

The City of Rancho Palos Verdes
Recreation and Parks Department



FALL Recreation Activity Guide 2024

To learn more visit:

www.rpvca.gov/parks

www.rpvca.gov/trails



Tree Lighting Ceremony

Join us for our Annual Holiday Tree Lighting Ceremony featuring a 27ft Fir Tree and Menorah Display.

Friday, December 6th, 2024

5:30pm-9:30pm

Ken Dyda Civic Center

- Outdoor roller rink *NEW
- Holiday music
- Inflatables for kids
- Winter crafts
- Food trucks
- Cocoa and coffee bar
- Free Event



Roller Skating at the Park

Ken Dyda Civic Center

Dec 6th-8th

\$7 per resident

\$10 per non-resident

Skates are included with rental

Advance reservations recommended

Visit rpvca.gov/skate to register.

TRUNK or TREAT

**SATURDAY, OCTOBER 19
11AM-2PM**

**Ken Dyda Civic Center
30940 Hawthorne Blvd**

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

Interested in hosting a decorated trunk?

**Email events@rpvca.gov
for more information**

COSTUMES ENCOURAGED!



ANNUAL DOG HOWL' OWEEN PARTY

**THURSDAY, OCTOBER 31 | 10AM TO NOON
EASTVIEW DOG PARK
1700 WESTMONT DR**

**Get ready for a howling good time at Eastview Park's
Annual Howl'oween Party!**

**Bring your pups in costume for a fun Dog Parade, strike
a pose at our photobooth, and enjoy special goodie
bags for every dressed-up dog.**

**It's a paw-some event you won't want to miss! Mark
your calendars and see you there!**

**For more information, please contact
parks@rpvca.gov or
310-544-5269.**



BREAKFAST WITH SANTA



Saturday, December 14th

1) 8:30am-10:30am

2) 11:30am-1:30pm

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.**

**For fees and registration info:
apm.activecommunities.com/rpv**

**Enrollment opens
Oct 14, 2024 8:00 AM**





LOS SERENOS de POINT VICENTE 2024 PUBLIC NATURE WALKS

Sunday, October 20, 3:00 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 to the Park. Along the way we'll see a plaque dedicated to the founders of Rancho Palos Verdes and a plaque dedicated on the site of the first Japanese American farmhouse built in 1906 by Kumekichi Ishibashi.

Saturday, December 14 10:00 am ~ Point 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 and the Ocean Front Estates residential development.

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 www.losserenosrpv.org



PALOS VERDES PENINSULA
LAND CONSERVANCY



PRESERVE
RESTORE
EDUCATE
ENJOY

Palos Verdes Peninsula Land Conservancy

NATURE WALKS

Sign up for nature walks at: pvplc.org/calendar

Filiorum Reserve

October 12, 9 am

Walk Jack's Hat Trail on the 191-acre reserve linking the Three Sisters and Portuguese Bend Reserves. This wildlife corridor boasts beautiful ocean views and native habitat. Moderate to strenuous. RPV

Agua Amarga Reserve

December 14, 9 am

Walk the trail, enjoy the view and appreciate the results of many volunteers' trail and habitat restoration efforts in this quiet neighborhood canyon. Moderate. RPV

VOLUNTEER

Pvplc.volunteerhub.com

OUTDOOR VOLUNTEER

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

To find out about many other amazing ways to volunteer such as education docent, outreach greeter or trail crew, please visit: pvplc.org/volunteer.



Palos Verdes Pastoral: Garden-to-Table Dining Experience October 27, Terranea Resort

Join us for the Conservancy's signature event featuring an exclusive sustainable, low-carbon footprint reception and dinner. Terranea Executive Chef Andrew Vaughn creates a unique menu sourced from local ingredients paired with some of the finest regional wines available. Space is limited. Visit: pvplc.org/calendar.



Wildlife Tracking

OCT 5 & 12, 8:30 - 11:30 pm

Help monitor animals conducting weekly surveys (weather permitting) NOV to MAR observing wildlife scat and paw prints... No experience required; All training provided. 16+.

Volunteer Trail Watch

NOV 16 & 23, 9 am - 12 pm

Help monitor local preserves in the Palos Verdes Peninsula and educate others on how to safely enjoy the trails and natural areas. Ages 18+

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

Classes that have already started may still accept enrollments. Check www.rpvca.gov/parks for details

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

Music Classes for all Ages

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 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 progressive and there are four levels to each series of books.

Piano for Teens and Adults

Instructor: Annette Gunderson

Location: Hesse Park-Fireside Room

Fee: \$200



Ages: 13 and up

12141 Th 5:45pm to 6:30pm October 3 – December 5

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

12142 Th 2:15pm to 3:00pm October 3 – December 5

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

12143 Th 4:15pm to 5:00pm October 3 – December 5

Beginning Piano

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

Instructor: Annette Gunderson

Location: Hesse Park-Fireside Room

Fee: \$200

Ages: 4 - 7

12121 Th 3:30pm to 4:15pm October 3 – December 5

Ages: 8 - 12

12122 Th 5:00pm to 5:45pm October 3 – December 5

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)

12127 W Noon to 12:45pm October 2 - December 4

12126 Th Noon to 12:45pm October 3 - December 5

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

12131 W 10am to 10:45am October 2 - December 4

12132 Th 10am to 10:45am October 3 - December 5

Ages: Preschool (Ages 2 ½ - 4)

12130 W 11am to 11:45am October 2 - December 4

12129 Th 11am to 11:45am October 3 - December 5

Ages: Mixed Age Group (Ages 5 and under)

12128 Th 9am to 9:45am October 3 - December 5

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. This is a drop-off class. Snacks provided. Please provide a healthy lunch for your child. Only Japanese is used in this class.

Location: Ryan Park Activity Room

Fee: \$560

Ages: 2 - 6

12154 M W F 10am to 2pm Oct 2 - Oct 30

12155 M W F 10am to 2pm Nov 1 - Nov 29

12156 M W F 10am to 2pm Dec 2 - Dec 20

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

12145 W 3:30pm to 4:30pm Sept 18 - Nov 20

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

12138 Sa 10:00am to 10:50am Sept 21 - Nov 9

Karate for Kids

Ages: 4 - 11

12137 Sa 11am to Noon Sept 21 - Nov 9

Karate for Bigger Kids and Adults

Ages: 12 and up

12135 Sa 12:30pm to 1:30pm Sept 21 - Nov 9

Karate for Individuals and Families

Families and individuals can train together.

Ages: 4 and up

12136 Th 3:30pm to 4:30pm Sept 19 - Oct 31



Palos Verdes
Library District

Visit pvld.org for more info.

Tuesdays Yoga 10am-11a

Story-time for kids

Tuesdays 10:15am-10:45am

Coloring and Coffee

10/03 10:30am-11:30am

PVWT: What's So Funny

About Plot,

Scene & Rewriting?

with author Amy Wallen

10/04 6:30pm-7:30pm

Creative Collage Journal

10/13 2pm-4pm

Board Game for Adults

10/21 2pm-4pm

**Movies at the Library-
Smoke Signals (1998)**

10/24 2:30pm-5pm

**Origami: The Japanese Art of
Paper Folding 10/26 1pm-3pm**

**Spice Odyssey: A Tasting
Adventure (Presentation)**

**Chef Marie Antoinette Madrid
10/26 1:45pm-2:30pm**

Community Art Show

11/11 All Day

Reception 11/15 6pm-8pm

Tai Chi 12/4 2pm-3pm

Movies at the Library

Meet Me in St. Louis (1944)

12/26 2:30pm-5pm

Hip Hop Hoedown with electriKIDS

Come move n' groove with coach Kristen! In addition to learning basic dance choreography, students will learn fun hip hop hoedown moves and line dancing. We'll end the session with a hoedown for all of your fans!

Instructor: Kristen DeLeo

Location: Ryan Park Activity Room Patio

Fee: \$90.00

Ages: 5 - 9

12133 Th 3:30pm to 4:30pm

September 26 - November 7

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. 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: \$135

Ages: 3 - 4

12139 Su 10am to 10:45am Sept 29 - Nov 3

Soccer & T-Ball with Sportball

Location: Ryan Park - Grass Field

Fee: \$135

Ages: 2

12147 Sa 9am to 9:45am Sept 28 - Nov 2

Ages: 3 - 4

12144 Su 11am to 11:45am Sept 29 - Nov 3

Multi-Sport with Sportball (Parent & Child)

Location: Ryan Park - Grass Field

Fee: \$135

Ages: 16mo - 2

12140 Su 9am to 9:45am Sept 29 - Nov 3

Intro 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

12134 Tu 4pm to 5pm Sept 17 - Nov 5



Adult Classes

REGISTER AT:

www.rpvca.gov/parks

Advancing Beginner's Bridge - No Trump, offense & defense

IF you know the rules and basic conventions of bridge, here's your chance to sharpen key no trump skills. Master no trump contracts and you'll never be searching for that elusive tenth trick. A little bit of instruction and a lot of challenging play - that's how we learn in this party bridge format class. No need to sign up with partners - we do a party bridge rotation.

Location: Hesse Park- Activity Room

Fee: \$160 Instructor: Andy Smith

Ages: 18 and up

12157 Th 6:30pm to 8:20pm Sept 12 - Nov 7

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 new to the game or who want to restart with the basics. No need to sign up with partners - we do a party bridge rotation.

Location: Hesse Park- Activity Room

Fee: \$160 Instructor: Andy Smith

Ages: 18 and up

12158 M 6:30pm to 8:20pm Sept 23 - Nov 18

Acrylic Painting for Adults

A painting class for adults of all skill levels. Beginning to advanced painters will use a combination of acrylic painting techniques and design exploration to paint using a different inspiration image as a starting point each week. Practice will improve hand to eye coordination and control of medium. Canvas, paint, and brushes included.

Location: Hesse Park- Activity Room

Fee: \$100

Ages: 18 and up

12244 W 9am to 11am Oct 2 - Oct 23

Instructor: Dana Torrey



Adult Fitness

REGISTER AT:

www.rpvca.gov/parks

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

12180 F 9am to 9:50am September 13 - October 18

12181 F 9am to 9:50am October 25 - December 6

Aging Backwards 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 of the body's 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

12120 F 10am to 10:45am September 27 - November 15

Walk, Talk, Stretch & Strengthen

Walk in the park, stretch and strengthen in the Fireside Room to improve strength, flexibility, balance and posture. Students are to provide their own handheld weights and exercise mat.

Location: Hesse Park Fireside Room

Fee: \$154 **Instructor:** Kathleen Borgida

Ages: 18 and up

12146 W 9:00am to 10:15am Sept 16- Dec 9

Tai Chi for Healthy Body and Mind

This class features a short Tai Chi form that's easy to learn for beginners. Perform exercises to better your mind and body health. Avoid 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

12149 W 10:30am to 11:30am Sept 18 - Nov 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:** \$154

12124 Tu 9am to 10am September 17 - December 10

12125 Tu 10:30am to 11:30am September 17 - December 10

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** \$154

12150 Th 9am to 10:15am September 19 - December 12

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** \$154

12123 Th 10:30am to 11:45am September 19 - December 12

Yoga for Monday Morning

Practice yoga to improve balance, strength and flexibility in your everyday life. Find inner peace, gratitude and joy through the use of poses, breath work, meditation, and relaxation.

Students provide their own mat & blanket.

Location: Hesse Park Fireside Room

Instructor: Kathleen Borgida

Ages: 18 and up **Fee** \$154

12151 M 10:30am to 11:45am September 16 - December 9

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

12152 W 9:30am to 10:30am Sept 18 - Nov 13

REACH FALL EVENTS

- COOKING CLASSES
- PUMPKIN PATCH
- KARATE
- PICKLEBALL CLINIC
- HALLOWEEN PARTY
- BOWLING
- THE NUTCRACKER
- GAME NIGHT MONDAYS
- AND MORE!

REACH is a therapeutic recreation program that helps young adults with developmental disabilities transition toward social independence through exciting recreational activities.

MEET NEW FRIENDS AND
DISCOVER NEW ADVENTURES

HOW TO REACH US:
REACH@RPVCA.GOV

FALL VIBES



Walking Group
Exercise Class
Tai Chi

Mahjong
Bridge

Ping
Pong

Let's Do Lunch!

Peninsula Seniors

make life fun!

MOVIES

TOURS
& TRAVEL

BINGO

LECTURES

CRAFT
'n chat

French & Spanish
Conversation

LUNCH

BINGO GO

PASSPORT

POP CORN

TRAVEL

JOIN TODAY!
(310) 377-3003

Volunteers needed

*DOCENT TRAININGS ARE EVERY WENESDAY FROM 12:30PM TO 3:30PM AT POINT VICENTE INTERPRETIVE CENTER.

*For 40 years, this non-profit organization (Los Serenos de Point Vicente) has been assisting the City of Rancho Palos Verdes, educating children and the community.

* Docents learn, then interpret natural and cultural history via nature walks, Interpretive Center museum tours, or outreach programs.

* Additionally, they enjoy fun docent gatherings, educational presentations and interesting field trips.

*The Point Vicente Interpretive Center is located at 31501 Palos Verdes Drive West, Rancho Palos Verdes, Ca 90275.

For more information call Ann Zellers at 310-544-5265 or go to www.LosSerenos.org or www.facebook.com/LosSerenos