

HI! I'M A SOUTHERN PACIFIC RATTLESNAKE

You might run into me, but I am not aggressive, but will defend myself if threatened! As the weather cools, you might see me sunning out on the trails. No worries, just make your presence known and I will move out of the way.
In the event of an emergency or snakebite call 9-1-1

VISIT ALTA VICENTE RESERVE

30940 Hawthorne Blvd

INFO AND MAP

BE SAFE!

Have fun, observe social distancing and safety protocols, keep groups small, and wash your hands. Don't forget to wear a mask outdoors if you can't maintain 6 feet of social distancing.



ISHIBASHI FARM:

Hike along Prickly Pear Trail to experience firsthand the site of Japanese American history. The family's agricultural story expands throughout the Peninsula area since the early 1900s. Their 5-acre ranch cultivated fresh flowers and produce including avocados, strawberries and sweet peas, which were sold at "Annie's stand" near Abalone Cove.

HISTORIC SITE:

This used to be an army base and hikers can still catch a glimpse of the remains of WW II and Cold War military defense systems.



Recreation and Parks Department

WINTER 2020-2021 RECREATION GUIDE

GRAY WHALE MIGRATION FROM DEC-MAY!

The gray whale makes one of the longest of the mammalian migrations, averaging 10,000-14,000 miles (16,000-22,530 km) round trip.

Keep an eye out on the ocean bluffs! Mothers and calves travel very near shore on the northbound migration.
For more information on gray whales, visit www.acsonline.org

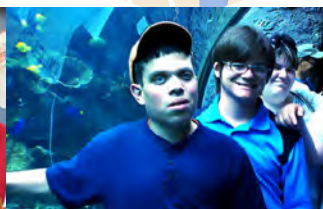
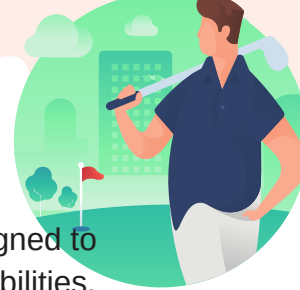
Learn more about recreation therapy activities, dance classes, Yoga, hiking and more!

For more up-to-date information, contact Recreation and Parks at (310) 544-5260, email parks@rpvca.gov, or visit our website at www.rpvca.gov/parksandrec



The REACH Program is Back!

The Recreation and Parks Department is happy to announce the REACH Program is returning! **REACH** is a Recreation Therapy program designed to meet the social and recreational needs of individuals with developmental disabilities. We will be starting up again in early 2021 in a mainly virtual capacity due to the COVID-19 pandemic. We recently launched a REACH Program Interest Survey to learn more about participant interests and needs. The survey is posted on our website and can be accessed here: <http://www.rpvca.gov/192/REACH-Program> through the end of 2020. We would love to hear from you. Thank you for your patience and understanding during these difficult times!



REACH PROGRAM VIRTUAL MEET & GREET



Join us for our first virtual REACH program meet and greet!
Come and meet the new team!

**MONDAY, DECEMBER 7, 2020
4P.M. ON ZOOM
REGISTER NOW!**

For information, contact the Recreation and Parks Department at 310.544.5266. To RSVP, please e-mail nmacias@rpvca.gov.



REACH ACTIVITIES COMING SOON!

**ART CLUB
MONDAYS!**



**BINGO
WEDNESDAYS!!**

BOOK CLUB!



NATURE WALKS!



Recreation Classes

Hip Hop Dance

3:30pm to 4:30 pm

Location: Ryan Park Activity Room Patio

Fee: \$60.00

8 Week Session

Thu, January 14, 2021 - Thu, March 4, 2021

Ages 5-10 years

Come move n' groove with coach Kristen! In addition to learning basic dance choreography, students will learn fun hip hop dances like "The Cha Cha Slide" and the latest TikTok dance craze. All end the session with a performance for all of your fans!



Shimmy & Shake Dance Fitness

Location: Hesse Park Fireside Room Patio

Fee: \$60.00

4 Week Sessions

• Thu, January 14, 2021 - Thu, February 4, 2021

• Thu, March 4, 2021 - Thu, March 25, 2021

Time: 10am-11am

Ages: 18 and up

Forget the workout. Party your way to fitness and health. Dance to the infectious beat of music hits from each decade. Stay in shape from head to toe with a really trying.

Zen Balance Yoga

Location: Hesse Park Fireside Room Patio

Fee: \$120.00

4 Week Sessions

• Mon, January 11, 2021 - Wed, February 3, 2021

• Mon, March 1, 2021 - Wed, March 17, 2021

Time: 10am-11am

Ages: 18 and up

A combination of traditional, yet scientifically-designed and tested Hatha Yoga moves and poses that strengthen and develop muscles and joints. Practice will improve balance, coordination, and mindfulness.



Trident Lacrosse: Lacrosse Basics

Location: Ryan Park Field

Fee: \$125.00

8 Week Session

Sat, January 16, 2021 - Sat, March 6, 2021

Introduction to the game of lacrosse for boys and girls in grades 5-12 with an emphasis on developing proper fundamentals and building a solid foundation of lacrosse concepts. Players will be grouped by age, and taught skills in a fun and positive environment.



Spanish for Kids

Location: Ryan Park Activity Room Patio

Fee: \$240.00

8 Week Session

Tue, January 12, 2021 - Tue, March 2, 2021

Time: 3:30pm-4:30pm

Ages: 5-10 years

Spanish for Kids is an interactive Spanish language class carefully designed to teach kids how to speak, read, and write in Spanish and how to perform songs and dances from different cultures. Teaching methods include stories, songs, puppets, and art and craft projects. By the end of the course, students will be able to speak, read, write, and sing Spanish! Instructor: Palos Verdes Spanish Learning Center For more information, visit <http://www.palosverdesspanishlearningcenter.com>



Register for Classes at: <https://apm.activecommunities.com/rpv>

For more up-to-date information, contact Recreation and Parks at (310) 544-5260, email parks@rpvca.gov, or visit our website at www.rpvca.gov/parksandrec

If you are a person with a disability and need an accommodation to participate in programs, services, activities and meetings, contact the City's ADA Coordinator/Risk Manager at 310-683-3157, adarequests@rpvca.gov, 30940 Hawthorne Blvd., Rancho Palos Verdes, CA 90275, at least 48 hours in advance to request an auxiliary aid or accommodation.