

The City of Rancho Palos Verdes
Recreation and Parks Department



Winter

Recreation Activity Guide 2023-2024

Skating in the Park

December 26-31, 2023

12:30pm-7:00pm

Ken Dyda Civic Center
30940 Hawthorne Blvd

rpvca.gov/skate
for more info!



Whale of a flea

SAVE THE DATE!

APRIL 13

10AM-4PM



EGG HUNT Eggstravaganza!

Saturday, March 30

10 AM

Ken Dyda Civic Center



WINTER REACH EVENTS



- 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

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



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

39th **Whale** OF A DAY



Point Vicente Interpretive Center

Saturday, April 13, 2024

10AM-4PM

For more info: 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



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

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 +

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 +

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 +

VOLUNTEER

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

PALOS VERDES PENINSULA LAND CONSERVANCY



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

RECREATION ACTIVITIES

REGISTER AT:

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.

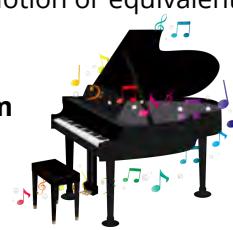
Instructor: Annette Gunderson

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 1/2)

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 1/2 - 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, 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: \$50

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 pom-poms 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

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

REGISTER AT:

www.rpvca.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: \$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

Adult Fitness

REGISTER AT:

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

New

Instructor: Mary Castro

Ages: 18 and up Fee \$120

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