

Recreation Classes

RPV Youth Basketball Skills Clinic

RPV is offering a socially distanced skills clinic for ages 8-16 to improve basketball skills, instill confidence, and enhance self-esteem. Focusing on shooting, passing, ball-handling, and conditioning, the four weekend session also offers skill drills youngsters can perform on their own or with another player.



All participants will receive a t-shirt and take-home materials to help track their progress.

9am - 11am

Saturdays, May 1 - May 22

Fee: \$100.00

ElectiKIDS Dance Fitness!

3:30pm to 4:30pm

Location: Ryan Park Activity Room Patio

Fee: \$60.00

8 Week Session

Thu, April 8, 2021 - Thu, May 13, 2021

Ages 5-9 years

Shimmy & Shake Dance Fitness

Location: Hesse Park Fireside Room Patio

Fee: \$60.00

4 Week Sessions

Thu, April 8, 2021 - Thu, April 29, 2021

Time: 10am-11am

Ages: 18 and up



Forget the workout. Party your way to fitness and health. Dance to the beat of music hits from each decade. Stay in shape from head to toe without really trying.

Trident Lacrosse: Launch Program

Location: Ryan Park Field

Fee: \$125.00

8 Week Session

Sat, April 17, 2021 - Sat, June 5, 2021

Introduction to the game of lacrosse for boys and girls in grades 1-8 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.

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

Zen Balance Yoga

Location: Hesse Park Fireside Room Patio

Fee: \$120.00

4 Week Sessions

• Mon, April 5, 2021 - Wed, April 28, 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.



Register for Camp at:

<http://bit.ly/sppyenrichment>

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

All activities are held outdoors in accordance with L.A. County Department of Public Health protocols.

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

Recreation and Parks Department

SPRING 2021 RECREATION GUIDE



Recreation and Parks Department

VIRTUAL Whale of a Day

Saturday, April 10

Join us at www.whaleofaday.com for this amazing virtual event!

In partnership with Los Serenos de Point Vicente, the City of Rancho Palos Verdes, is thrilled to announce Whale of a Day 2021; a VIRTUAL event! This year's event will showcase all the best our community has to offer while continuing to educate the public about the migration of the Pacific Gray Whale. In addition to perennial favorites like the Whale Wagon, Puppet Show and Silent auction, new and exciting components will be included this year.

Tune in to view a tour of the Tide pools, Native Plant Garden Tour, Story and Craft time and NEW exhibits at PVIC! This is not a live event, all features will be available to view online at www.whaleofaday.com the day of our event, Saturday April 10th and will remain posted for your viewing pleasure! No registration is required.

You can pre-register to pick up an activity bag by visiting apm.activecommunities.com/rpv. The activity bag will contain educational materials, giveaways and components to assemble crafts. Once you are registered you may pick up an activity bag at Rancho Palos Verdes City Hall during business hours, between March 15th and April 2nd.

- Debut of the NEW Point Vicente Interpretive Center Exhibits
- Puppet Show "Guillermo goes to Mexico"
- Abalone Cove Tide pool Tour
- Take part in the Silent Auction April 1st-10th
- Native Plant Garden Tour
- Whale Education
- Story & Craft demo (be sure to pick up an activity bag at RPV City Hall)
- Learn about animal pelts & skulls
- Entertainment & More!

For more information visit www.whaleofaday.com

"Verde" in the Park

Rancho the Elf's distant cousin, "Verde" the Leprechaun, will be visiting our parks and causing mischief while we are fast asleep. Visit the parks below to discover the chaos he has caused! Can you spot his tracks?

Here is the schedule where patrons can find Verde's tracks:

- o March 1-7: Eastview Park
- o March 8-14: Ladera Linda Community Center
- o March 15-21: PVIC/ Lower Point Vicente Park
- o March 22-28: Robert E. Ryan Community Park
- o March 29-April 3: Fred Hesse Jr. Community Park

Hunt for the Golden Egg

- Children ages 1-10 years old
- Location: Ladera Linda Park Community Center- Park Lower field
- Date: March 29 - April 3
- 8 golden eggs will be hidden daily at Ladera Linda Park
- Hunt for the eggs from 12-5pm only.
 - Once you find a golden egg, take it to the Community Center Office between 12-5pm, and exchange for a prize. (Limit one basket per household)
- A Photo-Op banner will be available near the Community Center office.

Earth Day Campaign

- o Let's Celebrate Earth Day and show Mother Earth some care!
- o From April 1 - 22 we want you to do your best to complete one Earth Day-related act of service
- o Examples of Earth Day activities: composting, recycling, beach clean-up, build a garden, plant a tree
- o Share your projects with us by emailing events@rpvca.gov. Projects may be shared on the City's social media pages and website.

Painting ROCKS!!!!

Throughout the month of May, we encourage you to paint a rock or rocks from home and place them in the Robert E. Ryan Park Rock Garden.

- Paintings of local points of interest, views, animals, etc. are encouraged but not required
- We would like to encourage a "Backyard to Park" philosophy in hopes participants will not take rocks from anywhere else but their homes.
- The City of Rancho Palos Verdes reserves the right to remove any rocks it deems inappropriate for this family friendly activity
 - o Rock size not to exceed 6"x 6"



PALOS VERDES PENINSULA LAND CONSERVANCY

OUTDOOR VOLUNTEER DAYS

Socially distant outdoor activities. Masks required, space limited. Group day, contact mroy@pvplc.org

ALTA VICENTE RESERVE

saturday, 9 am mar 13, apr 17, may 15, jun 19

Help plant the Peninsula's beautiful native species grown in the Conservancy's nursery.

ABALONE COVE RESERVE

saturday, 9 am mar 20, 27 apr 3, 10 may, 1, 22 jun 5, 12

Eradicate invasive weeds around recently restored habitat on scenic bluff with views of Catalina.

VOLUNTEER TRAINING

Virtual Zoom Event

EDUCATION DOCENT ORIENTATION

saturday, mar 20, 9 am to 11 am

Do you enjoy nature and want to share it with others? Assist with nature education activities, many currently done virtually, on your own schedule! 18 years+. RSVP pvplc.volunteerhub.com.

NATURE ACTIVITIES

Virtual Zoom Events

CELEBRATE EARTH DAY AND THE CITY NATURE CHALLENGE

apr 22 and apr 30 - may 3

Mark your calendar to celebrate Earth Day and join us for the City Nature Challenge by documenting wildlife on your smart phone. Easy to do. The Conservancy will provide instruction resources and activities!

NEW! FAMILY NATURE CLUB

mar 13, 9:30 am, TO RSVP AND FOR UPCOMING DATES VISIT: PVPLC.ORG/CALENDAR

Looking for a fun way to help your child fall in love with nature? Join us on Zoom for special presentations and activities you can do at home designed to connect your kids with the wonders of nature.

NEW! NATURE TALK

mar to jul, TO RSVP AND FOR UPCOMING DATES VISIT: PVPLC.ORG/CALENDAR

Join the Conservancy's nature walk leaders for a virtual tour on preserved lands to learn about unique features, trail highlights, geologic and natural history with live Q&A

FOR MORE INFORMATION PLEASE VISIT: WWW.PVPLC.ORG

THE REACH PROGRAM NATURE WALKS *NEW*

The REACH program, which serves the social and recreational needs of youths and young adults with developmental disabilities, has started up again with virtual activities!

ENJOY AWESOME ACTIVITIES SUCH AS VIRTUAL ART MONDAYS, MONTHLY BOOK CLUB AND GAME NIGHT WEDNESDAYS!!

NATURE WALKS AT HESSE PARK Starting in April!

Nature walks will not be virtual, but will be held at Hesse Park. REACH participants will have the opportunity to watch dramatic sunsets over the Pacific ocean, while learning about local wildlife and native plants. Participants will have to abide by Los Angeles County's current Covid-19 restrictions for a safe and fun experience.

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



PRESERVE
RESTORE
EDUCATE
ENJOY

