



# SUMMER CLASSES

Stay Fit This Summer with Our Community Center Fitness Classes!

Look no further than our Community Centers, where you can choose from a variety of fitness classes to help you achieve your goals. But that's not all – we also offer piano classes for all ages, sports classes for kids, and dancing classes. So come join us and let's make this Summer a healthy and fulfilling one!

**REGISTRATION OPENS ON  
WEDNESDAY, MAY 22ND  
AT 8:00 AM**

[parks@rpvca.gov](mailto:parks@rpvca.gov)

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

# Summer Activities 2024

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

## **Beginning Piano**

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$200.00

7 Week Session

Thu, June 20 - Thu, August 8

Ages: At least 4 but less than 7y 11m

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.

[12051](#)      Fireside Room at Hesse Park      3:30pm to 4:15pm      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

## **Beginning Piano**

Thu, June 20 - Thu, August 8

Ages: At least 8 but less than 13

[12052](#)      Fireside Room at Hesse Park      5pm to 5:45pm      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

## **Piano for Teens and Adults**

Thu, June 20 - Thu, August 8

Ages: 13 and up

[12064](#)      Fireside Room at Hesse Park      5:45pm to 6:30pm      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

## **Returning Piano**

Thu, June 20 - Thu, August 8

Ages: At least 4 but less than 13

[12066](#)      Fireside Room at Hesse Park      4:15pm to 5pm      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

## **Early Childhood Music Class - Infant**

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$155.00

7 Week Session

Thu, June 20 - Thu, August 8

Ages: Less than 1y 4m

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.

[12056](#) Fireside Room at Hesse Park      Noon to 12:45pm      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

### **Early Childhood Music Class - Infant**

8 Week Session

Wed, June 19 - Wed, August 7

Ages: Less than 1y 4m

[12057](#) Fireside Room at Hesse Park      Noon to 12:45pm      Wed, June 19 - Wed, August 7      W      Gunderson, Annette

### **Early Childhood Music Class - Mixed Age Group**

Fee: Standard charge: \$155.00

7 Week Session

Thu, June 20 - Thu, August 8

Ages: Less than 5

[12061](#) Fireside Room at Hesse Park      9am to 9:45am      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

### **Early Childhood Music Class - Preschool**

7 Week Session

Thu, June 20 - Thu, August 8

Ages: At least 2 1/2 but less than 5

[12058](#) Fireside Room at Hesse Park      11am to 11:45am      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

### **Early Childhood Music Class - Preschool**

8 Week Session

Wed, June 19 - Wed, August 7

Ages: At least 2 1/2 but less than 5

[12059](#) Fireside Room at Hesse Park      11am to 11:45am      Wed, June 19 - Wed, August 7      W      Gunderson, Annette

### **Early Childhood Music Class - Walking**

8 Week Session

Wed, June 19 - Wed, August 7

Ages: At least 1y 2m but less than 2 1/2

[12060](#) Fireside Room at Hesse Park      10am to 10:45am      Wed, June 19 - Wed, August 7      W      Gunderson, Annette

### **Early Childhood Music Class - Walking**

7 Week Session

Thu, June 20 - Thu, August 8

Ages: At least 1y 2m but less than 2 1/2

[12062](#) Fireside Room at Hesse Park      10am to 10:45am      Thu, June 20 - Thu, August 8      Th      Gunderson, Annette

## Piano Prep

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$185.00

7 Week Session

Thu, June 20 - Thu, August 8

Ages: At least 3 but less than 5

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.

[12065](#) Fireside Room at Hesse Park 2:15pm to 3pm Thu, June 20 - Thu, August 8 Th Gunderson, Annette

## Fitness

### Aging Backwards Essentrics® Stretch

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$80.00

8 Week Session

Fri, June 28 - Fri, August 16

Ages: 18 and up

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.

[12063](#) McTaggart Hall at Hesse Park 10am to 10:45am Fri, June 28 - Fri, August 16 F Castro, Mary

### Beginner Pilates

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$120.00

8 Week Session

Fri, June 28 - Fri, August 16

Ages: 18 and up

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. Ages 55+ are welcome. All you need to bring is a mat. Resistance bands will be provided.

[12048](#) McTaggart Hall at Hesse Park 9am to 9:50am Fri, June 28 - Fri, August 16 F Castro, Mary

## **Beginning Yoga**

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$98.00

8 Week Session

Thu, June 20 - Thu, August 15

Ages: 18 and up

Yoga addresses the whole person. Learn poses, breathing techniques and meditation to improve flexibility, strength, balance and an overall sense of well-being.

[12053](#)

McTaggart Hall at Hesse Park

10:30am to 11:45am

Thu, June 20 - Thu, August 15

Th Borgida, Kathleen

## **Chair Yoga**

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$98.00

9 Week Session

Tue, June 18 - Tue, August 13

Ages: 18 and up

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.

[12054](#)

Fireside Room at Hesse Park

9am to 10am

Tue, June 18 - Tue, August 13

Tu

Borgida, Kathleen

## **Chair Yoga**

7 Week Session

Tue, June 18 - Tue, July 30

Ages: 18 and up

[12055](#)

Fireside Room at Hesse Park

10:30am to 11:30am

Tu

Borgida, Kathleen

## **Yoga for You**

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$98.00

8 Week Session

Thu, June 20 - Thu, August 15

Ages: 18 and up

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.

[12069](#)

McTaggart Hall at Hesse Park

9am to 10:15am

Thu, June 20 - Thu, August 15

Th

Borgida, Kathleen

## **Yoga Inside & Out**

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$84.00

6 Week Session

Mon, June 17 - Mon, July 22

Ages: 18 and up

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.

[12070](#) Fireside Room at Hesse Park 10:30am to 11:45am Mon, June 17 - Mon, July 22 M Borgida, Kathleen

## **Zen Balance Yoga**

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$96.00

8 Week Session

Wed, June 19 - Wed, August 7

Ages: 18 and up

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.

[12071](#) McTaggart Hall at Hesse Park 9:30am to 10:30am Wed, June 19 - Wed, August 7 W Arabe, Maria

## **Hip Hop Dance with electriKIDS**

Type: Standard Activity

Location: Ryan Park Activity Room Patio

Fee: Standard charge: \$108.00

6 Week Session

Thu, June 27 - Thu, August 8

Ages: At least 5 but less than 10

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!

[12092](#) Ryan Park Activity Room Patio 3:30pm to 4:30pm Thu, June 27 - Thu, August 8 Th DeLeo, Kristen

## **Karate for Bigger Kids and Adults**

Type: Standard Activity

Location: Ryan Park - Picnic Area

Fee: Standard charge: \$195.00

7 Week Session

Sat, June 22 - Sat, August 10

Ages: 12 and up

Bigger Kids together with Adults will learn Karate in a fun and Supportive atmosphere. They will learn basic kicks, blocks, 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. Outdoors under the Trees at Ryan Park.

[12093](#)      Ryan Park - Picnic Area      12:30pm to 1:30pm      Sat, June 22 - Sat, August 10      Sa      Palmer, Adam

## **Karate for Individuals and Families**

Type: Standard Activity

Location: Ryan Park -Picnic Area

Fee: Standard charge: \$195.00

7 Week Session

Thu, June 20 - Thu, August 8

Ages: 4 and up

Individuals and Entire Families learn and Train together...Increase Health, Well Being, Endurance and Learn Self-Defense - from 2nd Dan Sensei Adam former student of Chuck Norris. Learn basic kicks, blocks and punches, basic falls and more. All students have the opportunity to test for a higher Belt. Outdoors under the Trees at Ryan Park.

[12094](#)      Ryan Park -Picnic Area      3:30pm to 4:30pm      Thu, June 20 - Thu, August 8      Th      Palmer, Adam

## **Karate for Kids**

Type: Standard Activity

Location: Ryan Park - Picnic Area

Fee: Standard charge: \$195.00

7 Week Session

Sat, June 22 - Sat, August 10

Ages: At least 4 but less than 12

Kids 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 higher Belt. Outdoors under the Trees at Ryan Park.

[12095](#)      Ryan Park - Picnic Area      11am to Noon      Sat, June 22 - Sat, August 10      Sa      Palmer, Adam

## **Karate for Preschoolers**

Type: Standard Activity

Location: Ryan Park - Picnic Area

Fee: Standard charge: \$195.00

7 Week Session

Sat, June 22 - Sat, August 10

Ages: At least 2 1/2 but less than 5

A Rare Opportunity for Preschoolers to Learn Karate in a Fun and Supportive atmosphere. They will learn basic kicks, blocks and punches from 2nd Dan Sensei Adam former student of Chuck Norris. All students will have the opportunity to test for a higher Belt. Outdoors under the Trees at Ryan Park.

[12096](#) Ryan Park - Picnic Area 10am to 10:50am Sat, June 22 - Sat, August 10 Sa Palmer, Adam

## **Strengthen, Stretch & Stroll in the Park**

Type: Standard Activity

Location: Fireside Room at Hesse Park

Fee: Standard charge: \$84.00

6 Week Session

Mon, June 17 - Mon, July 22

Ages: 18 and up

Warm up with a walk in the park. In the Fireside Room lift weights to strengthen & stretch. \*Students are to provide their own handheld weights and exercise mat.\*

[12067](#) Fireside Room at Hesse Park 9am to 10:15am Mon, June 17 - Mon, July 22 M Borgida, Kathleen

## **Fitness / Adult (18-55 Years)**

### **Tai Chi for Healthy Body and Mind**

Type: Standard Activity

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$84.00

8 Week Session

Wed, June 19 - Wed, August 7

Ages: 18 and up

Short Tai Chi Form that's easy to learn for beginners. Perform exercises to better the 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.

[12068](#) McTaggart Hall at Hesse Park 10:30am to 11:30am Wed, June 19 - Wed, August 7 W Arabe, Maria

## Sports

### EPIC Sports Camp with Sportball

Type: Standard Activity

Location: Picnic Area at Ryan Park

Fee: Standard charge: \$165.00

1 Week Session

Mon, June 24 - Fri, June 28

Ages: At least 6 but less than 13

Sportballers will learn and play 8 different sports throughout the week with our fun skill based games, drills and game play(soccer, basketball, football, volleyball, golf, hockey, tennis and baseball). Your Sportballer will be talking about the Epic Time (hosted daily) they had for the rest of the summer, with a different activity daily from water games, dodgeball tournaments, Lego building, Nerf Gun challenges, Dodgeball Tournaments, Battleship, Kickball, and so much more! Please send a nut free snack and lots of water daily with your child.

[12100](#) Picnic Area at Ryan Park 1pm to 4pm Mon, June 24 - Fri, June 28 M Tu W Th F South Bay, Sportball

### EPIC Sports Camp with Sportball

Fee: Standard charge: \$165.00

Mon, July 8 - Fri, July 12

Ages: At least 3 but less than 6

[12101](#) Picnic Area at Ryan Park 1pm to 4pm Mon, July 8 - Fri, July 12 M Tu W Th F South Bay, Sportball

### EPIC Sports Camp with Sportball

Fee: Standard charge: \$165.00

Mon, July 8 - Fri, July 12

Ages: At least 6 but less than 13

[12102](#) Picnic Area at Ryan Park 9am to Noon Mon, July 8 - Fri, July 12 M Tu W Th F South Bay, Sportball

### EPIC Sports Camp with Sportball

Fee: Standard charge: \$165.00

Mon, July 29 - Fri, August 2

Ages: At least 3 but less than 6

[12103](#) Picnic Area at Ryan Park 9am to Noon Mon, July 29 - Fri, August 2 M Tu W Th F South Bay, Sportball

### EPIC Sports Camp with Sportball

Fee: Standard charge: \$165.00

Mon, July 29 - Fri, August 2

Ages: At least 6 but less than 12

[12104](#) Picnic Area at Ryan Park 1pm to 4pm Mon, July 29 - Fri, August 2 M Tu W Th F South Bay, Sportball

## **Multi-Sport with Sportball**

Type: Standard Activity

Location: Grass Field at Ryan Park

Fee: Standard charge: \$135.00

6 Week Session

Sun, June 30 - Sun, August 18

Ages: At least 3 but less than 5

Your child will love learning the fundamentals of 8 different sports in our fun and engaging classes. They'll get to play soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis - all in one place! Sportball classes are the perfect way to keep your child active and having fun. They'll build confidence, teamwork skills, and learn how to compete in a healthy way. Parents participation is required for children 3 yrs and under.

Disclaimer: In the event class does not meet the minimum number of participants, registered families will be notified and given an alternative class time or location. If no alternative options work for the family, a refund request will be submitted to the city on your behalf.

[12108](#) Grass Field at Ryan Park 10am to 10:45am Sun, June 30 - Sun, August 18 Su South Bay, Sportball

## **Multi-Sport with Sportball (Parent & Child)**

Type: Standard Activity

Location: Grass Field at Ryan Park

Fee: Standard charge: \$135.00

6 Week Session

Sun, June 30 - Sun, August 18

Ages: At least 1y 4m but less than 3

Classes for children 16 months - 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. Disclaimer: In the event class does not meet the minimum number of participants, registered families will be notified and given an alternative class time or location. If no alternative options work for the family, a refund request will be submitted to the city on your behalf.

[12109](#) Grass Field at Ryan Park 9am to 9:45am Sun, June 30 - Sun, August 18 Su South Bay, Sportball

## **Soccer & T-Ball with Sportball**

Type: Standard Activity

Location: Grass Field at Ryan Park

Fee: Standard charge: \$135.00

6 Week Session

Sun, June 30 - Sun, August 18

Ages: At least 3 but less than 5

Sportball is a dynamic sports program that focuses on skill development in a different sport each class. 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.

Disclaimer: In the event class does not meet the minimum number of participants, registered families will be notified and given an alternative class time or location. If no alternative options work for the family, a refund request will be submitted to the city on your behalf.

[12113](#) Grass Field at Ryan Park 11am to 11:45am Sun, June 30 - Sun, August 18 Su South Bay, Sportball

## **Summer Camps with Sportball**

### **Super Hero Sports Camp with Sportball**

Type: Standard Activity

Location: Picnic Area at Ryan Park

Fee: Standard charge: \$165.00

1 Week Session

Mon, June 24 - Fri, June 28

Ages: At least 3 but less than 6

Wear capes, defeat villains and save the day. Learn to be a Super Hero at our Sportball Summer Camp! Participate in super hero themed sports games, challenges and adventures as we discover our super powers together! Please send a nut free snack and lots of water daily with your child. Children must be potty trained and able to use the restroom unassisted.

[12099](#) Picnic Area at Ryan Park 9am to Noon Mon, June 24 - Fri, June 28 M Tu W Th F South Bay, Sportball

### **T-Ball and Soccer with Sportball**

Type: Standard Activity

Location: Soccer Field at Hesse Park

Fee: Standard charge: \$135.00

6 Week Session

Sat, June 29 - Sat, August 17

Ages: At least 2 but less than 3

Learn the fundamental skills of two of the world's most popular sports in this fun and engaging class. We'll start with 4 weeks of soccer, where you'll learn how to dribble, pass, shoot, and defend. Then, we'll switch gears and spend 4 weeks learning the basics of t-ball. By the end of the class, you'll be ready to hit the field and have some

fun! Parent participation is required for children 3yrs and under. Disclaimer: In the event class does not meet the minimum number of participants, registered families will be notified and given an alternative class time or location. If no alternative options work for the family, a refund request will be submitted to the city on your behalf.

[12111](#) Soccer Field at Hesse Park 9am to 9:45am Sat, June 29 - Sat, August 17 Sa South Bay, Sportball

### **T-Ball with Sportball**

Type: Standard Activity

Location: Soccer Field at Hesse Park

Fee: Standard charge: \$135.00

6 Week Session

Sat, June 29 - Sat, August 17

Ages: At least 3 but less than 5

At Sportball, we focus on learning baseball skills such as throwing, catching, batting, running bases and fielding before playing an actual game. Children that master the ?T? are given the opportunity to have the ball pitched to them. This allows kids to feel success early on and progress naturally at their own pace. Disclaimer: In the event class does not meet the minimum number of participants, registered families will be notified and given an alternative class time or location. If no alternative options work for the family, a refund request will be submitted to the city on your behalf.

[12112](#) Soccer Field at Hesse Park 10am to 10:45am Sat, June 29 - Sat, August 17 Sa South Bay, Sportball

## **Sports / Youth (5-12 Years)**

### **Introduction to Lacrosse with Trident Lacrosse**

Type: Standard Activity

Location: Ryan Park Field

Fee: Standard charge: \$125.00

8 Week Session

Tue, June 18 - Tue, August 6

Ages: At least 5 but less than 14

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.

[12105](#) Ryan Park Field 4pm to 5pm Tue, June 18 - Tue, August 6 Tu Goeller, Alexis

## Unique Activities

### Beginning Dog Training

Type: Standard Activity

Location: Ryan Park - Activity Room Patio

Fee: Standard charge: \$250.00

5 Week Session

Sat, June 29 - Sat, August 3

Ages: Any

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](http://www.pvpdogtraining.com).

[12090](#) Ryan Park - Activity Room Patio 10am to 11am Sat, June 29 - Sat, August 3 Sa Winter, Karen

### Japanese Immersion Summer Camp with Niko Niko Music

Type: Standard Activity

Location: Ryan Park - Activity Room

Fee: Standard charge: \$360.00

2 Week Session

Mon, June 17 - Fri, June 28

Ages: At least 2 but less than 7

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.

[12086](#) Ryan Park - Activity Room 10am to 2pm Mon, June 17 - Fri, June 28 M W F Matsumoto, Sachiko

### Japanese Immersion Summer Camp with Niko Niko Music

Mon, July 1 - Fri, July 12

Ages: At least 2 but less than 7

[12087](#) Ryan Park - Activity Room 10am to 2pm Mon, July 1 - Fri, July 12 M W F Matsumoto, Sachiko

### Japanese Immersion Summer Camp with Niko Niko Music

Mon, July 15 - Fri, July 26

Ages: At least 2 but less than 7

[12088](#) Ryan Park - Activity Room 10am to 2pm Mon, July 15 - Fri, July 26 M W F Matsumoto, Sachiko

## **Japanese Immersion Summer Camp with Niko Niko Music**

Mon, July 29 - Fri, August 9

Ages: At least 2 but less than 7

[12089](#)

Ryan Park - Activity Room 10am to 2pm

Mon, July 29 - Fri, August 9

M W F Matsumoto, Sachiko

## **Spanish for Kids!**

Type: Standard Activity

Location: Ryan Park - Activity Room

Fee: Standard charge: \$250.00

10 Week Session

Wed, June 12 - Wed, August 14

Ages: At least 4 but less than 7

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!

[12097](#)

Ryan Park - Activity Room 3:30pm to 4:30pm

Wed, June 12 - Wed, August 14 W

Humenuk, Alicia