



Mira Mesa Epicentre

Program Guide

October - December 2026



8450 Mira Mesa Blvd, San Diego, CA 92126

(858) 368-5300 • sdparks.org/epicentre

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Welcome to Mira Mesa Epicentre



Mira Mesa Epicentre Hours

Monday - Friday (General): 10 a.m. - 8 p.m.

Monday - Friday (REC Club): 3 - 7 p.m.

Saturday: 10 a.m. - 2 p.m.

Sunday: Closed

Holiday Closures

November 11: Veterans Day

November 26 - 27: Thanksgiving

December 25: Christmas



Located in the heart of Mira Mesa, The Epicentre offers a wide array of programs and services for youth and adults and also serves as the headquarters for the County SD Nights teen program. The Epicenter sits across the street from Mira Mesa High School and across the parking lot from the Mira Mesa Senior Center.

Amenities include a music room, game room, demonstration kitchen, flexible study and work areas, and multifunctional pickleball and basketball court.



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Youth Programs



Mommy & Me Arts and Crafts

3rd Wednesday of the Month

Sept. 16 - Dec. 16

10 - 11 a.m.

Ages 2 - 5 yrs.

\$10 / class

Explore arts and crafts with your child in this monthly meet up. Have fun making art together, being creative and socializing. Projects may include drawing, painting and collage. All materials included.

Hip Hop & Jazz Dance

Fridays, Oct. 16 - Nov. 13

4 - 5 p.m.

Ages 10 - 17

Free for REC Club Members

CLASS SCHEDULE:

Oct. 16 Beginning Hip Hop

Oct. 23 Beginning Jazz

Oct. 30 Intermediate/Advance Hip Hop

Nov. 6 Beginning Hip Hop

Nov. 13 Beginning Jazz

Adult Programs

Chair Yoga

Mondays, Oct. 5 - Dec. 21

10:30 - 11:30 a.m.

Ages 55+

FREE

Chair yoga provides a gentle, accessible way for older adults to improve flexibility and balance without getting on the floor. Mindful breathing and gentle stretches are designed to support joint health, improve posture, and enhance mobility and relaxation.

Zumba Gold

Thursdays, Oct. 8 - Dec. 17

10:30 - 11:30 a.m.

Ages 55+

FREE

Zumba gold is a lower-intensity version of Zumba dance fitness for active older adults and beginners featuring easy-to-follow steps set to international rhythms. This joint-friendly, mood-boosting workout enhances cardiovascular endurance, muscle conditioning, coordination and balance.



Silver Sneakers

Tuesdays, Oct. 6 - Dec. 22

10:30 - 11:30 a.m.

Ages 55+

FREE

Silver Sneakers is a fun, low impact class for seniors that blends seated and standing exercises using light hand weights and resistance tools to improve strength, endurance, and balance for daily living activities. This class offers a supportive environment to move safely and confidently to upbeat music.

REC Club at The Epicentre

8450 Mira Mesa Blvd, San Diego, CA 92126 • (858) 368-5300 • @MiraMesaEpicentre

REC Club Hours: Monday - Friday, 3 - 7 p.m.

Looking for a place for your teen to hang out, make friends, and try new things? The REC Club is the place! This FREE program is designed just for middle and high school students who want a safe, fun place to be themselves.

At REC CLUB, teens can:

- Play games and get active
- Express themselves through art and creativity
- Step up as a leader and make a difference
- Give back with community service projects
- Build confidence, communication skills and problem-solving smarts

Join us at REC Club for:
PUMPKIN DECORATING
MAKER MONDAY
WIN-IT WEDNESDAYS
FUN FRIDAY DANCE
and more!



SD NIGHTS

FREE ACTIVITIES FOR TEENS ACROSS SAN DIEGO

340 EVENTS • 25 LOCATIONS • AGES 10-18

SD Nights—short for San Diego/Safe Destination Nights—is a FREE program developed by the County of San Diego Department of Parks and Recreation designed to provide teens with safe places to recreate after school during critical hours.

- **GAMES & COMPETITIONS**
- **COLLEGE & CAREER PRESENTATIONS**
- **ENRICHMENT & EMPLOYMENT OPPORTUNITIES**
- **GANG & DRUG AWARENESS**
- **COMMUNITY ART EVENTS**
- **VIRTUAL EVENTS AND PROGRAMS**
- **DINNERS**



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Rent the Epicentre

The Epicentre is a convenient and affordable venue for gatherings, programs and your special event! Our main room can accommodate up to 150 guests. A prep kitchen and conference room and game room are available for additional fees. ***Book with us today!***

For more information:
(858) 368-5300





Epicentre REC Club

PUMPKIN DECORATING CONTEST



**OCTOBER 16
5-7 P.M.**



Time to get spooky, fun and creative! Join us for a pumpkin decorating contest at The Epicentre—complete with music, tasty snacks, and all the decorating supplies you need (including pumpkins)!



The Epicentre
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