



# Winter 2025

## RECREATION CLASSES



**Register for classes at:**

**[rpvca.gov/parks](https://rpvca.gov/parks)**

If you are a person with a disability & need an accommodation to participate in programs, services, activities, and meetings, contact the City's ADA Coordinator/Risk Manager at [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.

## Art Exploration for Youth: Sketching Techniques

Location: Activity Room at Hesse Park

Fee: \$42.00

Wed, January 15, 2025

Welcome to our one-day art workshop exploring sketching techniques! We'll be using clay to build complex figures using simple shapes, and then translate this concept onto paper. Perfect for beginners, this creativity-friendly environment helps develop both your conceptual and technical skills, bringing your creative ideas to life! Age appropriate techniques will be used. Will be instructed by Rec and Parks staff.

Ages: At least 7 but less than 11

[12192](#) Activity Room at Hesse Park 4pm to 4:55pm Wed, January 15, 2025 W

Ages: At least 11 but less than 15

[12193](#) Activity Room at Hesse Park 5pm to 5:55pm Wed, January 15, 2025 W

## Disney Dance

Location: Ryan Park Activity Room Patio

Fee: \$90.00

6 Week Session

Thu, January 23, 2025 - Thu, February 27, 2025

Ages: At least 5 but less than 11

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

[12210](#) Ryan Park Activity Room Patio 3:30pm to 4:30pm Thu, January 23, 2025 - Thu, February 27, 2025 Th DeLeo, Kristen

## Improv for Kids: Unleash Creativity and Build Confidence!

Location: Activity Room at Hesse Park

Fee: \$30.00

Tue, January 14, 2025

Ignite your child's imagination with our first steps to improv class! Through playful storytelling and games, we'll nurture creativity, communication, and confidence in the fun, supportive environment of this one-day workshop. Let your child's imagination take center stage in this exciting experience! Age appropriate techniques will be used for elementary school students. Will be instructed by Rec and Parks staff.

Ages: At least 8 but less than 12

[12211](#) Activity Room at Hesse Park 4pm to 5pm Tue, January 14, 2025 Tu

Ages: At least 11 but less than 15

[12212](#) Activity Room at Hesse Park 5pm to 6pm Tue, January 14, 2025 Tu

## **Aging Backwards Essentrics® Stretch**

Location: McTaggart Hall at Hesse Park

Fee: \$80.00

8 Week Session

Fri, January 17, 2025 - Fri, March 7, 2025

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.

[12191](#) McTaggart Hall at Hesse Park 10am to 10:45am Fri, January 17, 2025 - Fri, March 7, 2025 F Castro, Mary

## **Beginner Pilates**

Location: McTaggart Hall at Hesse Park

Fee: \$120.00

6 Week Session

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.

[12194](#) McTaggart Hall at Hesse Park 9am to 9:50am Fri, January 17, 2025 - Fri, February 21, 2025 F Castro, Mary

[12195](#) McTaggart Hall at Hesse Park 9am to 9:50am Fri, February 28, 2025 - Fri, April 4, 2025 F Castro, Mary

## **Beginning Yoga**

Location: McTaggart Hall at Hesse Park

Fee: \$140.00

10 Week Session

Thu, January 16, 2025 - Thu, March 20, 2025

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.

[12199](#) McTaggart Hall at Hesse Park 10:30am to 11:45am Thu, January 16, 2025 - Thu, March 20, 2025 Th Borgida, Kathleen

## Chair Yoga

Location: Fireside Room at Hesse Park

Fee: \$140.00

10 Week Session

Tue, January 14, 2025 - Tue, March 18, 2025

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.

<a href="#">12200</a>	Fireside Room at Hesse Park	9am to 10am	Tue, January 14, 2025 - Tue, March 18, 2025	Tu	Borgida, Kathleen
<a href="#">12201</a>	Fireside Room at Hesse Park	10:30am to 11:30am	Tue, January 14, 2025 - Tue, March 18, 2025	Tu	Borgida, Kathleen

## Karate for Bigger Kids and Adults

Location: Ryan Park - Picnic Area

Fee: \$195.00

8 Week Session

Sat, January 18, 2025 - Sat, March 8, 2025

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.

<a href="#">12218</a>	Ryan Park - Picnic Area	12:30pm to 1:30pm	Sat, January 18, 2025 - Sat, March 8, 2025	Sa	Palmer, Adam
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## Karate for Individuals and Families

Location: Ryan Park -Picnic Area

Fee: \$195.00

8 Week Session

Thu, January 16, 2025 - Thu, March 6, 2025

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.

<a href="#">12219</a>	Ryan Park -Picnic Area	3:30pm to 4:30pm	Thu, January 16, 2025 - Thu, March 6, 2025	Th	Palmer, Adam
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## Karate for Kids

Location: Ryan Park - Picnic Area

Fee: \$195.00

8 Week Session

Sat, January 18, 2025 - Sat, March 8, 2025

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.

[12220](#) Ryan Park - Picnic Area 11am to Noon Sat, January 18, 2025 - Sat, March 8, 2025 Sa Palmer, Adam

### **Karate for Preschoolers**

Location: Ryan Park - Picnic Area

Fee: \$195.00

8 Week Session

Sat, January 18, 2025 - Sat, March 8, 2025

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.

[12221](#) Ryan Park - Picnic Area 10am to 10:50am Sat, January 18, 2025 - Sat, March 8, 2025 Sa Palmer, Adam

### **Reiki and Meditation**

Location: McTaggart Hall at Hesse Park

Fee: Standard charge: \$72.00

4 Week Session

Mon, February 3, 2025 - Mon, February 24, 2025

Ages: 18 and up

Here is a wonderful opportunity to experience Reiki. A simple stretching unwind your body and mind then meditation to calm your thoughts. After that Reiki will align your energy. This will be wonderful time of self-care. Aligning your mind, body and spirit at the beginning of the week will have a positive impact on your week. Reiki is for everyone. Come and join us with an easy mind. Just bring a mat or comfy blanket.

[12274](#) McTaggart Hall at Hesse Park 9am to 9:45am Mon, February 3, 2025 - Mon, February 24, 2025 M Kabe, Chizuru

### **Walk, Talk, Stretch & Strengthen**

Location: Fireside Room at Hesse Park

Fee: \$126.00

9 Week Session

Mon, January 13, 2025 - Mon, March 17, 2025

Ages: 18 and up

Walk in the park, stretch and strengthen in the Fireside Room to improve strength, flexibility, balance and posture. \*Students are to provide their own handheld weights and exercise mat.\*

[12234](#) Fireside Room at Hesse Park 9am to 10:15am Mon, January 13, 2025 - Mon, March 17, 2025 M Borgida, Kathleen

## Yoga for Monday Morning

Location: Fireside Room at Hesse Park

Fee: \$126.00

9 Week Session

Mon, January 13, 2025 - Mon, March 17, 2025

Ages: 18 and up

Practice yoga to improve balance, strength and flexibility in your everyday life. Find inner peace, gratitude and joy through poses, breath work, meditation and relaxation. Students provide their own mats.

[12235](#) Fireside Room at Hesse Park 10:30am to 11:45am Mon, January 13, 2025 - Mon, March 17, 2025 M Borgida, Kathleen

## Yoga for You

Location: McTaggart Hall at Hesse Park

Fee: \$140.00

10 Week Session

Thu, January 16, 2025 - Thu, March 20, 2025

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.

[12236](#) McTaggart Hall at Hesse Park 9am to 10:15am Thu, January 16, 2025 - Thu, March 20, 2025 Th Borgida, Kathleen

## Sports

### Basketball with Sportball

Type: Standard Activity

Location: Basketball Court at Ryan Park

Fee: \$135.00

6 Week Session

Sat, January 18, 2025 - Sat, February 22, 2025

Learn the fundamental skills of basketball in this fun and engaging class. You'll learn how to dribble, pass, shoot, and defend. By the end of the class, you'll be ready to hit the court 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.

Ages: At least 5 but less than 7

[12264](#) Basketball Court at Ryan Park 11am to 11:45am Sat, January 18, 2025 - Sat, February 22, 2025 Sa South Bay, Sportball

Ages: At least 8 but less than 10

[12265](#) Basketball Court at Ryan Park Noon to 12:45pm Sat, January 18, 2025 - Sat, February 22, 2025 Sa South Bay, Sportball

Fee: Standard charge: \$90.00

4 Week Session

Sat, March 8, 2025 - Sat, March 29, 2025

Ages: At least 5 but less than 7

[12266](#) Basketball Court at Ryan Park 11am to 11:45am Sat, March 8, 2025 - Sat, March 29, 2025 Sa South Bay, Sportball

Ages: At least 8 but less than 10

[12267](#) Basketball Court at Ryan Park Noon to 12:45pm Sat, March 8, 2025 - Sat, March 29, 2025 Sa South Bay, Sportball

## Multi-Sport with Sportball

Location: Grass Field at Ryan Park

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.

Fee: \$135.00

6 Week Session

Sun, January 19, 2025 - Sun, February 23, 2025

Ages: At least 3 but less than 5

[12222](#) Grass Field at Ryan Park 10am to 10:45am Sun, January 19, 2025 - Sun, February 23, 2025 Su South Bay, Sportball

Fee: \$90.00

4 Week Session

Sun, March 9, 2025 - Sun, March 30, 202

Ages: At least 3 but less than 5

[12246](#) Grass Field at Ryan Park 10am to 10:45am Sun, March 9, 2025 - Sun, March 30, 2025 Su South Bay, Sportball

## Soccer & T-Ball Combo (Parent & Child)

Location: Grass Field at Ryan Park

Fee: \$135.00

6 Week Session

Sun, January 19, 2025 - Sun, February 23, 2025

Ages: At least 3 but less than 5

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 and T-ball.

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.

[12223](#) Grass Field at Ryan Park 9am to 9:45am Sun, January 19, 2025 - Sun, February 23, 2025 Su South Bay, Sportball

## Soccer with Sportball

Location: Grass Field at Ryan Park

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.

Fee: \$135.00

6 Week Session

Sun, January 19, 2025 - Sun, February 23, 2025

[12229](#) Grass Field at Ryan Park 11am to 11:45am Sun, January 19, 2025 - Sun, February 23, 2025 Su South Bay, Sportball

Fee: \$90.00

4 Week Session

Sun, March 9, 2025 - Sun, March 30, 2025

[12248](#) Grass Field at Ryan Park 11am to 11:45am Sun, March 9, 2025 - Sun, March 30, 2025 Su South Bay, Sportball

## T-Ball & Soccer Combo (Parent & Child)

Type: Standard Activity

Location: Grass Field at Ryan Park

Fee: Standard charge: \$90.00

4 Week Session

Sun, March 9, 2025 - Sun, March 30, 2025

Ages: At least 3 but less than 5

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.

[12247](#) Grass Field at Ryan Park 9am to 9:45am Sun, March 9, 2025 - Sun, March 30, 2025 Su South Bay, Sportball

## T-Ball and Soccer Combo

Type: Standard Activity

Location: Grass Field at Ryan Park

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.

## (Parent & Child)

Ages: At least 2 but less than 3

Fee: Standard charge: \$135.00

6 Week Session

Sat, January 18, 2025 - Sat, February 22, 2025

[12231](#) Grass Field at Ryan Park 9am to 9:45am Sat, January 18, 2025 - Sat, February 22, 2025 Sa South Bay, Sportball

Fee: Standard charge: \$90.00

4 Week Session

Sat, March 8, 2025 - Sat, March 29, 2025

[12249](#) Grass Field at Ryan Park 9am to 9:45am Sat, March 8, 2025 - Sat, March 29, 2025 Sa South Bay, Sportball

Ages: At least 3 but less than 5

Fee: \$135.00

6 Week Session

Sat, January 18, 2025 - Sat, February 22, 2025

[12251](#) Grass Field at Ryan Park 10am to 10:45am Sat, January 18, 2025 - Sat, February 22, 2025 Sa South Bay, Sportball

Fee: Standard charge: \$90.00

4 Week Session

Sat, March 8, 2025 - Sat, March 29, 2025

[12252](#) Grass Field at Ryan Park 10am to 10:45am Sat, March 8, 2025 - Sat, March 29, 2025 Sa South Bay, Sportball

## Introduction to Lacrosse with Trident Lacrosse

Location: Ryan Park Field

Fee: \$125.00

8 Week Session

Tue, January 14, 2025 - Tue, March 4, 2025

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.

[12213](#) Ryan Park Field 4pm to 5pm Tue, January 14, 2025 - Tue, March 4, 2025 Tu Goeller, Alexis

## Advancing Beginner's Bridge - No Trump, offense & defense

Location: Activity Room at Hesse Park

Fee: \$160.00

8 Week Session

Thu, January 23, 2025 - Thu, March 13, 2025

Ages: 18 and up

IF you know the rules and basic conventions of bridge, here's your chance to sharpen key No Trump skills. Master No Trump contracts and you'll never be searching for that elusive tenth trick for game. A little bit of instruction and a lot of challenging play? that's how we learn in this Party Bridge format class. No need to sign up with partners. We do a Party Bridge rotation.

[12190](#) Activity Room at Hesse Park 6:30pm to 8:20pm Thu, January 23, 2025 - Thu, March 13, 2025 Th Smith, Andy

## Beginning Bridge

Location: Activity Room at Hesse Park

Fee: \$160.00

8 Week Session

Mon, January 20, 2025 - Mon, March 10, 2025

Ages: 18 and up

Grab a seat at a table. We'll add a deck of cards, three new friends and a light topping of instruction. Bridge is a game of simple rules of play, simple rules of bidding, and the challenge of never playing or bidding the same hand twice in a lifetime. This class is for those new to the game or want to restart with the basics. No need to sign up with partners. we do a Party Bridge rotation. W

[12196](#) Activity Room at Hesse Park 6:30pm to 8:20pm Mon, January 20, 2025 - Mon, March 10, 2025 M Smith, Andy

## Japanese Immersion Pre-K with Niko Niko Music

Location: RP- Patio at Ryan Park

Fee: \$560.00

4 Week Session

Mon, January 6, 2025 - Fri, January 31, 2025

Ages: At least 2 but less than 6

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.

<a href="#">12215</a>	RP- Patio at Ryan Park	10am to 2pm	Mon, January 6, 2025 - Fri, January 31, 2025	M W F	Matsumoto, Sachiko
<a href="#">12216</a>	RP- Patio at Ryan Park	10am to 2pm	Mon, February 3, 2025 - Fri, February 28, 2025	M W F	Matsumoto, Sachiko
<a href="#">12217</a>	RP- Patio at Ryan Park	10am to 2pm	Mon, March 3, 2025 - Mon, March 31, 2025	M W F	Matsumoto, Sachiko