

# Winter

The City of Rancho Palos Verdes  
Recreation and Parks Department



## Recreation Activity Guide 2023-2024

## EGG HUNT Eggstravaganza!

Saturday, March 30  
10 AM  
Ken Dyda Civic Center

## Skating in the Park

December 26-31, 2023  
12:30pm-7:00pm  
Ken Dyda Civic Center  
30940 Hawthorne Blvd  
[rpvca.gov/skate](http://rpvca.gov/skate)  
for more info!

## Whale of a Day

SAVE THE DATE!  
APRIL 13  
10AM-4PM





# WINTER REACH EVENTS

REACH IS ALL ABOUT:

- Promoting self confidence, communication skills, and social interaction
- Increasing physical abilities and improving coordination
- Enhancing social and independent living skills

MEET NEW FRIENDS AND  
DISCOVER NEW ADVENTURES



REACH is a therapeutic recreation program that helps young adults with developmental disabilities transition toward social independence outside of school, the "work" day program, and family structure through exciting recreational activities.

HOW TO REACH US:  
[REACH@RPVCA.GOV](mailto:REACH@RPVCA.GOV)



- COLOR ME MINE
- SKY ZONE JUMP PARK
- JOHN'S INCREDIBLE PIZZA
- BOWLING
- VALENTINE'S DAY PARTY
- WARNER BROTHERS STUDIO TOUR
- SPECIAL GAMES LMU
- GENTLE KARATE
- NATURAL HISTORY MUSEUM
- LOVE'S LABOUR'S LOST PLAY



## Sweet Puppy Love Valentine's Party



**Saturday, February 10  
10am at Eastview Dog Park  
1700 Westmont Dr, RPV**

Our dogs shower us with unconditional love 365 days a year. This Valentine's, we invite you and your pooch to join us at Eastview Park for a Valentine's event to remember. What better way to enjoy the park and get some exercise than to walk your dog and show off your heart-themed sweaters.

This year we will have a doggie photo booth and you can create adorable photos that you will have for a lifetime. There will also be a participation raffle, local vendors' tables and an Open Space Management booth with spin the wheel with giveaways.

After a day at the park, you might invite your pooch for a night of cuddles, complete with enjoying the goodies you received at Eastview.

New



## Egg Hunt Eggstravaganza

**Saturday, March 30  
10am-11:30am**

**Ken Dyda Civic Center  
30940 Hawthorne Blvd**

An appearance by the Big Bunny! LOADS of prizes! (You won't leave empty-handed!) Lots of photo opportunities. Don't forget to bring a basket and a camera!

Fee: \$15 per child  
(Ages 1-8 yrs)  
Register soon, this  
event fills up!



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





# 39<sup>th</sup> Whale OF A DAY



Point Vicente Interpretive Center

Saturday, April 13; 2024

10AM-4PM

For more info: [www.whaleofaday.com](http://www.whaleofaday.com)

## Activities

- Whale Watching from the Bluffs
- Educational Exhibits
- Point Vicente Lighthouse Grounds Tours
- Marine Themed Arts & Crafts Vendors
- Live Entertainment
- Puppet Shows
- Food Trucks, Beer & Wine
- Kids Crafts & Games
- Raffle & Silent Auction
- Face Painting
- Marine, Wildlife & Local Organizations

Free Parking & Shuttle  
Service  
at the Ken Dyda Civic  
Center  
30940 Hawthorne Blvd.  
NO PARKING AT EVENT  
SITE



## NATIVE PLANT GARDEN VOLUNTEER EVENT



Third Sundays of the Month



January 21  
February 18  
March 17  
April 21

10am-12pm  
Point Vicente  
Interpretive Center  
Native Plant Garden

To sign up email: [megan@sccnps.org](mailto:megan@sccnps.org)





## LOS SERENOS de POINT VICENTE 2024 PUBLIC NATURE WALKS

### Saturday, January 13, 10:00 am ~ PVIC/Vicente Bluffs Reserve

Join us for a tour of the Point Vicente Interpretive Center (PVIC) native plant garden and a walk along the spectacular bluff top at the Vicente Bluffs Reserve.

### Sunday, February 18, 11:00 am ~ Abalone Cove Park

Explore the Abalone Cove Ecological Reserve with its beaches, tide pools and blufftop 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.

### Saturday, March 23 9:00 am ~ Forrestal Nature Reserve

One of the natural beauties of the Peninsula is the 155-acre Forrestal Reserve. The reserve contains one of the City's best stands of undisturbed coastal sage scrub, which serves as habitat for the federally protected California gnatcatcher and as habitat for ocean milk vetch (*Astragalus* sp.), the host plant for the Palos Verdes blue butterfly.

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.losserenosrpv.org>



## Palos Verdes Peninsula Land Conservancy

### NATURE WALKS

#### Three Sisters Reserve

January 13, 2024, 9 am

Hike through a scenic 21-acre restored coastal sage scrub habitat which is home to the threatened California gnatcatcher. Moderate.

#### Sacred Cove, Abalone Cove Reserve

February 10, 2 pm

This secluded cove features wonderful rock formations edged with tide pools and a channel into a sea cave. Moderate to strenuous.

#### Alta Vicente Reserve

March 9, 9 am

Explore rare cactus wren and California gnatcatcher restored habitat. Enjoy beautiful views of Catalina Island and flowers in bloom. Moderate to strenuous. RPV



### VOLUNTEER

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

### OUTDOOR VOLUNTEER

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

### MLK, Jr. Day of Service

WHITE POINT NATURE PRESERVE

Jan 15 9 am to 12 pm -

Celebrate this day of service by helping with planting native shrubs, removing invasive weeds, watering native plants, grooming trails and more!

### RAPID RESPONSE

Fridays and Saturdays

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

### NATIVE PLANT SALES

Create your own butterfly garden with native plants of the Palos Verdes Peninsula grown in the Conservancy's nursery! Purchase online at: [pvplc.org/plant-sales](http://pvplc.org/plant-sales).



### TRAININGS

SIGN UP AT: [PVPLC.VOLUNTEERHUB.COM](http://PVPLC.VOLUNTEERHUB.COM)

#### NEW! Community Engagement Orientation

2ND TUESDAYS MONTHLY

(Jan 9, Feb 13, Mar 12 and April 9)

1 pm - 3 pm

Welcome members of the community and invite them to activities. 18 years +

#### Virtual Docent Orientation

Feb 8, 10 am - 11:30 am

Help educate students and the public on local ecology. Learn more about how you can be a volunteer at a nature center, in the classroom or on field trips. 18 years +

#### Cactus Wren Monitor Training

Mar 2, 9 am - 12 pm

Help monitor wildlife in the Palos Verdes Peninsula November through March (A five-month commitment). 16 years +

#### Trail Crew Introduction

February 10, 9 am - 12 pm

Learn trail building and maintenance from a nationally-recognized trail expert on various techniques for erosion repair, building rock walls, proper pruning and more! 18 years +



PALOS VERDES PENINSULA LAND CONSERVANCY



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 AT:

[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: \$200**

**Ages: 13 and up**

**11840 Th 5:45pm to 6:30pm Jan 18 - Mar 21**

### 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: \$200**

**Ages: 3 - 4**

**11841 Th 2:15pm to 3:00pm Jan 18 - Mar 21**

### 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: \$200**

**Ages: 4 - 12**

**11842 Th 4:15pm to 5:00pm Jan 18 - Mar 21**

**Ages: 13 and up (Teens and Adults)**

**11843 Th 1:30pm to 2:15pm Jan 18 - Mar 21**



### 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: \$200**

**Ages: 4 - 7**

**11826 Th 3:30pm to 4:15pm Jan 18 - Mar 21**

**Ages 8 - 13**

**11840 Th 5:00pm to 5:45pm Jan 18 - Mar 21**

### 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: \$155**

**Ages: Infant (Less than 1y 4 m)**

**11832 W Noon to 12:45pm Jan 17 - Mar 20**

**11831 Th Noon to 12:45pm Jan 18 - Mar 21**

**Ages: Walking (At least 1y 4m but less than 2 ½)**

**11838 W 10am to 10:45am Jan 17 - Mar 20**

**11837 Th 9am to 9:45am Jan 18 - Mar 21**

**11836 Th 10am to 10:45am Jan 18 - Mar 21**

**Ages: Preschool (Ages 2 ½ - 4))**

**11834 W 11am to 11:45am Jan 17 - Mar 20**

**11835 W 1:30pm to 2:15pm Jan 17 - Mar 20**

**11833 Th 11am to 11:45am Jan 18 - Mar 21**



**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 (424) 327-3982, or [adarequests@rpvca.gov](mailto:adarequests@rpvca.gov), at least 48 hours in advance to request an auxiliary aid or accommodation**

## 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

**11809** M W F 10am to 2pm Jan 8 - Jan 31

**11810** M W F 10am to 2pm Feb 2 - Feb 28

**11811** M W F 10am to 2pm Mar 1 - Mar 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:** \$250 **Instructor:** Alicia Humenuk

**Ages:** 4 - 6

**11821** W 3:30pm to 4:30pm Jan 17 - Mar 20

## Disney Dance with electriKIDS

Dance to songs from Disney favorites like *Aladdin*, *Beauty and the Beast*, *Frozen*, *The Lion King*, *Encanto* and more! Students will learn basic choreography, Creative movements, and Stage direction. Of course, singing along to the Disney classics will be encouraged!

**Instructor:** Kristen DeLeo

**Location:** Ryan Park Activity Room Patio

**Fee:** \$90

**Ages:** 5 - 9

**11807** Th 3:30pm to 4:30pm Jan 18 - Feb 22

## 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.

**Location:** Ryan Park Grass Field

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

**Ages:** 4 - 10

**11806** Tu 3:30pm to 4:30pm Jan 16 - Mar 19

## 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

**11816** Sa 10:00am to 10:50am Jan 13 - Mar 2

### Karate for Kids

**Ages:** 4 - 13

**11815** Sa 11am to Noon Jan 13 - Mar 2

### Karate for Bigger Kids and Adults

**Ages:** 13 and up

**11813** Sa 12:30pm to 1:30pm Jan 13 - Mar 2

### Karate for Individuals and Families

Families and individuals can train together.

**Ages:** 4 and up

**11814** Th 3:30pm to 4:30pm Jan 11 - Feb 29

## Beginning Dog Training

Learn how to use force-free, science-based methods to train your dog. By applying positive reinforcement and practicing between sessions, you will teach your dog to sit, down, stay, come, loose leash walk, leave it, and drop it. Dogs must be 4+ months old and current on vaccinations. No reactive or aggressive dogs allowed in class. First class will be WITHOUT dogs so that dog guardians can learn training concepts without distractions.

Direct questions to instructor: Karen Winter, CPDT-KA, PV Positive Dog Training, [www.pvpdogtraining.com](http://www.pvpdogtraining.com)

**Instructor:** Karen Winter

**Location:** Ryan Park - Activity Room Patio

**Fee:** Standard charge: \$250

**Ages:** Any

**11870** Sa 10am to 11am Jan 20 - Feb 24



## 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**

**11805** Su 9am to 9:45am Jan 28 - Mar 17

**Ages: 3 - 4**

**11804** Su 10am to 10:45am Jan 28 - Mar 24

## Soccer & T-Ball with Sportball

**Location: Ryan Park - Grass Field**

**Fee: \$180**

**Ages: 2**

**11817** Su 11am to 11:45am Jan 28 - Mar 17

**Ages: 3 - 4**

**11818** Su Noon to 12:45pm Jan 28 - Mar 17

## 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**

**11819** Sa 9am to 9:45am Jan 27 - Mar 16

**Ages: 3 - 4**

**11820** Sa 10am to 10:45am Jan 27 - Mar 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: \$180**

**Ages: 2**

**11823** Sa 11am to 11:45am Jan 27 - Mar 16

**Ages: 3 - 4**

**11822** Sa Noon to 12:45pm Jan 27 - Mar 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**

**11808** Tu 4pm to 5pm Jan 16 - Mar 5



## 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: \$160**

**Ages: 18 and up**

**11825** M 6:30pm to 8:20pm Jan 15 - Mar 11

### Advancing Beginners Bridge – Stronger Defense

You never see your partner's hand but that shouldn't stop you from being a good defender at the bridge table. We'll work on the ways to work with your partner and stymie the plans of the opposing declarer. This class is for those who know the rules and basic conventions of bridge bidding. No need to sign up with a partner. We play party bridge format with lots of hands and discoveries at the table.

**Location: Activity Room at Hesse Park**

**Fee: \$160**

**Ages: 18 and up**

**11824** Th 6:30pm to 8:20pm Jan 18 - Mar 14

**REGISTER AT:**

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

# Adult Fitness

## REGISTER AT:

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

### Strengthen, Stretch & Stroll in the Park

We'll warm up with a walk in the park. then lift weights to strengthen and stretch in the Fireside Room. Students are to provide their own handheld weights and exercise mat.

**Location:** Hesse Park

**Instructor:** Kathleen Borgida

**Ages:** 18 and up **Fee** \$112

**11845** M 9am to 10:15am Jan 8 - Mar 18

### Beginner Pilates

Get ready to build strength, mobility and stability in a safe and effective manner! Beginner Pilates is a full body low-impact workout that utilizes resistance bands in order to improve overall strength, core strength, flexibility, posture and mental awareness. Pilates will help you move better, feel better and live better. Ages 55+ are welcome. All you need to bring is a mat. Resistance bands will be provided.

**Location:** Hesse Park

**Instructor:** Mary Castro

**Ages:** 18 and up **Fee** \$120

New

**11866** F 9am to 9:50am Jan 5 - Feb 9

**11869** F 9am to 9:50am February 16 - April 5

### 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:** Hesse Park- McTaggart Hall

**Fee:** \$80 **Instructor:** Mary Castro

**Ages:** 18 and up

**11839** F 10am to 10:30am Jan 5 - Feb 23

### Tai Chi for Healthy Body and Mind

Short Tai Chi Form that's easy to learn for beginners. Perform exercises to better the mind and body health. Help keep away from anxiety and control issues, and develop strong joints and ligaments to improve range of motion. Teaching methods include ancient forms with corresponding music. Students will be shown applicable self-defense of prescribed moves and be checked diligently by the instructor to assure integrity of forms.

**Location:** Hesse Park- McTaggart Hall

**Fee:** \$84 **Instructor:** Maria Arabe

**Ages:** 18 and up

New

**11865** W 10:30am to 11:30am Jan 10 - Mar 13

### 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.

**Location:** Hesse Park Fireside Room

**Instructor:** Kathleen Borgida

**Ages:** 18 and up **Fee:** \$112

**11829** Tu 9am to 10am Jan 9 - Mar 19

**11830** Tu 10:30am to 11:30am Jan 9 - Mar 19

### 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.

**Location:** Hesse Park - McTaggart Hall

**Instructor:** Kathleen Borgida

**Ages:** 18 and up **Fee** \$112

**11846** Th 9am to 10:15am January 11 - Mar 21

### 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

**Instructor:** Kathleen Borgida

**Ages:** 18 and up **Fee** \$112

**11828** Th 10:30am to 11:45am Jan 11 - Mar 21

### Yoga Inside & Out

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

**Location:** Hesse Park Fireside Room

**Instructor:** Kathleen Borgida

**Ages:** 18 and up **Fee** \$112

**11847** M 10:30am to 11:45am Jan 8 - Mar 18

### 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

**11848** W 9:30am to 10:30am Jan 10 - Mar 13