



SPRING

Recreation Activity Guide 2024

To learn more visit:

www.rpvca.gov/parks

www.rpvca.gov/trails



Welcome Volunteers!

Help out your community by volunteering!
Sign up at volunteer@rpvca.gov to help staff
with some fun special events:

Egg Hunt	March 30
Whale of A Day	April 13
Kids to Parks Day	May 18
July Fourth	July 4

Ladera Linda Community Park Is Now Open!

Enjoy a brand new community center,
walking paths, playground, paddle
tennis courts, basketball and more! Visit
rpvca.gov/laderalinda for more info



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

Whale of a Day celebrates the migration of the Pacific Gray whale from the frigid waters of the Arctic seas to the warm lagoons of Baja California.

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



Kids TO PARKS DAY

Join us at beautiful Hesse Park for Kids to Parks Day, celebrating a national day of outdoor play at your local parks.

Saturday, May 18th
10am-12pm
Hesse Park
29301 Hawthorne Blvd

- Our Contract Instructors will be providing free crafts and activities for kids! Learn more about the summer camps and classes taking place at our local parks!
- The Recreation and Parks Department will be handing out nature crafts and fun giveaways!
- There will be a live animal exhibit and a show!
- Fun giveaways, games and more!



Sneak Peak to Summer:

CONCERTS

IN THE PARK!

JULY 27

AUGUST 24

4pm-6pm

Ken Dyda Civic Center

There will be food trucks,
beer and wine booth,
giveaways, crafts, inflatables
for kids, and live music.

Bring beach chairs, and a blanket and enjoy an afternoon
of live music at this family event! **Free!**



SPRING REACH EVENTS

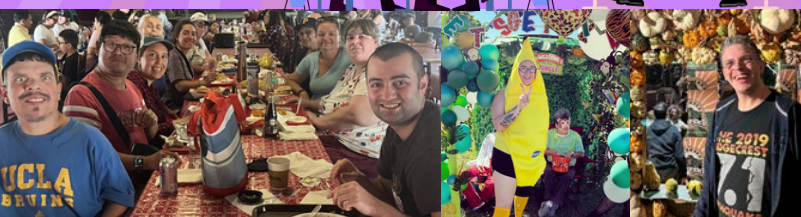
REACH IS ALL ABOUT:

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

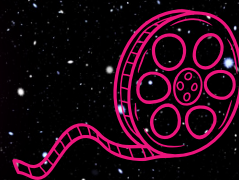
MEET NEW FRIENDS AND DISCOVER NEW ADVENTURES

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

HOW TO REACH US: REACH@RPVCA.GOV



MOVIES IN THE PARK!



MIGRATION June 15

Save the Dates!

Ken Dyda Civic Center
30940

Hawthorne Blvd

Pre-movie activities

begin at 7:00 pm

(movies begin once it
gets dark)

THE LITTLE RASCALS July 13

KUNG FU PANDA 4 August 10



Palos Verdes
Library District

(310) 377-9584

pvld.org

UPCOMING EVENTS

Adults

Wed, April 10, 17, & 24 6:15pm-7:45 pm

Peninsula Center Community Room

Finding Our Way Through Poetry: Writing
Through Change & Transition with Jennie
Linthorst

In this 3-part poetry series, Jennie Linthorst will guide participants in responding to inspired readings of poetry on themes of change and transition with their own journal writing. No writing experience is necessary. You are welcome to attend one or all of the series. Please feel free to bring your own journals, paper, and pens.

Kids and Teens

Sat, April 27 12:00pm-4:00pm

Miraleste Library Deck

Learn to make a Zine! Art class with Miquela

Artist Miquela will lead us in the steps to making a mini zine where you can explore this art medium. There's no wrong or right way to make it! Your zine can be on any topic you're passionate about. Have fun creating something unique and leave with your own mini self-published booklet. Drop in anytime between 12- 4 pm.

All materials are provided free of charge.
Great for all ages!

Friday Story-time for kids!

4pm-5pm in April

Peninsula Center Library
crafts, games, and more!

No registration required!





LOS SERENOS de POINT VICENTE 2024 PUBLIC NATURE WALKS

Saturday, April 6, 9:00 am ~ Ocean Trails East Bluff

Enjoy the beautiful ocean views as you discover the coastal sage habitat along the eastern bluff of the Reserve. See WWII sites as you learn about the modern history of the area.

Sunday, May 19, 1:00 pm ~ Filiorum Reserve

The walk begins at the western cul-de-sac of Ocean Terrace Drive. Enjoy this easy walk along the McBride Trail, featuring spectacular panoramic views of the Palos Verdes Peninsula and Catalina Island. Learn about the native coastal sage scrub habitat along with a lesson on the rich history of the Palos Verdes area.

Saturday, June 22 9:00 am ~ Alta Vicente Reserve

Today's walk, with its stunning coastal views, offers a glimpse into the Peninsula's historical role in post- WWII LA Harbor coastal defense systems. We will see remnants of U.S. Army armaments and fortifications that came under the command of Fort MacArthur and also one of the best-preserved Cold War-era Nike missile launch sites (LA-55) in the country.

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

Palos Verdes Peninsula Land Conservancy

NATURE WALKS

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

Ocean Trails Reserve

April 13, 9 am

Walk through an impressively restored habitat with spectacular bluff-top ocean views that are well worth the visit. Easy to moderate. RPV

Forrestal Reserve

June 8, 9 am

Some of the best wildflower viewing with dramatic cliffs of this former basalt quarry. Moderate to strenuous. RPV. RSVP at pvplc.org



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!

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

OUTREACH GREETER

Greet the public at nature walks and community events. Training provided. Flexible schedule. 18 years and up. Contact: Irotunno@pvplc.org to learn more.

BIOBLITZ TRAINING

April 23, 6 pm

Join this virtual presentation to learn how to collect information about wildlife biodiversity using iNaturalist and participate in the City Nature Challenge! No prior experience necessary.



EARTH DAY CELEBRATION

Outdoor Volunteer Day

Saturday, April 20, 9 am to 12 pm

Spend Earth Day in nature helping to restore the natural land to habitat benefiting local wildlife and our community. Sign up at: pvplc.org/calendar-for-volunteers

Beauty of Nature Film Screening

Sunday, April 21, 4 pm

Join us for a special film screening in honor of Earth Day. Tickets \$15 online advance purchase (\$20 at the door). Purchase online at: pvplc.org/calendar-fundraising-events.

Online Auction

Bidding open from April 1 to 23, 2024

Shop for a good cause with this special Online Auction for unique experiences, travel, art, jewelry and more! Visit: Biddingowl.com/PalosVerdesPeninsula

PRESERVE
RESTORE
EDUCATE
ENJOY

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

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

11991 Th 5:45pm to 6:30pm April 11 - May 30

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

11992 Th 2:15pm to 3:00pm April 11 - May 30

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

11993 Th 4:15pm to 5:00pm April 11 - May 30

Ages: 13 and up (Teens and Adults)

11994 Th 1:30pm to 2:15pm April 11 - May 30



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

11981 Th 3:30pm to 4:15pm April 11 - May 30

Ages: 8 - 13

11982 Th 5:00pm to 5:45pm April 11 - May 30

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: \$200

Ages: Infant (Less than 1y 4 m)

11987 W Noon to 12:45pm April 10 - May 29

11986 Th Noon to 12:45pm April 11 - May 30

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

12037 W 10am to 10:45am April 10 - May 29

12038 Th 9am to 9:45am April 11 - May 30

12039 Th 10am to 10:45am April 11 - May 30

Ages: Preschool (Ages 2 ½ - 4)

11989 W 11am to 11:45am April 10 - May 29

11988 Th 11am to 11:45am April 11 - May 30



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: \$550

Ages: 2 - 5

12005	M W F	10am to 2pm	April 8 - May 1
12006	M W F	10am to 2pm	May 3 - May 29
12007	M W F	10am to 2pm	Mar 24 - June 21

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

12012	W	3:30pm to 4:30pm	April 3 - June 5
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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

12003	Th	3:30pm to 4:30pm	April 18 - May 23
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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

12002	Tu	3:30pm to 4:30pm	April 9 - June 11
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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

12011	Sa	10:00am to 10:50am	April 13 - June 1
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Karate for Kids

Ages: 4 - 13

12010	Sa	11am to Noon	April 13 - June 1
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Karate for Bigger Kids and Adults

Ages: 13 and up

12008	Sa	12:30pm to 1:30pm	April 13 - June 1
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Karate for Individuals and Families

Families and individuals can train together.

Ages: 4 and up

12009	Th	3:30pm to 4:30pm	April 11 - May 30
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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

12001	Sa	10am to 11am	April 20 - May 25
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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

12015 Su 9am to 9:45am April 7 - June 2

Ages: 3 - 4

12016 Su 10am to 10:45am April 7 - June 2

Soccer & T-Ball with Sportball

Location: Ryan Park - Grass Field

Fee: \$180

Ages: 2

12017 Su 11am to 11:45am April 7 - June 2

Ages: 3 - 4

12034 Sa 9am to 9:45am April 6 - June 1

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: 3 - 4

12035 Sa 10am to 10:45am April 6 - June 1

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

8 Week Session

Ages: 3 - 4

12036 Sa 11am to 11:45am April 6 - June 1

Bridge Classes for Adults

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

11977 Th 6:30pm to 8:20pm April 11 - June 6

Peninsula Seniors

602 Deep Valley Drive, Suite 310

Rolling Hills Estates, CA 90274

pvseniors.org

(310) 377-3003

At Peninsula Seniors we share activities and services that enhance and enrich the lives of senior adults living on the Palos Verdes Peninsula and in the surrounding community.

Ongoing Activities: Weekly ping pong, Mahjong, line dancing, music appreciation, lecture series, crafts, book clubs, language courses, excursions, bridge, meet and greets, rummikub, movie & popcorn events, lunch outings, walking groups, fitness fun and more!

View the calendar of events here:
pvseniors.org/events

View the most current Peninsula Seniors Newsletter Connections here:
pvseniors.org/newsletter/

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

11998 M 10:30am to 11:45am April 8 - May 13

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. 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

11979 F 9am to 9:50am May 24 - June 28

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

11990 F 10am to 10:30am April 19 - June 7

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 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

11996 W 10:30am to 11:30am April 10 - May 29

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:** \$98

11984 Tu 9am to 10am April 9 - May 21

11985 Tu 10:30am to 11:30am April 9 - May 21

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

11997 Th 9am to 10:15am April 11 - May 23

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** \$98

11983 Th 10:30am to 11:45am April 11 - May 23

Yoga Inside & Out

Yoga with a focus of practicing from the inside and bringing your practice outside into 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

11998 M 10:30am to 11:45am April 8 - May 13

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

11999 W 9:30am to 10:30am April 10 - May 29