



Activity Guide

# SUMMER

City of Rancho Palos Verdes  
Recreation and Parks Department

First Place RPV 50th Anniversary  
Art Contest Winner  
Age Category: Adult  
Artist: Robert Cammidge

View all our art submissions from our 50th Anniversary Art Contest: [www.rpv50.com](http://www.rpv50.com)  
K-8th Grade First Place Winner's art will be displayed on the Fall Recreation Guide 2023



First Place RPV 50th Anniversary  
Art Contest Winner  
Age Category: High School  
Artist: Susan Cho





# 4<sup>TH</sup> OF JULY

## *Celebration*

**TUESDAY, JULY 4**

**NEW TIME: 3PM-9PM**

**KEN DYDA CIVIC CENTER  
30940 HAWTHORNE BLVD.  
[RPVCA.GOV/PARKS](http://RPVCA.GOV/PARKS)**

**THE EVENT WILL END WITH A PATRIOTIC  
DRONE LIGHT SHOW FINALE!**

- LIVE MUSIC
- FOOD VENDORS
- BEER AND WINE
- INFLATABLE AMUSEMENTS AND RIDES
- FAMILY FUN AND GAMES

**FOR MORE INFORMATION:  
[PARKS@RPVCA.GOV](mailto:PARKS@RPVCA.GOV)**

**NEW!**

# DRONE LIGHT SHOW



If you are a person with a disability and 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.



# TWELFTH NIGHT

*or What You Will*

ADMISSION IS FREE

(Donations gratefully accepted)



Shakespeare by the Sea  
SBTS

# REACH

REACH is a therapeutic recreation program that helps adults with developmental disabilities transition to social independence through recreation and leisure activities.

Summer Events Include Trips to:

- Catalina Island
- Orange County Fair
- Bocce Ball
- Fishing
- Trampoline Park
- Balboa Island
- Apple picking in Oak Glenn

email [REACH@rpvca.gov](mailto:REACH@rpvca.gov)

or visit [rpvca.gov/reach](http://rpvca.gov/reach) for more info



RANCHO PALOS VERDES-HESSE PARK  
SUN. JULY 9- 7PM

[WWW.SHAKESPEAREBYTHESEA.ORG](http://WWW.SHAKESPEAREBYTHESEA.ORG) 310-217-7596



Los Angeles  
County  
Arts & Culture

ALL MOVIES WILL  
BEGIN AT DUSK

Approx. 15 min  
after sunset

30940 Hawthorne Blvd.  
Rancho Palos Verdes

## MOVIES IN THE PARK

Pre-movie  
activities begin at  
7pm!

Join us for a fun  
evening. Bring a  
blanket or low-  
slung beach chair.  
Food truck and  
goodies for the  
family! Enjoy pre-  
movie activities from  
electriKIDS!



July 15 @  
Ken Dyda  
Civic Center



July 29 @  
Ken Dyda  
Civic Center



August 26 @  
Ken Dyda  
Civic Center

## COMMUNITY CONCERT

August 12, 2023 from 4-6pm  
Ken Dyda Civic Center  
30940 Hawthorne Blvd.

70's Disco and Funk Dance hits

# Boogie Star



FOOD TRUCK

BEER & WINE

CRAFTS

INFLATABLES FOR KIDS\*



FIRST RESPONDERS  
AND PUBLIC  
OFFICIALS  
MEET & GREET







# LOS SERENOS de POINT VICENTE 2023 PUBLIC NATURE WALKS

## Sunday, July 23, 1:00 pm ~ George F Canyon Nature Preserve

Wander along a willow-filled canyon stream with native coastal sage scrub habitat. Look down on one of the only areas on the mainland where one can view Catalina schist, the bedrock that underlies most of the Los Angeles area. Visit the Nature Center to learn more about the local habitat and history. Level: Easy.

(Park in the lot for the hiking trail off Palos Verdes Drive East)

## Sunday, August 20, 1:00 pm ~ Ocean Trails Reserve

Walk the public trail system and enjoy the vistas and summer blooming habitat. Learn about the fascinating history of the golf course property. Easy. (Park and meet in lot at the end of La Rotonda Drive)

## Saturday, September 16, 9 am - noon ~ Abalone Cove Shoreline Park (Coastal Cleanup Day)

International Coastal Cleanup Day. Bring the family to help clean the beach and to learn about ocean conservation. Note: Parking fee is waived for event participants

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

### NATURE WALK

RSVP at [pvplc.org/calendar](http://pvplc.org/calendar)

#### Vicente Bluffs Reserve

Jul 8, 9 am

Follow the bluff top from Point Vicente to Oceanfront Estates during the El Segundo blue butterfly flight season in an area containing restored coastal sage scrub habitat. Easy. RPV

#### George F Canyon Nature Preserve

Aug 12, 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 exposed rock. Easy to moderate. RHE

#### Forrestal Reserve

Sep 9, 9 am

Appreciate some of the best wildflower viewing and dramatic geological formations on the cliffs of this former basalt quarry. See the faults, folds and igneous intrusions visible in the sedimentary bedding. Moderate to strenuous. RPV

### TRAININGS

#### Volunteer Trail Watch Training

Saturday, Jul 15 and 22, 9 am to 12 noon

Fred Hesse Park - Want to help protect the Preserve habitat and wildlife? Become a Trail Watch Volunteer and make a difference on the trails! 18 years +. Sign up at: [pvplc.volunteerhub.com](http://pvplc.volunteerhub.com)

#### Trail Crew Introductory Class

Saturday, Aug 12, 9 am to 12 noon

Location TBD - Join our indoor intro class to trail building and maintenance followed by hands-on field training. 18 years+. Sign up at: [pvplc.volunteerhub.com](http://pvplc.volunteerhub.com)

### VOLUNTEER

[Pvplc.volunteerhub.com](http://Pvplc.volunteerhub.com)

### OUTDOOR VOLUNTEER

Select Saturdays, 9 am - 12 pm. Space limited. Wear sunscreen and closed toed shoes. Bring water and a snack. Earn community service hours!

### ABALONE COVE RESERVE

Sep 16

Coastal Cleanup Day

### RAPID RESPONSE

Friday/Saturdays

9am - 12pm

Various locations

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

### OUTREACH GREETER

Greet the public at nature walks and community events. Training provided. Flexible schedule. 18 years and up. Contact: [Irotunno@pvplc.org](mailto:Irotunno@pvplc.org) to learn more.



PALOS VERDES PENINSULA LAND CONSERVANCY



**We Need Your Help!** We have a once-in-a-lifetime chance to protect and restore undeveloped coastal California land on the Peninsula. The *Go Wild for the Peninsula Campaign* benefits our communities, supports threatened and endangered species, reduces fire risk, and contributes to California's 30x30 goal of conserving 30% of our lands and coastal waters by 2030. For ways to help, visit: [GoWildPV.Org](http://GoWildPV.Org)



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

# RECREATION ACTIVITIES

**REGISTER HERE:**

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

## Music Classes for all Ages

### 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 eight 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 four levels to each series of books.

**Instructor: Annette Gunderson**

**Location: Hesse Park-Fireside Room**

**Fee: \$140**

**Ages: 13 and up**

**11648 Th June 22 - July 27 5:45pm to 6:30pm**

### 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: Annette Gunderson**

**Location: Hesse Park-Fireside Room**

**Fee: \$135**

**Ages: 3 - 4**

**11649 Th 2:15pm to 3pm June 22 - July 27**

### Beginning Piano

This program is designed to be a progressive program and there are four levels to each series of books.

**Instructor: Annette Gunderson**

**Location: Hesse Park-Fireside Room**

**Fee: \$140**

**Ages: 4 - 7**

**11629 Th 3:30pm to 4:15pm June 22 - July 27**

**Ages 8 - 13**

**11630 Th 5pm to 5:45pm June 22 - July 27**

### 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: Annette Gunderson**

**Location: Hesse Park-Fireside Room**

**Fee: \$140**

**Ages: 4 - 12**

**11651 Th 4:15pm to 5pm June 22 - July 27**

### 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 instruments 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: Annette Gunderson**

**Location: Hesse Park-Fireside Room**

**Fee: \$105**

**Ages: Infant (Less than 1y 2 m)**

**11637 W Noon to 12:45pm June 21 - July 26**

**11636 Th Noon to 12:45pm June 22 - July 27**

**Ages: Walking (At least 1y 2m but less than 2 ½)**

**11642 W 10am to 10:45am June 21 - July 26**

**11641 Th 9am to 9:45am June 22 - July 27**

**11640 Th 10am to 10:45am June 22 - July 27**

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

**11639 W 11am to 11:45am June 21 - July 26**

**11638 Th 11am to 11:45am June 22 - July 27**





## Japanese Immersion Summer Camp

In this class, your child will learn Japanese language and culture. The class activities include: art and crafts, story time, songs, letter and number recognition, and outside play time. This is a drop-off class. We provide a snack. Please provide a healthy lunch for your child. \*Only Japanese is used in this class.

**Location:** Ryan Park Activity Room

**Fee:** \$350

**Ages:** 2 - 7

**11669** M W F 10am to 2pm June 2 - June 14

**11666** M W F 10am to 2pm July 3 - July 14

**11667** M W F 10am to 2pm July 17 - July 28

**11668** M W F 10am to 2pm July 31 - August 11

## 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!

**Location:** Ryan Park-Activity Room

**Fee:** \$220

**Ages:** 4 - 6

**11652** W 3:30pm to 4:45pm June 21 - August 9

## Dance Classes, Fitness and Sports Classes for Kids

### 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:** \$90

**Ages:** 5 - 9

**11635** Th 3:30pm to 4:30pm July 6 - August 10



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## Karate for All Ages

### Karate with Sensei Adam

Kids, adults, and families will learn karate in a fun and supportive atmosphere. They will learn basic kicks, blocks and punches, basic falls and more, from 2nd Dan Sensei Adam, former student of Chuck Norris. All students will have the opportunity to test for a higher belt.

**Instructor:** Adam Palmer

**Location:** Ryan Park - Picnic Area

**Fee:** \$195

**Karate for Kids**

**Ages:** 4 - 13

**11646** S 11am to Noon June 17 - August 12

**Karate for Bigger Kids and Adults**

**Ages:** 13 and up

**11644** S 12:30pm to 1:30pm June 17 - August 12

**Karate for Preschoolers**

**Ages:** 2 1/2 - 5

**11647** S 10am to 10:50am June 17 - August 12

**Karate for Individuals and Families**

Families and individuals can train together.

**Ages:** 4 and up

**11645** Th 3:30pm to 4:30pm June 15 - August 10

### 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.

**Location:** Ryan Park Grass Field

**Fee:** \$125

**Ages:** 5 - 13

**11643** Tue 4pm to 5pm June 13 - August 1



## 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.

**Location: Ryan Park - Grass Field**

**Fee: \$135**

**Ages: 2 - 3**

**11660 Sa 9am to 9:45am August 5 - September 16**

**Ages: 3 - 6**

**11661 Sa 10am to 10:45am August 5 - September 16**

## T-Ball with Sportball

Incredibly, children as young as 2 years old can start launching their baseball dreams at Sportball and maybe even some home runs too!

**Location: Ryan Park - Grass Field**

**Fee: \$135**

**6 Week Session**

**Ages: 2 - 3**

**11664 Sa 11am to 11:45pm August 5 - September 16**

**Ages: 3 - 5**

**11663 Sa Noon to 12:45pm August 5 - September 16**

## Soccer & T-Ball with Sportball

**Location: Ryan Park - Grass Field**

**Fee: \$135**

**6 Week Session**

**Ages: 2 - 3**

**11657 Su 11am to 11:45pm August 6 - September 17**

**Ages: 3 - 5**

**11658 Su Noon to 12:45pm August 6 - September 17**

## 8 Sport Multi-Sport with Sportball

Children are introduced to different sports in each class, including soccer, basketball, football, volleyball, golf, hockey, baseball, and tennis. Parent participation required for children under age 3.

**Location: Ryan Park - Grass Field**

**Fee: \$135**

**Ages: 16m - 3**

**11656 Su 9am to 9:45am August 6 - September 17**

**Ages: 3 - 6**

**11655 Su 10am to 10:45am August 6 - September 17**

## Summer Camp with Sportball: Epic Sports Week

Sportball campers will learn and play eight different sports throughout the week with our fun skill-based games, drills and game play (soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Your Sportballer will be talking about the epic time they had for the rest of the summer, with a different activity daily from water games, dodgeball tournaments, Lego building, Nerf challenges, battleship, kickball, recess games and so much more! Please send a nut-free snack and lots of water daily with your child.

**Location: Ryan Park - Grass Field**

**Fee: \$175**

**Ages: 3-5**

**11696 M - F 9am to Noon June 19 - June 23**

**11675 M - F 1pm to 4pm July 24 - July 28**

**11678 M - F 9am to Noon August 21 - August 25**

**Ages: 6 - 12**

**11671 M - F 1pm to 4pm June 19 - June 23**

**11674 M - F 9am to Noon July 24 - July 28**

**11676 M - F 9am to Noon August 7 - August 11**

**11679 M - F 1pm to 4pm August 21 - August 25**

## Summer Camp with Sportball: Outdoor Video Game Week

**Location: Ryan Park - Grass Field**

**Fee: \$175**

**Ages: 6 - 12**

**11673 M - F 1pm to 4pm June 26 - June 30**

## Summer Camp with Sportball: Super Hero Sports Week

**Location: Ryan Park - Grass Field**

**Fee: \$175**

**Ages: 3 - 5**

**11672 M - F 9am to Noon June 26 - June 30**

**11677 M - F 1pm to 4pm August 7 - August 11**

**REGISTER HERE:**

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



# Adult Classes

## REGISTER HERE:

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

### 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

**Ages:** 18 and up

**11628 M 6:30pm to 8:20pm June 12 - August 14**

### Advancing Beginner's Bridge

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

**Ages:** 18 and up

**11627 Th 6:30pm to 8:20pm June 15 - August 17**

### 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.

**Location:** Hesse Park

**Fee:** \$96

**Ages:** 18 and up

**11692 W 10:30am to 11:30am June 21 - August 9**

### Strengthen, Stretch & Stroll in the Park

Warm up with a walk in the park. In the Fireside Room, lift weights to strengthen and stretch. Students are to provide their own handheld weights and exercise mat.

**Location:** Hesse Park

**Fee:** \$104

**Ages:** 18 and up

**11697 M 9am to 10:15am June 19 - August 14**

### 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

**Ages:** 18 and up

**11700 Tu 9am to 10:15am June 20 - August 15**

**11704 Tu 10:30am to 11:45am June 20 - August 15**

### 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:** \$117

**Ages:** 18 and up

**11653 Th 9am to 10:15am June 22 - August 17**

### Beginning Yoga

Yoga addresses the whole person. Learn poses, breathing techniques and meditation to improve flexibility, strength, balance and an overall sense of well-being.

**Location:** Hesse Park - McTaggart Hall

**Fee:** \$117

**Ages:** 18 and up

**11694 Th 10:30am to Noon June 22 - August 17**

### Yoga Inside & Out

Yoga with a focus of practicing from the inside and bringing out the practice into your everyday life building from poses, breath, mantra & meditation to growing inner peace, gratitude and joy. Students provide their own mat and blanket.

**Location:** Hesse Park Fireside Room

**Fee:** \$104

**Ages:** 18 and up

**11701 M 10:30am to 11:45am June 19 - August 14**

### 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.

**Location:** Hesse Park Fireside Room

**Fee:** \$96

**Ages:** 18 and up

**11693 W 9:30am to 10:30am June 21 - August 9**