

RECREATION ACTIVITIES Adults and Teen Fitness Classes

REGISTER HERE: www.rpvca.gov/parks

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

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

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

CHAIR YOGA

Fireside Room HessePark
Instructor: Kathleen Borgida
Ages:18+

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

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.

MOVEMENT FOR HEALTH

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

Fireside Room HessePark
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.

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.

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.

RECREATION ACTIVITIES

REGISTER HERE: www.rpvca.gov/parks

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

KIDS COOKING AROUND THE WORLD



With Miss Kitchen

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.

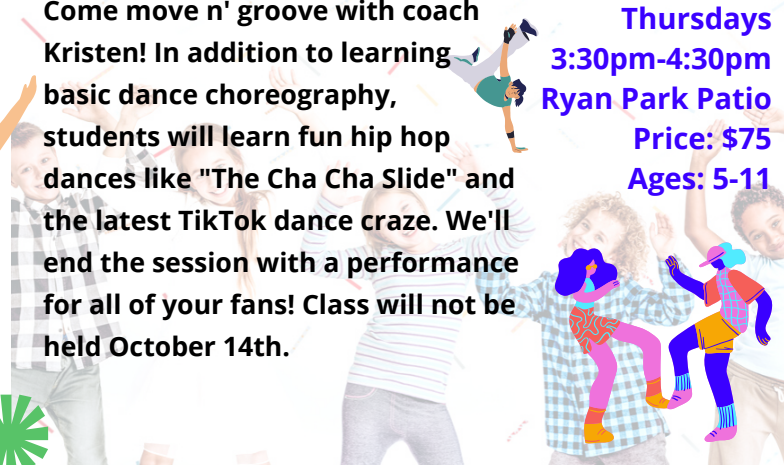


Hip Dance Class for Kids!



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
or 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, 30940 Hawthorne Blvd., Rancho Palos Verdes, CA 90275, at least 48 hours in advance to request an auxiliary aid or accommodation.