

FALL 2025

PROGRAM GUIDE



FALL SESSION

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Registration begins on
Monday, September 8, 2025 @ 9:00 am

Classes begin on
Monday, September 22, 2025*

*Classes not on eight-week session
schedule have different start dates



Greetings Imperial Beach!

The Parks, Recreation and Community Services (PRCS) Department is thrilled to welcome you to the Fall edition of our Program Guide!

We are excited for the cooler weather that the season brings, the special events that create lasting memories for the community, and the recreation programming that enriches the lives of residents and visitors of Imperial Beach.

This season is also a great time to get involved with the community! The PRCS Department is looking for youth volunteers, ages 13 to 17, to serve on a 'Youth Advisory Committee'. The committee will assist with providing insight and feedback on youth and teen parks and recreation programs.

Don't miss this great opportunity to learn leadership skills, create new friendships, make an impact in your community, and receive community service hours.

September is National Senior Center Month, and this year's theme, "Powering Possibilities: Flip the Script," created by the National Institute of Senior Centers, highlights the vital role senior centers play in enhancing the lives of older adults.

September is a time to **Flip the Script** on outdated ideas about what senior centers are and who they serve. The Imperial Beach Senior Community Center is a welcoming place that powers possibilities for active aging through health and wellness, creative expression, and connection.

To celebrate, the PRCS Department will be offering free classes and activities for seniors ages 50 and older throughout the month of September. Check out page 27 for details on the different offerings.

Parks, Recreation and Community Services Department

General Information

Parks, Recreation & Community Services & Senior Community Center

1075 8th Street, Imperial Beach, CA 91932

PRCS: (619) 423 - 8285

Senior Community Center: (619) 424 - 7077

parksandrec@imperialbeachca.gov

Office Hours: Monday - Friday 9:00 am - 5:00 pm

**Contact Information for the
 Parks, Recreation & Community
 Services Department**

PRCS Department

parksandrec@imperialbeachca.gov

PRCS Supervisor - Fa'amalo "Malo" Lutu

mlutu@imperialbeachca.gov

PRCS Coordinator II - Crystal Celis

ccelis@imperialbeachca.gov

PRCS Coordinator - Angelina Trujillo

atrujillo@imperialbeachca.gov

PRCS Coordinator - Carlos Carrillo

ccarrillo@imperialbeachca.gov

Recreation Specialist

Senior Community Center

Joanne Norden



PROGRAM & ACTIVITY INFORMATION

Youth, Adult & Senior Classes

FALL SESSION

FALL SESSION Sept 22 - Nov 15	QUARTERLY Oct 1 - Dec 19	MONTHLY Month-to-Month	DAILY Day-to-Day
Registration Period: Sept 8 - Oct 4	Registration Period: Sept 22 - Dec 19	Registration Period: Two weeks before the class begins	Registration Period: Specific to class day

CLASS INFORMATION

Sessions

These classes run on a seasonal eight-week session. Registration opens two weeks before the class start date and continues through the first two weeks of the session.

Quarterly

These classes run quarterly. Registration opens two weeks before the quarter start date and continues until the end of the quarterly period.

Monthly

These classes run monthly. Registration opens two weeks before the class start date and continues through the first week of the month.

Daily

These classes are open for registration the day of the class.

RESIDENT & NON-RESIDENT RATES

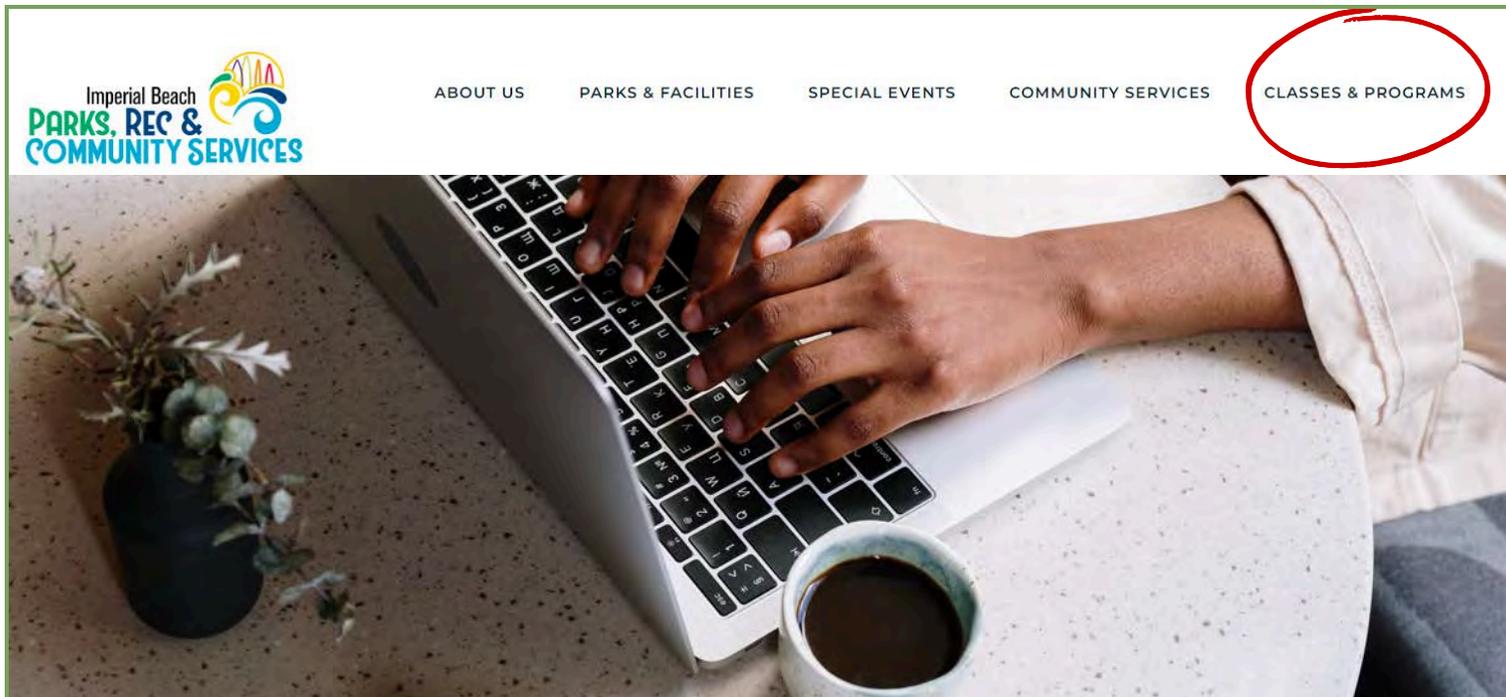
Imperial Beach residents qualify for a resident rate for most programs, classes, park rentals, and activities. Proof of residency is required. Addresses that are outside of the incorporated city limits do not qualify for the resident rate. Resident and non-resident rates are listed in the guide as (R) and (NR).

WAITING LIST

In the event that a class is full, a patron may be added to the class/program waiting list. There is a 24-hour return contact policy for all wait lists. If the patron is contacted via email/phone and does not respond within 24 hours, the space in the class will be made available to the next person on the waiting list. It is the responsibility of the patron to make sure account contact information is accurate. Emails/calls will be made in waitlist order.

All City Administrative Offices and the Senior Community Center will be closed
Monday, September 1st, Tuesday, November 11th, Thursday, November 27th, and Friday, November 28th.

REGISTRATION



ONLINE

www.ibparksandrec.org

Step 1:

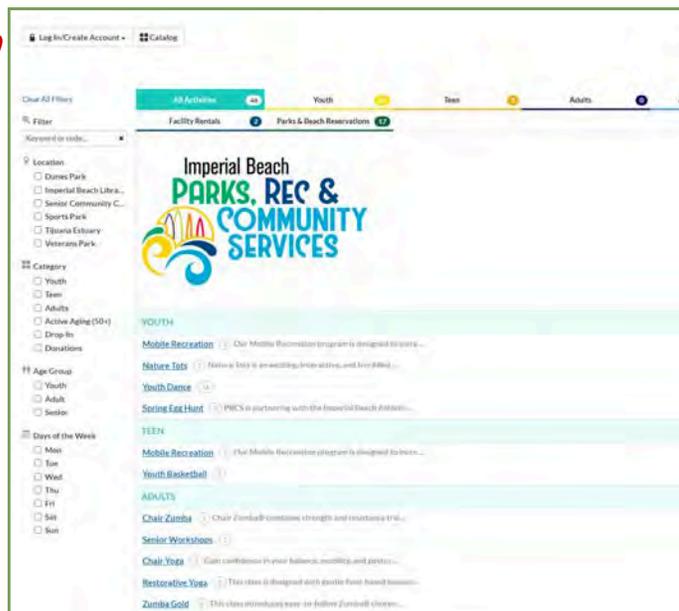
Create a CivicRec account

Step 2:

Browse our programs and classes

Step 3:

Register on your phone, tablet, or computer



IN PERSON

Senior Community Center

1075 8th Street
Imperial Beach, CA 91932

Office Registration Hours:

Monday - Friday: 9:00 am - 5:00 pm
Saturday - Sunday: Closed

WE'RE HAPPY TO HELP!

As always, if you have any questions or need help registering, give us a call!

(619) 423 - 8285

MEET OUR TEAM



Carlos

Malo

Crystal

Angelina

PARKS, RECREATION AND COMMUNITY SERVICES



Celeste



Justice



Joanne



Ryan



Javier



Leah



Francisco



Rafa

MEET OUR TEAM



Rafa
Park Ranger



Mike
Park Ranger



Chris, Kyle & Christian
Public Works Department
Parks & Facilities



Clayton & Javier
Community
Response Crew

SPONSORSHIP



SUMMER EVENTS

Music in the Park

Movie in the Park

These community events were made possible through the support of event sponsors. A special thank you to The Foley Group, Costa Modern Properties, Ashley Ortega with CMG Home Loans, Crosby Home Team, Imperial Beach Grocery Outlet, Kiwi Tile Company, and Good Times Barbershop.



UPCOMING EVENTS

Save the Date



BARK IN THE PARK



Saturday, September 6th

9:00 am - 12:00 pm

Bring your pups to Veterans Park for a free event full of tail-waggin fun! Enjoy a variety of pet service vendors, photo opportunities, a caricature artist, and more.

**Veterans Park
1075 8th Street,
Imperial Beach, CA 91932**



SYMPHONY BY THE SEA



Saturday, September 27th

4:00 pm - 6:00 pm

Mark your calendars for Symphony by the Sea, featuring the San Diego State University Wind and Symphony Orchestra. Thank you to our sponsor San Diego Community Power.

**Portwood Pier Plaza
10 Evergreen Avenue,
Imperial Beach, CA 91932**



FIRE-RESCUE OPEN HOUSE



Saturday, October 11th

10:00 am - 2:00 pm

Save the date for the Imperial Beach Fire-Rescue Open House! Enjoy this free community event filled with live demos, station tours, food, family fun, and more.

**Fire-Rescue Station
865 Imperial Beach Blvd.,
Imperial Beach, CA 91932**

UPCOMING EVENTS



TRUNK OR TREAT ON SEACOAST

Friday, October 24th

5:00 pm - 7:00 pm

Get your costumes ready for a ghoulishly good time! With a spook-tacular youth costume contest and trick-or-treating around every corner, it's going to be a fang-tastic night! Thank you to our sponsors EDCO and North Island Credit Union.

Portwood Pier Plaza

10 Evergreen Avenue, Imperial Beach, CA 91932



DÍA DE LOS MUERTOS

Saturday, November 1st

3:00 pm - 6:00 pm

Honor the lives of loved ones at Día de los Muertos. Enjoy a ballet folklórico performance by Mar Vista High School, Mariachi, face painting, sugar skull decorating, Ribbons of Remembrance, food trucks, and more! Thank you to our sponsors Wyverd Fiber and EDCO.

Veterans Park

1075 8th Street, Imperial Beach, CA 91932



WE WANT YOUR INPUT!

The Imperial Beach Parks, Recreation and Community Services Department needs help from the community on choosing programs for the newly remodeled Sports Park Recreation Center! Complete the survey at the link below or scan the QR code.



<https://tinyurl.com/IBSportsParkRecCenterSurvey>



For more information:
(619) 423 - 8285
www.ibparksandrec.org



NATURE IN THE CITY

FREE

NATURE TOTS



Nature Tots is a free, fun, and interactive educational program designed for children ages 2 - 5 years and their caregivers. Through a partnership between the Imperial Beach Parks, Recreation and Community Services Department, the Imperial Beach County of San Diego Library and U.S. Fish and Wildlife, the Nature Tot program brings nature-loving families together through wildlife discovery, nature book readings, sensory play, and nature related crafts. No registration required.

In partnership with:



Days	Times	Ages	Location
4th Thursday of the month	10:30 am - 11:30 am	2 - 5	County of San Diego Library 810 Imperial Beach Boulevard

FREE

NATURE PLAY IN THE PARK

The City of Imperial Beach Parks, Recreation and Community Services Department has partnered with U.S. Fish and Wildlife and the Imperial Beach County of San Diego Library to bring youth and families of all ages the opportunity to participate in Mobile Recreation Nature Play. Enjoy free interactive games provided by the Mobile Rec Crew as well as nature inspired arts and crafts with a U.S. Fish and Wildlife Ranger. No registration required.

In partnership with:



Days	Times	Ages	Location
2nd Thursday of the month	3:30 pm - 5:00 pm	All Ages	Veterans Park 1075 8 th St., Imperial Beach

NATURE IN THE CITY

FREE

SCIENCE IN THE PARK WITH IB REC CREW

Kids are natural scientists but sometimes it can get messy! Bring them to the park this season with the IB Rec Crew where they can have fun and learn about science. This program will be held once a month outdoors and each science day will be different.



LIMITED SPACE AVAILABLE! REGISTER ONLINE TO SAVE YOUR SPOT!
www.ibparksandrec.org

Days	Times	Ages	Location
3rd Wednesday of the month	3:30 pm - 4:30 pm	6-12	Veterans Park 1075 8 th St., Imperial Beach

FREE

Nature Backpack

YOUTH & ADULT NATURE BACKPACKS

Check out a youth or adult nature backpack for up to 2 weeks (14 calendar days) and explore nature all around Imperial Beach!

Nature Backpacks may include:

- First aid kit
- Pedometer
- Flashlight
- Compass
- Binoculars
- Magnifying Glass
- 6-inch ruler
- Bug observer
- Informational recreation guides and maps
- Trekking Poles

To check out a nature backpack, contact the PRCS Department by phone at (619) 423-8285 or by email at parksandrec@imperialbeachca.gov.



NATURE IN THE CITY

ADULT NATURE BOOK CLUB



Join us and our partners at the Tijuana Estuary Training Center as we host a monthly Adult Nature Book Club. Registration is required and will be open monthly for all new and returning participants. Free coffee and snacks.



Days	Ages	Times	Location	Fee
4th Saturday of the month	18+	10:00 am - 11:30 am	Tijuana Estuary Training Center 301 Caspian Way, Imperial Beach	Free

MONTHLY DISCUSSIONS

Each meeting we will discuss the book of the month. Even if you have not finished reading the book you are more than welcome to attend.

WHERE TO FIND THE BOOK:

Depending on availability, books can be checked out for free at the Imperial Beach County of San Diego Library, Senior Community Center, your own local library, or you can purchase the book on your own from a bookstore of your choice.

MONTHLY BOOK LIST

BOOK CLUB MEETING DATE	BOOK TITLE & AUTHOR
Saturday, September 27, 2025	<i>Braiding Sweetgrass</i> By: Robin Wall Kimmerer
Saturday, October 25, 2025	<i>The Sixth Extinction</i> By: Elizabeth Kolbert
Saturday, November 22, 2025	<i>Nature's Best Hope</i> By: Douglas W. Tallamy



JUNIOR RANGERS

Calling all nature explorers!

"Junior Rangers" is back at the Tijuana River National Estuarine Research Reserve (TRNERR). Each session will have different activities for Junior Rangers to discover the amazing plants, wildlife, and cultural heritage of the estuary. They will earn awards such as pins and patches. And it's **FREE!**



For kids ages 8 - 12
Every Saturday 11:00 am - 12:00 pm
www.trnerr.org





IMPERIAL BEACH COMMUNITY GARDEN



The City of Imperial Beach is thrilled to announce that the **Intergenerational Community Garden is now open!** This project was made possible through a partnership with the San Diego County Aging and Independence Services and the Live Well initiative.

The community garden focuses on bringing together diverse intergenerational audiences through hands-on gardening programs, seasonal activities, and educational offerings.

**THE GARDEN IS CURRENTLY OPEN
MONDAY THROUGH FRIDAY 9 AM - 5 PM
FOR VIEWING ONLY.**

UPCOMING WORKSHOPS & PROGRAMS

Whether you're a seasoned gardener or just starting out, the City offers a variety of garden workshops and programs for all ages and abilities!

Stay up to date on our upcoming garden activities and register for workshops and programs by visiting our website at www.ibparksandrec.org.



For more information on how to get involved at the Imperial Beach Intergenerational Community Garden, visit: www.ibparksandrec.org

YOUTH DANCE CLASSES

By: IB Dance Company



HIP HOP

Mini

A fun introduction to the basics of hip hop with age appropriate songs and games to encourage development in rhythm, balance, social skills and much more!

Beginner

Hip Hop encompasses a wide range of street styles including breaking, locking and popping. This class for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style.

No class Monday, Nov 24th - Saturday, Nov 29th

Location:

Senior Community Center

NEW EXTENDED 10-WEEK SESSION



Level	Date Range	Days	Times	Ages	Building	Fee (R)	Fee (NR)
Mini	9/22/25 - 12/08/25	M	4:10 pm - 5:00 pm	3 - 5	1	\$112	\$134
Mini	9/24/25 - 12/10/25	W	6:10 pm - 7:00 pm	3 - 5	1	\$112	\$134
Beg	9/22/25 - 12/08/25	M	5:10 pm - 6:00 pm	6 - 12	1	\$175	\$210

Fall Registration Begins: Monday, September 8, 2025 at 9:00 am

YOUTH DANCE CLASSES

By: IB Dance Company

BALLET/TAP



Mini

A fun introduction to the basics of ballet and tap with age appropriate songs and games to encourage development in rhythm, balance, social skills and much more!

No class Monday, Nov 24th - Saturday, Nov 29th

Location:

Senior Community Center

NEW EXTENDED 10-WEEK SESSION

Level	Date Range	Days	Times	Ages	Building	Fee (R)	Fee (NR)
Mini	9/22/25 - 12/08/25	M	6:10 pm - 7:00 pm	3 - 5	1	\$112	\$134
Mini	9/26/25 - 12/12/25	F	4:00 pm - 4:50 pm	3 - 5	1	\$112	\$134



WHAT CAN I DO IF A CLASS I WANT TO TAKE IS FULL?

Add yourself to the waitlist! We will contact you if a space becomes available.

Review our waitlist guidelines on page 2 for more information.



Fall Registration Begins: Monday, September 8, 2025 at 9:00 am

YOUTH DANCE CLASSES

By: IB Dance Company



BABY AND ME



Mini

Baby and Me class is a fun, upbeat class where a young child and parent, grandparent, relative, or other special caregiver engage in a variety of music and movement activities together.

Parent/Guardian participation required.

Location:

Senior Community Center

Level	Date Range	Days	Times	Ages	Building	Fee (R)	Fee (NR)
Mini	9/27/25 - 11/15/25	SAT	9:00 am - 9:30 am	1.5 years to 2.5 years	1	\$90	\$108

MUSIC AND MOVEMENT



Mini

Music and movement dance classes combine music with physical activity, such as singing, dancing, and playing instruments. These classes can help children develop coordination, balance, and spatial awareness, as well as social skills and self-esteem.

A parent/guardian is required to stay on site throughout the duration of the class.

Location:

Senior Community Center

Level	Date Range	Days	Times	Ages	Building	Fee (R)	Fee (NR)
Mini	9/27/25 - 11/15/25	SAT	9:45 am - 10:15 am	2.5 years to 3.5 years	1	\$90	\$108

Fall Registration Begins: Monday, September 8, 2025 at 9:00 am

YOUTH

YOUTH ENRICHMENT

FREE

IB IMPACT SPORTS PROGRAM



IB Impact Sports Program will help develop our next generation of leaders in Imperial Beach. This program will focus on physical activity and leadership through various traditional and non-traditional sports. Additionally, participants will also learn about healthy lifestyles through proven curriculum developed by the National Recreation & Parks Association (NRPA). ***Registration is required***

This grant funded program is made possible by:



2ND & 4TH WEDNESDAY OF THE MONTH

4:00 pm - 6:00 pm | Ages 10 - 16

- Wednesday, Sept 10th & 24th
- Wednesday, Nov 12th & 26th
- Wednesday, Oct 8th & 22nd
- Wednesday, Dec 10th

HELD AT THE SENIOR COMMUNITY CENTER

JUNIOR CREATIVE CHEF

NEW DAY



Kids will join us as we create fun themed food with fresh ingredients. Classes will have age-appropriate recipes and activities that range from spring and summer treats to fall and winter snacks. Classes have an emphasis on fun, creativity, and learning.

NOW ON SATURDAYS!

Location:
Senior Community Center

Dates	Times	Ages	Building	Fee (R)	Fee (NR)
Sept 20	12:30 pm - 1:20 pm	8 - 12	1	\$25	\$30
Oct 18	12:30 pm - 1:20 pm	8 - 12	1	\$25	\$30
Nov 15	12:30 pm - 1:20 pm	8 - 12	1	\$25	\$30

YOUTH ENRICHMENT

FREE MOBILE REC WITH THE IB REC CREW



Our Mobile Recreation program is designed to increase opportunities for youth and families of all ages to engage in a variety of recreational activities facilitated in a safe environment. The Mobile Rec Crew travels to different parks throughout the City of Imperial Beach and offers a great opportunity for youth and families to meet new friends and participate in fun outdoor activities. No registration required.

Days	Times	Ages	Location
1st TH	3:30 pm - 5:00 pm	All Ages	Teeple Park
2nd TH	3:30 pm - 5:00 pm	All Ages	Veterans Park
3rd TH	3:30 pm - 5:00 pm	All Ages	Reama Park
4th TH	3:30 pm - 5:00 pm	All Ages	Teeple Park

KIDS CRAFTERNOON

Join us for an afternoon of hands-on arts and crafts that will provide youth an opportunity to be creative in this monthly themed class on the 2nd Friday of the month.

Location:
Senior Community Center

Dates	Times	Ages	Building	Fee (R)	Fee (NR)
Sept 12	4:00 pm - 5:15 pm	6 - 12	2	\$10	\$12
Oct 10	4:00 pm - 5:15 pm	6 - 12	2	\$10	\$12
Nov 14	4:00 pm - 5:15 pm	6 - 12	2	\$10	\$12



KIDS NIGHT OUT

FRIDAY, SEPTEMBER 19TH 5:00 PM - 8:00 PM



Get ready for a fun-filled evening at Kids Night Out! Youth ages 6 to 12 are invited to spend time at the Senior Community Center for a night of games, crafts, activities, and dinner! Kids Night Out is designed to give parents and guardians a break while their children are engaged in safe, supervised activities. Register at www.ibparksandrec.org.

Ages 6 - 12

\$15 Resident / \$18 Non-Resident

Senior Community Center 1075 8th Street, Imperial Beach

YOUTH SPORTS

TAEKWONDO - TEAM JUST 4 KICKS

Unleash confidence, discipline, and power in our Team Just for Kicks Taekwondo class. Kickstart your journey to greatness today!

No class Tuesday, November 11th

Make up class held Tuesday, November 18th

Location:

Senior Community Center

Daily Fees

Saturday ONLY: \$15 Resident / \$18 Non-Resident



Session	Date Range	Days	Times	Ages	Building	Fee (R)	Fee (NR)
Taekwondo #1	9/23/25 - 10/16/25	T/TH	4:30 pm - 5:30 pm	4+	2	\$90	\$102
Taekwondo #2	9/23/25 - 10/16/25	T/TH	5:40 pm - 6:40 pm	4+	2	\$90	\$102
Taekwondo #3	9/27/25 - 10/18/25	SAT	9:30 am - 10:30 am	4+	1	\$45	\$54
Taekwondo #4	9/23/25 - 10/18/25	T/TH/SAT	T/TH 4:30 pm - 5:30 pm SAT 9:30 am - 10:30 am	4+	T/TH 2 SAT 1	\$135	\$162
Taekwondo #5	9/23/25 - 10/18/25	T/TH/SAT	T/TH 5:40 pm - 6:40 pm SAT 9:30 am - 10:30 am	4+	T/TH 2 SAT 1	\$135	\$162
Taekwondo #6	10/21/25 - 11/18/25	T/TH	4:30 pm - 5:30 pm	4+	2	\$90	\$102
Taekwondo #7	10/21/25 - 11/18/25	T/TH	5:40 pm - 6:40 pm	4+	2	\$90	\$102
Taekwondo #8	10/25/25 - 11/15/25	SAT	9:30 am - 10:30 am	4+	1	\$45	\$54
Taekwondo #9	10/21/25 - 11/18/25	T/TH/SAT	T/TH 4:30 pm - 5:30 pm SAT 9:30 am - 10:30 am	4+	T/TH 2 SAT 1	\$135	\$162
Taekwondo #10	10/21/25 - 11/18/25	T/TH/SAT	T/TH 5:40 pm - 6:40 pm SAT 9:30 am - 10:30 am	4+	T/TH 2 SAT 1	\$135	\$162

Fall Registration Begins: Monday, September 8, 2025 at 9:00 am

YOUTH

YOUTH SPORTS

TINY ATHLETIC CLUB



Introduce your tiny athlete to sports in our new program. This flag football and soccer class uses age-appropriate games and activities to explore balance, hand eye coordination, fitness and sport skills. **Parent/Guardian participation required.**

6 - WEEK YOUTH SPORTS PROGRAM

Location: Veterans Park Multipurpose Turf Field

Session	Date Range	Days	Times	Ages	Fee (R)	Fee (NR)
Tiny Athletic Club	10/04/25 - 11/08/25	SAT	10:00 am - 10:45 am	2-3	\$40	\$48

LITTLE GIANTS SPORTS CLUB

Program designed for your children to learn FUN-damental sports skills like throwing, kicking, passing and catching. This program will introduce skills through games of flag football and soccer. **Parent/Guardian participation required.**



6 - WEEK YOUTH SPORTS PROGRAM

Location: Veterans Park Multipurpose Turf Field

Session	Date Range	Days	Times	Ages	Fee (R)	Fee (NR)
Little Giants Sports Club	10/04/25 - 11/08/25	SAT	10:00 am - 10:50 am	4-5	\$55	\$68

IB IMPACT SPORTS PROGRAM



IB Impact Sports Program will help develop our next generation of leaders in Imperial Beach!

This **FREE** program will focus on physical activity and leadership through various traditional and non-traditional sports with curriculum developed by the National Recreation & Park Association (NRPA). Registration is required.

[Visit page 17 for more details](#)

Fall Registration Begins: Monday, September 8, 2025 at 9:00 am

TEEN NIGHT

ON THE TURF

WEDNESDAYS | 5:00PM – 7:30PM

NOVEMBER 5TH – DECEMBER 10TH



**FREE
TO PLAY**

**AGES
13 TO 18**

VETERANS PARK MULTIPURPOSE TURF FIELD
1075 8th Street, Imperial Beach, CA 91932

Bring your friends and play under the lights on the new Multipurpose Turf Field! This **FREE** drop-in soccer night is for teens ages 13 to 18. Must present school I.D. to play.

Registration is required.
Sign-up online at: www.ibparksandrec.org



Youth Advisory Committee

MEMBERS NEEDED

2025 - 2026 School Year

Ages 13 - 17 Years Old

To be eligible to join, you must be a student at an Imperial Beach school or live in Imperial Beach and be between the ages of 13 - 17. Meetings will be held once or twice a month after school.

Community service hours available.

Apply online at:

<https://tinyurl.com/IBParksandRec-Youth-Advisory>

The City of Imperial Beach PRCS Department is looking for youth volunteers to serve on a Youth Advisory Committee.



Youth between the ages of 13 - 17 years old are invited to apply and serve on the committee for three to six months. The committee will assist with providing insight, ideas and feedback on youth and teen parks & recreation programs. If you are interested in making a difference in your community, making new friends, learning leadership skills, and getting involved with parks and recreation, then we encourage you to apply! For questions, call the PRCS Department at 619 - 423 - 8285.



TRUNK OR TREAT ON SEACOAST



**We Need
Your Help!**

FRIDAY, OCT 24TH | 5:00 PM - 7:00 PM

We need your help distributing candy and assisting with the youth costume contest at our Trunk or Treat on Seacoast event! Volunteers must be participants of the Youth Advisory Committee.

For more information, email mlutu@imperialbeachca.gov

ENRICHMENT

ART

CHARACTER ILLUSTRATION



The Character Illustration class will teach the fundamental techniques of painting, monochromatic and full color schemes. Young artists will illustrate characters, comic book icons, concept art, and designs on illustration boards in this fun class. **The fee listed is for class registration only. Materials list and fees will be sent to students before class begins.**

Learn Character Illustration from the former art director of design at DC Comics!

Location:
Senior Community Center

Session	Date Range	Days	Times	Ages	Building	Fee (R)	Fee (NR)
Character Illustration #1	9/22/25 - 10/13/25	M	5:00 pm - 5:50 pm	7-13	2	\$65	\$78
Character Illustration #2	10/20/25 - 11/20/25	M	5:00 pm - 5:50 pm	7-13	2	\$65	\$78

WATERCOLOR PAINTING WORKSHOPS

Join in for outdoor Watercolor Painting Workshops lead by Ed Roeder. All art supplies will be provided.

No experience needed!



Date	Times	Ages	Location	Fee (R)	Fee (NR)
Saturday, September 20th	9:30 am - 12:30 pm	50+	Portwood Pier Plaza 10 Evergreen Avenue, Imperial Beach	\$15	\$18

ARTS & CRAFTS



Work on your own project, share ideas with others, or discover a new art form at our weekly arts & crafts social.

No programs Monday, Sept 1st

Location:
Senior Community Center

Days	Times	Ages	Building	Daily Fee
M	9:30 am - 11:00 am	50+	2	Free

Fall Registration Begins: Monday, September 8, 2025 at 9:00 am



FAMILY WORKSHOPS

KIDS & GUARDIANS WORKSHOP - FALL FABRIC WREATHS



Kids and guardians are invited to this Fall Fabric Wreath Workshop! Work together to create a Fall Wreath with different colors and materials.

Each registration includes one child and one guardian
One set of supplies per registration

Location:
Senior Community Center

Date	Times	Ages	Building	Fee (R)	Fee (NR)
Saturday, November 22nd	12:30 pm - 2:00 pm	All Ages	1	\$15	\$18

GRANDPARENT & GRANDCHILD WORKSHOPS

GRANDPARENT & GRANDCHILD WORKSHOP - CALENDAR OF US

Celebrate family memories, document milestones, and foster meaningful conversations while engaging in a hands-on, creative project. Please bring pictures* that you would like to use in your calendar (11 total, if possible). We will take a picture of you both on the day of the workshop to use as well. All materials and supplies provided. *We can photocopy any pictures that you bring.



Each registration includes one child and one grandparent
One set of supplies per registration

Location:
Senior Community Center

Date	Times	Ages	Building	Fee (R)	Fee (NR)
Saturday, November 8th	12:30 pm - 2:00 pm	All Ages	1	\$15	\$18



Intergenerational workshops are open to all ages.

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 Register in-person at the Senior Community Center
 or visit our website at www.ibparksandrec.org

WORKSHOPS

SENIOR WORKSHOPS



WATERCOLOR PAINTING WORKSHOP

Join in for outdoor Watercolor Painting Workshops lead by Ed Roeder. All art supplies will be provided.



No experience needed!

Date	Times	Ages	Location	Fee (R)	Fee (NR)
Saturday, September 20th	9:30 am - 12:30 pm	50+	www.ibparksandrec.org	\$15	\$18



SENIOR GETAWAY | AGES 50+



Bernardo Winery Arts & Craft Fair

Saturday, October 18th | 9:00 am - 3:00 pm

Start your holiday shopping early at the Bernado Winery Fall Arts & Craft Fair. Artisans will be selling a variety of handmade crafts and fine art. Participants must bring their own money for food or beverages.

Resident: \$15 / Non-Resident: \$18

SENIOR WORKSHOPS



FREE SMARTPHONE ESSENTIALS AND CYBERSECURITY WORKSHOP



San Diego Seniors Community Foundation (SDSCF) is excited to offer their Smartphone Essentials & Cybersecurity Workshop Series. This is a powerful, hands on learning experience designed to help older adults stay connected, confident, and protected in the digital age.

Free workshop!

Location:
Senior Community Center

Sample Topics Include

- Smartphone Essentials
- Understanding QR Codes
- Cybersecurity - Scams
- Smartphone Hardware Basics
- Cybersecurity - Passwords
- Cybersecurity - AI scams

Date	Times	Ages	Fee
Tuesday, September 9th	1:30 pm - 2:30 pm	50+	Free
Tuesday, September 23rd	1:30 pm - 2:30 pm	50+	Free
Tuesday, October 7th	1:30 pm - 2:30 pm	50+	Free
Tuesday, October 21st	1:30 pm - 2:30 pm	50+	Free
Tuesday, November 4th	1:30 pm - 2:30 pm	50+	Free
Tuesday, November 18th	1:30 pm - 2:30 pm	50+	Free
Tuesday, December 2nd	1:30 pm - 2:30 pm	50+	Free
Tuesday, December 16th	1:30 pm - 2:30 pm	50+	Free
Tuesday, January 13th	1:30 pm - 2:30 pm	50+	Free
Tuesday, January 27th	1:30 pm - 2:30 pm	50+	Free
Tuesday, February 10th	1:30 pm - 2:30 pm	50+	Free
Tuesday, February 24th	1:30 pm - 2:30 pm	50+	Free

Register In-Person or Online at: www.ibparksandrec.org

National Senior Center Month

Powering Possibilities: Flip the Script



CELEBRATE NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month, and this year's theme, "Powering Possibilities: Flip the Script," created by the National Institute of Senior Centers, highlights the vital role senior centers play in enhancing the lives of older adults.

To celebrate, the PRCS Department will be offering free classes and activities at the Senior Community Center throughout the month of September.

Senior Community Center
1075 8th Street, Imperial Beach

FREE



CHAIR YOGA | AGES 50+

Thursdays | 10:00 am - 10:50 am | 9/4/25 - 9/25/25

Gain confidence in your balance, mobility, and posture, all while sitting comfortably in a chair. This class is great for beginners or people with limited flexibility. **Registration required.**

FREE



LATIN FUNK DANCING | AGES 18+

Mon & Thurs | 5:30 pm - 6:30 pm | 9/4/25 - 9/29/25

An original fun high energy fusion of 8 different Latin styles, (Salsa, Cumbia, Merengue, Cha-Cha-Cha, Mambo, Bachata, Reggaeton & Rumba) with a cool splash of Jazzy Funk! This class is outdoors. **Registration required.**



SENIOR MOVIE NIGHT | AGES 50+

Friday, September 26th | 5:00 pm - 7:30 pm

Join us for a Senior Movie Night in the patio! Enjoy a movie and snacks with us as we celebrate National Senior Center Month! This program is held outdoors.

Pre-registration is required.



National Institute Of
SeniorCenters

Register at the Senior Community Center or online at: www.ibparksandrec.org

ADULTS 50 & BETTER

ADULTS 50+ FITNESS

RESTORATIVE YOGA

This class is designed with gentle floor-based sequences using props that support the practitioner to fully relax the muscles, slow down the mental activity of the brain, shift emotional patterns, and tune into the nervous system's healing capacity.

No class Tuesday, Nov 11th

Location:
Senior Community Center



Days	Times	Ages	Building	Fee (R)	Fee (NR)
T	10:00 am - 10:50 am	50+	2	Daily: \$6 Monthly: \$20	Daily: \$8 Monthly: \$24

CHAIR YOGA



Gain confidence in your balance, mobility, and posture, all while sitting comfortably in a chair. This class is great for beginners or people with limited flexibility. Registration required.

 **Free for the month of September!**

No class Thursday, Nov 27th

Location:
Senior Community Center

Days	Times	Ages	Building	Fee (R)	Fee (NR)
TH	10:00 am - 10:50 am	50+	2	Daily: \$6 Monthly: \$20	Daily: \$8 Monthly: \$24



INTERESTED IN TEACHING A CLASS IN IMPERIAL BEACH?

We are looking for contract instructors to teach classes and workshops! Visit pages 35 and 36 for details.

ADULTS 50 & BETTER

ADULTS 50+ FITNESS

TAI CHI



This outdoor* class involves a series of slow, rhythmic movements, aimed to promote relaxation and reduce stress. The exercises done in class are low-impact and help you gain flexibility, balance, and strength. Classes will be held at the Veterans Park Rotunda. *Classes are subject to cancellation due to outdoor weather conditions.

No class Tuesday, Nov 11th and Thursday, Nov 27th

Quarterly Fee: Free

Register online or in person at the Senior Community Center

Days	Times	Location	Ages
T/TH	8:30 am - 9:00 am	Veterans Park Rotunda	50+

STRECH & FLEX

Learn how to correctly activate and control stabilizing muscles, enhance independent living skills, and improve mobility. This class includes seated and standing exercises, stretching, and toning with small weights.

No class Friday, Nov 28th

Quarterly Fee: Free

Register online or in person at the Senior Community Center



Days	Times	Location	Ages
M/W/F	8:30 am - 9:15 am	San Diego County Library	50+

IB WALKIN' SENIOR WALKING GROUP



**AGES 50+
MON & WED 9:30 AM**

No class Monday, September 1st

This free walking program is developed by researchers at UC San Diego and is delivered in partnership with Imperial Beach Senior Community Center and Wisdom Walkers, Inc.

New participants will receive a free pedometer to track their steps, guided walks which include fun stops at local places of interest, social connection, and coaching support.

**Register online or in person at
the Senior Community Center**



ADULTS 50 & BETTER

SOCIAL ACTIVITIES

POKER & GAMES



Get your poker face on and join in on a round of cards! Playing cards are provided. New players are welcome, however there is no formal instruction.

No programs Friday, Nov 28th

Location:
Senior Community Center

Days	Times	Building	Ages	Daily Fee
F	1:15 pm - 3:15 pm	1	50+	Free

CARDS, PUZZLES & GAMES

Enjoy some complimentary coffee while you have the opportunity to play several different card games, solve puzzles and play board games while meeting other members of the community.

No programs Monday, Sept 1st

Location:
Senior Community Center



Days	Times	Building	Ages	Daily Fee
M/W	9:30 am - 11:00 am	2	50+	Free

SEWING



Bring your supplies and projects and meet others who enjoy sewing. Sewing machines are limited and are on a first-come first-serve basis.

Location:
Senior Community Center

Days	Times	Building	Ages	Daily Fee
W	9:00 am - 11:00 am	2	50+	Free

BRIDGE ON FRIDAYS

This trick-taking card game is played with 4 players in two competing partnerships using a 52-card deck. Some knowledge of how to play required. Quarterly registration is required.

No programs Friday, Nov 28th

Location:
Senior Community Center

Days	Times	Building	Ages	Daily Fee
F	8:30 am - 11:00 am	2	50+	Free



ADULTS 50 & BETTER

SOCIAL ACTIVITIES

ARTS & CRAFTS

Work on your own project, share ideas with others, or discover a new art form at our weekly arts & crafts social.

No programs Monday, Sept 1st

Location:
Senior Community Center

Days	Times	Building	Ages	Daily Fee
M	9:30 am - 11:00 am	2	50+	Free



KARAOKE



Are you ready to sing your favorite karaoke song? Our monthly senior karaoke program welcomes all karaoke singers and listeners! We have open karaoke sign ups (first come, first served).

Location:
Senior Community Center

Days	Times	Building	Ages	Daily Fee
F	1:15 pm - 3:15 pm	2	50+	Free
3rd Friday of the month				

LOTERIA

Test your luck and play Loteria, a Mexican card game, at the Senior Community Center! Light snacks are provided for the participants.

No experience needed!

Location:
Senior Community Center



Days	Times	Building	Ages	Daily Fee
W	1:30 pm - 2:30 pm	2	50+	Free
1st Wednesday of the month				



Register for social activities online at: www.ibparksandrec.org

ADULTS 50 & BETTER



Imperial Beach Senior Community Center
1075 8th Street, Imperial Beach, CA 91932



SENIOR HEALTH CHATS

FREE Presentations by Scripps Hospital - 12:00 pm - 12:45 pm

Scripps Hospital brings quality presentations taught by experienced medical professionals.

Monday, October 6, 2025

Fall Prevention: In this class, you'll learn simple balance and strength exercises, ways to make your home safer, and tips for staying steady on your feet.

Monday, November 3, 2025

Ears and Aging: This class will cover the basics of how hearing works, common age-related hearing changes, and practical ways to protect and improve your hearing.

Monday, December 1, 2025

Managing Chronic Pain: In this class, we'll explore gentle exercises, relaxation techniques, and everyday habits that can reduce discomfort.

Breakfast & Lunch Program



SERVING
SENIORS

Monday - Friday from 12:00 pm - 1:00 pm

Dining Hall Open: 11:30 am - 1:15 pm*

Saturday and Sunday meals distributed on Thursday and Friday

Serving Seniors provides fresh, nutritious hot lunches and take-home breakfasts daily for **ages 60 and above**. Suggested contribution is \$2.50 per meal but no eligible person shall be denied a meal because of failure or inability to contribute. Free coffee and tea during lunch program.

Can't make it in? Get nutritious meals delivered directly to your home! Call to sign up at (619) 235-6572.

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

FOR MORE INFORMATION, CONTACT:
Pansy Powers | Director of Nutrition Programs
(619) 487 - 0727 | pansy.powers@servingseiors.org

**Please note that the dining hall is closed on legal holidays observed by the City of Imperial Beach.*

ADULTS 50 & BETTER

ADULTS 50+ CLASSES

Taught by Southwestern Community College

ART THERAPY



This class focuses on the use of art as a creative expression and a therapeutic process. Designed for older adults, this course is also appropriate for anyone who wants to enhance their quality of life.

NC-1053 - E1: September 4th - October 9th

NC - 1053 - E2: October 16th - November 20th

Location:

Senior Community Center

Days	Times	Building	Ages	Daily Fee
TH	1:30 pm - 3:20 pm	2	50+	Free

BODY DYNAMICS AND AGING PROCESS



This class provides instruction and conditioning for the maintenance of physical well-being, particularly for older adults. Focuses are on deep breathing, circulation, flexibility, stamina, body awareness, and rhythmic movements. It incorporates adapted techniques suitable for individuals of varied fitness levels and physical ability.

NC-34 - E1: August 26th - November 6th

Location:

Senior Community Center

Days	Times	Building	Ages	Daily Fee
T/TH	8:00 am - 9:20 am	1	50+	Free

Senior Community Center staff can assist with registration questions and paperwork for all classes.

Register at www.swccd.edu/continuinged or call directly for assistance at **(619) 482 - 6376**

IMPERIAL BEACH LIBRARY



County of San Diego Library Fall Programming

10-Week Citizen Course Thursdays

October 9, 2025 - December 11, 2025
4:00 pm - 6:00 pm

Join this free 10-week Citizenship Course instructed by Jewish Family Service and conducted in English. Participants will receive a textbook, supplies, and access to resources for online assignments and test preparation. Strengthen your speaking, reading, and writing skills to confidently prepare for the U.S. Naturalization interview. Register today!

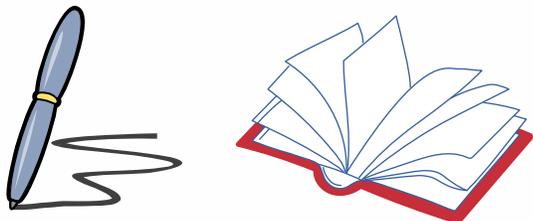
Contact:

Jewish Family Service
Rudy Flores-Clennell

Registration Instructions:

Register via phone call, text message, WhatsApp, or email

☎ (619) 753-1630 ✉ rudyf@jfssd.org



In Partnership with IB Parks & Recreation

Brick Builders

2nd & 4th Wednesday of the month
3:00 pm - 4:30 pm

Use your imagination to complete a brick building challenge or build whatever you'd like! **Ages 6-12 with a caregiver.**

Nature Tots

4th Thursday of the month (no class in November and December)

10:30 am - 11:30 am

Nature Tots is an exciting, interactive, and fun-filled educational program catered towards children **ages 2- 5 and their caregivers.**

This program is in partnership with:



Upcoming Event

Día de los Muertos

Saturday, November 1st | 3:00 pm - 6:00 pm

Honor the lives of loved ones at the Día de los Muertos event. Enjoy youth performances, Mariachi, and more! Thank you to our sponsors Wyyerd Fiber and EDCO.

WANT TO TEACH A CLASS IN IMPERIAL BEACH?



The Imperial Beach Parks, Recreation and Community Services (PRCS) Department is looking for contract instructors* to teach classes, workshops and camps.

WHERE TO START

- 1 Fill out a contract instructor class proposal form
www.ibparksandrec.org
- 2 Email form to
parksandrec@imperialbeachca.gov
- 3 PRCS staff will contact you to setup an in-person or online meeting



LEARN MORE

CONTACT THE PRCS DEPARTMENT

parksandrec@imperialbeachca.gov | 619-423-8285

Contract instructor class proposal forms are not for those that want to reserve space and teach in parks with a permit. See **Programs in Parks for park permit information.*



Want to teach classes or programs in Imperial Beach Parks?

Become a **Programs in the Parks and Beach Permitted Instructor**

All **instructors** teaching programs and classes in Imperial Beach parks and beaches will need an approved permit.

Applications can be found online at www.ibparksandrec.org



How to become a Park or Beach Instructor?

- 1 Contact the Parks, Recreation and Community Services Dept. for a Programs in Parks Class Proposal.
- 2 Submit current certifications, if applicable.
- 3 If proposal is approved, meet with PRCS Dept. Staff to review and sign required paperwork.

All Contract Instructors Are Required To Have:

- Imperial Beach Business License
- Certificate of Insurance
- Current CPR Certification as applicable
- Signed Agreement with the PRCS Department

PARK DIRECTORY

STEVE'S PARK

975 Iris Avenue

Amenities: benches, native plants, memorial, butterfly garden and mural

DOG PARK

1075 8th Street

Amenities: benches, water fountain for pets, waste disposal, waste bags, double-gated entry

DUNES PARK

700 Seacoast Drive

Amenities: outdoor fitness court, outdoor basketball half court, play structure (under construction), showers, picnic tables, multiuse grass area, water fountains, restrooms, bike racks, public art, and benches

PORTWOOD PIER PLAZA PARK

910 Seacoast Drive

Amenities: picnic tables, large multiuse grass area, bike racks, restrooms, public art, "Surfhenge" art installation, benches



TEEPLER PARK PLAYGROUND

REAMA PARK

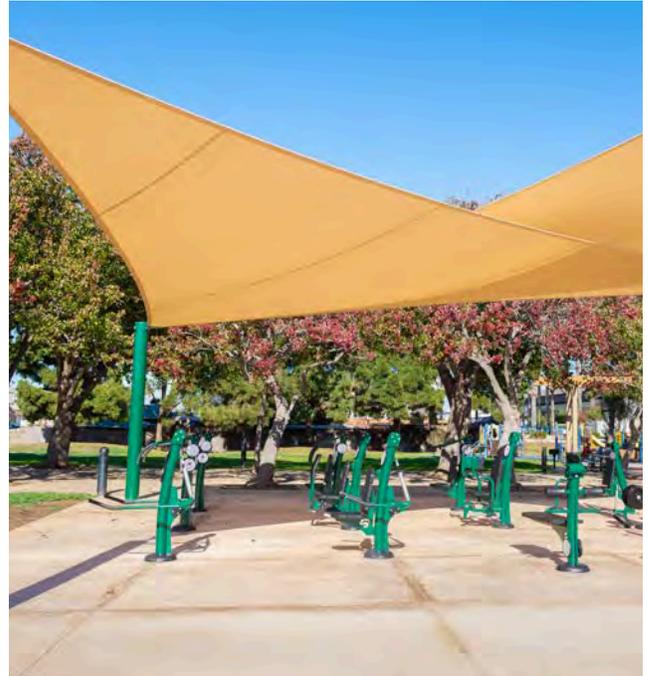
210 Elkwood Avenue

Amenities: picnic tables, multiuse grass areas, two play structures – ages 2 - 5 and 5 - 12, swing sets, pull up bars, outdoor fitness equipment, barbecue, and water fountain

SKATE PARK

425 Imperial Beach Boulevard

Amenities: in-ground concrete course, mini bowl with extensions, small clamshell, mini ramp halfpipe, quarter pipes, banks, ramps, stairs with handrails, and benches



VETERANS PARK FITNESS EQUIPMENT

SPORTS PARK

425 Imperial Beach Boulevard

Amenities: baseball/softball fields, outdoor basketball half court, skate park, multiuse grass fields, barbecues, picnic tables, two play structures – ages 2 - 5 and 5 - 12, restrooms, water fountains, recreational facility and gymnasium (under construction)

TEEPLER PARK

630 Florida Street

Amenities: multiuse grass field, two play structures – ages 2 - 5 and 5 - 12, picnic tables, barbecues, and four square concrete play zone

VETERANS PARK

1075 8th Street

Amenities: multipurpose turf field, inclusive play structure for ages 5 - 12, rotunda stage, outdoor fitness equipment, multipurpose grass area, walking trail, off-leash dog park, picnic tables, barbecue, restrooms, and water fountains

FOR MORE INFORMATION CALL (619) 423 - 8285

PARK RESERVATION PERMIT



VETERANS PARK

RESERVABLE PARKS

8:00 am - 5:00 pm

- Sports Park
- Veterans Park
- Reama Park
- Dunes Park
- Teeple Park

GENERAL INFORMATION

- Park use applicants must be 18+ years old
- Applications must be submitted at least 5 business days prior to your event date and can be made up to 6 months in advance
- Park reservations do not include the use of sports fields or adjacent facilities, which may simultaneously be occupied by other permitted groups
- Visit www.ibparksandrec.org for more information on park reservation fees and requirements



REAMA PARK PLAYGROUND



TEEPLER PARK

SUBMIT AN APPLICATION

Online

Submit your application online at www.ibparksandrec.org

In Person

Give us a call to schedule an in-person appointment with a Parks, Recreation and Community Services staff member.

(619) 423 - 8285

FOR MORE INFORMATION CALL (619) 423 - 8285

FACILITY RENTALS



SENIOR COMMUNITY CENTER

FIND A VENUE FOR YOUR NEXT EVENT! SENIOR COMMUNITY CENTER



BUILDING 1

Reserve the Senior Community Center for your meetings, parties and celebrations! The center is located at 1075 8th Street, Imperial Beach, CA 91932.

The Senior Community Center is available year-round for various occasions. Please note that legal holidays observed by the City of Imperial Beach are not available for rental.



BUILDING 2



PATIO

To learn more information on available rental options and requirements, contact the Imperial Beach Parks, Recreation and Community Services Department by phone at **(619) 423 - 8285** or by email at **parksandrec@imperialbeachca.gov**.

FOR MORE INFORMATION CALL (619) 423 - 8285

REGISTRATION FORM

Primary Account Information

Adult/Guardian First Name:	Adult/Guardian Last Name:
Date of Birth (DD/MM/YYYY):	Gender & Pronouns:
Address:	Apartment Number:
City:	Zip Code:
Primary Phone:	Secondary Phone:
Email (required for online registration):	

Emergency Contact Information

Emergency Contact First Name:	Emergency Contact Last Name:
Relationship (friend, sibling, spouse, etc.):	Emergency Contact Phone:
Emergency Contact Email:	

Participant's First & Last Name	Gender & Pronouns	Date of Birth (DD/MM/YYYY)	Class/Activity Name	Fee \$
TOTAL FEES:				_____

REFUND POLICY: Full payment is required at the time of enrollment. Refunds will be considered if requested at least two weeks (14 calendar days) prior to the start date. A \$5 processing fee will be applied to all refund requests. **For full refund policy please visit www.ibparksandrec.org or contact Parks, Recreation and Community Services Department staff.**

READ, SIGN AND DATE WAIVER/RELEASE. Registration cannot be completed until waiver is signed below.

The undersigned fully understands that my/my child's participation in the above events/classes exposes my child or me to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that participation in these events/classes is voluntary and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of Imperial Beach or its officers, employees or agents, for any injury, death or damage to or loss of personal property arising out of, or in connection with, my/my child/children's participation in the event/class from whatever cause, including the active or passive negligence of the City of Imperial Beach or its officers, employees or agents, or any other participants in the event/class. In consideration for being permitted to participate in these events/classes, I hereby agree, for myself, my heirs, administrators, executors, and assigns, that I shall indemnify and hold harmless the City of Imperial Beach from any and all claims, demands, actions or suits arising out of the connection with my/my child/children's participation in these events/classes. I have carefully read this release, hold harmless, and agreement not to sue and fully understand its contents. I am aware that it is a full release of all liability and sign it on my own free will.

I assign to the City of Imperial Beach and its officers, employees and agents, all rights to any photographs and/or video taken of me/my child/children and/or any organization(s) represented by me, and any printed matter in conjunction with such photographs and/or video hereinafter referred to as MATERIAL, for advertising and marketing purposes. I hereby authorize the City of Imperial Beach to reproduce, copy, exhibit, publish or distribute any and all such MATERIAL. I and/or any organization(s) represented by me understand and agree that the City of Imperial Beach will be held free and clear of any responsibility or claim for any liability directly or indirectly associated with the use of said MATERIAL.

SIGNATURE: _____ **DATE:** _____

For More Information: www.ibparksandrec.org | parksandrec@imperialbeachca.gov | 619-432-8285

Staff: _____ Date: _____ Visa | Mastercard | Discover | AMEX



CONNECT ONLINE

Never miss a moment! Join our online community and learn about important updates, upcoming events, and program information.

 www.ibparksandrec.org

 [@ibparksandrec](https://www.instagram.com/ibparksandrec)

 [ibparksandrec](https://www.facebook.com/ibparksandrec)

City of Imperial Beach
825 Imperial Beach Blvd,
Imperial Beach, CA 91932
(619) 423 - 8285

