

HEALTHY RPV!



PUBLIC HIKES



Upcoming Los Serenos Docent-led Hikes:

FREE! For more information, visit losserenos.org. Rain cancels hike.

Abalone Cove Shoreline Park

Date/Time: Sunday, January 29th, 3 PM
Saturday, February 25th, 1:30 PM
Saturday, March 25th, 1:30 PM

Location: 5970 Palos Verdes Drive South
Level: Moderate to Strenuous

Ocean Trails Reserve

Dates/Time: Sunday, February 12th, 2 PM
Location: 1 Trump National Drive
Level: Moderate

STORY TIME FUN!

Activities include songs, stories, and a craft. Program geared to children ages 2-5 years, but children of all ages are welcome. Designed for children and parents to attend together. **Free!**

Little Critter Afternoon Tales

Dates/Times: 2nd Wednesday, 1 PM - 2 PM
Jan. 11th, Feb. 8th, and Mar. 8th
Location: Hesse Park, 29301 Hawthorne Blvd.

Little Fish Tales by the Sea

Dates/Times: 3rd Thursday, 10 AM - 11 AM
Jan. 19th, Feb. 16th, and Mar. 16th
Location: Point Vicente Interpretive Center
31501 PV Drive West

Flutterby Storytime

Dates/Times: 4th Friday, 11 AM - Noon
Jan. 27th, Feb. 24th, and Mar. 24th
Location: Ladera Linda Park, 32201 Forrestral Drive

HAVE FUN! GET FIT!

RECREATION CLASSES AT YOUR LOCAL PARKS!

Li'l Sprouts Preschool Cooking Classes (2-5 yrs)
A YUMMY FUTURE / JEAN "JEANNIE" SONNIER: 424.675.4706 *Ryan Park*

Concord After-School Program - Music, Language & Art (Kindergarten & up)
CONCORD EDUCATION / CYNTHIA CHEN: 949.228.3712 *Ladera Linda Park*

Early Childhood Music (Birth-K), Mommy & Me (Birth-3 yrs) *Hesse Park*
KIDS MUSIC N MOTION - ANNETTE GUNDERSON: 310.373.0280

Pee Wee Picasso (2 yrs.-5 yrs.), Picasso Mommy & Me (18 mo.-5 yrs)
ART TO GROW ON / LAUREN PERELMUTER: 310.625.6028 *Hesse Park*

Super Soccer Star Classes (2-5 yrs)
SUPER SOCCER STARS / BOB GIBSON: 310.998.0010 *Ryan Park*

Cognitive Courage Coaching Classes (Teens)
CONFORTY COACHING / ERAN CONFORTY: 310.955.4700 *Hesse Park*

Basics of Fine Arts (16 years - Adult)
KEVIN McCANTS: 818.753.8477 *Hesse Park*

FCC Technician's License - Ham Radio Classes (16 years - Adult)
WALT ORDWAY: 310.541.4007 *Hesse Park*

Bones for Life - Exercises to Prevent Osteoporosis (Adults)
MOVE TO HEALTH / SACHIYE NAKANO: 310.326.6831 *Hesse Park*

Jacki Sorensen Aerobic Dance : Lite Impact (Adults)
SANDRA ERICKSON: 310.514.1494 *Hesse Park*

Tai Chi Chuan - Yang Style / Long Form (Adults)
STAN CORZINE: 310.376.8088 *Hesse Park*

Yoga, Tai Chi Gong, Zen Balance Classes (Adults)
MARIA ARABE: 310.938.7548 *Ladera Linda Park*

Incredible Edible Cooking

Thursdays, Jan. 12th - Feb. 2nd, 4 PM - 5:15 PM
4 Weeks per session, register today at: apm.activecommunities.com/rpv

Don't think your child can cook? Think again! We offer fun classes bursting with hands-on activities. They will chop, cut, mince, blend, mix, whip and measure. Healthy concept learning through games and of course empowering your child to create their own special dish from recipes. Children will learn the benefits of healthy eating through encouragement to try new foods. Let-tuce turnip healthy cooking with Beets of Fun!!
Fee: \$115 per session. Ages 5-13.



City of Rancho Palos Verdes Recreation & Parks Department

2017

WINTER RECREATION ACTIVITY GUIDE



Illustrated & Designed by

Karen Okstad

Parks
Make
Life
Better!



Register Online for Events at:

apm.activecommunities.com/rpv

VISIT OUR WEBSITE AT WWW.RPVCA.GOV OR CONTACT US AT 310.544.5260

For more information, visit www.rpvca.gov or contact the Recreation and Parks Office at 310.544.5260.

Abalone Cove Shoreline Park, 5970 PV Drive South, RPV.....310-377-1222 (Open Daily 9am - dusk)

Fred Hesse Jr. Community Park, 29301 Hawthorne Blvd, RPV.....310-541-8114 (Open M-F 9am - dusk & Sat./Sun. 10am-dusk)

Ladera Linda Community Center, 32201 Forrestral Drive, RPV.....310-541-7073 (Open M-F Noon-5pm & Sat./Sun. 10am-5pm)

Point Vicente Interpretive Center, 31501 PV Drive West, RPV.....310-377-5370 (Museum Open Daily 10am-5pm)

Robert E. Ryan Community Park, 30359 Hawthorne Blvd., RPV.....310-377-2290 (Open Daily 9am-dusk)

2017 SPECIAL EVENTS CALENDAR



WHALE OF A DAY!

Saturday, March 11th
10 AM - 4 PM
Point Vicente Interpretive Center, 31501 Palos Verdes Drive West

Join the City of Rancho Palos Verdes and the members of Los Serenos de Point Vicente for the 33rd Annual **Whale of a Day**. Activities include whale watching, crafts, games, kids fun zone, face painting, live music, local environmental organizations, marine-themed art vendors, and tours of the Interpretive Center and Native Plant Garden. Coast Guard exhibits will be available from 10 a.m.-4 p.m. Free parking and shuttle service will be available to and from Point Vicente Park/Civic Center. **Free admission!**



WOMEN'S PADDLE TENNIS TOURNAMENT

Saturday, March 18th
Registration opens January 18th
Ladera Linda Park, 32201 Forrestral Drive

Participants will get a tournament T-shirt and enjoy lively competition while enjoying exciting games of paddle tennis! The tournament includes intermediate and advanced divisions. \$20 per person. Limited to 15 teams. Please refer to www.rpvca.gov for more information regarding time and registration info! To register online and pay by credit card, go to: apm.activecommunities.com/rpv



EGG HUNT EGGSTRAVAGANZA!

Saturday, April 15th
10 AM - 11:30 AM
Ladera Linda Community Center, 32201 Forrestral Drive

Take part in this terrific tradition! An appearance by the big bunny, loads of prizes, and lots of photo opportunities make this event one you and your family won't want to miss! Bring your camera and basket. Open to children ages 1-8 years old. The fee is \$15 per child and **pre-registration is required!** This event sells out early, so register as soon as possible. To register online, go to <http://apm.activecommunities.com/rpv>, or visit the City's website.

REACH is a dynamic therapeutic recreation program for Palos Verdes and South Bay adults with developmental disabilities. The goals of this program are:

- To promote self-confidence, communication skills, and social interaction
- To increase physical abilities and improve coordination
- To enhance social and independent living skills

REACH offers an average of six activities each month, taking place on Monday and Wednesday evenings, and weekend days. REACH members must be non-violent, ambulatory and have sufficient hygiene skills. The REACH program has no monthly or annual fees. Participants only register for events that fit into their schedules.

For more information about this fun and educational recreation program, contact the REACH Coordinator by email at monad@rpvca.gov or by phone at 310-544-5266.



FREE! YOGA in the Park!

Classes begin January 10th, 2017
Tuesdays, 10 AM - 11 AM
 Ryan Park (Grass Area)
 30359 Hawthorne Blvd, RPV

All levels; beginners welcome!
 Please bring a mat.
 (only a few extras will be provided.)



2017 VOLUNTEER & RECREATION SPOTLIGHT

VOLUNTEER OPPORTUNITIES



Abalone Cove Volunteer Day

Date: Saturday, March 11th
Time: 9 AM - Noon
Location: Abalone Cove Shoreline Park, 5970 Palos Verdes Drive South



Native Plant Garden Volunteer Days!

Help keep the native garden at Point Vicente Interpretive Center beautiful and pristine. Enjoy a 180-degree ocean view while experiencing hands-on learning. To join us, RSVP to Megan Roy at mroy564@gmail.com.

Date: Sundays, January 15th; February 19th; and March 19th
Time: 10 AM - Noon
Location: Point Vicente Garden, 31501 PV Drive West



RECREATION SPOTLIGHT: HEALTHY RPV!

Visit www.rpvca.gov/923/Healthy-RPV to learn more!

Stay Strong Live Long!

The City of Rancho Palos Verdes Recreation and Parks Department wants YOU to be healthy! The RPV Recreation and Parks Department is on a mission to improve the health and well-being of our residents through the promotion of healthy eating, education, physical activity and easy access to making fitness fun! Check out our website for healthy recipes, guided hikes, view exercise/sport classes and programs offered at our parks and check out our calendar for local events that will help make your fitness future FABULOUS!

We encourage our residents to share ideas to make Rancho Palos Verdes a model City for a healthy lifestyle! Have an idea for our Healthy RPV program? Send us an email at parks@rpvca.gov!

