



RECREATION CLASSES AT YOUR LOCAL PARKS!

- Li'l Sprouts Preschool Cooking Classes (2-5 yrs)
A YUMMY FUTURE / JEAN "JEANNIE" SONNIER: 424.675.4706 *Ryan Park*
- Concord After-School Program - Music, Language & Art (Kindergarten & up)
CONCORD EDUCATION / CYNTHIA CHEN: 949.228.3712 *Ladera Linda Park*
- Early Childhood Music (Birth-K), Mommy & Me (Birth-3 yrs) *Ryan Park*
KIDS MUSIC N MOTION - ANNETTE GUNDERSON: 310.373.0280
- My First Classroom (15 mo.-2 yrs.), Pee Wee Picasso (18 mo.-5 yrs) *Hesse Park*
ART TO GROW ON / LAUREN PERELMUTER: 310.625.6028
- String Instruments - Group & Private Lessons, Theory Class (All Ages)
PALOS VERDES STRINGS / MICHELE NARDONE: 310.750.6866 *Hesse Park*
- Stroller Strides Exercise Classes (Moms & Infants/Tots)
FIT 4 MOM / STEPHANIE JOHNSON: 310.780.4673 *Hesse Park*
- Super Soccer Star Classes (2-5 yrs)
SUPER SOCCER STARS / BOB GIBSON: 310.998.0010 *Ryan Park*
- Cognitive Courage Coaching Classes (Teens)
CONFORTY COACHING / ERAN CONFORTY: 310.955.4700 *Hesse Park*
- Basics of Fine Arts (16 years - Adult)
KEVIN McCANTS: 818.753.8477 *Hesse Park*
- FCC Technician's License - Ham Radio Classes (16 years - Adult)
WALT ORDWAY: 310.541.4007 *Hesse Park*
- Bones for Life - Exercises to Prevent Osteoporosis (Adults)
MOVE TO HEALTH / SACHIYE NAKANO: 310.326.6831 *Hesse Park*
- Jacki Sorensen Aerobic Dance : Lite Impact (Adults)
SANDRA ERICKSON: 310.514.1494 *Hesse Park*
- Tai Chi Chuan - Yang Style / Long Form (Adults)
STAN CORZINE: 310.376.8088 *Hesse Park*
- Yoga, Tai Chi Gong, Zen Balance Classes (Adults)
MARIA ARABE: 310.938.7548 *Ladera Linda Park*

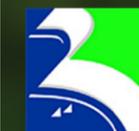
FALL Cooking Classes!

Classes will be on Tuesdays at 4pm at Hesse Park beginning October 4th. 4 Weeks per session, register today at: apm.activecommunities/rpv

Don't think your child can cook? Think again! We offer fun classes bursting with hands-on activities, They will chop, cut, mince, blend, mix, whip and measure. Healthy concept learning through games and of course empowering your child to create their own special dish from recipes. Children will learn the benefits of healthy eating through encouragement to try new foods. Lettuce turnip healthy cooking with Beets of Fun!! Fee: \$115 per session.



Check out healthy recipes, PV Half Marathon, public hikes, fitness classes, and Free Yoga in the Park by visiting our Healthy RPV page at www.rpvca.gov!



RECREATION & PARKS 2016

Fall Activities



Parks Make Life Better!



Illustrated & Designed by

Karen Okstad



Register Online for Events at: apm.activecommunities/rpv

VISIT OUR WEBSITE AT WWW.RPVCA.GOV OR CONTACT US AT 310.544.5260

PUBLIC HIKES



Upcoming Los Serenos Docent-led Hikes:

FREE! For more information, visit losserenos.org.

Switchback Trail at Trump National Golf Club

Date/Time: Saturday, October 15th, 3 PM - 5 PM
Location: 1 Trump National Drive
Level: Moderate

Abalone Cove Shoreline Park

Dates/Times: Sunday, November 13th, 1 PM - 3 PM
Sunday, December 11th, NOON - 2PM
Location: 5970 Palos Verdes Drive South
Level: Moderate to Strenuous

FREE! YOGA in the Park!

All levels; beginners welcome!
Please bring a mat.
(only a few extras will be provided.)

Tuesdays, 10 AM - 11 AM
Ryan Park (Grass Area)
30359 Hawthorne Blvd, RPV



OPEN GYM SCHEDULE (THROUGH NOV.)

Miraleste School Gym: Sundays 8 AM-10 AM & Tuesdays 7 PM-9 PM
29323 Palos Verdes Drive East, RPV
Peninsula High Gym: Sundays 2 PM-4 PM
27118 Silver Spur Road, Rolling Hills Estates

For more information, visit www.rpvca.gov or contact the Recreation and Parks Office at 310.544.5260.
Abalone Cove Shoreline Park, 5970 PV Drive South, RPV.....310-377-1222 (Open Daily 9am - dusk)
Fred Hesse Jr. Community Park, 29301 Hawthorne Blvd, RPV.....310-541-8114 (Open M-F 9am - dusk & Sat./Sun. 10am-dusk)
Ladera Linda Community Center, 32201 Forrestal Drive, RPV.....310-541-7073 (Open M-F Noon-5pm & Sat./Sun. 10am-5pm)
Point Vicente Interpretive Center, 31501 PV Drive West, RPV.....310-377-5370 (Museum Open Daily 10am-5pm)
Robert E. Ryan Community Park, 30359 Hawthorne Blvd., RPV.....310-377-2290 (Open Daily 9am-dusk)

SPECIAL EVENTS CALENDAR

NIGHT AT THE MUSEUM SLEEPOVER!

Friday-Saturday, October 14th-15th
 Registration Opens August 14th!
 6: 30 PM - 9:00 AM

Point Vicente Interpretive Center, 31501 PV Drive West

Join the staff and volunteers of PVIC for a night of fun and fantasy. Bring your sleeping bag, pillow, and P.J.'s. We'll enjoy snacks and a movie along with a night hike, crafts, and more! Snacks and breakfast provided. Enrollment limited Pre-registration required. Register online at: apm.activecommunities/rpv. Fee: \$49 per child.

PADDLE TENNIS TOURNAMENT BY THE SEA

Saturday, November 5th

Ladera Linda Community Center, 32201 Forrestral Drive

Participants will get a tournament T-shirt and enjoy a great ocean view while enjoying exciting games of paddle tennis! The tournament includes intermediate and advanced divisions. \$20 per person or \$40 per team. Limited to 15 teams. Please refer to www.rpvca.gov for more information regarding time and registration info!

KIDS MUSIC FEST & TRUNK OR TREAT! FREE!

Saturday, October 22nd

Ladera Linda Community Center, 32201 Forrestral Drive

11 AM - 2 PM

The City of Rancho Palos Verdes and Kids Music N Motion hosts this annual family event! Come on over for a spook-tacular time! There will be a musical petting zoo, Electra Kids, crafts, Mommy and Me Fun, trick or treating, and more! Come in costume and don't forget your appetite! (There will be an onsite food truck! YUM!)

BREAKFAST WITH SANTA!

Saturday, December 10th
 9 AM - 10:30 AM
 Hesse Park,
 29301 Hawthorne Boulevard



Entertainment, breakfast, crafts, carols, and photos with Santa await all attendees. Proceeds from this event benefit the City's REACH Program for adults with developmental disabilities. Bring your own camera please! **Pre-registration required.** Fee: \$15 per person. (Children ages 1 and younger are free with a paying adult.) To register online and pay by credit card, go to: apm.activecommunities.com/rpv

VOLUNTEER, STORYTIME & FOUR-LEGGED FUN!

VOLUNTEER OPPORTUNITIES

09 | 17 | 2016
COASTAL CLEANUP DAY!
 MAKE A DIFFERENCE IN YOUR COMMUNITY



Coastal Clean-up Day!

Date: Saturday, September 17th

Time: 9 AM - Noon

Location: Abalone Cove Shoreline Park, 5970 Palos Verdes Drive South

This annual beach cleanup and invasive plant removal at Abalone Cove is hosted by the Los Serenos de Point Vicente Docents and the City of Rancho Palos Verdes, with support from the Palos Verdes Peninsula Land Conservancy. Gloves and trash bags provided. Moderate to strenuous hike to the beach. Free parking for participants. Please refer to the Recreation and Parks Department website for more information.

Native Plant Garden Volunteer Days!

Help keep the native garden at Point Vicente Interpretive Center beautiful and pristine. Enjoy a 180-degree ocean view while experiencing hands-on learning. To join us, RSVP to Megan Roy at mroy564@gmail.com.

Date: Sundays, Sept. 18th; October 16th; Nov. 20th; & Dec. 18th

Time: 10 AM - Noon

Location: Point Vicente Garden, 31501 PV Drive West

STORY TIME FUN!

Activities include songs, stories, and a craft. Program geared to children ages 2-5 years, but children of all ages are welcome. Designed for children and parents to attend together. **Free!**

Little Critter Afternoon Tales

Dates/Times: 2nd Wednesday, 1 PM - 2 PM,
 Sept. 14th, Oct. 12th, Nov. 9th, and Dec. 14th

Location: Hesse Park, 29301 Hawthorne Blvd.

Little Fish Tales by the Sea

Dates/Times: 3rd Thursday, 10 AM - 11 AM,
 Sept. 15th, Oct. 20th, Nov. 17th and Dec. 15th

Location: Point Vicente Interpretive Center,
 31501 PV Drive West

Flutterby Storytime

Dates/Times: 4th Friday, 11 AM - Noon,
 Sept. 23rd, Oct. 28th, Nov. 18th* and Dec. 16th*
 (* 3rd Fri. due to holidays)

Location: Ladera Linda Park, 32201 Forrestral Drive



YAPPY HOUR DOG PARTY!!!

Sunday, Nov. 6th
 1 PM - 3 PM

Woof! Woof! The Rancho Caninos Dog Park will be hosting its 2nd Annual YAPPY HOUR! Bring your four-legged friend(s) and enjoy free treats, prizes and more! **Costumes are encouraged!**

REACH is a dynamic therapeutic recreation program for Palos Verdes and South Bay adults with developmental disabilities. The goals of this program are:

- To promote self-confidence, communication skills, and social interaction
- To increase physical abilities and improve coordination
- To enhance social and independent living skills

REACH offers an average of six activities each month, taking place on Monday and Wednesday evenings, and weekend days. REACH members must be non-violent, ambulatory and have sufficient hygiene skills. The REACH program has no monthly or annual fees. Participants only register for events that fit into their schedules.

For more information about this fun and educational recreation program, contact the REACH Coordinator by email at monad@rpvca.gov or by phone at 310-544-5266.



Book Signing

With Local Authors

Nov. 5th
 11 am - 1 pm

POINT VICENTE INTERPRETIVE CENTER AT 31501 PV DRIVE WEST

