

# RECREATION ACTIVITIES

## Adults and Teen Fitness Classes

Activities are conducted in accordance with Los Angeles County Reopening Protocols for Day Camps, Youth and Adult Sports, and Fitness Establishments.

**REGISTER HERE:** [www.rpvca.gov/parks](http://www.rpvca.gov/parks)

Wednesdays  
9:30-10:30am  
Sep 15 - Nov 24  
No class  
Oct 27 & Nov 3

Fireside Room  
Hesse Park  
Instructor:  
Maria Arabe  
Price \$135  
Ages:18+

### ZEN BALANCE YOGA

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

### CHAIR YOGA

Tuesdays  
10:30am-11:30am  
Sep 14-Oct 5 / Fee: \$44  
Oct 19 - Nov 23 / Fee: \$66

Fireside Room Hesse Park  
Instructor: Kathleen Borgida  
Ages:18+

Yoga is an opportunity to join together your body, mind and spirit. In this class you can receive the benefits of yoga from the comfort of a chair. The class will include breathing techniques, stretching, strengthening, balance and relaxation.

### 3 ON 3 BY THE SEA Basketball Tournament

Where: Ryan Park  
When: Saturday and Sunday, October 16 & 17  
Time: 9-5:30  
Cost: \$75 per team  
Registration Deadline: October 1st

Get ready for basketball season with the inaugural 3 on 3 tournament on the court at Ryan Park with both High School and College and/or Adult divisions. 3 game minimum with tournament shirts and trophies for winning teams.

### SHIMMY & SHAKE DANCE

HESSE PARK  
FIRESIDE ROOM

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 without really trying.

WEDNESDAYS  
SEP 15- NOV 24  
10:30AM TO 11:30AM  
PRICE: \$135.00  
AGES: 18 AND UP

### MOVEMENT FOR HEALTH

Tuesdays  
9am-10am  
Sep 14-Oct 5 / Price: \$48  
Oct 19 - Nov 23 / Price: \$72

Fireside Room Hesse Park  
Instructor: Kathleen Borgida  
Ages:18+

Walk through the park, lift free weights and stretch and release tension. The objectives of the class are to improve or maintain health. The movement will provide tools to help you do that.



### YOUTH COACHING SEMINAR Free!

Where: Hesse Park  
When: Saturday, November 6  
Time: 10am-12pm  
Free Seminar

This free informative two-hour session is for first time and returning youth coaches with longtime HS, College, and youth coach, Guy Perry, exploring coaching/teaching methods and relationships between youth coaches, players, and parents. Other topics and ideas include practice plans, parent meetings, the ride home, team party and more.

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Sep 28 - Nov 16  
Tues. 3:30-4:30pm  
Ryan Park  
Price: \$190  
Ages: 5-11  
8 Week Sessions



Kids will have fun each week as we "journey" to a different country, look it up on a globe, review a history of it and prepare food you would find in that country. Students will learn to chop, cut, grate, bake, mix and whip by the end of the class. The class will end with a "Thanksgiving Feast" just before Thanksgiving.

## SPANISH FOR KIDS! FALL 2021 SESSION

Fee: \$200.00  
10 Week Session  
Wed, Sep 15 - Wed, Nov 17  
Ages 3-5 (3:30pm-4:30pm)  
Grades 1-3 (4:30pm-5:30pm)  
Grades 4-5 (5:30pm-6:30pm)  
Ryan Park  
Instructor: Humenuk, Alicia

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!

## Tang Soo Do Karate for Kids

Saturdays  
11am-Noon  
Sep 11-Nov 20  
Ryan Park Field  
Ages 4-15 years  
Fee: \$175

Karate is for fun, health and self-defense. Kids will be taught with the philosophy that karate is for "gentle people" who wish to be able to increase their health, well-being, endurance, and defend themselves. As a result, their self-confidence will naturally increase. By the end of the class, kids will be able to perform basic blocks, kicks, punches, rolls, and falls. They will be able to test for the rank of "Orange belt". There is an optional, but encouraged material fee of \$50 to be paid in the first class for a uniform, orange belt and certificate.



## Kids, Teens and Tot Classes

Activities are conducted in accordance with Los Angeles County Reopening Protocols for Day Camps, Youth and Adult Sports, and Fitness Establishments.

## KIDS COOKING WITH CREATIVE PLATE

Hesse Park  
Fee: \$150.00  
Thu 4pm-5pm  
Oct. 14 - Thu, Nov. 18  
Ages: 5-12  
6 week Sessions

Come and have fun while cooking with natural ingredients. Kids will learn to mix, measure, and blend. They will learn knife skills using the kid friendly "Curious Chef" knife. They will cook 1-2 yummy recipes each class and have the opportunity to try new ingredients. Please supply take-away food containers so that they can take their tasty food home to share. If any children have food allergies, please let the instructor know before the 1st class starts.

## TRIDENT LACROSSE: FALL SEASON

Fee: \$125.00  
8 Week Session  
Tue, Sept 14 - Tue, Nov 2  
Ages: At least 5 but less than 14  
Ryan Park Field 4pm to 5pm  
Instructor: Goeller, Alexis



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.

## Tang Soo Do Karate Ages 16+

Saturdays  
2pm-3pm  
Sep 11-Nov 20  
Ryan Park Field  
Ages 16+  
Fee: \$175

Karate is for fun, health and self-defense. Adults will be taught with the philosophy that karate is for "gentle people" who wish to be able to increase their health, well-being, endurance, and defend themselves. As a result, their self-confidence will naturally increase. By the end of the class, adults will be able to perform basic blocks, kicks, punches, rolls, and falls. They will be able to test for the rank of "Orange belt". There is an optional, but encouraged material fee of \$50 to be paid in the first class for a uniform, orange belt and certificate.



## Kids Soccer with Tiny Kicks Academy

Thursday  
4:15pm-5:15pm  
Location: Ryan Park  
Fee: \$190.00  
10 Week Session  
Sept. 16 - Nov 18  
Ages 6-9



Kids enjoy learning to play soccer. Disguised learning techniques keep the 6-8 year olds engaged, enabling them to use their imaginations while learning at the same time. Sessions consist of dynamic stretches, a fun warm-up tag game, reviewing various skill moves, fun games, and end with a scrimmage. Each child will get tons of touches on the ball and 1v1 attention from our coaches.

## Kids Soccer with Tiny Kicks Academy

Thursday  
3:30pm-4pm  
Location: Ryan Park  
Fee: \$140.00  
10 Week Session  
Sept. 16 - Nov 18  
Ages 3-5



Tots enjoy learning to play soccer. Disguised learning techniques keep the 3-5 year olds engaged, enabling them to use their imaginations while learning at the same time. Sessions consist of dynamic stretches, a fun warm-up tag game, reviewing various skill moves, fun games, and end with a scrimmage. Each child will get tons of touches on the ball and 1v1 attention from our coaches.

## Cheer Dance and Motion with Chizuru

Sep 14 - Nov 2 or  
Sep 21- Nov 9  
Tuesdays  
3:30pm-4:30pm



Ryan Park Patio  
Price: \$150  
Ages: 6 -11

We will learn basic cheerleading moves and body flexibility outside in the fresh air, while learning a short and fun cheerleading dance to share with family and friends! This class will not only get your child outdoors, but will be an opportunity for them to discover their own unique qualities and make friends. This class is taught in Japanese, but all children are welcome.



## HIP HOP Dance Class For Kids!

Sep 16 - Oct 28  
Thursdays  
3:30pm-4:30pm  
Ryan Park Patio  
Price: \$75  
Ages: 5-11



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. We'll end the session with a performance for all of your fans! Class will not be held October 14th.

## Japanese Immersion Fall 2021 Class with Niko Niko Music

Type: Standard Activity  
Location: Activity Room RP at Ryan Park  
Fee: Standard charge: \$500.00  
17 Week Session  
Wed, September 1 - Wed, December 22  
Ages: At least 2 1/2 but less than 5y 11m



Japanese Pre-K Program for \$500 per month.  
Three days a week on Monday, Wednesday and Fridays.



## REGISTER FOR CLASSES HERE:

[www.rpvca.gov/parks](http://www.rpvca.gov/parks)  
or [apm.activecommunities.com/rpv](http://apm.activecommunities.com/rpv)



If you are a person with a disability & 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](mailto:adarequests@rpvca.gov), 30940 Hawthorne Blvd., Rancho Palos Verdes, CA 90275, at least 48 hours in advance to request an auxiliary aid or accommodation.