



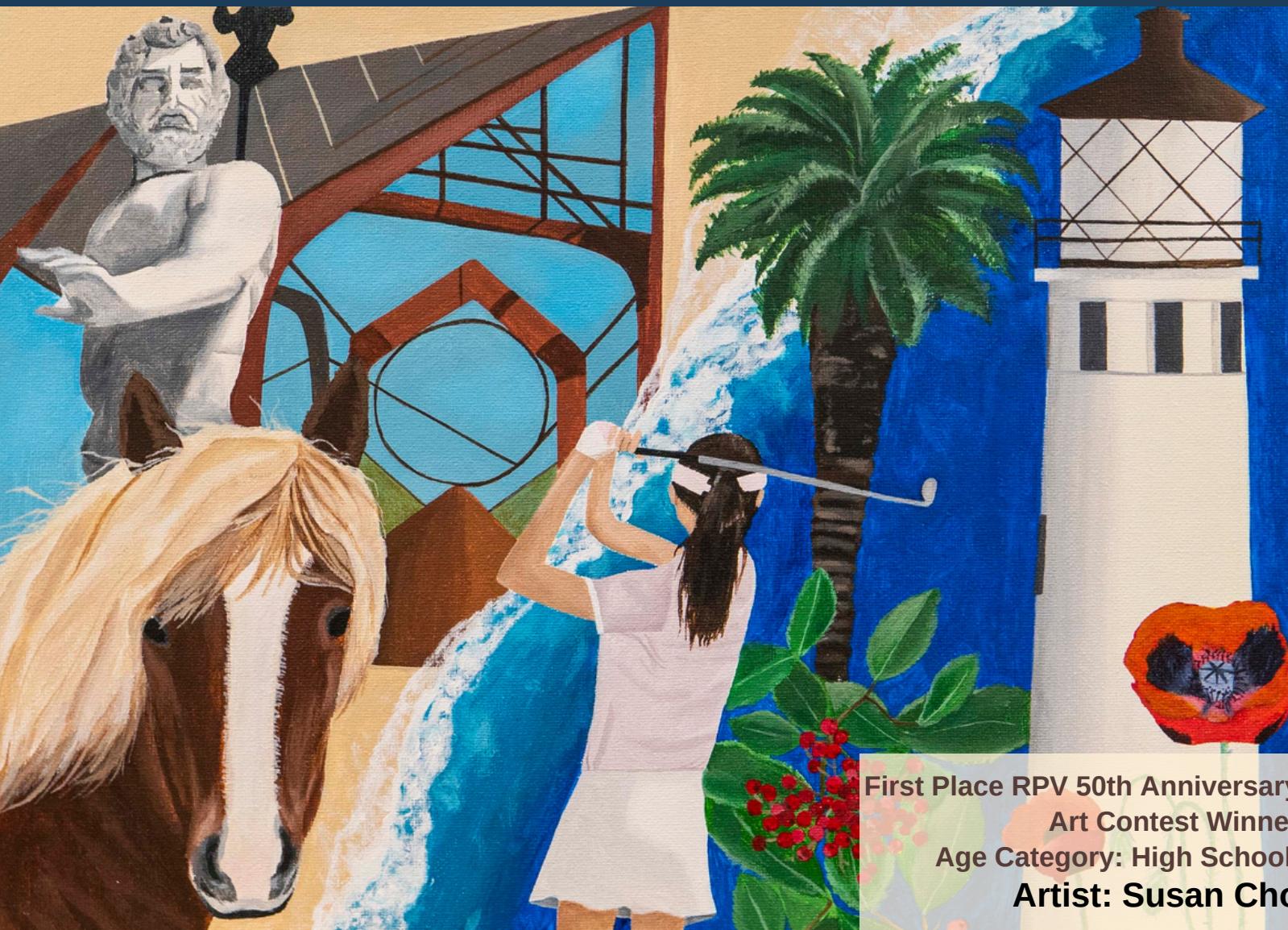
Activity Guide

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
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



4TH OF JULY Celebration

TUESDAY, JULY 4

NEW TIME: 3PM-9PM

KEN DYDA CIVIC CENTER
30940 HAWTHORNE BLVD.
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

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, 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)



RANCHO PALOS VERDES-HESSE PARK

SUN. JULY 9- 7PM

WWW.SHAKESPEAREBYTHESEA.ORG 310-217-7596

ALL MOVIES WILL
BEGIN AT DUSK
Approx. 15 min
after sunset

30940 Hawthorne Blvd.
Rancho Palos Verdes

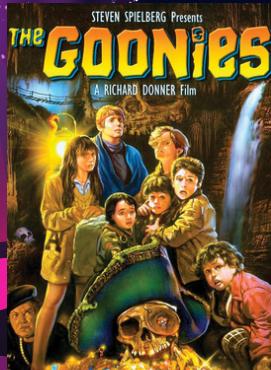
Pre-movie
activities begin at
7pm!

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

MOVIES IN THE PARK



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



FIRST RESPONDERS
AND PUBLIC
OFFICIALS
MEET & GREET



FOOD TRUCK
BEER & WINE
CRAFTS
INFLATABLES FOR KIDS®



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

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

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

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

PALOS VERDES PENINSULA
LAND CONSERVANCY



VOLUNTEER

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-12 pm

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 to learn more.



RECREATION ACTIVITIES

REGISTER HERE:

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 1/2)

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

Adult Classes

REGISTER HERE:

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