



The City of Rancho Palos Verdes  
Recreation and Parks Department

# FALL

## Recreation Activity Guide 2025

To learn more visit:

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

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

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### VETERANS DAY BREAKFAST

**TUESDAY**  
**NOVEMBER 11TH**

**KEN DYDA  
CIVIC CENTER  
30940 HAWTHORNE BLVD**

**HONORING OUR COMMUNITY'S VETERANS**

**PRE-REGISTRATION REQUIRED.  
VISIT [WWW.RPVCA.GOV/PARKS](http://WWW.RPVCA.GOV/PARKS)  
FOR MORE INFO**

### Little Fish Tales by the Sea

**10:30AM - 11:30 AM**  
**POINT VICENTE INTERPRETIVE CENTER  
SUNSET ROOM**  
**31501 PALOS VERDES DRIVE, RPV**  
**SEPTEMBER 18, OCTOBER 16 AND  
NOVEMBER 20**  
**NO PROGRAM IN DECEMBER, WILL  
RESUME ON JANUARY 15, 2026**

Join us for story time fun all year long!  
Activities include stories, rhythm, rhyme, songs  
and crafts

This program is geared to children ages 2 - 5  
years, but children of all ages are welcome.  
Designed for parents and children to attend  
together.

**SATURDAY, OCTOBER 11 11AM TO 2PM**

**KEN DYDA CIVIC CENTER  
30940 HAWTHORNE BLVD**

Get ready for a frightfully fun afternoon at the City of Rancho Palos Verdes' annual Trunk or Treat celebration! Join us on Saturday, October 11 from 11:00am-2:00 pm at the Ken Dyda Civic Center for a Halloween event packed with family friendly thrills and chills.

Local businesses and community organizations will line the Civic Center lawn with creatively decorated car trunks, offering a safe and festive trunk-or-treating experience for kids of all ages. In addition to the candy-filled fun, families can enjoy Halloween themed kids entertainment, inflatable attractions, face painting, games, and giveaways throughout the afternoon.

The event will also feature a variety of food vendors serving up tasty treats and a vendor fair with unique and festive finds. Be sure to dress in your Halloween best and join us for our beloved costume parade, where spooky, silly, and sweet outfits will take center stage!

Admission is free, and free parking with shuttle service will be available from the Point Vicente Interpretive Center. Don't miss this spirited community tradition, perfect for ghouls and goblins of all ages!

# TRUNK OR TREAT



INTERESTED IN  
HOSTING A TRUNK?  
EMAIL:  
EVENTS@RPVCA.GOV



## Rancho Palos Verdes Recreation and Parks Programs and Classes Interest Survey

There are two interest surveys available:

- One for adult recreation programs
- One for youth and teen programs

Please select the form that corresponds best with you or your household's age group. You may also complete both if desired.

To access the interest survey, scan the QR code or click on the link below.

Rancho Palos Verdes Recreation and Parks Programs and Classes Adult Interest Survey




Rancho Palos Verdes Recreation & Parks Programs and Classes Youth & Teen Interest Survey



The City of Rancho Palos Verdes is constantly working to bring experiences for residents and visitors to engage in recreation. In order to help determine the best possible recreation experiences, the Recreation and Parks Department is seeking feedback from the public.

**Interest Survey closes on September 30**

## BREAKFAST WITH SANTA



Saturday, December 13  
New Location:  
Ken Dyda Civic Center  
Time: TBD

Visit [rpvca.gov/parks](http://rpvca.gov/parks) for more info.



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.

*In case of adverse weather conditions, the venue will be changed to Hesse Park.*





# LOS SERENOS de POINT VICENTE 2025 PUBLIC NATURE WALKS

## Sunday, October 18, 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 to the Park. Along the way we'll see a plaque dedicated to the founders of Rancho Palos Verdes and a plaque dedicated to the site of the first Japanese American farmhouse built in 1906 by Kumekichi Ishibashi.

## Sunday, November 15, 11:00 am ~ Pelican Cove/ Vicente Bluffs Reserve

A short but steep hike will bring you down to the cove. In the middle of the cove is a tide pool accessible at low tide and an ocean brimming with sea life. The Toveemor trail is about 1/2 mile round trip with a steep downhill walk to the beach (which leaves a strenuous climb to get back to the parking lot).

## Saturday, December 13, 9:00 am ~ Agua Amarga Reserve

View the reserve's lush green canyons and ocean views from the Lunada Canyon Trail. Hike through the three acres of restored coastal sage scrub and a willow wetland - natural habitat right in the middle of urban residential sprawl. It is home to the California gnatcatcher, thriving in pockets of restored native coastal sage scrub. (Parking is on neighborhood streets nearest the Posey Way trailhead accessed from Kings Harbor Drive.)

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](http://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](http://pvplc.org/calendar)

#### Pelican Cove

October 11, 9 am

Admire the picturesque ocean views and restored buckwheat-covered seaside bluff tops that support the recovery of the rare El Segundo blue butterfly. Moderate. RPV

#### Ocean Trails Reserve

December 13, 9 am

Walk through an impressively restored habitat on top of an ancient slide area with spectacular bluff-top ocean views that are well worth the visit. Moderate. RPV

### Upcoming Volunteer Trainings

#### Wildlife Tracking Training

October 4 & 11

Become a community science volunteer to monitor wild foxes, coyotes and other mammals in the Palos Verdes Nature Preserve. Join us for both training days at Ladera Linda Community Center. Advanced registration required at [PVPLC.ORG](http://PVPLC.ORG). 16 years +

### Special Edition Art Poster

John Van Hamersveld, best known for designing the legendary "Endless Summer" poster, created this image to support the Conservancy's Palos Verdes Blue Butterfly recovery work. Posters available now - more items coming soon! [PVPLC.ORG/SHOP](http://PVPLC.ORG/SHOP)



### VOLUNTEER

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

#### OUTDOOR VOLUNTEER DAYS

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

#### Outreach Volunteers



Engage the local community for events around the South Bay and greet participants of our free monthly guided nature

walks. No experience needed & flexible schedule. For more information, contact Volunteer Manager Lynn Rotunno at [lrotunno@pvplc.org](mailto:lrotunno@pvplc.org). Open to ages 18+.

#### Education Docents

If you enjoy working with students, join us in the classroom, for field trips and to greet visitors at nature center the Conservancy manages. For more information, contact Education Director Holly Gray, at [hgray@pvplc.org](mailto:hgray@pvplc.org). Open to ages 18+. All training and materials provided.



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

# ANNUAL DOG HOWL-O-WEEN PARTY

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

Join us at the end of October for a festive celebration of fall at Eastview Park.

Dress up your pup for our yearly Dog Parade, explore local vendor booths, and enjoy a fun-filled time with the whole family, four-legged members included!

Stay tuned for more details and don't forget to bring your best costume game!

For more information, please contact [parks@rpvca.gov](mailto:parks@rpvca.gov) or call 310-544-5269.



## ADOPTION EVENT UPDATE

What a year it's been at Eastview! Our first Sunday of the month adoption events, in partnership with Pedro Pet Pals, have truly warmed our hearts—8 cats and 16 dogs have found their forever homes!

Thank you to everyone who adopted, fostered, volunteered, or showed support. You've made a big difference (and a lot of tails wag)!

Below are upcoming adoption events. Join us on the first Sundays of the month and be prepared to fall for these these pawsome fur babies!

### 1ST SUNDAYS OF THE MONTH!

OCT 5, NOV 2, DEC 7 FROM 12PM-3PM

EASTVIEW PARK, 1700 WESTMONT DR

[INFO@PEDROPETPALS.COM](mailto:INFO@PEDROPETPALS.COM)



# Peninsula Seniors *makes life fun!*



## Peninsula Seniors

Visit us at  
602 Deep Valley Dr.  
Suite 310  
Rolling Hills Estates  
[pvseniors.org](http://pvseniors.org)

### Here's What We Offer Seniors of All Ages

#### MONDAYS

Meet & Greet  
Conversational French  
Conversational Spanish  
Rummikub  
The 90+ Club

#### TUESDAYS

Ping-Pong  
Conversational Italian  
Conversational Japanese  
Fitness Fun With Beverly  
Ukulele Strum & Sing

#### WEDNESDAYS

PV Walkers  
Bohannon Lectures  
Music Appreciation  
Widowers' Chat Group

#### THURSDAYS

Ping-Pong  
Fitness Fun With Beverly  
Craft and Chat

#### FRIDAYS

American Mahjong  
Bingo!  
Movie Time  
Trivia!  
Let's Do Lunch  
Bridge

PLUS: HOT DEALS discounts, day trips, multi-day tours, and "Connections," our monthly newsletter.



**Membership at Peninsula Seniors** is only \$100 for an individual and \$150 for a couple for a full year of fun activities.

For more information, call (310) 377-3003.



# RECREATION ACTIVITIES

REGISTER AT:

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

Use your phone to scan this code to register and view open classes.



## SING & DANCE

Early Childhood Music & Movement

Ages: 0-14 mo

**12470** W 12pm to 12:45pm  
October 1 - November 26

**12490** Th 12pm to 12:45pm  
October 2 - November 27

**12541** Sa 12pm to 12:45pm  
October 4 - November 22

Ages: 1 - 3

**12468** W 10am to 10:45am  
October 1 - November 26

**12471** Th 10am to 10:45am  
October 2 - November 27

**12542** Sa 10am to 10:45am  
October 4 - November 22

Ages: 2 - 4

**12469** W 11am to 11:45am  
October 1 - November 26

**12472** Th 11am to 11:45am  
October 2 - November 27

**12542** Sa 11am to 11:45am  
October 4 - November 22

Hesse Park

Fireside Room

Instructor:

**Joanne Bradford**

*A sensory play-based early childhood program that incorporates nursery rhymes counting songs, rhythm games, action songs, creative dancing, imagination, yoga, children's literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books and more, are all used in each class to complement our weekly theme. Our classes are structured around early childhood education with an emphasis on Language and Communication, Expressive Art, and Physical Development.*

## 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: \$560

Ages: 2 - 5

**12487** M W F 10am to 2pm Oct 1 - Oct 31

**12488** M W F 10am to 2pm Nov 3 - Nov 21

**12526** M W F 10am to 2pm Dec 1 - Dec 19

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

## 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!

Location: Ryan Park Fee: \$105.00

Instructor: DeLeo, Kristen Ages: 5-10

**12467** 3:30pm to 4:30pm September 25 - November 6

**electriKIDS**  
HIGH VOLTAGE FITNESS



## 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, falls and more, from 2nd Dan Sensei Adam a former student of Chuck Norris. All students will have the opportunity to test for higher Belt. Outdoors under the Trees at Ryan Park.

Instructor: Adam Palmer

Location: Ryan Park - Picnic Area

### Karate for Bigger Kids and Adults

Fee: \$100.00 4 Week Session Ages: 12 and up

**12458** 12:30pm to 1:30pm Sa November 15 - December 6

### Karate for Individuals and Families

Fee: \$195.00 7 Week Session Ages: 4 and up

**12459** 3:30pm to 4:30pm Thu September 25 - November 6

**12460** 3:30pm to 4:30pm Thu November 13 - December 11

### Karate for Kids

Fee: \$195.00 7 Week Session Ages: 4 - 11

**12461** 11am to Noon Sat September 27 - November 8

**12462** 11am to Noon Sat November 15 - December 6

### Karate for Preschoolers

Fee: \$195.00 7 Week Session Ages 2.5 - 4

**12463** 10am to 10:50am Sat September 27 - November 8

Fee: \$100.00 4 Week Session

**12464** 10am to 10:50am Sat November 15 - December 6

Your child will love learning the fundamentals of 8 different sports in our fun and engaging classes. They'll get to play soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis - all in one place! Sportball classes are the perfect way to keep your child active and having fun. They'll build confidence, teamwork skills, and learn how to compete in a healthy way.

**We offer classes for children ages 2 to 9 years old on the grass field at Ryan Park.**

Visit [www.apm.activecommunities.com/rpv](http://www.apm.activecommunities.com/rpv) to view available classes and to register.



**Beginning Dog Training**

Teaching you to train your dog. Your dog will learn foundation behaviors to be a good companion and polite member of the community. You'll both learn teamwork and communication skills. Class teaches sit, wait, touch, come when called and polite walking. Problem solving, household manners, preventing behavioral issues will be reviewed. Dogs should be able to safely be near other dogs & people and be current on all vaccinations.

**Location: Ken Dyda Civic Center- Grass Field**  
**Fee: \$165 Instructor: Vita Allison**  
**Ages: 18 and up**  
**12538 9am to 10am Tu September 23 - October 21**

**Adult Classes**

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

**Advancing Beginner's Bridge - Beyond One No Trump**

Basic opening bidding at the one-level, promising to take 7 tricks, OK you got it. What conventions enable communicating with your partner and finding the right final contract? A light layer of instruction and a large helping of relevant hand play will provide at least some of the answers. This course is for those confident in Standard American opening bids but wanting exercise in bidding to higher levels or just getting in the way of opponents' bids. No need to sign up with a partner. Our format is part bridge, rotating with new partners as you exercise your new skills.

**Location: Hesse Park- Activity Room**  
**Fee: \$140 Instructor: Andy Smith**  
**Ages: 18 and up**  
**12449 Th 6:30pm to 8:20pm Sept 11 - Oct 30**

**Beginning Bridge**

Grab a seat at a table. We 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 want to restart the basics. No need to sign up with a partner. Our format is part bridge, rotation with new partners as you exercise your new skills.

**Location: Hesse Park- Activity Room**  
**Fee: \$40 Instructor: Andy Smith**  
**Ages: 18 and up**  
**12524 Tu 4pm to 5:50pm Sept 9 - Oct 28**

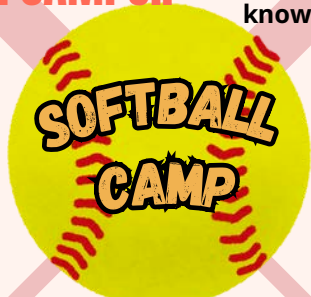
**Yoga and Meditation with Reiki**

Here is a wonderful opportunity to experience Reiki. First there is simple stretching to unwind your body and mind, followed by meditation to calm your thoughts. After that, Reiki will align your energy. This will be a wonderful time of self-care. Aligning your mind, body, and spirit will have a positive impact on your entire week. Reiki is for everyone. Come and join us with an easy mind. Just bring a mat or comfy blanket.

**Location: Hesse Park- McTaggart Hall**  
**Instructor: Chizuru Kabe**  
**Ages: 18 and up**  
**Fee: \$72**  
**12482 M 9am to 9:45am September 22 - October 27**  
**12563 M 9am to 9:45am November 3 - December 15**

**FREE TRIAL CAMPS!!**

Learn softball skills and knowledge from D11 All-American Jordan Krause



**COMPETE  
 LEARN  
 HAVE FUN**

**RYAN PARK  
 SOFTBALL FIELD**

**AGES 9 - 14**

**FREE Trial Camps in the Fall!**  
 Visit [rpvca.gov/parks](http://rpvca.gov/parks) for dates and times! This will fill up fast so register soon!



## Adult Fitness

### REGISTER AT:

#### 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

**12453 F 9am to 9:50am September 26 - November 7**

**12535 F 9am to 9:50am November 14 - December 19**  
**Fee \$100**

#### 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:** \$120 **Instructor:** Mary Castro

**Ages:** 18 and up

**12450 F 10am to 10:45am September 26 - November 21**

#### Walk, Talk, Stretch & Strengthen

Walk in the park and 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:** \$112 **Instructor:** Kathleen Borgida

**Ages:** 18 and up

**12481 M 9:00am to 10:15am October 20 - December 8**

#### 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:** \$96 **Instructor:** Maria Arabe

**Ages:** 18 and up

**12480 W 10:30am to 11:30am Sept 24 - Nov 12**

#### 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

**12455 Tu 9am to 10am October 21 - December 9**

**12456 Tu 10:30am to 11:30am October 21 - December 9**

#### 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** \$98

**12484 Th 9am to 10:15am October 23 - December 11**

#### Beginning Yoga

Yoga addresses the whole person. Learn by practicing poses, and breathing techniques. Use meditation to improve balance, posture, flexibility and strength. Gain an overall sense of well being. Please bring your own mat.

**Location:** Hesse Park - McTaggart Hall

**Instructor:** Kathleen Borgida

**Ages:** 18 and up **Fee** \$98

**12454 Th 10:30am to 11:45am October 23 - December 11**

#### 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** \$112

**12483 M 10:30am to 11:45am October 20 - December 8**

#### 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- McTaggart Hall

**Fee:** \$96 **Instructor:** Maria Arabe

**Ages:** 18 and up

**12485 W 9:30am to 10:30am Sept 24 - November 12**



## Recreation & Parks Directory

Abalone Cove Park.....	310-544-5360
Eastview Park.....	310-544-5269
Hesse Park.....	310-544-5350
Ladera Linda Community Park....	310-544-5370
Point Vicente Interpretive Center..	310-544-5375
Ryan Park.....	310-544-5362

[www.rpvca.gov/parks](http://www.rpvca.gov/parks)  
 Questions?  
[parks@rpvca.gov](mailto:parks@rpvca.gov)

## Palos Verdes Nature Preserve

Contact Open Space Management staff by emailing us at [trails@rpvca.gov](mailto:trails@rpvca.gov) or 310-544-5353.

Report violations to the Preserve Info and Report Line at 310-491-5775.

# RPV'S RUN FOR MYLES 5K / 10K

**SATURDAY, NOVEMBER 15, 2025**  
**POINT VICENTE LIGHTHOUSE**  
**RANCHO PALOS VERDES**

T-SHIRT & MEDAL FOR FINISHERS  
 MUSIC & VENDORS

## Coastal Cleanup

**SATURDAY, SEPTEMBER 20**  
**9AM TO 12PM**  
**MEET AT FOUNDERS PARK**  
**1 TRUMP NATIONAL DRIVE**

Los Serenos "adopted" Abalone Cove in 1988 as part of the Ocean Conservancy's Adopt-a-Beach program but the recent land movements have CLOSED the beach.

The location for this year's event will begin at Founders Park and cleaning up Rancho Palos Verdes Beach and Ocean Trails Reserve.

*No registration is necessary. Please note that supplies may be limited. Recommended items to bring:*

- Trash bag or bucket
- Garbage picker
- disposable gloves
- Sunscreen and hat



**Native Plant Garden Volunteer Event**

October 19, November 16, & December 14  
 10am to 12pm  
 Point Vicente Interpretive Center  
 Native Plant Garden  
 31501 PV Drive West

To signup, email Megan and Cannon at: [iwanttohelp@tidalinfluence.com](mailto:iwanttohelp@tidalinfluence.com)

Come join us on a beautiful Sunday morning and help us keep our garden clean, healthy and beautiful. You will be rewarded with sweeping ocean views, the fresh sea breeze and gain some awesome gardening skills. Volunteers can also earn community service hours for school. Families and groups encouraged! Gloves and tools provided.

