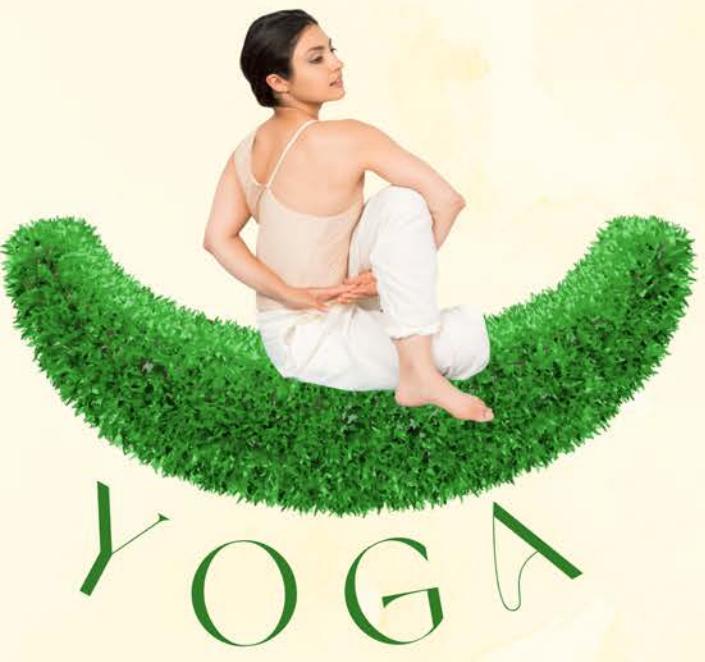




CITY OF RANCHO PALOS VERDES  
RECREATION AND PARKS DEPARTMENT

# RECREATION CLASSES FALL 2022

Register: [apm.activecommunities.com/rpv](http://apm.activecommunities.com/rpv)



SPORTS



**Cooking Class**



**Music  
Classes**



+123-456-7890



# Music Classes and Dance Classes

## 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 after taking this class.

**Fee: Standard charge: \$175.00 Hesse Park**

**8 Week Session**

**11370 Thursdays, Sep 22 - Dec 1 1:00pm to 1:45pm**

**No class 11/3, 11/10, and 11/24**

**Ages: At least 3 but less than 5**



## Beginning Piano

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.

**Fee: Standard charge: \$185.00 Hesse Park**

**8 Week Session**

**11353 Thursdays, Sep 22 - Dec 1 1:45pm to 2:30pm**

**No class 11/3, 11/10, and 11/24**

**Ages: At least 4 but less than 7**

## Returning Piano

Returning Piano is designed for students who have complete Beginning Piano.

**Fee: Standard charge: \$185.00 Hesse Park**

**8 Week Session**

**11354 Thursdays, Sep 22 - Dec 1 2:30pm to 3:15pm**

**No class 11/3, 11/10, and 11/24**

**Ages: At least 7 but less than 11**

## Piano for Teens and Adults

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 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 a progressive program and there are 4 levels to each series of books.

**Fee: Standard charge: \$165.00 Hesse Park**

**8 Week Session**

**11424 Thursdays, Sep 22 - Dec 1 6:30pm to 7:15pm**

**No class 11/3, 11/10, and 11/24**

**Ages: 13 and up**

## Beginning Ukulele

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.

**Fee: Standard charge: \$185.00 Hesse Park**

**8 Week Session**

**11355 Thursdays, Sep 22 - Dec 1 3:15pm to 4:00pm**

**No class 11/3, 11/10, and 11/24**

**Ages: At least 6 but less than 13**

## 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 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.

**Fee: Standard charge: \$140.00 Hesse Park (Patio)**

**8 Week Session (Thursdays)**

**No class 11/3, 11/10, and 11/24**

**11363 Thu, Sep 22 - Dec 1 10am to 11am**

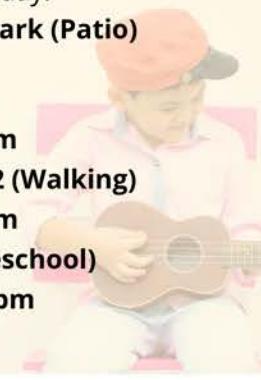
**Ages: At least 1y 2m but less than 2 1/2 (Walking)**

**11362 Thu, Sep 22 - Dec 1 11am to 12pm**

**Ages: At least 2 1/2 but less than 5 (Preschool)**

**11361 Thu, Sep 22 - Dec 1 12pm to 1:00pm**

**Ages: Less than 1y 2m (Infant)**



## Dance Classes (For Kids)

### Disney Dance for preschoolers with electriKIDS

Dance to songs from Disney favorites like Aladdin, Beauty and the Beast, Frozen, The Lion King, Encanto and more! Explore creative movement and imaginative play. Of course, singing along to the Disney classics will be encouraged! Parents are required to remain in close proximity to the class for the duration.

**Fee: Standard charge: \$80.00 Ryan Park**

**6 Week Session**

**11365 Tuesdays, Sep 6 - Oct 11**

**10am to 10:45am**

**Ages: At least 3 but less than 5**



### 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!

**Fee: Standard charge: \$75.00 Ryan Park Patio**

**6 Week Session**

**11360 Thursday, Sep 10 - Oct 13 3:30pm to 4:30pm**

**Ages: At least 5 but less than 10**



## Karate for Kids

Karate for fun, health, and self-defense. Kids are taught the philosophy karate is for "gentle people" increasing endurance and learn to defend themselves. Their self-confidence will naturally increase. Kids will learn to perform basic blocks, kicks, punches, rolls, and falls. They will be able to test for the rank of orange belt.

**Fee: Standard charge: \$195.00 Ryan Park**

**9 Week Session**

**11405 Saturdays, Sep 10 - Nov 5 11:00am to 12:00pm**

**Ages: At least 4 but less than 14**

## Karate for Preschoolers

Preschoolers will learn karate through games such as karate kickball and other fun activities.

**Fee: Standard charge: \$195.00 Ryan Park**

**9 Week Session**

**11407 Saturdays, Sep 10 - Nov 5 10:00am to 10:50am**

**Ages: At least 2 but less than 6**

## Karate for Individuals and Families

Entire Families can train together as well as individuals to learn the philosophy of karate for "gentle people" and be able to increase health, well-being, endurance, and self-defense. As a result, self-confidence will naturally increase. Students will learn to perform basic blocks, kicks, punches, rolls, falls and can test for orange belt.

**Fee: Standard charge: \$195.00 Ryan Park**

**9 Week Session**

**11403 Thursdays, Sep 15 - Nov 10 3:30pm to 4:30pm**

**Ages: At least 4 but less than 79**

## Karate for Bigger Kids and Adults

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. They will be able to test for the rank of Orange belt. Learn from instructor black belt, Adam Palmer student of Chuck Norris.

**Fee: Standard charge: \$195.00 Ryan Park**

**9 Week Session**

**11404 Saturdays, Sep 10 - Nov 5 12:30pm to 1:30pm**

**Ages: At least 13 but less than 80**

## Introduction to Lacrosse with Trident Lacrosse

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.

**Fee: Standard charge: \$125.00 Ryan Park**

**8 Week Session**

**11367 Tuesdays, Sep 20 - Nov 8 4:00pm to 5:00pm**

**Ages: At least 5 but less than 14**

## Lacrosse, Fitness Classes for Adults, Karate for All Ages and Cheer Class for Kids!

### 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.

**Fee: Standard charge: \$108.00 Hesse Park**

**9 Week Session**

**11357 Tuesdays, Sep 13 - Nov 8 9:00am to 10:00am**

**Ages: 18 and up**

**9 Week Session**

**11356 Tuesdays, Sep 13 - Nov 8 10:30am to 11:30am**

**Ages: 18 and up**

### Shimmy & Shake Dance Fitness

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.

**Fee: Standard charge: \$132.00 Hesse Park**

**10 Week Session**

**11374 Wednesdays, Sep 14 - Nov 16 10:03am to 11:30am**

**Ages: 18 and up**

### 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.

**Fee: Standard charge: \$132.00 Hesse Park**

**10 Week Session**

**11380 Wednesdays, Sep 14 - Nov 16 9:30am to 10:30am**

**Ages: 18 and up**

### Cheer Dance and Motion with Chizuru

Students will learn basic cheerleading moves, develop body flexibility, and work towards learning a short cheerleading routine. This class is taught in Japanese, but all children are welcome. Class fee includes pompoms for all students.

**Ryan Park**

**11358 Mondays, Nov 7 - Dec 19 3:30pm to 4:30pm \$88.00**

**Ages: At least 6 but less than 11**

**11359 Tuesdays, Sep 13 - Dec 13 3:30pm to 4:30pm**

**Ages: At least 6 but less than 10 \$230.00**

**11359 Mondays, Sep 19-Oct 31 3:30pm to 4:30pm**

**Ages: At least 3 but less than 6 \$88.00**



## Soccer with Sportball

Classes are packed with high-energy fun, using imaginative coaching techniques and a continuous flow of drills and games to keep things rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie skills

**Fee: Standard charge: \$130.00 Ryan Park**

**6 Week Session**

**11390 Saturdays, Sep 10 - Oct 15 9:00am to 9:45am**

**Ages: At least 2 but less than 3**

**11391 Saturdays, Sep 10 - Oct 15 9:50am to 10:35am**

**Ages: At least 3 but less than 4**

**11393 Saturdays, Sep 10 - Oct 15 10:40am to 11:25am**

**Ages: At least 4 but less than 5**

**11389 Saturdays, Oct 22 - Dec 3 9:00am to 9:45am**

**Ages: At least 2 but less than 3**

**11392 Saturdays, Oct 22 - Dec 3 9:50am to 10:35am**

**Ages: At least 3 but less than 4**

**11394 Saturdays, Oct 22 - Dec 3 10:40am to 11:25am**

**Ages: At least 4 but less than 5**

## 8 Sport Multi-Sport (Parent & Child) 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 reintegrated 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.

**Fee: Standard charge: \$130.00 Ryan Park**

**6 Week Session**

**11345 Sundays, Sep 11 - Oct 16 9:00am to 9:45am**

**Ages: At least 1y 4m but less than 2**

**11346 Sundays, Sep 11 - Oct 16 9:50am to 10:35am**

**Ages: At least 2 but less than 3**

**11408 Sundays, Oct 23 - Dec 4 9:00am to 9:45am**

**Ages: At least 1y 4m but less than 2**

**11347 Sundays, Oct 23 - Dec 4 9:50am to 10:35am**

**Ages: At least 2 but less than 3**



## Sportball Classes

### 8 Sport Multi-Sport with Sportball

Sportball Multi-Sport is a dynamic sports program that focuses on skill development in a different sport each class (soccer, basketball, football, tennis, hocket, golf, volleyball & 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.

**Fee: Standard charge: \$130.00 Ryan Park**

**6 Week Session**

**11348 Sundays, Sep 11 - Oct 16 10:40am to 11:25am**

**Ages: At least 3 but less than 4**

**11350 Sundays, Sep 11 - Oct 16 11:30am to 12:15pm**

**Ages: At least 4 but less than 6**

**11349 Sundays, Oct 23 - Dec 4 10:40am to 11:25am**

**Ages: At least 3 but less than 4**

**11351 Sundays, Oct 23 - Dec 4 11:30am to 12:15pm**

**Ages: At least 4 but less than 6**

**11352 Wednesdays, Sep 14 - Oct 19 4:00pm to 4:45pm**

**Ages: At least 3 but less than 4**

**11410 Wednesdays, Sep 14 - Oct 19 4:45pm to 5:30pm**

**Ages: At least 4 but less than 7**

**11387 Wednesdays, Oct 26 - Dec 7 4:00pm to 4:45pm**

**Ages: At least 3 but less than 4**

**11409 Wednesdays, Oct 26 - Dec 7 4:45pm to 5:30pm**

**Ages: At least 4 but less than 7**

### T-Ball with Sportball

At Sportball, we focus on learning baseball skills such as throwing, catching, batting, running bases and fielding before playing an actual game. Children will have the opportunity to have the ball pitched to them. This allows kids to feel success early on and progress naturally at their own pace. Incredibly, children as young as 2 years old can start launching their Baseball dreams at Sportball and maybe even some home runs too!

**Fee: Standard charge: \$130.00 Ryan Park**

**6 Week Session**

**11378 Saturdays, Sep 10 - Oct 15 11:30am to 12:15pm**

**Ages: At least 2 but less than 3**

**11379 Saturdays, Sep 10 - Oct 15 12:20pm to 1:05pm**

**Ages: At least 3 but less than 4**

**11396 Saturdays, Oct 22 - Dec 3 11:30am to 12:15pm**

**Ages: At least 2 but less than 3**

**11397 Saturdays, Oct 22 - Dec 3 12:20pm to 1:05pm**

**Ages: At least 3 but less than 4**

## 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.

**Fee: Standard charge: \$530.00 per 5 week sessions**

**Ryan Park (Activity Room)**

**5 Week Sessions**

**11380 Mondays, Wednesdays, Fridays,**

**10:00am to 2:00pm**

**Ages: At least 2 but less than 6**



## 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!

**Fee: Standard charge: \$220.00 Ryan Park**

**11 Week Sessions**

**11375 Wednesdays, Sep 21 - Dec 7 3:30pm to 4:30pm**

**Ages: At least 4 but less than 6**

**11376 Wednesdays, Sep 21 - Dec 7 4:30pm to 5:30pm**

**Grades: 1st - 3rd**

**11377 Wednesdays, Sep 21 - Dec 7 5:30pm to 6:30pm**

**Grades: 4th - 5th**

## City of RPV Park & Preserve Information: [www.rpvca.gov/parks](http://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](http://www.rpvca.gov/trails)

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

## Kids Cooking with CrEATive Plate

Come and have fun while cooking with natural ingredients. The children 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 1st class starts.

**Fee: Standard charge: \$150.00**

**Hesse Park (Activity Room)**

**6 Week Sessions**

**11386 Thursday, Sep 22-Oct 27 4:15pm to 5:15pm**

**Ages: At least 5 but less than 13**



## Positive Reinforcement Dog Training

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.

**Fee: Standard charge: \$175.00 Rancho Caninos Dog Park**

**6 Week Sessions**

**11371 Saturdays, Sep 17 - Oct 29 10:00am to 11:00am**

**11372 Sundays, Nov 6 - Dec 18 10:00am to 11:00am**

