



FALL RECREATION ACTIVITY GUIDE

HARVEST FESTIVAL

SAT, OCT 22ND
12PM-4PM



**RPV Civic Center
30940 Hawthorne Blvd**

- Live Music and Entertainment
- Beer and Wine Booth
- Arts and Craft Vendors
- Inflatables and Crafts
- Face Painting, Glitter Tattoos
- Caricature Artists
- Food Trucks and Dessert Vendors

**FREE ACTIVITIES AND
ENTERTAINMENT.**

FEES VARY BY VENDOR.

**COSTUMES
ENCOURAGED!**

To learn more visit:

www.rpvca.gov/parks and
www.rpvca.gov/trails

Register for classes and events:

apm.activecommunities.com/rpv

**CITY OF RANCHO PALOS VERDES
RECREATION AND PARKS DEPARTMENT**



BREAKFAST WITH SANTA

Registration opens Monday, October 17.

Register here:

apm.activecommunities.com/rpv



Saturday, December 10th

1) 8:30am-10:00am

2) 11:30am-1:00pm

Hesse Park

(29301 Hawthorne Blvd)

Join us for a hot breakfast, music performances, caroling, crafts, and a visit from Santa! This is a fundraiser to benefit the City's REACH program for adults with developmental disabilities.

Fee: \$20 per person

Children 2 and under are free

HESSE PARK

Volunteer Day!

Saturday, October 15

10am-12pm

Hesse Park

29301 Hawthorne Blvd

sign up: volunteer@rpvca.gov

Join us at Lower Hesse Park and help us keep it clean and beautiful! We will be sweeping trails, pulling weeds, cleaning picnic areas and painting! We provide gloves, tools, water and snacks. Volunteers will receive credit for hours worked.



Enjoy a festive evening in the Malaga Cove Garden!



Go to www.pvldfriends.org

Support your library district.....

great food, entertainment and fun awaits!



Native Plant Garden Volunteer Event

RSVP to Megan Wolff at megan@sccnps.org

**Sundays,
Oct 16, Nov 20,
& Dec 18
10am-12pm**

Point Vicente Interpretive Center
Native Plant Garden
31501 PV Drive West



LOS SERENOS de POINT VICENTE



2022 California Coastal Cleanup Day!

**Saturday, September 17, 9am-12pm
Abalone Cove Park**

Bring the family to help clean the beach. This is a moderate to strenuous hike – wear sturdy shoes. (Parking fee is waived for event participants.)

Pre-registration not required. Bring gloves, trash bag or bucket. Trash-pickers are recommended.

For more info please contact 310.544.5375



LOS SERENOS de POINT VICENTE

2022 PUBLIC NATURE WALKS



Saturday, October 15, 3:00 PM - Ocean Trails (Lakeview & Catalina Trails)

Walk the switchback trail to the beach and learn about our local geology and fall blooming habitat. Be sure to stay and watch the sunset from beautiful Founders Park. Moderate. *(Park in the public lot at the end of Trump National Drive located to the left of the club house).*

Sunday, November 5, 2:00 PM - Abalone Cove Shoreline Park

Come and tour the tide pools teeming with fascinating marine life. FYI, low tide (-0.5) is at 2:32 pm. This is a moderate to strenuous hike and you should wear sturdy shoes as part of the hike will be on cobblestones. *Parking: First 30 minutes free, afterwards: \$6-\$12. (Credit card only)*
Senior Citizens can park for free!

All nature walks take approximately 2 hours. Wear sun protection, sturdy shoes, and bring water.

Call 310-544-5375 for more information and directions or visit our website at <http://www.losserenos.org>.



PALOS VERDES PENINSULA
LAND CONSERVANCY

PALOS VERDES PENINSULA LAND CONSERVANCY

VOLUNTEER TRAINING

TEAM LEADERS TRAINING

September 10th, 9 AM - 12 PM

Provide support and oversight at Outdoor Volunteer Days! 16 years and older. Sign up at pvplc.volunteerhub.com.

WILDLIFE TRACKING WORKSHOP

October 15 & 22, 8:30 AM - 11:30 AM

Become a trained community science volunteer to monitor wildlife on the Preserves and enjoy finding and documenting wild foxes and more. No experience necessary. 16 years and older. Sign up at pvplc.volunteerhub.com.



OUTDOOR VOLUNTEER DAYS

Select Saturdays 9 am - 12 pm

Sign up:

pvplc.volunteerhub.com

ABALONE COVE RESERVE

September 17
October 1
November 5

Eradicate invasive weeds around recently restored habitat on a scenic bluff.

ALTA VICENTE RESERVE

September 3
October 8, 29
November 19

Help care for a restoration site with amazing coastal views.

RAPID RESPONSE

Friday/Saturdays, 9 am - 12 pm
Various locations

Protect habitat by helping to install signage, fences and more. 15 years or older.

NATURE WALKS

George F Canyon Preserve

September 10, 9 am

Wander along a willow filled canyon stream with restored coastal sage scrub habitat. Look down on the Peninsula's rare Catalina Schist from one of the few places you can see the rock exposed. Meet on rear deck. Easy to moderate. RHE



Filiorum Reserve

October 8, 9 am

Walk Jack's Hat Trail on the 191-acre Reserve linking the Three Sisters and Portuguese Bend Reserve. This wildlife corridor boasts beautiful ocean views and native habitat. Moderate to strenuous. RPV



FAMILY ACTIVITIES

Virtual Family Nature Club

pvplc.org/calendar

Special presentations with fun activities you can do at home designed to connect your kids with the wonders of nature.

FOR EVENT INFO AND SIGN UP, PLEASE CALL (310) 541-7613 OR VISIT: WWW.PVPLC.ORG/CALENDAR

Music Classes and Dance Classes

register at: apm.activecommunities.com/rpv

Piano Prep

Piano prep class has been developed for our little friends who are not quite ready to go into piano. We focus on small finger dexterity and theory in this fun and active class so that they can go into our group piano class after taking this class.

Fee: Standard charge: \$175.00 Hesse Park

8 Week Session

11370 Thursdays, Sep 22 - Dec 1 1:00pm to 1:45pm

No class 11/3, 11/10, and 11/24

Ages: 3-4

Beginning Piano

Group piano classes are offered with a foundation for music theory and the basic concept of reading music to build that foundation. Classes are taught in a group setting with up to 8 students. Each student is provided with their own keyboard to use for class provided by Kids Music 'N Motion. We will use musical concepts that go along with the piano instruction manuals that are age appropriate for the group being taught. This program is designed to be a progressive program and there are 4 levels to each series of books.

Fee: Standard charge: \$185.00 Hesse Park

8 Week Session

11353 Thursdays, Sep 22 - Dec 1 1:45pm to 2:30pm

No class 11/3, 11/10, and 11/24

Ages: 4-6

Returning Piano

Returning Piano is designed for students who have completed Beginning Piano.

Fee: Standard charge: \$185.00 Hesse Park

8 Week Session

11354 Thursdays, Sep 22 - Dec 1 2:30pm to 3:15pm

No class 11/3, 11/10, and 11/24

Ages: 7-10

Piano for Teens and Adults

Group piano classes are offered with a foundation for music theory and the basic concept of reading music to build that foundation. Classes are taught in a group setting with up to 8 students. Each student is provided with their own keyboard to use for class provided by the instructor. We will use musical concepts that go along with the piano instruction manuals that are age appropriate for the group being taught. This program is designed to be a progressive program and there are 4 levels to each series of books.

Fee: Standard charge: \$165.00 Hesse Park

8 Week Session

11424 Thursdays, Sep 22 - Dec 1 6:30pm to 7:15pm

No class 11/3, 11/10, and 11/24

Ages: 13 and up



Beginning Ukulele

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Classes are taught in a group setting in which each child must provide their own ukulele. We explore musical concepts that go along with the ukulele instruction manuals which are age appropriate.

Fee: Standard charge: \$185.00 Hesse Park

8 Week Session

11355 Thursdays, Sep 22 - Dec 1 3:15pm to 4:00pm

No class 11/3, 11/10, and 11/24

Ages: 6-12

Early Childhood Music Class

Each week you and your child will learn new songs including holiday, traditional, old and multicultural. Percussion instruments will be used each week. Rhythm will be taught with drums, castanets, tone blocks, maracas, and bells. All will be washed and sanitized. Movement, dancing and literature are also taught in fun and imaginative ways so that you can interact musically with your child throughout the day.

Fee: Standard charge: \$140.00 Hesse Park (Patio)

8 Week Session (Thursdays)

No class 11/3, 11/10, and 11/24

11363 Thu, Sep 22 - Dec 1 10am to 11am

Ages: At least 1y 2m but less than 2 1/2 (Walking)

11362 Thu, Sep 22 - Dec 1 11am to 12pm

Ages: At least 2 1/2 but less than 5 (Preschool)

11361 Thu, Sep 22 - Dec 1 12pm to 1:00pm

Ages: Less than 1y 2m (Infant)



Dance Classes (For Kids)

Disney Dance for preschoolers with electriKIDS

Dance to songs from Disney favorites like *Aladdin*, *Beauty and the Beast*, *Frozen*, *The Lion King*, *Encanto* and more! Explore creative movement and imaginative play. Of course, singing along to the Disney classics will be encouraged! Parents are required to remain in close proximity to the class for the duration.

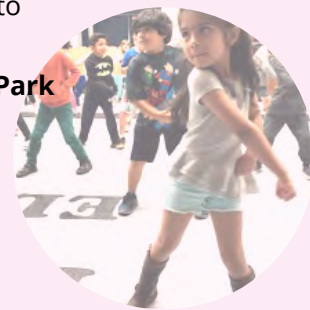
Fee: Standard charge: \$80.00 Ryan Park

6 Week Session

11365 Tuesdays, Sep 13 - Oct 18

10am to 10:45am

Ages: 3-4



Hip Hop Dance with electriKIDS

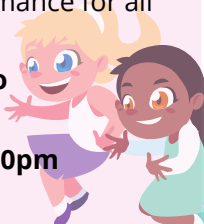
Come move n' groove with coach Kristen! In addition to learning basic dance choreography, students will learn fun hip hop dances like "The Cha Cha Slide" and the latest TikTok dance craze. We'll end the session with a performance for all of your fans!

Fee: Standard charge: \$75.00 Ryan Park Patio

6 Week Session

11360 Thursday, Sep 15 - Oct 20 3:30pm to 4:30pm

Ages: 5-9



Karate for Kids

Karate for fun, health, and self-defense. Kids are taught the philosophy that karate is for "gentle people" increasing endurance while learning to defend themselves. Their self-confidence will naturally increase. Kids will learn to perform basic blocks, kicks, punches, rolls, and falls. They will be able to test for the rank of orange belt.

Fee: Standard charge: \$195.00 Ryan Park

9 Week Session

11405 Saturdays, Sep 10 - Nov 5 11:00am to 12:00pm

Ages: 4-13

Karate for Preschoolers

Preschoolers will learn karate through games such as karate kickball and other fun activities.

Fee: Standard charge: \$195.00 Ryan Park

9 Week Session

11407 Saturdays, Sep 10 - Nov 5 10:00am to 10:50am

Ages: 2-5

Karate for Individuals and Families

Entire Families can train together as well as individuals to learn the philosophy of karate for "gentle people" and be able to increase health, well-being, endurance, and self-defense. As a result, self-confidence will naturally increase. Students will learn to perform basic blocks, kicks, punches, rolls, falls and can test for orange belt.

Fee: Standard charge: \$195.00 Ryan Park

9 Week Session

11403 Thursdays, Sep 15 - Nov 10 3:30pm to 4:30pm

Ages: 4 and up

Karate for Bigger Kids and Adults

Increase health, endurance, and self-defense ability all in a fun and informative atmosphere. Students will learn how to defend themselves against a stronger opponent. They will be able to test for the rank of Orange belt. Learn from instructor Adam Palmer a black belt student of Chuck Norris.

Fee: Standard charge: \$195.00 Ryan Park

9 Week Session

11404 Saturdays, Sep 10 - Nov 5 12:30pm to 1:30pm

Ages: 13 and up

Introduction to Lacrosse with Trident Lacrosse

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.

Fee: Standard charge: \$125.00 Ryan Park

8 Week Session

11367 Tuesdays, Sep 20 - Nov 8 4:00pm to 5:00pm

Ages: 5-13

Lacrosse, Fitness Classes for Adults, Karate for All Ages and Cheer Class for Kids!

register at: apm.activecommunities.com/rpv

Chair Yoga

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.

Fee: Standard charge: \$108.00 Hesse Park

9 Week Session

11357 Tuesdays, Sep 13 - Nov 8 9:00am to 10:00am

Ages: 18 and up

9 Week Session

11356 Tuesdays, Sep 13 - Nov 8 10:30am to 11:30am

Ages: 18 and up

Shimmy & Shake Dance Fitness

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.

Fee: Standard charge: \$132.00 Hesse Park

10 Week Session

11374 Wednesdays, Sep 14 - Nov 16 10:30am to 11:30am

Ages: 18 and up

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. **No class November 2nd and November 9th.**

Fee: Standard charge: \$132.00 Hesse Park

10 Week Session

11380 Wednesdays, Sep 14 - Nov 16 9:30am to 10:30am

Ages: 18 and up

Cheer Dance and Motion with Chizuru

Students will learn basic cheerleading moves, develop body flexibility, and work towards learning a short cheerleading routine. This class is taught in Japanese, but all children are welcome. Class fee includes pom poms for all students.

Ryan Park

11359 Tuesdays, Sep 13 - Dec 13 3:30pm to 4:30pm

Ages: 6-9 \$230.00

11359 Mondays, Sep 19 - Oct 31 3:30pm to 4:20pm

Ages: 3-5 \$88.00

11358 Mondays, Nov 7 - Dec 19 3:30pm to 4:20pm

Ages: 3-5 \$88.00

Sportsball Classes

register at: apm.activecommunities.com/rpv

Soccer with Sportball

Classes are packed with high-energy fun, using imaginative coaching techniques and a continuous flow of drills and games to keep things rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie skills

Fee: Standard charge: \$130.00 Ryan Park

6 Week Session

11390 Saturdays, Sep 10 - Oct 15 9:00am to 9:45am

Ages: 2

11391 Saturdays, Sep 10 - Oct 15 9:50am to 10:35am

Ages: 3

11393 Saturdays, Sep 10 - Oct 15 10:40am to 11:25am

Ages: 4

11389 Saturdays, Oct 22 - Dec 3 9:00am to 9:45am

Ages: 2

11392 Saturdays, Oct 22 - Dec 3 9:50am to 10:35am

Ages: 3

11394 Saturdays, Oct 22 - Dec 3 10:40am to 11:25am

Ages: 4

8 Sport Multi-Sport (Parent & Child) with Sportball

Classes for children 16 mos - 2 yrs and 2 yrs to 3 years of age are structured around a play-based curriculum. We use imaginative storylines and age-appropriate language to engage children in class. Sport, gross motor, and social skills development are integrated into our parent/child programs with sports based activities and games that feel like every day play. Children are introduced to different sports in each class, including soccer, basketball, football, volleyball, golf, hockey, baseball, and tennis.

Fee: Standard charge: \$130.00 Ryan Park

6 Week Session

11345 Sundays, Sep 11 - Oct 16 9:00am to 9:45am

Ages: At least 1y 4m but less than 2

11346 Sundays, Sep 11 - Oct 16 9:50am to 10:35am

Ages: 2

11408 Sundays, Oct 23 - Dec 4 9:00am to 9:45am

Ages: At least 1y 4m but less than 2

11347 Sundays, Oct 23 - Dec 4 9:50am to 10:35am

Ages: 2



8 Sport Multi-Sport with Sportball

Sportball Mutli-Sport is a dynamic sports program that focuses on skill development in a different sport each class (soccer, basketball, football, tennis, hockey, golf, volleyball & baseball). Classes apply developmentally appropriate methodology to introduce, practice and refine motor skills, progress sports skills, reinforce the benefits of teamwork and prepare your athlete for a future of confident sports participation.

Fee: Standard charge: \$130.00 Ryan Park

6 Week Session

11348 Sundays, Sep 11 - Oct 16 10:40am to 11:25am

Ages: 3

11350 Sundays, Sep 11 - Oct 16 11:30am to 12:15pm

Ages: 4-5

11349 Sundays, Oct 23 - Dec 4 10:40am to 11:25am

Ages: 3

11351 Sundays, Oct 23 - Dec 4 11:30am to 12:15pm

Ages: 4-5

11352 Wednesdays, Sep 14 - Oct 19 4:00pm to 4:45pm

Ages: 3

11410 Wednesdays, Sep 14 - Oct 19 4:45pm to 5:30pm

Ages: 4-6

11387 Wednesdays, Oct 26 - Dec 7 4:00pm to 4:45pm

Ages: 3

11409 Wednesdays, Oct 26 - Dec 7 4:45pm to 5:30pm

Ages: 4-6

T-Ball with Sportball

At Sportball, we focus on learning baseball skills such as throwing, catching, batting, running bases and fielding before playing an actual game. Children will have the opportunity to have the ball pitched to them. This allows kids to feel success early on and progress naturally at their own pace. Children as young as 2 years old can start launching their baseball dreams at Sportball and maybe even some home runs too!

Fee: Standard charge: \$130.00 Ryan Park

6 Week Session

11378 Saturdays, Sep 10 - Oct 15 11:30am to 12:15pm

Ages: 2

11379 Saturdays, Sep 10 - Oct 15 12:20pm to 1:05pm

Ages: 3

11396 Saturdays, Oct 22 - Dec 3 11:30am to 12:15pm

Ages: 2

11397 Saturdays, Oct 22 - Dec 3 12:20pm to 1:05pm

Ages: 3



Pre-K, Spanish, and Cooking Classes! [register at: apm.activecommunities.com/rpv](http://apm.activecommunities.com/rpv)

Japanese Immersion Pre-K with Niko Niko Music

Japanese immersion Pre-K program taught through arts and crafts, story time, songs, letter and number recognition, and outside play time. Meets three days a week on Monday, Wednesday and Friday.

Fee: Standard charge: \$530.00 per 5 week sessions

Ryan Park (Activity Room)

5 Week Sessions

Mondays, Wednesdays, Fridays,

10:00am to 2:00pm

Ages: 2-5



Spanish for Kids

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!

Fee: Standard charge: \$220.00 Ryan Park

11 Week Sessions

11375 Wednesdays, Sep 21 - Dec 7 3:30pm to 4:30pm

Ages: 4-5

11376 Wednesdays, Sep 21 - Dec 7 4:30pm to 5:30pm

Grades: 1st - 3rd

11377 Wednesdays, Sep 21 - Dec 7 5:30pm to 6:30pm

Grades: 4th - 5th

Kids Cooking with CrEATive Plate

Come and have fun while cooking with natural ingredients. The children 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.

Fee: Standard charge: \$150.00

Hesse Park (Activity Room)

6 Week Sessions

11386 Thursday, Sep 22-Oct 27 4:15pm to 5:15pm

Ages: 5-12



Dog Training

Positive Reinforcement Dog Training

Learn how to use positive reinforcement and tiny treats to teach your dog to Sit, Down, Stay, Drop It, Leave It, Come, and Loose-Leash Walk. Dogs must be current on vaccinations, 4+ months old, and dog- and people-friendly. No reactive or aggressive dogs. No choke chains, prong collars, or harsh corrections are used in this class.

Fee: Standard charge: \$175.00 Rancho Caninos Dog Park

6 Week Sessions

11371 Saturdays, Sep 17 - Oct 29 10:00am to 11:00am

11372 Sundays, Nov 6 - Dec 18 10:00am to 11:00am

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

Abalone Cove 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

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.



REACH

email REACH@rpvca.gov
or visit rpvca.gov/reach for more info

REACH is a recreation program that helps young adults transition towards social independence outside through exciting recreational activities.

MONDAY GAME NIGHTS VIA ZOOM! 5PM-6PM

WEDNESDAY SOCIAL HOUR WITH CRAFTS, DINING OUT, BOWLING ETC

WEEKEND DAY TRIPS

In Fall 2022, REACH will embark on many adventures!

Upcoming events include:

apple picking, Dave & Busters, bowling, paint parties, Octoberfest, the zoo, craft nights, bocce ball, picnics, a Halloween party and much more!



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.