



Spring Valley Community Center

**Program Guide
October - December 2026**



8735 Jamacha Blvd.
Spring Valley, CA 91977
(619) 479-1832 • sdparks.org

Facebook: [@SpringValleyRecreation](https://www.facebook.com/SpringValleyRecreation)
Instagram: [@thesvgym](https://www.instagram.com/thesvgym) / [@thesvrecclub](https://www.instagram.com/thesvrecclub)





Welcome to Spring Valley!

Welcome to Spring Valley and the three facilities managed by the County of San Diego Department of Park and Recreation. Each property offers something special. With dozens of programs, activities, classes, camps and seasonal events, staff work every day on projects to improve community health and wellness, expand social connectivity and strengthen civic pride. By innovating existing programs and bringing forth creative ideas based on the real-time needs and interests of our customers, we are always expanding the calendar, and opening up new adventures to explore!



COMMUNITY CENTER HOURS:
Monday to Thursday: 12 - 8 p.m.
Friday: 12 - 5 p.m.

HOLIDAY CLOSURES:
November 11 - Veterans Day
November 26 & 27 - Thanksgiving
December 25 - Christmas

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Spring Valley Community Center

8735 Jamacha Blvd.

Spring Valley, CA 91977

(619) 479-1832

Monday to Thursday: 12 - 8 p.m.

Friday: 12 - 5 p.m.

Saturday and Sunday: Closed for Facility Rentals

Facebook: @SpringValleyRecreation

Spring Valley Community Center is a place where community is created through people, parks and programs. The center offers a wide variety of leisure services and lifelong learning skills for visitors of all ages. Home to many annual events that draws thousands of visitors, it is also a popular meeting location for clubs and groups, and rental venue for weddings, anniversaries and other social gatherings. This guide features many of their weekly, monthly and seasonal offerings which focus on residents of all ages, interests and abilities. The Center is located conveniently next to Spring Valley County Park, where guests enjoy open grass areas, a walking path, workout stations, a basketball court, and a covered pavilion (also available for rent).



Spring Valley Gymnasium

838 Kempton St.

Spring Valley, CA 91977

(619) 667-6833

Monday to Friday: 3:30 - 11 p.m.

Instagram: @thesvgym

The Spring Valley Gymnasium – in a separate location from the Community Center – spans 15,860 square-feet and boasts a state-of-the-art basketball and volleyball facility, capable of hosting large tournaments, leagues, rentals, and open play. The Gym is committed to serving the needs of recreational youth sports organizations and in doing so has adopted the National Standards for Youth Sports (NAYS) for all organizations that are participating in programs at the facility. With Open Gym for basketball and volleyball, and a plethora of additional programs that include Basketball Skills and Leagues, Volleyball Skills, Pee Wee sports, and partnership with local schools for physical education, this facility has affectionately become a wellness institution that has been serving Spring Valley for many years.



Spring Valley Teen Center

838 Kempton St.

Spring Valley, CA 91977

(619) 667-6835

Monday, Wednesday, Thursday, Friday: 3 - 7 p.m.

Tuesday: 2 - 6 p.m.

Instagram: @thesvrecclub

The Spring Valley Teen Center, also known as the Spring Valley REC Club, is located in the same building as the Gym. Staff at this facility demonstrate how to make a positive difference in the lives of youth by providing a safe, fun, and positive environment for teens. The Club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership development, community service, and educational activities while enhancing self-esteem, communication skills, problem solving, and community involvement. The fundamental objective is for all youth who are members of the free Club to succeed in life!



Camp is just around the corner!

Day Camps will be returning for Fall, Thanksgiving, and Winter breaks. Enjoy the time away from the school schedule with all the games, crafts, team building, sports, field trips and more at Spring Valley Community Center day camps.

Fall Camp

October 5 - 16
Monday - Friday
8 a.m. - 5 p.m.
Fee: \$125/week
Ages: 6 - 11

Thanksgiving Camp

November 23 - 25
Monday - Wednesday
8 a.m. - 5 p.m.
Fee: \$75
Ages: 6 - 11

Winter Camp

December 21 - January 4
(No Camp Dec. 25 & Jan. 1)
Monday - Thursday
8 a.m. - 5 p.m.
Fee: \$100/week (\$25/Jan. 4)
Ages: 6 - 11



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Youth Programs

Arts and Rec

Tuesdays and Thursdays

4 - 5 p.m.

Ages 5+

\$20/month or \$5/day

Focusing on a child's development creatively and physically, Arts and Rec is an interactive program that allows children to build an artistic project during the first part of the class, then focus on play during the latter part, in a group setting, through games, sports and more!



Youth Sports at Spring Valley Gym

CO-ED Youth Basketball Skills Class

Mondays, Sept. 14 - Oct. 28

5:30 - 6:30 p.m.

Ages 9 - 13

\$30 / 6-week Session

Dribble, pass and shoot in our Youth Basketball for Beginners program! This fun and active class teaches basic skills, teamwork, and confidence on the court. Waiver signed by parent of guardian is required.

CO-ED Youth Volleyball Skills Class

Fridays, Oct. 2 - Nov. 6

5 - 6 p.m.

Ages 9 - 12

\$30 / 6-week Session

Ready to serve up some fun? Our volleyball skills class invites ages 9 - 12 to learn the fundamentals of bumping, setting, and spiking while making friends and building confidence. This high-energy program focuses on skill development, teamwork, and having a great time on the court!

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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INSTAGRAM



Spring Valley Open Gym

838 Kempton St., Spring Valley, CA 91977 • (619) 667-6833

Waiver required for all Open Gym participants. A parent or guardian must complete waiver for youth participants. Participants under the age of 10 must be accompanied by an adult at all times.

\$2 daily participation fee for adults, \$15 for Monthly membership, \$75 for yearly membership.

SVG Office Hours for information, questions, payment, and registration: Monday - Friday, 12 - 6 p.m. • (619) 667-6833

Holiday Closures: November 11, November 23 - 27, and December 25.



BASKETBALL OPEN GYM HOURS

Monday - Friday: 3:30 p.m. (Call for end time)

Tuesday: 2:30 p.m. (Call for end time)

School/break hours will vary

VOLLEYBALL OPEN GYM HOURS

Monday: 7 - 11 p.m.

Tuesday: 7 - 11 p.m.

***Gym closed for maintenance:
November 23 - 27***

Rules to keep in mind while visiting:

- Private lessons, personal training, team practices and group lessons are NOT permitted during Open Gym.
- Individuals and groups are NOT permitted to use the facility for profit or personal gain.
- The use of equipment such as cones, agility ladders, garbage cans, chairs, etc., is prohibited during Open Gym.
- Staff reserve the right to prohibit full-court games when gym space is limited.

The Open Gym schedule is **SUBJECT TO CHANGE WITHOUT NOTICE** and is modified regularly due to gym availability. For the most up-to-date schedule, please follow @TheSVGym on Instagram or scan the QR code.



Spring Valley Teen Center + REC Club

838 Kempton St., Spring Valley, CA 91977 • (619) 667-6835



A FREE AFTER-SCHOOL PROGRAM FOR YOUTH AGES 10 TO 17

HOURS: Mondays, Wednesdays, Thursdays, Fridays: 3 - 7 p.m. • Tuesdays: 2 - 6 p.m.

CLOSURES: October 5 - 16, November 11, November 23 - 27, December 21 - January 4

Programs & Clubs



Monday

L.I.F.T Club (Leadership. Impact. Focus. Teamwork.)
Select Mondays



Tuesday

Gardening Club
Call for times



Wednesday

Wellness Wednesday
Every other Wednesday
Call for times



Thursday

Tournament Thursdays
Call for times



Friday

SD Nights on select Fridays
Oct. 23, Oct. 30, Nov. 6, Nov. 20,
Dec. 4 and Dec. 18

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

- Play games and get active
- Express themselves through art and creativity
- Step up as a leader, build confidence and communication skills
- Give back with community service projects
- Go on awesome field trips

Join in three easy steps:

1. Stop by the Teen Center
2. Fill out a quick application
3. Get ready for the adventure!

For more information, contact Helena Villegas, Recreation Program Coordinator: (619) 667-6835.



REC Club Trips & Events:

OCTOBER 15

Howl-O-Scream at SeaWorld

OCTOBER 22

Oma's Pumpkin Patch

NOVEMBER 20

Recsgiving

DECEMBER 4

Winter Fest

DECEMBER 18

Ring & Run



Our calendar is always subject to change, so we recommend calling ahead before your visit for the most up to date information. We also put out a monthly activity calendar to keep things fresh!

Our goal is always to meet teens where they're at, and as trends change, so do we!

For program/club updates, call: (619) 667-6835



For more info: (619) 667-6835

Adult Fitness

Feeling Fit Club

Mondays and Wednesdays

12:15 – 1:15 p.m.

Ages 55+, Free

This functional fitness program designed for older adults of all abilities offers a safe and comfortable environment that focuses on strength, balance, aerobic endurance, and flexibility while encouraging social interaction and building self-esteem.

Chair Yoga

Tuesdays and Thursdays

12:15 - 1:15 p.m.

Ages 18+, Free

Please join us for a calming and rejuvenating chair yoga class. Suitable for all levels and especially helpful for practitioners with limited mobility.

Gentle Yoga

Tuesdays and Thursdays

6:30 - 7:30 p.m.

Ages 13+ (adult supervision required for children)

\$30 / month or \$5 / day

Join us for a nourishing gentle yoga class that offers a space to explore slow and mindful movement along with meditation and breath work. This class is designed to help down regulate your nervous system and increase body awareness. Please bring your own yoga mat

Pickleball

Mondays, 2 - 5 p.m.

Tuesdays, 2 - 8 p.m.

Wednesdays, 2 - 8 p.m.

Thursdays, 2 - 8 p.m.

All ages (Adult supervision required for children)

\$2 / Day *RSVP recommended

Join one of the fastest growing sports in the country when you play Pickleball at the Spring Valley Community Center! It's a fast-paced, paddle-and-ball sport that incorporates elements of badminton, tennis and table tennis. This fun and social sport can be played by people of all ages, fitness and skill levels and equipment will be provided.



Urban Soul Line Dance

BEGINNER

Mondays, 6 – 7:30 p.m.

Ages 18+

\$30 / Month or \$10 / Class

INTERMEDIATE

Thursdays, 1:30 - 3 p.m.

Ages 18+

\$30 / Month or \$10 / Class

Urban Soul Line Dancing is a fun workout set to good music with great vibes in a noncompetitive environment. An instructor will break popular dances down to basics, sharing techniques on everything from R&B and Latin moves to Jazz styles. Bring water and wear comfortable clothing and shoes.



Walking Club

Tuesdays and Wednesdays

9 - 10 a.m.

Ages 18+

Free

The Adult Walking Club is designed for mature adults looking to improve their health. Staff and volunteers will lead the walk while providing informative health and wellness tips. A bottle of water and comfortable shoes are recommended. To join the Walking Club meet under the Spring Valley County Park gazebo on the days and at the time listed above.



Special Interest

American Sign Language

BEGINNING

Thursdays, 4 - 5:30 p.m.

Ages 18+

\$105 / Session

ADVANCED

Thursdays, 5:30 - 7 p.m.

Ages 18+

\$105 / Session

American Sign Language class is a fun, hands-on introduction to learning the conversational skills of this beautiful language. Deaf history and culture will also be explored.



Table Top Game Club

Tuesdays, 12 - 4 p.m.

Ages 18+

Free

Join community members to socialize and learn new card games, board games - even table games - in this multi-generational program designed to engage residents from all backgrounds. All skill levels are welcome and participants are encouraged to teach gameplay and strategy for new and familiar games.



SPRING VALLEY SPOOKTACULAR!

FRIDAY, OCT. 23
4-7 P.M.

SPRING VALLEY
COMMUNITY CENTER

Join us for a spooktacular family festival featuring music, games, arts and crafts, pumpkin picking and other activities that are sure to inspire trick-or-treaters of all ages!



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FOR MORE INFORMATION: [619] 479-1832
SDPARKS.ORG



Rent the Spring Valley Community Center



**Banquets
Birthdays
Anniversaries
Weddings**

The Spring Valley Community Center is a central space for a wide variety of local events, programs, activities and social occasions.

For a convenient, affordable, and attractive location for your next special event, the Spring Valley Community Center can accommodate up to 216 guests in fully air-conditioned rooms. A commercial kitchen is available for food prep, and tables and chairs can be added to any reservation for a flat fee. A projection screen, chairs, round and rectangular tables may also be included.

Book today! For current rates, call 619-479-1832.

Different fees apply to non-profit organizations.



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