

City of San Diego Park & Recreation Department "We enrich lives through quality parks and programs."

## STANDLEY PARK & RECREATION CENTER

3585 GOVERNOR DRIVE SAN DIEGO, CA 92122

PHONE: (858) 552-1652 FAX: (858) 552-1639 www.sandiego.gov



REGISTRATION BEGINS: MONDAY, SEPTEMBER 8, 2008
CLASSES BEGIN WEEK OF SEPTEMBER 29, 2008
SEE INSIDE COVER FOR REGISTRATION DETAILS.

## REGISTRATION INFORMATION

### **REGISTRATION INFORMATION**

#### CLASS REGISTRATION BEGINS:

Monday, September 8, 2008 at noon.

#### **CLASSES BEGIN:**

Week of September 29, 2008

- \* Registration is taken on a first come, first serve, walk in basis. Phone or mail registration is not accepted.
- When classes fill to capacity, waiting lists are formed. Classes may be expanded to accomodate additional students
- If classes do not meet minimum enrollment, they will be cancelled and a full refund will be issued.

#### PAYMENT POLICY

- \* Payment is required at the time of registration.
- Registration deadline is the second class meeting unless otherwise noted. No registrations will be accepted after the second scheduled class meeting.
- \* Exact CASH or CHECK payable to SPRC are the only methods of payment accepted.
- A \$30.00 service fee will be charged for ALL returned checks.
- Class fees are NOT pro-rated/discounted after the beginning of the scheduled session.

#### REFUND POLICY

- \* Refund request forms MUST be submitted PRIOR to the 2nd scheduled class meeting, unless otherwise noted.
- To obtain a refund, a SPRC Refund Request Form (obtain at office) must be completed and submitted with your pink receipt.
- \* A \$10.00 service fee will be charged for each refund request.
- \* No partial refunds or make-ups for missed classes.

### STANDLEY RECREATION CENTER

#### **HOURS OF OPERATION**

Effective: September 1 - December 31, 2008

Monday - Wednesday 12:00 - 9:00pm 12:00 - 9:15pm Thursday Friday 12:00 - 7:00pm 9:00am - 2:00pm Saturday

Sunday Closed

Hours are subject to change without prior notification.

#### HOLIDAY CLOSURES







Tuesday, November 11



November 27



Thursday, December 25

#### INDIVIDUALS WITH DISABILITIES

All classes can accommodate individuals with disabilities. Upon availability. Therapeutic Services will provide staff for additional assistance along with Standley Park contractual staff. Please request this service at least three weeks prior to the first day of the program. For more information on Therapeutic Services call (619)525-8247.

### STANDLEY PARK **RECREATION COUNCIL**

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, and equipment. They plan, promote, publicize, and help provide recreation opportunities for citizens in the University City community. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meeting. Meetings are open to the public. We encourage and welcome your participation. The Standley Park Recreation Council meets every 4th Thursday of each month at 7:00pm. If you are interested or have concerns about your neighborhood parks and recreation center, please attend the meetings.



## **PARK & COMMUNITY INFORMATION**

#### **FACILITIES AVAILABLE**

Standley Park and Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball/volleyball courts\*
- Game room with table tennis & foosball table
- Two racquetball courts
- Three meeting rooms\*
- Large playground
- Passive picnic areas
- Picnic shelter\*
- Barbeques
- Outdoor basketball court\*
- Multi purpose fields\*
- Horse shoe pit
- Hiking/Bike trail to San Clemente Canyon & Marian Bear Memorial Park
- Swimming pool

#### NEIGHBORHOOD PARKS

University Gardens Park University Village Park Marcy Park 6431 Gullstrand Street 7150 Florey Street 5504 Stresemann Street

#### PARK USE INFORMATION

For park use and reservations for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events, please contact Standley Recreation Center (858) 552-1652.

Events with 75 or more people MUST have a permit approved by the Center Director.













## IMPORTANT COMMUNITY PHONE NUMBERS

Swanson Pool	(858) 552-1653
UC Racquet Club	(858) 452-5683
UC Library	(858) 552-1655
UC Little League	(888) UCLL-575
UC Del Sol Girls Softball	(858) 455-6205
Mesa Soccer	(858) 558-MESA
Youth Basketball League	(858) 945-8339
Adult Softball League	(858) 453-6208
Adult Volleyball League	(619) 871-0047
Stamp Club - Tom Pollick	(858) 755-6324
Doyle Recreation Center	(858) 581-7170
Nobel Recreation Center	(858) 552-1626

#### **GYMNASIUM USAGE**

A monthly gym schedule is available at the recreation center for all free play activities. Times are subject to change without prior notification. **Drinks, food, and black soled shoes are prohibited from the gymnasium, no exceptions!** 

#### **OPEN BASKETBALL**

Free play basketball is open daily inside and outside on a first come, first serve basis. See gym schedule for indoor free play hours. All ages are welcome.

#### **OPEN VOLLEYBALL**

Free play volleyball is Thursdays from 6:30-9:00pm. Participants are required to set-up and break down nets and poles. Thanks to a generous private donation, the center will be open an additional 15 minutes to provide additional time for free play volleyball.

#### **OPEN FLOOR HOCKEY**

Indoor floor hockey is held every Saturday from 9:00-11:00am, unless otherwise noted in the monthly gym schedule. Must have your own equipment. Player must be 18 years of age or older. For more information or reservation contact Steve at (858) 453-4476.

#### **GAME ROOM**

Game room consists of table tennis and a foosball table. All equipment check-out requires a picture ID or a recreation card (\$0.25) for children up to the 5th grade. Hours subject to change without prior notification.

#### RACQUETBALL

Racquetball courts are secured and will be opened by staff according to the sign up schedule. Reservations are taken same day only. Two courts are available Monday - Thursday 7:00am to 8:00pm, Friday 7:00am to 6:00pm and Saturday, 9am-1:00pm.

#### **TENNIS**

Tennis courts are operated by the University City Racquet Club. For more information regarding hours, membership, lessons, and more, call (858) 452-LOVE (5683).

#### RECYCLE

Standley Park has RECYCLING BINS located at the east end of the swimming pool parking lot. Containers take aluminum cans, newspapers, glass containers, cardboard, and plastic bottles. Keep the park clean by RECYCLING! Please do not overflow the containers.

<u>ILLEGAL DUMPING IS PROHIBITED.</u> All profits are returned to the Standley Recreation Center for programs.



<sup>\*</sup>Open to paid reservation, pending availability.

## **YOUTH PROGRAMS**

#### **AIKIDO**

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body, and a strong spirit.

Day: Tuesday

5:00-6:00pm Time/Ages: 8-10 years

\*Saturday

9:30-10:30am 6-7 years

ADVANCED

Dav: Thursday Time: 5:00-6:00pm Ages: 11-14 years

\$90.00/10 weeks Fee:

**Instructors:** Martin Katz, 5th degree Black Belt,

Aikido Association of America

\*Kathy Matthews, 3rd Degree Black Belts

Session begins: September 30, October 2 & 4 For more information: www.ryushinkandojo.org

#### KIDS NIGHT OUT

Every parent needs a break once in a while. Why not enjoy a night out while your children enjoy their own fun at Kids Night Out. Activities include, but are not limited to, games, crafts, movies, and dinner. Please bring sleeping bag for the movie. Register early, space is limited.

IF PROGRAM DOES NOT MEET MINIMUM ENROLL-MENT, IT WILL BE CANCELLED THE WEDNESDAY PRIOR TO THE FRIDAY NIGHT.

Day: 3rd Friday of the month

5:30 - 9:30pm Time: 5 - 10 years Ages: Fee: \$10.00 per child

Dates: Sept 19, Oct. 17 & Nov. 21

### KIDZ ART

KidzArt is a drawing based art enrichment program that builds self-confidence, focus, and problem solving skills in a safe and non-competetive environment. Students will learn to draw lifelike people and animals, still-life scenes, landscapes, and other representational pieces using only artist quality materials (Prismacolor markers, chalks, oil pastels, etc.). KidzArt creates a FUN environment where students can experience relaxation, introspection, and true self expression with their art. Through this process, KidzArt builds confidence in both beginner and advanced students

Monday Day: 4:00 - 5:00pm Time:

Kindergarten - 4th grade Ages: Fee: \$130.00/10 weeks Instructor: KidzArt Staff Session begins: September 29

For more information: (858) 272-9529 or email at

info@sdkidzart or visit www.kidzart.com

#### FLYPTIME II GYMNASTICS

**DIAPER DAREDEVILS:** 18 months - 3 years

This parent participation class is designed to expose enjoyment found in physical activities. Focus is on coordination, guided by discovery and body awareness. Each class includes a variety of activities including tunnels, trampolines, slides, balance beams, parachute, and music.

**Time:** 10:15 - 11:00am Wednesday

**SUPER TOTS:** 3 - 5 years

Activities include circuit training on a kid size gymnastic apparatus to develop gymnastics skills in rhythm, strength, motor skills, and flexibility.

Wednesday Day: **Time:** 11:10 - 11:55am or 1:00 - 1:45pm

**HOT SHOTS:** 6 - 12 years

Lessons include vault, bars, balance beam, floor exercise, and trampoline. Skill building equipment is used to teach gym-

nastics and skill

progression in a challenging and fun atmosphere. Day: Wednesday **Time:** 1:50 - 2:35pm

\$95 00/10 weeks Fee: **Instructor:** Flyptime II Staff Session begins: October 1

**For more information:** (619) 865-9409



### KEIKI (CHILDREN'S HULA)

Introduce your child (keiki), boys and girls, to the Hawaiian language, as well as, songs and dances of Hawaii, Samoa, and Tahiti. Aunty Kathy is great with the keiki, and sharing the "Aloha Spirit" with them. Bring a lava-lava (sarong) and blank cassette tape. Participants will perform for Breakfast with Santa event December 20, 2008.

Day: Wednesday Time: 4:30 - 5:30pm Ages: 4 years and older \$100.00/8 weeks Fee: \$15.00/per class

**Instructor:** Kathy Healli O'Nalani Gore Stanley

Session begins: October 1

For more information: (619) 275-2259 or email

Healiionalani@aol.com



## YOUTH PROGRAMS

## MASTER SPORTS CLASSES **IUNIOR SPORTS**

Participants will play soccer, basketball, tee-ball, flag football, and track n' field. Our coaching philosophy is to give each participant a foundation in each sport by incorporating rules of the sport into modified games that are appropriate for each age group and most importantly a lot of fun. We will capture their imagination while improving coordination and strength. Participants receive a shirt and baseball bat.

Day/Time: Monday 3:00 - 3:50pm

or Saturday 9:00-9:50am (3-4yrs)

10:00 - 10:50am (5-6yrs)

3 - 5 years Ages: \$90.00/8 weeks Fee: Master Sports Staff **Instructor:** Session begins: September 27 & 29



#### SOCCER

Students will improve their ball handling, goal scoring, passing, and more in this class. Emphasis is given to improving motor skills, strength and conditioning, and overall awareness of what is occurring on the soccer field. Participants receive a shirt and soccer ball.

4:00 - 5:00pm Day: Monday Time:

Ages: Kindergarten - 2nd grade

\$90.00/8 weeks Fee: **Instructor:** Master Sports Staff

Session begins: September 29



#### VOLLEYBALL SKILLS

UCSD Club player Talesa Blyething will help students learn and improve all facets of the game.

#### **BEGINNER/INTERMEDIATE**

Day: Tuesday Time: 4:00 - 5:00pm

ADVANCED

Tuesday Time: 5:00 - 6:00pm Day:

10-14 years Ages: \$90.00/8 weeks Fee: **Instructor:** Master Sports Staff **Session Begins:** September 30



#### BASKETBALL SKILLS

Learn and improve different skills of the game in this fun, low pressure class. Participants receive a shirt and basketball.

Day: Tuesday Time: 4:00 - 5:00pm

Ages: Kindergarten - 2nd grade

Tuesday **Time:** 5:00 - 6:00pm Dav:

3rd - 6th grade Ages: \$90.00/8 weeks Fee: **Instructor:** Master Sports Staff Session begins: September 30



For more information contact Master Sports at (858) 518-1315 or visit www.MA\$TERyour\$PORT\$.com

#### WACKY WEDNESDAY AFTER SCHOOL PROGRAM

NOW ENROLLING KIDS FROM SPRECKLES & CURIE! This program will provide a wide range of activities designed for your child's age, skills, and interests in mind. Activities include arts and crafts, physical fitness, cooking, science, walking field trips, and homework labs. A snack will be provided; parents must provide a lunch.

Day: Wednesday Time: 12:30-5:30pm

Ages: Kindergarten - 5th grade

Fee: \$100.00/ 5weeks

September 3 - October 1 Session I: October 8 - November 5 Session II: November 12 - December 17 **Session III:** 

**Coordinator:** PRC Staff

**For more information:** (858) 229-1253

### **GUITAR**

Beginning guitar class for students who have little or no experience playing the guitar. Learn guitar basics including how to tune you guitar, strumming techniques, and learning chord progressions. Students must provide their own guitar.

Wednesday **Time:** 6:00-7:00pm Day:

6-15 years Ages:

\$145.00/10 weeks Fee: Lesley Alexander Instructor:

Session begins: October 1

For more information: (858) 204-5697 or email

lesalex@juno.com

#### CITY DANCE CLASSES

The City of San Diego Dance Department offers dance classes at affordable prices to enable children from all backgrounds full participation in the study of various

styles of dance. Each class meets once a week for 45 minutes.

**To Register:** Go to Standley Recreation Center on the DAY of the week and the TIME listed for your selected class. The teacher will give you further information, and will register you with the instructor.

Day: Tuesday

Class/Time: Creative Movements (3-5 years) 3:00pm

> Pre-Tap (4-5 years) 3:45pm Tap 1 (6-17 years) 4:30pm Jazz 1 (6-17 years) 5:15pm

Fee: \$35.00/semester

**Pre-registration:** September 16, 2007 (no class) Semester begins: Tuesday, September 23, 2008

No class on November 11.

For more information on this program contact the Dance Department at (619) 525-8258.



## **ADULT & SENIOR PROGRAMS**

#### **BEGINNING HATHA YOGA**

Enjoy two hours of serenity! Reduce stress and tension. Increase strength, flexibility, balance, and inner harmony. Learn the foundation poses of yoga that will assist you in developing your own routine. Appropriate for all levels.

Day: Monday **Time:** 6:00 - 8:00pm Fee: \$160.00/10 weeks \$144.00/Senior rate (65+)

\$20.00/per class

Instructor: Shelley Aanerud, Certified Aananda

Yoga Instructor, RYT 500

Session begins: September 29

**For more information:** (858) 587-0171

#### INTERMEDIATE HATHA YOGA

Prerequisite: Beginning Hatha Yoga

Intermediate Hatha Yoga is a continuation of beginning yoga, deepening your experience of flexibility, strength, awareness and joy. Additional breathing techniques and advanced poses are added according to student ability. Drop in students must have previous yoga experience.

Day: Wednesday **Time:** 6:00 - 8:00pm Fee: \$160.00/10 weeks \$144.00/Senior rate (65+)

\$20.00/per class

Instructor: Shelley Aanerud, Certified Aananda

Yoga Instructor, RYT 500

Session begins: October 1

**For more information:** (858) 587-0171

#### A 10% DISCOUNT IS GIVEN TO STUDENTS THAT REGISTER FOR BOTH HATHA YOGA CLASSES

#### **GUITAR**

Beginning guitar class for students who have little or no experience playing the guitar. Learn guitar basics including how to tune you guitar, strumming techniques, and learning chord progressions. Students must provide their own guitar.

**Time:** 7:00-8:00pm Day: Wednesday

Ages: 15 - Adult Fee: \$145.00/10 weeks **Instructor:** Leslev Alexander

Session begins: October 1

For more information: (858) 204-5697 or email

lesalex@iuno.com

## QIOGONG/TAI CHI

Qigong & Tai Chi combine slow movement and breathing to create an enjoyable exercise. Both originated in ancient China. They improve balance, strength, circulation, coordination, flexibility, relaxation and mind focus.

Davs: Friday

Time: 2:30 - 3:30pm \$90.00/10 weeks Fee: Ages: Adults & Seniors **Instructor:** Lavonne Thompson

**Session begins:** October 3 No Class November 28

#### **STRESSBUSTERS**

Get ready for the holidays through aerobics, circuit, weights, steps, abdominals, and stretching.

Days: Monday & Thursday Time: 5:15 - 6:15pm

Ages: 14 years - Adult Fee: \$110.00/8 weeks \$15.00/ per class

**Instructor:** Yvonne Bennett-Niang, ACE &

AFAA Certified Instructor

Session begins: September 29

For more information: ybennettniang@yahoo.com

#### AIKIDO

Aikido is a non-competitive martial art focusing on the development of a calm mind, relaxed body, and strong spirit.

BEGINNER INTERMEDIATE/ADVANCED

Day: Tuesday Day: Thursday Time: 6:30-8:30pm Time: 6:30-8:30pm

15 years - Adult Ages: Fee: 95.00/10 weeks

Martin Katz, 5th Degree Black Bel Instructor:

Aikido Association of America

Session Begins: September 30 & October 2

For more information: www.ryushinkandojo.org

### CITY DANCE ADULT TAP & IAZZ

The City of San Diego Dance Department offers dance classes at affordable prices to enable adults from all backgrounds participation in the study of various styles of dance. Each class meets once a week for 45 minutes.

To Register: Go to Standley Recreation Center on the DAY of the week and the TIME listed for your selected class. Classes include basic dance stretches, technique and routines. The teacher will give you further information, and will register you there. Register on Sept. 15 at class time.

Semester begins: Monday, September 22, 2008

Day: Monday

Class/Time: Tap Dance 6:30 pm 7:15 pm

Jazz \$35.00/semester

Fee: Ages: 18 and over

For more information on this program contact the Dance De-

partment at (619) 525-8258.

#### **SENIOR CLUB**

Senior Club meets every Friday from 9:00am to 2:00pm. Bridge, pinochle, and card games are played. New-comers welcome. Bring a sack lunch. Coffee and tea is provided. For more information call Ben at (858) 453-2340.

#### PINOCHLE

Anyone interested in playing pinochle with nice people, call Ben at (858) 453-2340 for more information.

## **FALL & WINTER CAMP**

#### FALL & WINTER DAY CAMP

Nov. 24 - 26 & Dec. 22 - Jan. 2

Standley Park and Recreation Center is offering a great place for fun this fall and winter. This camp includes a variety of arts and crafts, sports, cooking activities, and team games. Please wear athletic shoes and bring a lunch daily. Snack provided. Campers will go on one field trip during the week. There will be no camp on Christmas Day & New Year's Day. We are taking an interest list for camp on Friday, November 28, Christmas Eve and New Year's Eve. If we meet the minimum of 10 we will hold

camp. REGISTRATION BEGINS OCTOBER 1, AND MUST BE DONE IN ADVANCE!

Ages: 5 - 12 years

Days: November 24, 25, & 26 Monday, Tuesday, & Wednesday ......Balboa Park

December 22, 23, & 26 Monday, Tuesday, & Friday......Movie/Arcade

December 29, 30, & January 2 Monday, Tuesday, & Friday......Ice Skating

9:00am - 4:00pm (\$35 Daily rate) Time/Fees: Regular Care Fees: \$80.00

\$100.00 Extended Care Fees: 7:00am - 6:00pm (\$45 Daily rate)

#### KIDZ ART CAMP

December 29 - 31, 2008

Throughout a fun-filled week at KidzArt Camp, your young artists will delight in creating beautiful drawings and fun art projects. Students will create 2- and 3-dimensional works of art with clay, paints, and a few other KidzArt favorites. Students have fun in a safe and encouraging atmosphere as they are introduced to new drawing techniques and artist quality mediums.

Ages: 5-10 years **Time:** 9:30am-12:30pm Fee: \$90.00 / 3 days

For more information call (858) 272-9529 or email at info@kidzart.com, or visit www.kidzart.com

## **YOUTH & ADULT LEAGUES**

Association for Athletics WINTER YOUTH BASKETBALL LEAGUE

January 9 - March 6, 2009

1st - 9th **Grades:** 

» Registration fee: \$95.00/\$105.00 after 12/5

» Registration dates: October 1st Game locations: Standley & Doyle Skills Assessment dates: December 6 & 13

» Game days: Fridays, 5:00-9:00pm Saturdays, 9:00am - 4:00pm

#### ON-LINE REGISTRATION ONLY

Registration available at www.masteryoursports.com.

FOR MORE INFORMATION CONTACT TEDD PHONE: (858) 945-8339 EMAIL: tedd@masteryoursports.com WEB: www.masteryoursports.com

Fee:

#### MEN'S BASKETBALL LEAGUE

League plays on Tuesday nights from 6:30-9:30pm. League begins in August and runs for 16 weeks. League contact is John La Chica. Interested teams may contact John in person at the recreation center during league hours. Players over 30 only. Cost per season is \$285.00 per team, plus referee and forfeit fees.

#### ADULT SOFTBALL LEAGUES

Standley Park Adult Softball Leagues begin in August and March of every year and run 17 weeks. Co-ed 3-pitch plays on Monday & Tuesday, and Men's 3-pitch plays on Wednesdays. All games are held between 6:00 and 10:00pm. Call Pete McNamara, League Director, at (858) 453-6208 for more information. Team entries only. Fee TBA.

#### CO-ED VOLLEYBALL LEAGUE

Adult Co-ed 4's Volleyball league offers two divisions, A and B. Play Monday nights between 6:45 and 9:45pm. Next season begins in November. Fee is \$240.00 per team. For more information contact League Director, Farid Karimi at (619) 871-0047.



### STANDLEY PARK YOUTH FLAG FOOTBALL LEAGUE - Register NOW!

October 4th - December 13th Games on Saturdays @ Cadman Recreation Center Season Dates:

10 & under & 12 & under, birthday cut-off is December 14 Divisions: VOLUNTEER **Practice Days:** To be determined by coach - held @ Standley Park

COACHES August 9th - September 13 Registration: \$55.00 / \$65.00 late - includes jerseys and trophies

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NEEDED!

# **SPECIAL EVENTS & OPPORTUNITIES**





#### **VOLUNTEER OPPORTUNITIES**

If you want to make a difference in a park or at a recreation facility, then there is a place for you at Standley Park & Recreation Center. Each year volunteers of all ages and abilities come and help with a number of programs, special events, and grounds maintenance. Many volunteers come to help individually or as part of a group. Students who need credit for completing community service work can have their hours verified for services provided at this facility.

Applications are available at Standley Recreation Center. The minimum age to volunteer is 13. Come make a difference in your community today by becoming a Park and Recreation Department Volunteer!

#### **ANNUAL EVENTS & PROGRAMS**

(Planning already in progress!)

- U.C. 4TH OF JULY CELEBRATION COMMITTEE
- SUMMER CONCERT COMMITTEE
- SPRING EGG HUNT
- ANNUAL BANANA SPLIT
- HALLOWEEN CARNIVAL
- BREAKFAST WITH SANTA
- KIDS NIGHT OUT

CALL NOW TO START VOLUNTEERING (858) 552-1652



# UC CELEBRATION & SUMMER CONCERTS VOLUNTEERS NEEDED!

THE U.C. CELEBRATION AND SUMMER CONCERT COMMITTEES ARE SEEKING NEW LEADERSHIP AND MEMBERS TO HELP PLAN BOTH EVENTS.

MEITHER OF THESE EVENTS ARE POSSIBLE WITHOUT THE HELP OF COMMUNITY VOLUNTEERS.

WE ARE SEEKING COMMUNITY
MEMBERS WHO WOULD LIKE TO ASSIST WITH THE
PLANNING AND COORDINATION OF THESE VERY
SPECIAL COMMUNITY EVENTS.

IF YOU ARE INTERESTED IN PARTICIPATING ON A COMMITTEE, CALL 858 552 1652 AND LEAVE YOUR NAME, NUMBER, E-MAIL AND THE COMMITTEE YOU WISH TO JOIN.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS, AND AIDS-RELATED COMPLEX.) IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 221-8918) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

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