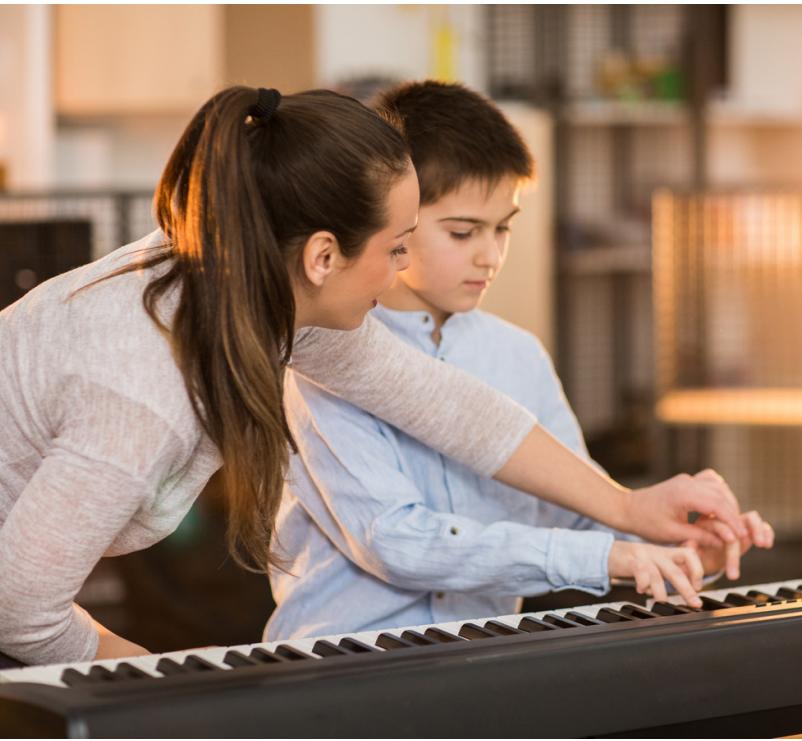




CITY OF RANCHO PALOS VERDES

Winter 2023

RECREATION CLASSES



Register for classes at:
rpvca.gov/parks

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.

RECREATION ACTIVITIES

REGISTER HERE:

www.rpvca.gov/parks

Advancing Beginner's Bridge: Slams

You finally get great cards. Can you find and make a slam? If you know the basic bridge conventions (maybe from a long while ago), you have what it takes. No need to sign up with a partner. Our format is Party Bridge with rotating players. Join us.

Instructor: Andy Smith

Location: Hesse Park Fireside Room

Fee: \$140.00

10 Week Session

Ages: 18 and up

[11505](#) W 6:30pm to 8:20pm January 18, 2023 - March 22, 2023

Beginning Bridge

Grab a seat at a table. We'll add a deck of cards, three new friends and a light topping of instruction. Bridge is a game of simple rules of play, simple rules of bidding, and the challenge of never playing or bidding the same hand twice in a lifetime.

Instructor: Andy Smith

Location: Hesse Park Fireside Room

Fee: \$140.00

10 Week Session

Ages: 18 and up

[11506](#) M 6:30pm to 8:20pm January 16, 2023 - March 20, 2023

Beginning Dog Training

Learn how to use science-based methods of positive reinforcement to teach your dog to Sit, Down, Stay, Drop It, Leave It, Come, and Loose Leash Walk. Dogs must be current on vaccinations, at least 4+ months old, and dog- and people-friendly. No reactive or aggressive dogs. No choke chains, prong collars, or harsh corrections. First class of seven week session will be training concepts WITHOUT dogs; remaining six classes will be with dogs.

Instructor: Karen Winter

Location: Civic Center - Grass Field

Fee: Standard charge: \$200.00

7 Week Session

Ages: Any

[11464](#) Sa 10am to 11am January 14, 2023 - February 25, 2023



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.

Instructor: Kathleen Borgida

Location: Hesse Park Fireside Room

Fee: \$96.00

9 Week Session

Ages: 18 and up

[11442](#) Tu 9am to 10am January 17, 2023 - March 21, 2023

[11441](#) Tu 10:30am to 11:30am January 17, 2023 - March 21, 2023

Yoga for You

You are invited to experience yoga as a way to connect physically, mentally, and spiritually. We will practice with movement, postures, breathing techniques, mudras, and mantras. All are tools to improve balance, strength, flexibility, posture, and a sense of well-being.

Instructor: Kathleen Borgida

Location: Hesse Park - McTaggart Hall

Fee: \$120.00

10 Week Session

Ages: 18 and up

[11502](#) Th 10am to 11:15am January 12, 2023 - March 23, 2023

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.

Instructor: Maria Arabe

Location: Hesse Park Fireside Room

Fee: \$80.00

6 Week Session

Ages: 18 and up

[11482](#) W 9:30am to 10:30am January 4, 2023 - February 8, 2023

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.

Instructor: Maria Arabe

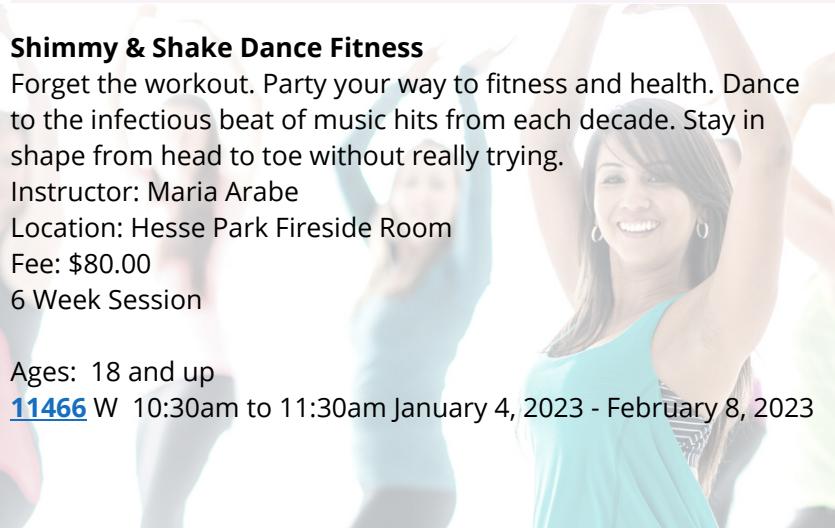
Location: Hesse Park Fireside Room

Fee: \$80.00

6 Week Session

Ages: 18 and up

[11466](#) W 10:30am to 11:30am January 4, 2023 - February 8, 2023



Early Childhood Music Class

Each week you and your child will learn new songs including holiday, traditional, 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.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: Standard charge: \$140.00

8 Week Session

Th, January 26, 2023 - Th, March 16, 2023

Ages: Infant - 13 months

[11447](#) Th Noon to 12:45pm January 26, 2023 -
March 16, 2023

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

[11449](#) Th 10am to 10:45am January 26, 2023 -
March 16, 2023

Ages: Preschool - At least 2 1/2 - 4

[11448](#) Th 11am to 11:45am January 26, 2023 -
March 16, 2023

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.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$185.00

8 Week Session

Ages: 4 - 6

[11439](#) Th 3:30pm to 4:15pm January 26, 2023 -
March 16, 2023

Returning Piano

Returning Piano is designed for students who have completed Beginning Piano. Prerequisite: Completion of Beginning Piano with Kids Music 'N Motion or equivalent level class.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$185.00

8 Week Session

Ages: 4 - 12

[11465](#) Th 4:15pm to 5pm January 26, 2023 -
March 16, 2023

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.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$185.00

8 Week Session

Ages: 13 and up

[11461](#) Th 6:30pm to 7:15pm January 26, 2023 -
March 16, 2023

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.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$175.00

8 Week Session

Ages: 3 - 4

[11462](#) Th 2:15pm to 3pm January 26, 2023 -
March 16, 2023

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.

Instructor: Kids Music 'N Motion

Location: Hesse Park-Fireside Room

Fee: \$185.00

8 Week Session

Ages: 6 - 12

[11440](#) Th 5pm to 5:45pm January 26, 2023 - March 16, 2023

REGISTER HERE:

www.rpvca.gov/parks



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!

Instructor: Kristen DeLeo

Location: Ryan Park Activity Room Patio

Fee: \$80.00

6 Week Session

Ages: 5 - 9

[11450](#) Th 3:30pm to 4:30pm January 19, 2023 - February 23, 2023

Cheer Dance and Motion with Chizuru

Under the blue sky on the beautiful grass of the park children will become Cheerleaders! Students will learn basic cheerleading moves, develop body flexibility, and work towards learning a short cheerleading routine. Students will not only get outside for an activity but will also learn about the differences between their friends and discover their own unique qualities. This class is taught in Japanese, but all children are welcome. Class fee includes pompoms for all students.

Instructor: Chizuru Kabe

Location: Ryan Park-Picnic Area

Ages: 3 - 5

Fee: \$90.00

6 Week Session

[11444](#) M 3:30pm to 4:20pm January 23, 2023 - March 6, 2023

[11443](#) M 3:30pm to 4:20pm March 13, 2023 - April 24, 2023

Ages: 6 - 9

Fee: Standard charge: \$180.00

10 Week Session

[11445](#) Tu 3:30pm to 4:30pm January 17, 2023 - March 21, 2023

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.

Instructor: Niko Niko Music

Location: Ryan Park Activity Room

Fee: \$530.00

Ages: 2 - 5

[11455](#) M W F 10am to 2pm January 4, 2023 - January 30, 2023

[11454](#) M W F 10am to 2pm February 1, 2023 - February 27, 2023

[11453](#) M W F 10am to 2pm March 1, 2023 - March 31, 2023

REGISTER HERE:

www.rpvca.gov/parks

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!

Instructor: Alicia Humenuk

Location: Ryan Park Activity Room

Fee: \$220.00 10 Week Session Ages: 4 - 6

[11474](#) W 3:30pm to 4:30pm January 11, 2023 - March 15, 2023

Karate with Sensei Adam

Increase health, endurance, and self-defense ability all in fun and an informative atmosphere. Students will learn how to defend themselves against a stronger opponent and learn to perform basic blocks, kicks, punches, rolls, and falls. By the end of the class, students will be able to test for the rank of Orange belt. Learn from instructor Adam Palmer, a black belt and student of Chuck Norris.

Instructor: Adam Palmer

Location: Ryan Park - Picnic Area

Fee: \$195.00

9 Week Session

Karate for Kids

Ages: 4 - 13

[11458](#) Sa 11am to Noon January 14, 2023 - March 11, 2023

Karate for Bigger Kids and Adults

Ages: 13 and up

[11456](#) Sa 12:30pm to 1:30pm January 14, 2023 - March 11, 2023

Karate for Preschoolers

Ages: 2 1/2 - 5

[11459](#) Sa 10am to 10:50am January 14, 2023 - March 11, 2023

Karate for Individuals and Families

Families and individuals can train together.

Ages: 4 and up

[11457](#) Th 3:30pm to 4:30pm January 19, 2023 - March 16, 2023

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.

Instructor: Trident Lacrosse

Location: Ryan Park Grass Field

Fee: \$125.00

7 Week Session

Ages: 5 - 13

[11451](#) Tu 4pm to 5pm January 24, 2023 - March 7, 2023

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.

Instructor: Sportball South Bay

Location: Ryan Park - Grass Field

Fee: \$130.00

6 Week Session

Ages: At least 1 year 4 months but less than 2 1/2

11427 Su 9am to 9:45am January 15 - February 19

11430 Su 9am to 9:45am March 5 - April 16

Ages: At least 2 but less than 3 1/2

11428 Su 10am to 10:45am January 15 - February 19

11429 Su 10am to 10:45am March 5 - April 16

8 Sport Multi-Sport with Sportball

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in a different sport each class (soccer, basketball, football, volleyball, tennis, hockey, golf, and 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. Parent participation required for children under age 3.

Instructor: Sportball South Bay

Location: Ryan Park - Grass Field

Fee: \$130.00

6 Week Session

Ages: 3 - 5 1/2

11431 Su 11am to 11:45am January 15 - February 19

11432 Su 11am to 11:45am March 5 - April 16

11435 W 4pm to 4:45pm January 18 - February 22

11436 W 4pm to 4:45pm March 8 - April 12

Ages: 5 - 6

11433 Su Noon to 12:45pm January 15 - February 19

11434 Su Noon to 12:45pm March 5 - April 16

11438 W 4:45pm to 5:30pm January 18 - February 22

11437 W 4:45pm to 5:30pm March 8 - April 12

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Soccer with Sportball

Sportball soccer programs begin when children are 2 years old and continue until they are ready to enter leagues. 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.

Instructor: Sportball South Bay

Location: Ryan Park - Grass Field

Fee: \$130.00

6 Week Session

Ages: 2 - 3 1/2

11468 Sa 9am to 9:45am January 14, 2023 - February 18, 2023

11469 Sa 9am to 9:45am March 4, 2023 - April 15, 2023

Ages: 3 - 4 1/2

11470 Sa 10am to 10:45am January 14, 2023 - February 18, 2023

11471 Sa 10am to 10:45am March 4, 2023 - April 15, 2023

Ages: 4 - 5

11472 Sa 11am to 11:45am January 14, 2023 - Sat, February 18, 2023

11473 Sa 11am to 11:45am March 4, 2023 - April 15, 2023

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 that master the "T" are given the opportunity to have the ball pitched to them. This allows kids to feel success early on and progress naturally at their own pace. Incredibly, children as young as 2 years old can start launching their Baseball dreams at Sportball and maybe even some home runs too!

Instructor: Sportball South Bay

Location: Ryan Park - Grass Field

Fee: \$130.00

6 Week Session

Ages: 2 - 3 1/2

11481 Sa Noon to 12:45pm January 14, 2023 - February 18, 2023

11479 Sa Noon to 12:45pm March 4, 2023 - April 15, 2023

Ages: 3 - 4

11478 Sa 1:00pm to 1:45pm January 14, 2023 - February 18, 2023

11480 Sa 1:00pm to 1:45pm March 4, 2023 - April 15, 2023