



To learn more visit:
www.rpvca.gov/parks
www.rpvca.gov/trails

CITY OF RANCHO PALOS VERDES
RECREATION AND PARKS DEPARTMENT

SKATING IN RPV

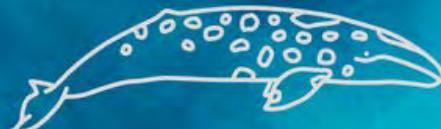
STARTING DECEMBER
3RD AT THE RPV
CIVIC CENTER!

Winter Recreation Guide



Save the Date

WHALE OF A DAY
Saturday, April 9th, 2022



Point Vicente Interpretive Center

Skating in RPV



RPV Civic Center, 30940 Hawthorne Blvd

Opening Night

December 3rd, 5-8pm

Tree Lighting Ceremony

Food, Crafts, Entertainment

Regular Hours

Friday-Sunday

1pm-8pm

Dec 4-5, Dec 10-12, Dec 17-19

Monday-Friday

1pm-8pm

Dec 27-31

To register or
for more info visit:
www.rpvca.gov/skate

Thank you Sponsors!



Skating in RPV Calendar

December 2021

| MON | TUE | WED | THU | FRIDAY | SATURDAY | SUNDAY |
|---|--------------------|--------------------|--------------------|---|--|--------|
| 29 | 30 | 01 | 02 | Opening Night 5-8pm Tree Lighting Ceremony, Food, Crafts, Entertainment! | Skating 1pm-8pm | 04 |
| 06 | 07 | 08 | 09 | Skating 1pm-8pm | Skating 1pm-8pm | 05 |
| 13 | 14 | 15 | 16 | Open Skating 1-6pm Teen Skate 6-8pm | Skating 1pm-8pm | 11 |
| 20 | 21 | 22 | 23 | 24 | FROZEN Themed Activities 2-5pm | 12 |
| UGLY SWEATER Themed Skating 1-8pm | 28 | 29 | 30 | 80's Themed Skating 1-8pm | 18 | 19 |
| | Skating 1pm-8pm | Skating 1pm-8pm | Skating 1pm-8pm | DISCO fever Themed Skating 1-8pm | 25 | 26 |
| | | | | | | 02 |

REACH

- TO PROMOTE SELF CONFIDENCE, COMMUNICATION SKILLS, AND SOCIAL INTERACTION
- TO INCREASE PHYSICAL ABILITIES AND IMPROVE COORDINATION
- TO ENHANCE SOCIAL AND INDEPENDENT LIVING SKILLS

REACH began in 1977 as a pilot therapeutic day camp for youth, ages 7 – 18, with developmental disabilities. We've been operating on the Palos Verdes Peninsula for 44 years now! REACH is currently a recreation program that helps young adults transition towards social independence outside of school, the "work" day program, and family structure through exciting recreational activities.

UPCOMING ACTIVITIES

As a REACH participant you get to enjoy countless activities! Below is a list of upcoming activities both conducted via Zoom and in person!

MONDAY GAME NIGHTS VIA ZOOM! 5PM-6PM

Participants can compete in iconic games such as "The Price is Right," "Wheel of Fortune," "Family Feud", "Bingo" and much more! Opportunity to win prizes and more!



WEDNESDAY SOCIAL HOUR WITH CRAFTS AND MORE! 5:30PM-7:30PM

Wednesday activities are in-person and will take place at Hesse Community Park! Activities include dinner or light refreshments. Activities may include arts and crafts, movie nights, scavenger hunts, dinner at restaurants, bowling, cooking and baking, holiday parties and more!



SATURDAY ADVENTURES!!!

Saturday field trips are in person where participants meet at Hesse Park and will venture out to fun and exciting adventures that promote fitness and a healthy well-being! Transportation provided! Adventures may include museum outings, long-distance day trips, farmer markets, fairs, nature preserves, and more!

Sounds fun doesn't it? If you would like to join, or have a friend or family member who is interested, please email REACH@rpvca.gov or visit rpvca.gov/reach

WHAT'S HAPPENING AT THE LIBRARY

A lot! Go to www.pvld.org and check us out!

- Gift Shop Filled With Unique Gifts at Peninsula Center
- Book Sales at Malaga Cove 3rd Fri & Sat
- Conversation Starter Book Club
- Virtual Opera Talks
- Virtual Book Clubs
- Book Donation Last Saturday of the month
- Annual Art Show until 12/31
- Honor System Book Sale at Peninsula
- New Online Resources to help you start the New Year Off Right

Questions? Call Colleen Cotter with Friends of the Library 310.921.7505



Palos Verdes Peninsula Land Conservancy WINTER EVENTS AND ACTIVITIES

Outdoor Volunteer Days

RSVP at pvplc.volunteerhub.com

Saturdays, 9 am to 12 pm
Help restore this unique habitat
home to many rare wildlife species.
Please wear masks and bring water.

Abalone Cove

Jan 8, Feb 5, 26, Mar 19

Alta Vicente

Jan 22, Feb 12 Mar 5, 26



For questions, please contact
Brittany Goldsmith at (310) 541-7613
or email: bgoldsmith@pvplc.org

FOR MORE EVENTS VISIT:
P V P L C . O R G



GUIDED NATURE WALKS

More information at: pvplc.org/calendar-guided-nature-walks

Pelican Cove/Tidepools

Saturday, December 11, 9 am

Walk along the beautiful seaside bluffs down to the beach and then over boulders to view tide pools.
Moderate to strenuous.

UPCOMING TRAININGS

Sign up at pvplc.volunteerhub.com

Volunteer Trail Watch Training

Jan 29 and Feb 5, 9 am - 12 pm

Hesse Park, 29301 Hawthorne Blvd, RPV

Like to hike, ride your bike or horse? Want to help protect the Preserve, its habitat & wildlife? Become a Trail Watch Volunteer and help monitor the trails while hiking through this lovely area! After this 2 day training, you can set your own volunteer schedule!



Cactus Wren Monitoring Training

Mar 5, 8:30 am - 11:30 am Alta Vicente Reserve, 30940 Hawthorne Blvd, RPV

Become a Community Scientist and help monitor the charismatic and rare cactus wren in our preserves! This is an annual program to track the birds, their nests, and their success in rearing babies from March to August.

Nature Walk Leader Training

Mar 19 and 26, 9 am - 12 pm, PVPLC Office, 916 Silver Spur Rd, Suite 104 RHE

Learn about local habitat, wildlife, history and geology to share with the public for guided monthly nature walks.



Family Nature Club

Select Saturdays 9 am

Join us for the next Virtual Family Nature Club for lots of nature fun. Learn about local wildlife on the Peninsula and enjoy a special craft. Find out more at: pvplc.org



Rapid Response Team

Fri/Saturdays 9 - 12 pm

Help with trail maintenance, fence building, installing signage and more!

No experience needed.
15 and up. Signup at pvplc.volunteerhub.com



LOS SERENOS de POINT VICENTE 2022 PUBLIC NATURE WALKS

Sunday, January 16, 1:00 PM - Abalone Cove

Tour the tide pools teeming with fascinating marine life. FYI, low tide (0.5) is at 2:20 pm. Moderate to Strenuous

Saturday, February 19, 9:00 AM - Ocean Trails East Bluff

Park on Twin Harbors Drive

Saturday, March 26, 9:00 AM - Forrestal Nature Reserve

Walk through coastal sage scrub habitat. Learn about the local geology. Includes a tour of the Discovery room. Moderate to Strenuous (Park in the Ladera Linda Community Park parking lot)



Wear sturdy shoes as part of the walk will be on cobblestones. All nature walks take approximately 2 hours. Wear sun protection and bring water. Call 310-544-5375 for more information and/or directions or visit our website at <http://www.losserenos.org>.

RECREATION ACTIVITIES

REGISTER HERE:

www.rpvca.gov/parks

All classes are conducted in accordance with L.A. County's Best Practices to Prevent COVID-19.

Wednesdays
9:30-10:30am
Jan 12 - Mar 23

Fireside Room
Hesse Park
Instructor:
Maria Arabe
Price \$135
Ages: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

CHAIR YOGA

Fireside Room Hesse Park
Instructor: Kathleen Borgida
Ages:18+

Tuesdays
10:30am-11:30am
Session1: Jan 11-Feb 1 / Fee: \$48
Session 2: Feb 15 - Mar 22 / Fee: \$72



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.

SHIMMY & SHAKE DANCE

HESSE PARK
FIRESIDE ROOM

Forget the workout.

Party your way to fitness and health. Dance to the infectious beat of music hits from each decade. Stay in shape from head to toe without really trying.

WEDNESDAYS

JAN 12- MAR 23
10:30AM TO 11:30AM
PRICE: \$132.00
AGES: 18+

Tang Soo Do Karate for Adults

Saturdays

Teens/Adults:
Jan 8 -Mar 19
2pm-3pm
Ages 15+

Ryan Park Field
Fee: \$175

Learn from instructor Black Belt Adam Palmer who studied with Chuck Norris for many years. Karate is for fun, health and self-defense. Students will be taught with the philosophy that karate is for "gentle people" who wish to be able to increase their health, well-being, endurance, and defend themselves. As a result, their self-confidence will naturally increase. By the end of the class, adults will be able to perform basic blocks, kicks, punches, rolls, and falls. They will be able to test for the rank of "Orange belt."

MOVEMENT FOR HEALTH

Tuesdays
9am-10am
Session1: Jan 11-Feb 1 / Price: \$48
Session 2: Feb 15 - Mar 22 / Price: \$72

Fireside Room Hesse Park
Instructor: Kathleen Borgida
Ages:18+

Walk through the park, lift free weights and stretch and release tension. The objectives of the class are to improve or maintain health. The movement will provide tools to help you do that.



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 310-683-3157, or adarequests@rpvca.gov, at least 48 hours in advance to request an auxiliary aid or accommodation



RECREATION ACTIVITIES

REGISTER HERE:

www.rpvca.gov/parks

All classes are conducted in accordance with L.A. County's Best Practices to Prevent COVID-19.

Cheer Dance and Motion with Chizuru

Mondays, Jan 10 - Mar 14 Ages: 3-5

Tuesdays, Jan 11- Mar 1 Ages: 6-10

3:30pm-4:30pm

Ryan Park Picnic Area

Price: \$150

We will learn basic cheerleading moves and body flexibility outside in the fresh air, while learning a short and fun cheerleading dance to share with family and friends! This class will not only get your child outdoors, but will be an opportunity for them to discover their own unique qualities and make friends. This class is taught in Japanese, but all children are welcome.



TRIDENT LACROSSE: INTRODUCTION TO LACROSSE WINTER SESSION 2022

Fee: \$125

8 Week Session

Tue, Jan 11 - Tue, Mar 1

Ages: 3-5

Ryan Park Field 4pm to 5pm

Instructor: Alexis Goeller



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.

8 SPORT MULTI-SPORT WITH SPORTBALL

Ryan Park Field
Sportball South Bay
Fee: \$165

- Saturdays, Jan 8- Feb 26 /Ages 2-3/ 11am-11:45am
- Saturdays, Jan 8- Feb 26 /Ages 3-5/ Noon-12:45pm
- Sundays, Jan 9- Feb 27/ Ages 16mo-2 yrs/ 9am-9:45am
- Sundays, Jan 9- Feb 27 / Ages 3-5/ 11am-11:45am
- Sundays, Jan 9- Feb 27 / Ages 2-3/ 10am-10:45am
- Sundays, Jan 9- Feb 27 / Ages 5-7/ Noon-12:45pm
- Wednesdays, Jan 12-Mar 2/ Ages 2-3/ 3pm-3:45pm
- Wednesdays, Jan 12-Mar 2 / Ages 3-5/ 4pm-4:45pm
- Wednesdays, Jan 12-Mar 2 / Ages 5-7/ 5pm-5:45pm

HIP HOP Dance Class For Kids!

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!

Jan 13 - Feb 17
Thursdays
3:30pm-4:30pm
Ryan Park Patio
Price: \$75
Ages: 5-10

Tang Soo Do Karate for Kids

Saturdays

Kids/Teens:

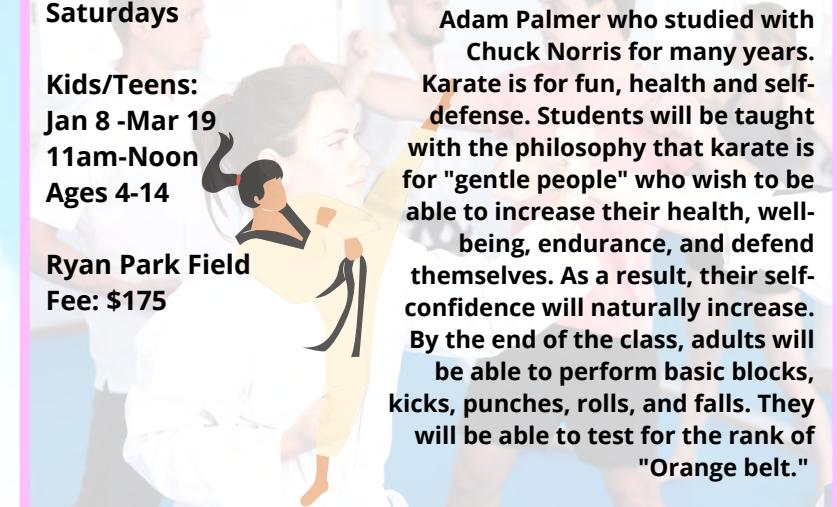
Jan 8 -Mar 19

11am-Noon

Ages 4-14

Ryan Park Field

Fee: \$175



Learn from instructor Black Belt Adam Palmer who studied with Chuck Norris for many years. Karate is for fun, health and self-defense. Students will be taught with the philosophy that karate is for "gentle people" who wish to be able to increase their health, well-being, endurance, and defend themselves. As a result, their self-confidence will naturally increase. By the end of the class, adults will be able to perform basic blocks, kicks, punches, rolls, and falls. They will be able to test for the rank of "Orange belt."

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in a different sport each class (soccer, basketball, football, volleyball, tennis, hockey, golf, and baseball). Classes apply developmentally appropriate methodology to introduce, practice, and refine motor skills, progress sports skills, reinforce the benefits of teamwork and prepare your athlete for a future of confident sports participation. Parent participation required for children under age 3.



T-BALL WITH SPORTBALL!

Saturdays, Jan 8- Feb 26 /Ages 2-4/ 9am-9:45am
Ryan Park Field, Fee: \$165
Instructor: Sportball South Bay

This class introduces fundamental concepts of gameplay and teaches the basic skills needed for your athlete to progress into league play and further their T-Ball skills. Coaches focus on skills like throwing, catching, batting form, base running, fielding and terminology in fun, exciting, skill-focused play.

RECREATION ACTIVITIES

REGISTER HERE:

www.rpvca.gov/parks

Jan 25 - Mar 15

Tues. 3:30pm-4:30pm

Ryan Park

Price: \$210

Ages: 6-12

8 Week Session

KIDS COOKING AROUND THE WORLD

With Miss Kitchen

Have fun in this class working in a step-by-step manner and using a hands-on approach beginning with cleanliness, prep work, assimilation of meals and critique of food. Each week we will journey to a different country, look it up on a globe, review it's history, and prepare food you would find in that country. Students will learn to chop, cut, grate, bake, mix and whip by the end of the class.

SPANISH FOR KIDS!

Fee: \$200

10 Week Session

Wed, Jan 12 - Wed, Mar 16

Ages 4-5 (3:30pm-4:30pm)

Grades 1-3 (4:30pm-5:30pm)

Grades 4-5 (5:30pm-6:30pm)

Ryan Park

Instructor: Alicia Humenuk



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!

Early Childhood Music Class

Hesse Park

Fee \$140

Mondays

Jan 10 - Mar 14

8 week Sessions

10am-11am Ages: 14months-2.5 years

11am-12pm Ages: 2.5-4 years

12pm-1pm Ages: 6 weeks-14 months



Instructor: Annette Gunderson

Each week you and your child will learn new songs including holiday, traditional, and multicultural. Percussion instruments will be used each week. Rhythm will be taught with drums, castanets, tone blocks, maracas, and bells. Movement, dancing and literature are also taught in fun and imaginative ways so that you can interact musically with your child throughout the day.



KIDS COOKING WITH CREATIVE PLATE

Hesse Park

Fee \$150

Thursdays 4-5pm

Feb 10 - Mar 17

Ages 5-12

6 week Session



Come and have fun while cooking with natural ingredients. Kids will learn to mix, measure, and blend. They will learn knife skills using the kid friendly "Curious Chef" knife. They will cook 1-2 yummy recipes each class and have the opportunity to try new ingredients. Please supply take-away food containers so that they can take their tasty food home to share. If any children have food allergies, please let the instructor know before the first class starts.

EVERYONE PLAYS PIANO

Location: Hesse Park - Activity Room

Fee: \$160

8 Week Session

Wed, Jan 12 - Wed, Mar 2

Age 3 10am-11am

Age 4 11am-12pm

Students ages 3 or 4 will meet in two different group settings to enjoy their first experience with the piano. They will learn the piano basics necessary to begin playing their very first pieces.

Japanese Immersion Winter 2022 Class with Niko Niko Music

Location: Activity Room RP at Ryan Park

\$500 per monthly session

January-March

Ages: 2.5-5 years



Japanese immersion Pre-K program taught through arts and crafts, story time, songs, letter and number recognition, and outside play time. Three days a week on Mondays, Wednesdays and Fridays.





KEEP RPV CLEAN!

10am-Noon Saturdays
January 15 (Lower Hesse Park)
February 19 (RPV Civic Center)
March 19 (Abalone Cove)

Help beautify our parks, preserves, and beaches, while staying fit, making new friends and getting some much needed fresh air!

Duties may include trash pickup, pulling weeds, painting, wiping surfaces, gardening and more!

Volunteers will receive free water, snacks and giveaways, and are eligible to receive credit for hours worked!

Email : volunteer@rpvca.gov to sign up!



City of RPV Park & Preserve Information: www.rpvca.gov/parks

| | |
|--|--------------|
| Abalone Cove Shoreline Park, 5970 PV Drive South, RPV..... | 310.544.5366 |
| Eastview Park, 1700 Westmont Drive, RPV..... | 310.544.5269 |
| Fred Hesse Jr. Community Park, 29301 Hawthorne Blvd, RPV..... | 310.544.5350 |
| Ladera Linda Community Park, 32201 Forrestal Drive, RPV..... | 310.544.5370 |
| Point Vicente Interpretive Center, 31501 PV Drive West, RPV..... | 310.544.5375 |
| Robert E. Ryan Community Park, 30359 Hawthorne Blvd., RPV.... | 310.544.5362 |
| Palos Verdes Nature Preserve..... | 310.544.5353 |



Palos Verdes Nature Preserve: www.rpvca.gov/trails

The Palos Verdes Nature Preserve is approximately 1,400 acres with 11 individual Reserves. The Portuguese Bend Reserve is the largest: 424 acres. The City of Rancho Palos Verdes owns the Nature Preserve and co-manages it with the Palos Verdes Peninsula Land Conservancy for ecological value and habitat restoration.

This Nature Preserve is home to coastal sage scrub habitat: a community of intensely fragrant and highly drought resistant shrubs and flowering plants. Many different animals live throughout this rare habitat, including the threatened California gnatcatcher and coastal cactus wren. The individual reserves provide passive recreational opportunities, including hiking trails, equestrian trails and bicycle trails.

For more information about the Palos Verdes Nature Preserve, you may visit rpvca.gov/trails, or email us at trails@rpvca.gov or call us at 310-544-5353.

