



To learn more visit:
www.rpvca.gov/parks and
www.rpvca.gov/trails

CITY OF RANCHO PALOS VERDES
RECREATION AND PARKS DEPARTMENT

Fall Recreation Guide



Trunk or Treat

Saturday, Oct 23rd 1pm-4pm

RPV Civic Center

30940 Hawthorne Blvd



Kids are invited to join us for a day of trick or treating at decorated car trunks! There will be fun spooky music for kids, an inflatable bounce house, crafts, food trucks, games, prizes and more!

Costumes encouraged! FREE event!!!

Contact events@rpvca.gov if you would like to host a trunk at our event!

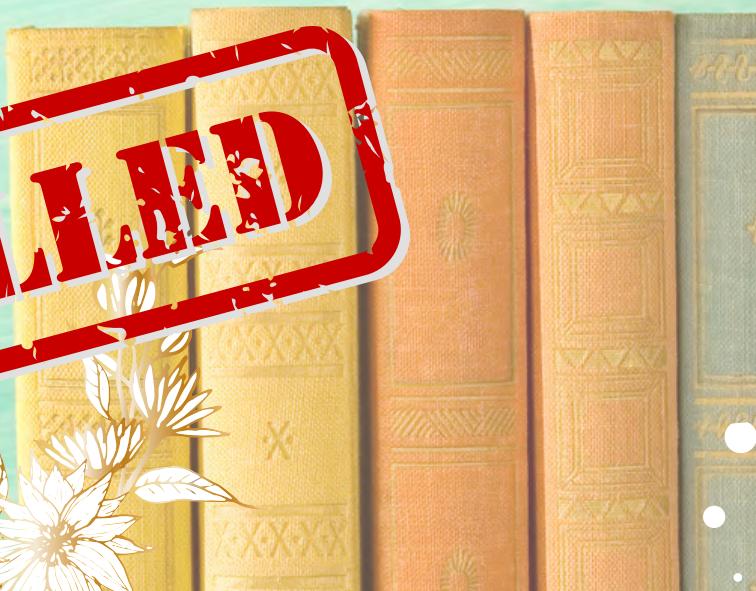


MEET THE AUTHORS BOOK SIGNING EVENT

Point Vicente Interpretive Center
31501 Palos Verdes Drive West
Rancho Palos Verdes, CA 90275
Saturday, November 13, 2021
From 1:00pm—3:00pm

Featured books will be available in our gift shop at a 10% discount during the event or bring your own copy to be signed by the author.

CANCELLED



BREAKFAST WITH SANTA IN THE PARK

Registration coming soon! Register here:
apm.activecommunities.com/rpv



Saturday, December 11th
10am-12pm
RPV Civic Center (30940
Hawthorne Blvd)
Fee: \$20 per person
Children 2 and under are free

Breakfast boxes, gingerbread house decorating, photos ops, Santa, and more exciting surprises!

Fundraiser for the REACH program, which serves the social and recreational needs of youths and adults with developmental disabilities



REACH

- TO PROMOTE SELF CONFIDENCE, COMMUNICATION SKILLS, AND SOCIAL INTERACTION
- TO INCREASE PHYSICAL ABILITIES AND IMPROVE COORDINATION
- TO ENHANCE SOCIAL AND INDEPENDENT LIVING SKILLS

REACH began in 1977 as a pilot therapeutic day camp for youth, ages 7 – 18, with developmental disabilities. We've been operating on the Palos Verdes Peninsula for 44 years now! REACH is currently a recreation program that helps young adults transition towards social independence outside of school, the "work" day program, and family structure through exciting recreational activities.



COORDINATORS

NUBIA MACIAS
RECREATION SUPERVISOR I

ANGELA LIGHTNER
RECREATION SPECIALIST

UPCOMING ACTIVITIES

As a REACH participant you get to enjoy countless activities! Below is a list of upcoming activities both conducted via Zoom and in person!

MONDAY GAME NIGHTS VIA ZOOM! 5PM-6PM (FREE ACTIVITY)

OCT 4, 11, 18, 25

NOV 1, 8, 15, 29

DEC 6, 13, 20

Participants can compete in iconic games such as "The Price is Right," "Wheel of Fortune," "Family Feud", "Bingo" and much more! Opportunity to win prizes and more!



WEDNESDAY SOCIAL HOUR WITH CRAFTS AND MORE! 5:30PM-7:30PM (FEES \$8-\$15)

OCT 6 (PAINT PARTY), OCT 13 (OCTOBERFEST), OCT 20 (CRAFT MASQUERADE), OCT 27 (MONSTER MASH MOVIE NIGHT)

NOV 3 (SCAVENGER HUNT IN THE PARK AND CRAFTS), NOV 10 (CLAY COIL POTS CRAFT), NOV 17 (FRIENDS-GIVING DINNER)

DEC 1 (HOLIDAY CARDS CRAFT), DEC 8 (HOLIDAY SHOPPING AT DEL AMO), DEC 15 (WINTER SOLSTICE HOLIDAY PARTY)

DEC 22 (HOLIDAY PAINT PARTY)

Wednesday activities are in-person and will take place at Hesse Community Park! Activities include dinner or light refreshments. Activities may include arts and crafts, movie nights, scavenger hunts, cooking and baking, holiday parties and more!



SATURDAY ADVENTURES!!! (FEES VARY)

OCT 16: BEACH BONFIRE AT CABRILLO BEACH (3PM-8PM) OCT 23: TRUNK OR TREAT AT RPV CIVIC CENTER (11AM-3PM)

NOV 6: REDONDO NATURE CENTER (9AM-12:30PM) , NOV 20: EN PLEIN AIRE @ PVIC (10AM-2:30PM)

DEC 11: MADRONA MARSH (9AM-12:30PM)

RPV HOLIDAY EVENT (TBD)

Saturday field trips are in person where participants meet at Hesse Park and will venture out to fun and exciting adventures that promote fitness and a healthy well-being! Transportation provided!



Merry Christmas
Sounds fun doesn't it? If you would like to join, or have a friend or family member who is interested, please email REACH@rpvca.gov or visit rpvca.gov/reach



Palos Verdes Peninsula Land Conservancy FALL EVENTS AND ACTIVITIES

Outdoor volunteer days

RSVP at pvplc.volunteerhub.com

Saturdays, 9am to 12 pm
Help restore this unique habitat
home to many rare wildlife species.
Please wear masks and bring water.

Abalone Cove

Oct 2, 30 Nov 6, Dec 11

Alta Vicente

Oct 9, Dec 18

Lunada Canyon

Nov 20, Dec 4

For questions, please contact
Brittany Goldsmith at (310) 541-7613
or email: bgoldsmith@pvplc.org



FOR MORE EVENTS VISIT:
P V P L C . O R G

EVENT SPOTLIGHT

Palos Verdes Pastoral Sunday, October 3, 5 pm

Garden-to-Table Dining Experience featuring local handcrafted and sustainable foods and wines. Terranea Resort. For sponsorship information and tickets, please visit: pvplc.org or call (310) 541-7613, x202



The Olmsted Legacy: Bringing Nature to the City Thursday, October 7, 7 pm

Stunning presentation via zoom by writer and public historian Laurence Cotton sharing details about the Olmsted legacies with a particular emphasis on select landscapes, especially in California. Presented in partnership with PVHA. Register at pvplc.org

GUIDED NATURE WALKS ARE BACK!

More information at: pvplc.org/calendar-guided-nature-walks

Pelican Cove/Tidepools Saturday, December 11, 9 am

Walk along the beautiful seaside bluffs down to the beach and then over boulders to view tide pools. Moderate to strenuous.

Family Nature Club
Select Saturdays 9 am
Join us for the next
Virtual Family Nature
Club for lots of nature
fun. Learn about
local wildlife on the
Peninsula and enjoy a
special craft. Find out
more at: pvplc.org



Rapid Response Team
Fri/Saturdays 9-12 pm
Help with trail
maintenance, fence
building, installing
signage and more!
No experience needed.
15 and up. Signup at
pvplc.volunteerhub.com

UPCOMING TRAININGS

Sign up at pvplc.volunteerhub.com

Wildlife Tracking Training

October 16 and 23 from 8:30am - 11:30am

Volunteers monitoring wildlife on the preserves become adept at reading signs for such animals as the elusive gray fox and provide data for conservation plans.



LOS SERENOS de POINT VICENTE 2021 PUBLIC NATURE WALKS

Saturday, October 16, 9:00 AM - Alta Vicente Reserve

As we explore the native coastal sage scrub habitat, we will also have the unique opportunity to see concrete observation stations built in the late 1920s to support the 14" guns at Ft. MacArthur, view what remains of a dual 6" gun battery built during WWII and visit one of the best preserved Cold War-era Nike missile launch sites in the country. *Moderate to Strenuous* (Park and meet at the RPV City Hall)

Saturday, November 20, 2:00 PM - Abalone Cove Shoreline Park

Tour the tide pools teeming with fascinating marine life. FYI, low tide (-0.2) is at 3:58 pm. *Moderate to Strenuous*

Saturday, December 4, 9:00 AM - Forrestal Nature Reserve

Walk through coastal sage scrub habitat. learn about the local geology. Includes a tour of the Discovery room. *Moderate to Strenuous* (Park in the Ladera Linda Community Center parking lot)



Wear sturdy shoes as part of the walk will be on cobblestones. All nature walks take approximately 2 hours. Wear sun protection and bring water. Call 310-544-5375 for more information and/or directions or visit our website at <http://www.losserenos.org>.

RECREATION ACTIVITIES

REGISTER HERE: 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 HessePark
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.

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.

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 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.



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 high school, 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, rides home, team parties 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 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 1-1 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 1-1 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
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.

Volunteer Events!

KEEP RPV CLEAN!

10am-Noon!

Saturdays, Oct 30 - Abalone Cove Park, trim plants, gardening

Nov 20 - Abalone Cove Park, trim plants, spread-out mulch

Dec 18 - Abalone Cove, Beach Cleanup

Help beautify our parks, preserves, and beaches, while staying fit, making new friends and getting some much needed fresh air!

Duties may include; trash pickup, pulling weeds, painting, wiping surfaces, gardening and more!

Volunteers will receive free water, snacks and giveaways, and are eligible to receive credit for hours worked!

Email : volunteer@rpvca.gov to signup!

City of RPV Park & Preserve Information: www.rpvca.gov/parks

Abalone Cove Shoreline Park, 5970 PV Drive South, RPV.....310.544.5366

Eastview Park, 1700 Westmont Drive, RPV.....310.544.5269

Fred Hesse Jr. Community Park, 29301 Hawthorne Blvd, RPV.....310.544.5350

Ladera Linda Community Park, 32201 Forrestal Drive, RPV.....310.544.5370

Point Vicente Interpretive Center, 31501 PV Drive West, RPV.....310.544.5375

Robert E. Ryan Community Park, 30359 Hawthorne Blvd., RPV....310.544.5362

Palos Verdes Nature Preserve.....310.544.5353



Palos Verdes Nature Preserve: www.rpvca.gov/trails

The Palos Verdes Nature Preserve is approximately 1,400 acres with 11 individual Reserves. The Portuguese Bend Reserve is the largest: 424 acres. The City of Rancho Palos Verdes owns the Nature Preserve and co-manages it with the Palos Verdes Peninsula Land Conservancy for ecological value and habitat restoration.

This Nature Preserve is home to coastal sage scrub habitat: a community of intensely fragrant and highly drought resistant shrubs and flowering plants. Many different animals live throughout this rare habitat, including the threatened California gnatcatcher and coastal cactus wren. The individual reserves provide passive recreational opportunities, including hiking trails, equestrian trails and bicycle trails.

For more information about the Palos Verdes Nature Preserve, you may visit rpvca.gov/trails, or email us at trails@rpvca.gov or call us at 310-544-5353.

