

# FITNESS CLASSES/CAMPS

REGISTER HERE:

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

## Knit and Crochet for All

Hesse Park  
Saturday  
Jun 18-Aug 13  
1pm-3pm  
Ages 12+ up  
Fee \$80

Knit and crochet with Ms. K! Come join us for knitting, crocheting and socializing. All levels of experience are welcome! Beginners are welcome and will learn the basics of knitting and/or crocheting. More experienced students can bring their latest project for expert assistance with Ms. K.A materials list will be provided once you register for the class.

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

## SELF DEFENSE FOR ADULTS

FEE: \$195

SATURDAYS  
JUN 18-AUG 27  
12:30PM-1:30PM  
AGES 12-ADULTS  
RYAN PARK

Increase health, endurance, and self-defense ability all in fun and an informative atmosphere. Students will learn how to defend themselves against a stronger opponent. Learn from instructor Black Belt, Adam Palmer who studied with Chuck Norris for many years

## KARATE FOR KIDS

FEE: \$195

SATURDAYS  
JUN 18-AUG 27 11AM-12PM  
AGES 4-14 AT RYAN PARK

Karate is for fun, health and self-defense. Kids 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, kids will be able to perform basic blocks, kicks, punches, rolls, and falls. They will be able to test for the rank of "Orange belt".

## FAMILY KARATE

FEE: \$195

THURSDAYS  
JUN 23-AUG 25  
3:30-4:30PM  
AGES 4 - ADULTS  
RYAN PARK

Families train together to learn philosophy that karate is helpful for "gentle people" who wish to be able to increase their health, well-being, endurance, and defend themselves. As a result, self-confidence will naturally increase. By the end of the class, students will be able to perform basic blocks, kicks, punches, rolls, and falls. This class is designed for families. Children should enroll with a parent or guardian.

## 8 SPORT MULTI-SPORT SUMMER CAMPS!

Monday-Fridays Ages 3-5 and Ages 6-12

Time: 9am-Noon and 1pm-4pm

Visit our website at [rpvca.gov/parks](http://rpvca.gov/parks) for specific dates and times

- Jun 20-Jun 24
- Jun 27-July 1
- July 11-July 15
- July 18-July 22
- July 25-July 29
- Aug 1-Aug 5
- Aug 8-Aug 12
- Aug 15-Aug 19



Ryan Park Field

Sportball South Bay

Fee: \$180/per week session

If your goal is to keep your child moving throughout the summer, you're in luck! Our half-day camps have you covered. Coached with purpose using Sportball Methodology, children (3+) have a blast while developing their sport and social skills for life through interactive games, sports drills, and game play.

Our Ultimate Skills Clinics are a great fit for children (6+) who just can't get enough sports. Clinics consist of three-hour sessions and feature advanced skills training and scrimmages. To keep things interesting and challenging, both the sport and drill combinations are switched up periodically.

Each camp day our children participate in a fun STEAM downtime activity. The sports we work on throughout the camp are: Soccer, Football, Basketball, Volleyball, Rugby, Hockey, Golf, Tennis, and Baseball.



## 8 SPORT MULTI-SPORT CLASSES!

Ryan Park Field  
Fee: \$165

- Sundays, Jun 19 - Aug 14 / Ages 16mo-2 yrs/ 9am-9:45am
- Sundays, Jun 19 - Aug 14 / Ages 2-3/ 10am-10:45am
- Sundays, Jun 19 - Aug 14 / Ages 3-5/ 11am-11:45am
- Sundays, Jun 19 - Aug 14 / Ages 5-7/ Noon-12:45pm

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.



### Junior Panther Basketball Camp

July 18 - July 22  
Monday-Friday  
9am-12pm  
Peninsula High  
Fee: \$150  
Ages: 12-15



Improve basketball skills and learn the mental approach to the game led by high school and collegiate instruction. The three hour a day, week-long Summer Camp is for intermediate players, 6th, 7th, 9th grade. Sessions focus on passing- proper shooting form- Ball-handling- Footwork- Screening- Defensive Positioning- Importance of Teamwork. Instructors will share individual drills players can do on their own. Campers receive Take Home Materials, Camp t-shirt, Certificate, and Camp photo



June 21 to Aug 9  
Each Tuesday  
4pm-5pm



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.

Instructor: Alexis Goeller

Price: \$125.00

Ages: 5 - 13

## DANCE CLASSES FOR KIDS!

### Cheer Dance and Motion with Chizuru

Tuesdays, June 21 - July 26  
Ages: 6 - 10 & Ages 3-5  
3:30pm-4:30pm

Ryan Park Picnic Area Fee: \$105



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.



Jun 16 - Jul 21  
Thursdays  
3:30pm-4:30pm  
Ryan Park Patio  
Fee: \$75  
Ages: 5-9

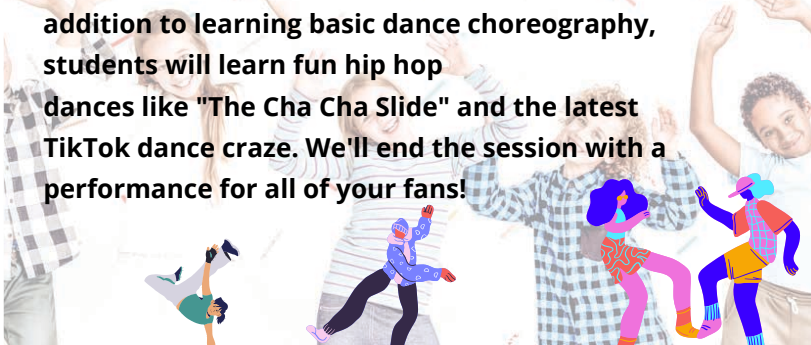
Dance to songs from Disney favorites like Aladdin, Beauty and the Beast, Frozen, The Lion King, Encanto and more! Students will learn basic choreography, Creative movements, and Stage direction. Of course, singing along to the Disney classics will be encouraged!



### HIP HOP Dance Class For Kids!

Jun 14-Jul 19  
Tuesdays  
3:30pm-4:30pm  
Ryan Park Patio  
Fee: \$75  
Ages: 5-9

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!





**REGISTER HERE:**

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

**Location:** Hesse Park

**Activity Room**

**Fee:** \$185

**8 Week Session**

• **Thursdays, Jun 23 - Aug 11 1:45pm-2:30pm**

**Ages: 4-6**

• **Thursday, Jun 23-Aug 11 2:30pm-3:15pm**

**Ages 7-10**

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 8 students. Each student is provided with their own keyboard to use for class provided by Kids Music 'N Motion. 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 a progressive program and there are 4 levels to each series of books.

**Location:** Hesse Park

**Activity Room**

**Fee:** \$175

**8 Week Session**

**Thursdays, Jun 23 - Aug 11**

**1pm-1:45pm Ages: 3-4**

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 after taking this class.

## INTRODUCTION TO BAND

*with Kids Music N Motion*

Help children to decide what instrument they would like to play in band. This innovative and hands on class will introduce students to all the instruments that are in an orchestra. Students will receive hands on experience as they explore all instruments from the woodwind, percussion and brass instrument families. Music theory as well as the history of each instrument and music will be introduced in each class. All instruments and materials will be supplied by Kids Music 'N Motion for this class.

**June 23 - Aug 11**

**Thursday**

**4pm-4:45pm**

**Hesse Park**

**Fee: \$165**

**Ages: 8-12**



## Beginning Piano

*with Kids Music N Motion*



## Beginning Ukulele

*with Kids Music N Motion*

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Classes are taught in a group setting in which each child must provide their own ukulele. We explore musical concepts that go along with the ukulele instruction manuals which are age appropriate.

**Jun 23 - Aug 11**

**Thursdays**

**11am-12pm**

**Hesse Park**

**Fee: \$185**

**Ages: 6-12**



## Early Childhood Music Class

*with Kids Music N Motion*

**Hesse Park**

**Fee \$140**

**Thursdays**

**Jun 23 - Aug 25**

**10 week Sessions**

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

**11am-12pm Ages: 2.5-4 years**

**12pm-1pm Ages: 6 weeks-13 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.

**For more information about our Summer classes and camps please visit:**

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

**Or to jump straight to the Class**

**Registration Site, please visit:**

<https://apm.activecommunities.com/rpv>

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, [adarequests@rpvca.gov](mailto:adarequests@rpvca.gov), 30940 Hawthorne Blvd., Rancho Palos Verdes, CA 90275, at least 48 hours in advance to request an auxiliary aid or accommodation.



## SPANISH FOR KIDS!

Fee: \$180  
9 Week Session  
Wed, Jun 29 - Wed, Aug 24  
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!

## Japanese Immersion Summer Camp with Niko Niko Music

Location: Activity Room RP at Ryan Park  
\$240 per 2 week session M, W, F  
Jun-August  
Ages: 2 - 7 years

In this class, your child will learn Japanese language and culture. The class activities include: art and craft, story time, songs, letter and number recognition, and outside play time. This is a drop-off class. We provide a snack. Please provide a healthy lunch for your child. \*Only Japanese is used in this class.

## Positive Reinforcement Dog Training

Sat, Jun 18-Sat, Jul 30 (No Class on July 2nd)  
10am-11am  
or Sun, July 24 -Sun, Aug 28  
10am-11am

Rancho Caninos Dog Park (30940 Hawthorne Blvd)

Learn how to use positive reinforcement and tiny treats to teach your dog to Sit, Down, Stay, Drop It, Leave It, Come, and Loose-Leash Walk. Dogs must be current on vaccinations, 4+ months old, and dog- and people-friendly. No reactive or aggressive dogs. No choke chains, prong collars, or harsh corrections are used in this class.

Mon, Jul 11- Fri, Jul 15  
Mon, Jul 25-Fri, July 29  
Mon, Aug 8 - Fri, Aug 12  
3:30pm-4:30pm  
Ryan Park  
Fee: \$225 for 5 day session  
Ages: 5-12



## 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. New recipes every week!

## ZEN BALANCE YOGA

Wednesdays  
3:30pm-4:30pm  
Jun 22 - Aug 24  
Hesse Park  
Ages 18+Up  
Fee: \$132  
Instructor:  
Maria Arabe



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

## SHIMMY & SHAKE DANCE FITNESS

Wednesdays  
4:30-5:30pm  
Jun 22 - Aug 24  
Hesse Park  
Ages 18+Up  
Fee: \$132  
Instructor:  
Maria Arabe



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.

## CHAIR YOGA

Tuesdays  
10:30am-11:30am  
Jun 21- Aug 16  
Fee: \$96  
Hesse Park  
Ages 18+Up  
Instructor:  
Kathleen Borgida



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.