Virtual Recreation
From The Valley

THE CITY OF EL CAJON PARKS & RECREATION DEPARTMENT'S SPRING 2020 NEWSLETTER
Unfortunately, due to COVID-19 and the current social distancing guidelines, many of our in-person programs and facilities have been closed. We miss you all dearly and can't wait to see you again exploring our parks, swimming in our pool, dancing in our studios, learning in our classrooms, playing in our gyms and enjoying our rental facilities.

As always, staff and participant safety is our number one priority. We are continuously monitoring federal, state and county guidelines and directives and all programming and facility decisions will be based on these directives.

In the meantime, the City of El Cajon Parks & Recreation Department is here for you! We recognize the importance of recreation in our community. With social distancing guidelines and closures, it may be difficult for our residents to access recreational opportunities. With this in mind, we are happy to announce the El Cajon Parks & Recreation Department’s Limited Time FREE Spring Virtual Programs! The following pages will outline all of our virtual programming opportunities. Thank you for your continued support as we navigate through this time.

We miss you! Stay safe, El Cajon!

Guidelines for Virtual Programming

- Programs that are noted as "LIVE on Zoom" will be held at the time/day indicated via the Zoom application.
- No registration is required for programs that are noted as "Pre-Recorded on YouTube". These programs will be posted at the time/day listed and can be found on the City of El Cajon Parks & Recreation Department YouTube account.
- Please ensure your email in the City of El Cajon's ActiveNet Registration System is accurate.
- Participants must have capabilities to run Zoom or YouTube on a laptop, tablet, home computer or other device. The City recommends that participants test the Zoom application before registering for classes. The City is not responsible for technology issues participants are having at home.
- Meeting IDs and passwords for classes will be emailed to participants in LIVE classes by 8am on the day of the class start date. Those classes with multiple sessions will use the same meeting code and password each week. Staff will be monitoring classes and taking attendance. Those not registered for class will not be accepted into the class.
- When attending a live online class, you will be placed in a waiting room until the instructor is ready to begin.
- For some programs, materials are needed and are supplied by participants. It is the responsibility of the registrant to read descriptions carefully to ensure you have the materials or equipment needed for your class/program.
- Active classes such as sports and dance classes require an adequate amount of clear floor space to participate (such as a living room or backyard).

Registration for Virtual Programming

- Registration begins May 12 at 8:00am.
- Registrations for online classes can be made by visiting the online registration page at www.elcajonrec.org. No mail in or in person registrations will be accepted.
- The registration deadline for all classes is at 8:00am on the day of the first class start date unless noted in the class description.

Questions? Call (619) 441-1516
VIRTUAL PROGRAMS

Brought to you by the El Cajon Parks & Recreation Department

Spring Virtual Program Session Dates: May 18 - June 20

PRESCHOOL ACTIVITIES

Preschool Circle Time - LIVE on Zoom
Course Description: Join us for songs, storytime and engaging themed activities! No supplies needed.
Days         Time            Recommended Ages       Course #
M/W          9:30am-10:00am   2-5                  36110

SKATE AND SCOOTER

Basic Scooter Skills - Pre-Recorded on YouTube
Course Description: Learn basic scooter skills. Supplies needed are scooter, helmet and pads.
Day    Time   Ages
TH     5:00pm All Ages

Basic Skateboard Skills - Pre-Recorded on YouTube
Course Description: Learn basic skateboard skills. Supplies needed are skateboard, helmet and pads.
Day    Time   Ages
W      5:00pm All Ages

ARTS AND CRAFTS

Arts and Crafts - Pre-Recorded on YouTube
Course Description: Do a variety of fun, simple arts and crafts! Supply list is provided at the beginning of each video.
Day    Time   Ages
TH     4:00pm All Ages

Painting for Beginners - Pre-Recorded on YouTube
Course Description: Learn basic painting skills. Supply list is provided at the beginning of each video.
Day    Time   Ages
F      3:00pm All Ages

WATER SAFETY

Water Safety - Pre-Recorded on YouTube
Course Description: Learn ways to keep your family water safe!
Day    Time   Ages
Sat    12:00pm All Ages
Spring Virtual Program Session Dates: May 18 - June 20

DANCE - HIP HOP

**Mini Hip Hop- LIVE on Zoom**  
Course Description: Learn and practice beginning Hip Hop skills tailored to ages 5-7.  
Day | Time | Ages | Course #  
--- | --- | --- | ---  
M | 4:15pm-4:45pm | 5-7 | 36111

**Beginning Hip Hop- LIVE on Zoom**  
Course Description: Learn and practice beginning Hip Hop skills.  
Day | Time | Ages | Course #  
--- | --- | --- | ---  
T | 4:15pm-4:45pm | 8-14 | 36112

**Intermediate/Advanced Hip Hop- LIVE on Zoom**  
Course Description: Learn and practice intermediate and advanced Hip Hop skills.  
Day | Time | Ages | Course #  
--- | --- | --- | ---  
T | 5:00pm-5:30pm | 10-17 | 36113

DANCE - BALLET

**Beginning Ballet- LIVE on Zoom**  
Course Description: Learn and practice beginning Ballet skills.  
Day | Time | Ages | Course #  
--- | --- | --- | ---  
W | 4:15pm-4:45pm | 5-12 | 36114

DANCE - PRESCHOOL

**Dance Together- LIVE on Zoom**  
Course Description: Learn and practice simple dance moves with your child. Adult participation required.  
Day | Time | Ages | Course #  
--- | --- | --- | ---  
F | 9:30am-10:00am | 18 mos.-3 yrs | 36115

**Dance Combo- LIVE on Zoom**  
Course Description: Learn and practice simple jazz, tap and ballet dance moves.  
Day | Time | Ages | Course #  
--- | --- | --- | ---  
W | 3:30pm-4:00pm | 3-6 | 36116

FITNESS

**50+ Fitness- Pre-Recorded on YouTube**  
Course Description: Learn and practice simple exercises using equipment found around your house. For ages 50+.  
Day | Time | Ages  
--- | --- | ---  
F | 9:00am | All Ages-Tailored to 50+
**COOKING**

**In the Kitchen with Kaiden - Pre-Recorded on YouTube**

Course Description: Join Kaiden in making simple recipes. (Adult participation required). Supply lists are provided at the beginning of each video.

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<th>Days</th>
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<tbody>
<tr>
<td>Sat</td>
<td>11:00am</td>
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**Kids Can Cook LIVE! - LIVE on Zoom**

Course Description: Learn simple cooking skills. Supply lists will be emailed out upon registration.

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<td>W</td>
<td>2:30pm-3:00pm</td>
<td>All Ages</td>
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**SPRING VIRTUAL PROGRAM SESSION DATES: MAY 18 - JUNE 20**

**SPECIALTY PROGRAMS**

**Family Special Event Series - LIVE on Zoom (Unless noted)**

Course Description: Check online for each week’s details!

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<td>F</td>
<td>6:00pm</td>
<td>All Ages</td>
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- Week 1: 5/22 Camp At Home *Not a live event #36119
- Week 2: 5/29 Teen Kahoot Trivia  #36120
- Week 3: 6/5 Family Night Scavenger Hunt #36121
- Week 4: 6/12 Family Mario Kart  #36122
- Week 5: 6/19 Family Kahoot Trivia #36123

**Science Fun - Pre-Recorded on YouTube**

Course Description: Re-create fun, simple science experiments! Supply lists are provided at the beginning of each video.

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<tr>
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<td>10:00am</td>
<td>All Ages</td>
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**SPORTS**

**Sports Camp - Pre-Recorded on YouTube**

Course Description: Learn new sports skills and drills each week! Supply lists are provided at the beginning of each video.

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<td>10:00am</td>
<td>5-14</td>
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- Week 1: 5/18 Basketball Camp
- Week 2: 5/25 Volleyball Camp
- Week 3: 6/1 Soccer Camp (English and Spanish)

**Basketball Workout - LIVE on Zoom**

Course Description: Workouts will focus on building individual skills. Equipment: Basketball or other ball

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<td>T</td>
<td>3:30pm-4:00pm</td>
<td>5-14</td>
<td>36118</td>
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**Kindersports (Arabic) - Pre-Recorded on YouTube**

Course Description: Learn fun games that help develop coordination for little ones. Supply lists are provided at the beginning of each video.

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<tr>
<td>TH</td>
<td>3:00pm</td>
<td>3-5</td>
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This year-round program provides free, drop-in, recreational activities multiple days a week in City parks. During the Stay-At-Home Order and canceled programming, the Rec Squad has been bringing the parks to you with FREE visits including distribution of REC swag bags, hopscotch drawings, obstacle course drawings and MORE!

Check out our FREE Online Rec Squad Educational Videos featuring:
- Sports
- Dance
- Arts & Crafts
- Cooking
- Preschool Play
- Nature Activities
- Camp Games

www.cityofelcajon.us/recsquadonline

FOLLOW US ON SOCIAL MEDIA FOR ALL THE LATEST REC SQUAD HAPPENINGS

@ELCAJONREC  @CITYOFELCAJON  @CITYOFELCAJON