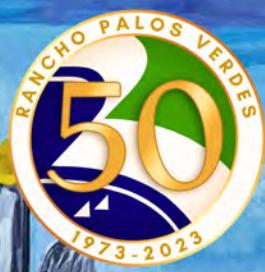


City of Rancho Palos Verdes
Recreation and Parks Department

2023

FALL ACTIVITY GUIDE

rpvca.gov/parks



Activity Guide
Cover Art: Congratulations
to our K-8 First Place
Winner
Damon He
View all our art
submissions from our 50th
Anniversary Art Contest:
www.rpv50.com



TRUNK or TREAT

SAT, OCT. 21ST
11AM-2PM

Ken Dyda Civic Center
30940 Hawthorne Blvd

- Trunk or Treating
- Inflatables
- Crafts
- Face painting
- Food trucks

COSTUMES ENCOURAGED!

Interested in hosting
a decorated trunk?
Email events@rpvca.gov
for more information



FALL REACH EVENTS



- BATTING CAGES
- DAY TRIP TO OAK GLEN FOR PUMPKIN AND APPLE PICKING
- WREATH MAKING
- HALLOWEEN PARTY
- FRIENDS GIVING
- LA ABORTORIUM
- VIRTUAL PROGRAMMING
- BOWLING



Breakfast with Santa

Saturday, December 9th

- 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
Registration opens Monday, October 9th

Register:
www.rpvca.gov/parks
This Event will fill up!



NATIVE PLANT GARDEN VOLUNTEER EVENTS

Third Sundays of the month:

October 15th

November 19th

December 17th

10am-12pm

Point Vicente Interpretive Center

Native Plant Garden



To sign up email: megan@scnps.org



LOS SERENOS de POINT VICENTE 2023 PUBLIC NATURE WALKS

Sunday, October 22, 1:00 pm ~ Ocean Trails Reserve

This moderate hike will take us through Founders Park, down the switch backs on the Sunset Trail, along the beach, and then back up the Sunrise Trail back to Founders Park. Parking will be at the visitors' lot at the end of Trump National Drive next to the golf course club house.

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>.

Sunday, November 26, 1:00 pm ~ Abalone Cove Park

Sunday, December 10, 12:00 pm - Abalone Cove Park

Explore the Abalone Cove Ecological Reserve with its beaches, tide pools and bluff top views. The 109-acre Reserve contains an official State Ecological Preserve with important natural marine resources, and the lower section of the Portuguese Bend landslide complex. Tour the tide pools teeming with fascinating marine life.



Palos Verdes Peninsula Land Conservancy

NATURE WALKS

Malaga Dunes Reserve

October 14, 9 am

Explore this unique area on the Peninsula with creekside habitat, diminutive tree frogs, and land formed on wind-blown sand dunes. Easy to Moderate.



Portuguese Bend Reserve

December 9, 9 am

Enjoy one of the best overviews of the 1,500-acre PV Nature Preserve. Take in magnificent ocean views and walk through habitat restored after a 2009 wildfire. Moderate to strenuous.

TRAINING

Wildlife Monitoring

October 21 & 28, 8:30 am - 11:30 am

Help monitor wildlife in the Palos Verdes Peninsula November through March (A five-month commitment). No experience required and all training provided. 16+



PALOS VERDES PASTORAL

Garden-to-Table Dining Experience

October 15, Terranea Resort

Signature event featuring an exclusive sustainable dinner and a minimal carbon footprint. Terranea Executive Chef Andrew Vaughn creates a unique

menu sourced from local artisanal ingredients and paired with some of the finest regional wines available. Space limited. Visit: pvplc.org/calendar.

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!

NATIONAL PUBLIC LANDS DAY

WHITE POINT NATURE PRESERVE

Sep 23 9 am to 12 pm - Celebrate our public lands by helping to care for the Native Plant Demonstration Garden!

ABALONE COVE RESERVE

Sep 16, Oct 21

AGUA AMARGA RESERVE

Sep 9, Oct 7, 28

ALTA VICENTE RESERVE

Sep 2, 30

RAPID RESPONSE

Fridays 9 am to 12 noon Protect important wildlife habitat with trail maintenance, fence building, installing signage and more! No experience needed. 15 years and up

PALOS VERDES PENINSULA LAND CONSERVANCY



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: \$150

Ages: 13 and up

11750 Th 5:45pm to 6:30pm Sep 21 - Oct 26

11796 Th 5:45pm to 6:30pm Nov 2 - Dec 14

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.

Instructor: Annette Gunderson

Location: Hesse Park-Fireside Room

Fee: \$140

Ages: 3 - 4

11751 Th 2:15pm to 3pm Sep 21 - Oct 26

11794 Th 2:15pm to 3pm Nov 2 - Dec 14

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: \$150

Ages: 4 - 12

11752 Th 4:15pm to 5:00pm Sep 21 - Oct 26

11795 Th 4:15pm to 5:00pm Nov 2 - Dec 14

Ages: 13 and up (TEENS AND ADULTS)

11783 Th 1:30pm to 2:15pm Sep 21 - Oct 26

11793 Th 1:30pm to 2:15pm Nov 2 - Dec 14

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: \$150

Ages: 4 - 7

11732 Th 3:30pm to 4:15pm Sep 21 - Oct 26

11733 Th 5:00pm to 5:45pm Sep 21 - Oct 26

11784 Th 3:30pm to 4:15pm Nov 2 - Dec 14

11785 Th 5:00pm to 5:45pm Nov 2 - Dec 14

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: \$115

Ages: Infant (Less than 1y 2 m)

11743 W 10:00am to 10:45am Sep 20 - Oct 25

11737 Th Noon to 12:45pm Sep 21 - Oct 26

11788 W Noon to 12:45pm Nov 1 - Dec 13

11792 Th Noon to 12:45pm Nov 2 - Dec 14

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

11743 W 10:00am to 10:45am Sep 20 - Oct 25

11742 Th 9:00am to 9:45am Sep 21 - Oct 26

11741 Th 10:00am to 10:45am Sep 21 - Oct 26

11786 W 10:00am to 10:45am Nov 1 - Dec 13

11789 Th 9:00am to 9:45am Nov 2 - Dec 14

11790 Th 10:00am to 10:45am Nov 2 - Dec 14

Ages: Preschool (Ages 2 1/2 - 4)

11740 W 11:00am to 11:45am Sep 20 - Oct 25

11797 W 1:30pm to 2:15pm Sep 20 - Oct 25

11739 Th 11:00am to 11:45am Sep 21 - Oct 26

11787 W 11:00am to 11:45am Nov 1 - Dec 13

11798 W 1:30pm to 2:15pm Nov 1 - Dec 13

11791 Th 11:00 am to 11:45am Nov 2 - Dec 14



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.

Location: Ryan Park Activity Room

Fee: \$550

Ages: 2 - 5

11774 M W F 10am to 2pm Oct 2 - Oct 30th

11775 M W F 10am to 2pm Nov 1 - Nov 29

11776 M W F 10am to 2pm Dec 1 - Dec 29

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: \$275 **Instructor:** Alicia Humenuk

Ages: 4 - 6

11730 W 3:30pm to 4:45pm Sep 20 - Dec 6

Dance, 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

11744 Th 3:30pm to 4:30pm Sep 28 - Nov 2

Holiday Dance with electriKIDS

Location: Ryan Park Activity Room Patio

Fee: \$90

Ages: 5 - 9

11800 Th 3:30pm to 4:30pm Nov 9 - Dec 14

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 Preschoolers

Ages: 2 1/2 - 5

11749 S 10am to 10:50am Sep 23 - Nov 11

Karate for Kids

Ages: 4 - 13

11748 S 11am to Noon Sep 23 - Nov 11

Karate for Bigger Kids and Adults

Ages: 13 and up

11746 S 12:30pm to 1:30pm Sep 23 - Nov 11

Karate for Individuals and Families

Families and individuals can train together.

Ages: 4 and up

11747 Th 3:30pm to 4:30pm Sep 21 - Nov 9

Cheer Dance and Motion with Chizuru

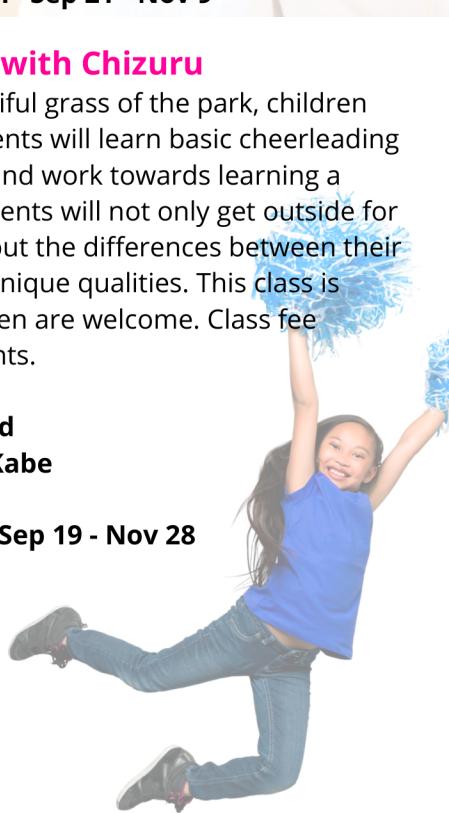
Under the blue sky on the beautiful grass of the park, children will become Cheerleaders! Students will learn basic cheerleading moves, develop body flexibility and work towards learning a short cheerleading routine. Students will not only get outside for an activity but will also learn about the differences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

Location: Ryan Park Grass Field

Fee: \$180 **Instructor:** Chizuru Kabe

Ages: 4 - 10

11765 Tu 3:30pm to 4:30pm Sep 19 - Nov 28



8 Sport Multi-Sport 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.

Location: Ryan Park - Grass Field

Fee: \$180

Ages: 16m - 2

11728 Su 9am to 9:45am Oct 15 - Dec 10

Ages: 3 -4

11727 Su 10am to 10:45am Oct 15 - Dec 10

Soccer & T-Ball with Sportball

Location: Ryan Park - Grass Field

Fee: \$180

Ages: 2

11755 Su 9am to 9:45am Oct 15 - Dec 10

Ages: 3 -4

11756 Su 10am to 10:45am Oct 15 - Dec 10

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 continuous flow of drills and games to keep the soccer fun rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie techniques.

Location: Ryan Park - Grass Field

Fee: \$180

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

REGISTER HERE:

www.rpvc.gov/parks

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

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 Sep 5 - Oct 10



Bridge Classes for Adults

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. This class is for those who are new to the game or want to restart with the basics.

Location: Activity Room at Hesse Park

Fee: \$140

Ages: 18 and up

11731 M 6:20pm to 8:30pm Oct 2 - Nov 20

Advancing Beginner's Bridge - Useful Artificial Bids

How do you get the utmost information from your partner during the bidding? Just bidding your own longest suit only takes you so far. Learn or polish the key special conventions that all bridge players should know and use to peak their game.

Location: Activity Room at Hesse Park

Fee: \$140

Ages: 18 and up

11729 Th 6:30pm to 8:20pm Sep 7- Nov 9

Adult Fitness

REGISTER HERE:

www.rpvca.gov/parks

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 Instructor: Maria Arabe

Ages: 18 and up

11754 W 10:30am to 11:30am Sep 20 - Nov 8

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

Ages: 18 and up

11759 M 9:00am to 10:15am Sep 11 - Oct 23 Fee: \$91

11780 M 9:00am to 10:15am Oct 30 - Dec 11 Fee: \$78

Essentrics® Stretch Class

Essentrics® is a dynamic, full body low impact workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 muscles. The class will increase flexibility and mobility for a healthy, toned, and pain free body.

Location: Mc Taggart Hall at Hesse Park

Fee: \$80 Instructor: Mary Castro

Ages: 18 and up

11803 F 10:00am to 10:30am Sep 15 - Nov 10

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 Instructor: Maria Arabe

Ages: 18 and up

11764 W 9:30am to 10:30am Sep 20 - Nov 8

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

Ages: 18 and up

Fee: \$84

11735 Tu 9:00am to 10:00am Sep 12 - Oct 24

11736 Tu 10:30am to 11:30am Sep 12 - Oct 24

Fee: \$72

11778 Tu 9:00am to 10:00am Oct 31 - Dec 12

11779 Tu 10:30am to 11:30am Oct 31 - Dec 12

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

Ages: 18 and up

11762 Th 9am to 10:15am Sep 14 - Oct 26 Fee: \$91

11781 Th 9am to 10:15am Nov 2 - Dec 14 Fee: \$78

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.

Instructor: Kathleen Borgida

Location: Hesse Park - McTaggart Hall

Ages: 18 and up

11734 Th 10:30am to Noon Sep 7 - Oct 26 Fee: \$91

11777 Th 10:30am to Noon Nov 2 - Dec 14 Fee: \$78

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.

Instructor: Kathleen Borgida

Location: Hesse Park Fireside Room

Ages: 18 and up

11763 M 10:30am to 11:45am Sep 11 - Oct 23 Fee: \$91

11782 M 10:30am to 11:45am Oct 30 - Dec 11 Fee: \$78

REGISTER HERE:

www.rpvca.gov/parks