movements using gymnastics equipment and props, while Level 2 participants will build on foundational skills with more advanced techniques on the bars, beam, and floor. Level 2 is instructor-approved.

$120 Res / $150 Non Res

Heritage Community Center

Beginner - 5y-10y

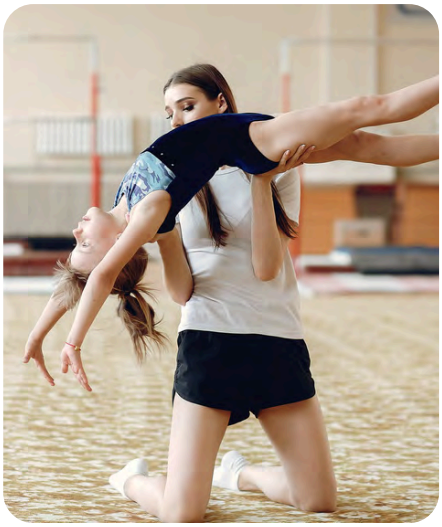
Instructor: C. Donovan
Session: Oct 9 - Dec 4
Fri. 5-5:50pm

Junior - 4y-10y

Instructor: C. Donovan
Session: Oct 8 - Dec 3
Thur. 6:30-7:20pm

Junior Level II - 5y-12y

Instructor: C. Donovan
Session: Oct 10 - Dec 5
Sat. 9:15-10:15am



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: Oct 5-Nov 30
Mon. 5:30-6pm

Junior Cheer Dance & Tumble

GO! FIGHT! WIN! Join this high-energy camp for cheer, dance, and beginner tumbling! Participants will learn cheer techniques, jumps, kicks, chants, tumbling, stunting, and a fun dance routine, ending with a performance for families on the final day.

$120 Res / $150 Non Res

Heritage Community Center- 4y-10y
Instructor: C. Donovan
Session: Oct 8-Dec 3
Thurs. 6:30-7:20pm, or
Sat. 11:15am-12:15pm

Heritage Community Center- 5y-10y
Instructor: C. Donovan
Session: Oct 5-Nov 30
Mon. 6-6:50pm

Heritage Community Center- 7y-13y
Instructor: C. Donovan
Session: Oct 7-Dec 9
Wed. 7-7:50pm

$104 Res / $130 Non Res

Montevalle Community Center- 5y-11y
Instructor: N. Duran
Session: Oct 9 - Dec 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: Oct 5-Dec 7
Mon. 4-5pm

Millenia Park - 6y-10y
Instructor: Rock it Run Club
Session: Oct 10-Dec 5
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: Oct 7-Dec 9
Wed. 4:30-5:20pm

Rock it Run Club Strength +Endurance (5k)

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: Oct 5-Dec 12
Mon. 5-6pm

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- 2-3.5y
Instructor: Skyhawks Sports
Session: Oct 17-Dec 12
Sat. 9-9:40am

Heritage Community Center- 3.5-5y
Instructor: Skyhawks Sports
Session: Oct 17-Dec 12
Sat. 9:50-10:30am

Heritage Community Center- 6y-12y
Instructor: Skyhawks Sports
Session: Oct 17-Dec 12
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.

$58 Res / $73 Non Res

Loma Verde Community Center- 2y-3y
Instructor: Staff
Session: Oct 9-Dec 4
Fri. 4-4:45pm

Loma Verde Community Center- 4y-5y
Instructor: Staff
Session: Oct 9-Dec 4
Fri. 5-5:45pm



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: Oct 6-Dec 1
Tu. 5-5:45pm

Parkway Community Center- 4.5-6y
Instructor: Staff
Session: Oct 6-Dec 1
Tu. 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: Oct 16-Nov 13 or Nov 20-Dec 18
Fri. 3:40-4:20pm



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.



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.

No Games on Nov. 14th

Join us at the Elite Athlete Training Center for the Champions 5K Run/Walk instead!
tinyurl.com/CVChampionsrun2026

YOUTH SPORTS LEAGUES IMPORTANT DATES

	Classes in for Public View	Registration Online 8am Walk-in 9am	Leagues Offered	Game Dates
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
Spring 2027	TBD	TBD	Coed Youth Volleyball and Girls Basketball	Saturdays April 10-May 22
Summer 2027	TBD	TBD	Coed Youth Basketball	Saturdays April 10-May 22



FALL LEAGUE: SEPTEMBER 8 - NOVEMBER 21



YOUTH BASKETBALL LEAGUE (6-15 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 A (12-13 yrs)				
	Dates	**Days/Times**	**Mandatory Evaluations**	**Fee**
East: Montevalle	September 8-November 21	Thursdays 6-7pm Saturdays 12-2pm	September 10 7:00-8:00pm	$150 Residents $188 Non-Res
West: Parkway	September 8-November 21	Tuesdays 6-7pm Saturdays 1-3pm	September 8 7:00-8:00pm	$150 Residents $188 Non-Res

Division B (10-11 yrs)				
	Dates	**Days/Times**	**Mandatory Evaluations**	**Fee**
East: Montevalle	September 8-November 21	Thursdays 6-7pm Saturdays 11am-2pm	September 10 7:00-8:00pm	$150 Residents $188 Non-Res
West: Parkway	September 8-November 21	Thursdays 6-7pm Saturdays 11am-2pm	September 8 7:00-8:00pm	$150 Residents $188 Non-Res

Division C (8-9 yrs)				
	Dates	**Days/Times**	**Mandatory Evaluations**	**Fee**
East: Montevalle	September 8-November 21	Thursdays 5-6pm Saturdays 9am-12pm	September 10 7:00-8:00pm	$150 Residents $188 Non-Res
West: Parkway	September 8-November 21	Thursdays 5-6pm Saturdays 9am-12pm	September 8 7:00-8:00pm	$150 Residents $188 Non-Res

Division D (6-7 yrs)				
	Dates	**Days/Times**	**Mandatory Evaluations**	**Fee**
East: Montevalle	September 8-November 14	Tuesdays 5-6pm Saturdays 8-10am	September 10 7:00-8:00pm	$150 Residents $188 Non-Res
West: Parkway	September 8-November 14	Tuesdays 5-6pm Saturdays 8-10am	September 8 7:00-8:00pm	$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



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**
Winter 2027	Basketball, Softball	Monday - Friday
Spring 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.

For more information call the Adult Athletics Office: 619-409-5893.

WINTER 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

Winter Basketball

	Location	Dates	Days	Game Times	Fee	Referee Fees
Men's D3	Parkway	Jan. - Mar.	Wednesdays	Times vary 6:30-10pm	$355/team	$40/team/game
Men's D2	Montevalle	Jan. - Mar.	Wednesdays	Times vary 6:30-10pm	$355/team	$40/team/game

Winter Softball (Dates subject to change due to inclement weather)

	Location	Dates	Days	Game Times	Fee	Umpire Fees
Men's	Mt. San Miguel/Montevalle/ Veterans	Jan. Mar.	Monday-Friday	6:30, 7:40, or 8:50pm	$480/team	$20/team/game
Coed	Mt. San Miguel	Jan. Mar.	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

Mt. San Miguel Park
2335 Paseo Veracruz
Chula Vista, 91914

Parkway Gym
385 Park Way
Chula Vista, 91910



PICKLEBALL
WHERE 2 PLAY

Pickle Ball Schedule										
	Ages	Type	In/Out	Fees Per Season	Mon	Tues	Wed	Thurs	Fri	Sat
Eucalyptus Park	All	Open Play	Outdoor	Free! No Registration	Coming soon!					
Grove Park	All	Open Play	Outdoor	Free! No Registration	Coming soon!					
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
Montevalle Center	All	Open Play	Indoor	Free! No Registration		9am-11:45am		9am-11:45am		
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		

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	3:15-5:00pm	1:00-3:30pm	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	6-12	M/W 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

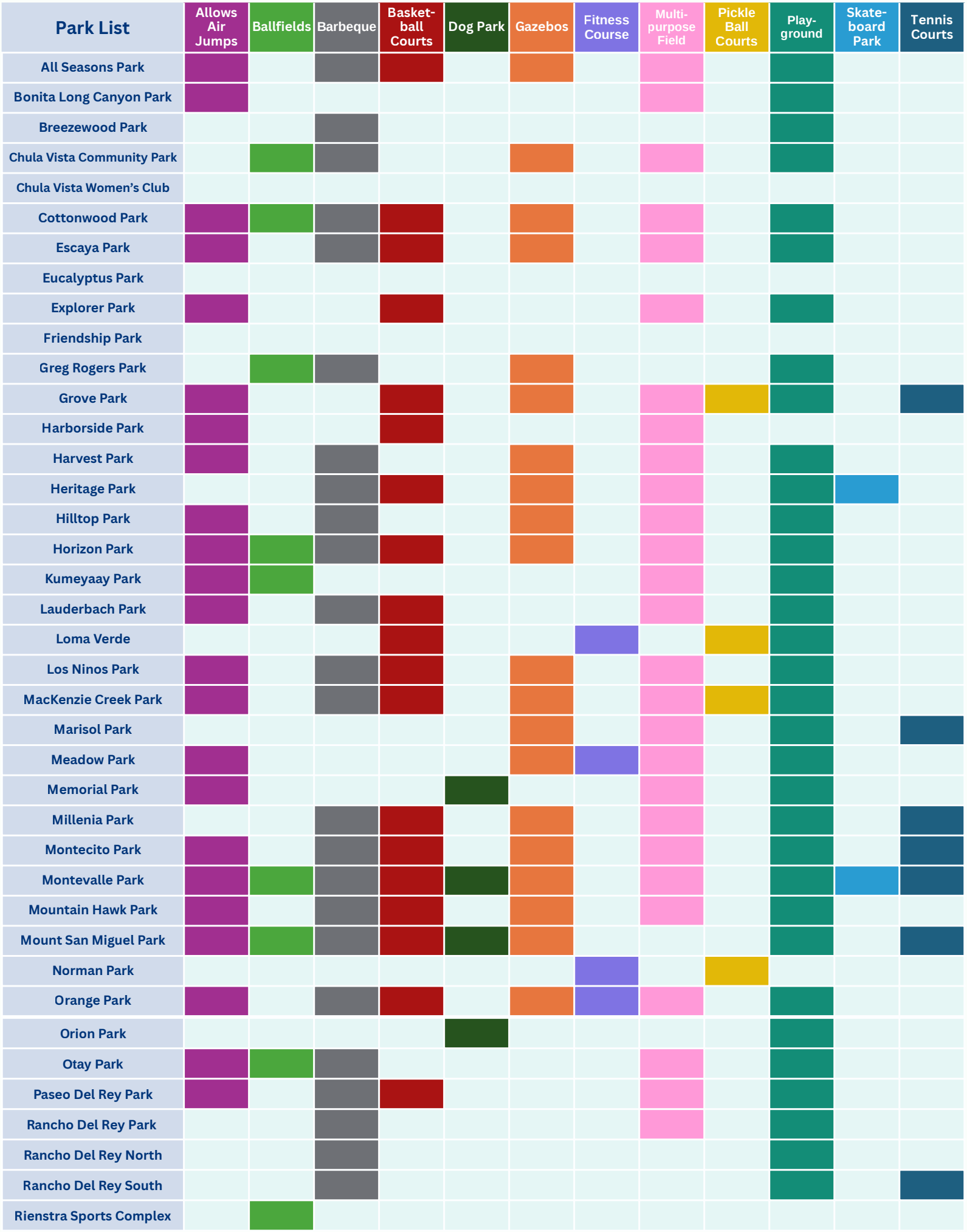
PLUS!

- 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

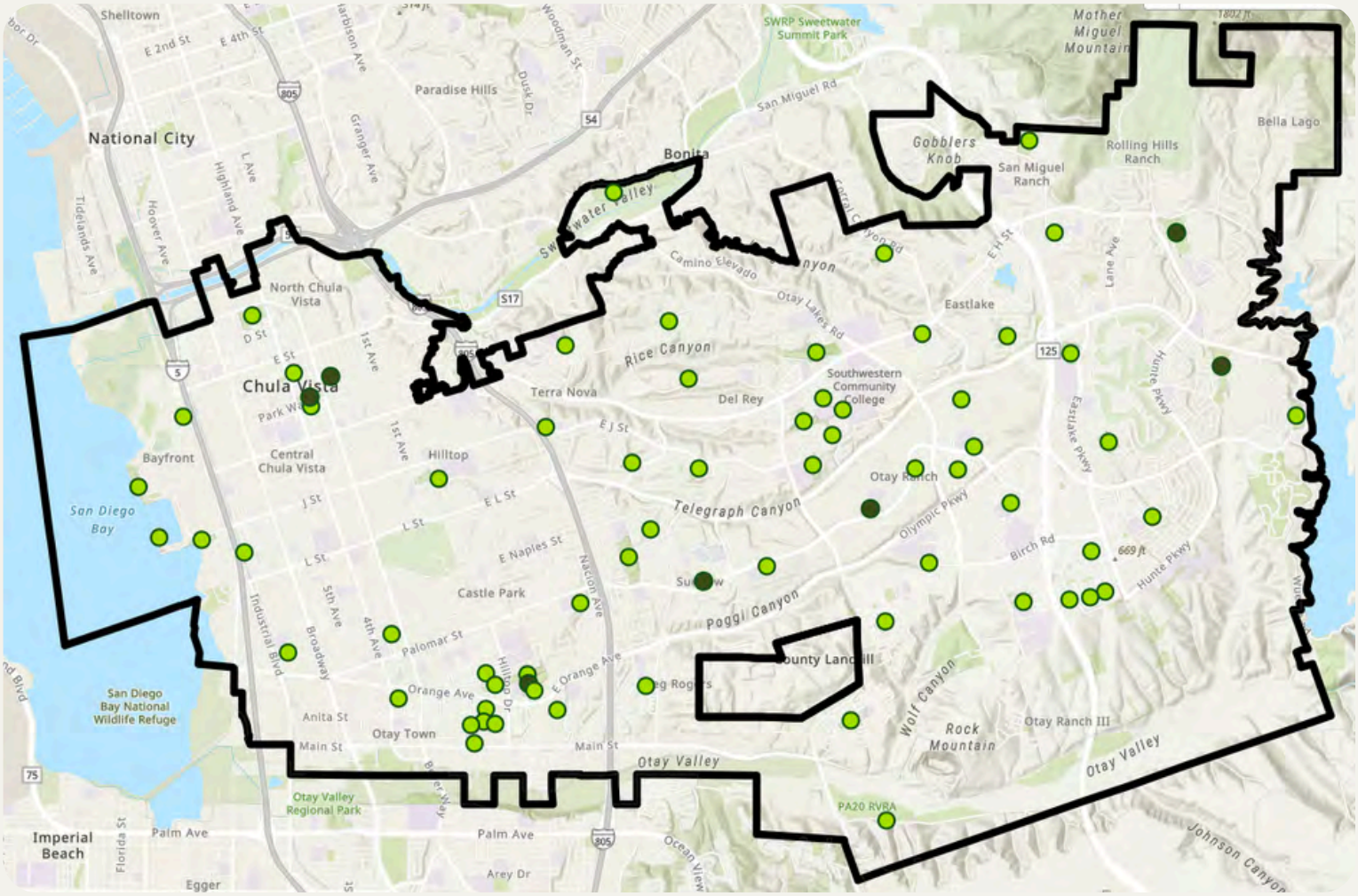

Park List
Allows Air Jumps
Ballfields
Barbeque
Basket-ball Courts
Dog Park
Gazebos
Fitness Course
Multi-purpose Field
Pickle Ball Courts
Play-ground
Skate-board Park
Tennis Courts
All Seasons Park
Bonita Long Canyon Park
Breezewood Park
Chula Vista Community Park
Chula Vista Women's Club
Cottonwood Park
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.

trainatchulavista.com • (619) 482-6220 • Tours@TrainAtChulaVista.com

Your Community. Your Moment.











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