



The City of Rancho Palos Verdes  
Recreation and Parks Department

# Winter

Recreation  
Activity Guide

# 2025

Look inside to learn more about  
Whale of A Day,  
Egg Hunt Eggstravaganza,  
Public Hikes,  
Classes and more!

## Celebrating The Gray Whale Migration

In March, gray whales will begin their migration back up north, while the mothers and babies stay a few weeks longer in the safe and warm lagoons of Baja California.

When mom and baby begin their journey, they stay close to shore to avoid killer whales and sharks.

On April 12th, The City of Rancho Palos Verdes and Los Serenos de Point Vicente will be hosting the 40th Annual **Whale of A Day** celebration; this is a perfect opportunity to spot gray whales migrating up north, back to the Arctic.

To learn more about the gray whale migration and event details, visit

[www.whaleofaday.com](http://www.whaleofaday.com)



# Whale OF A DAY



Point Vicente Interpretive Center

Saturday, April 12, 2025

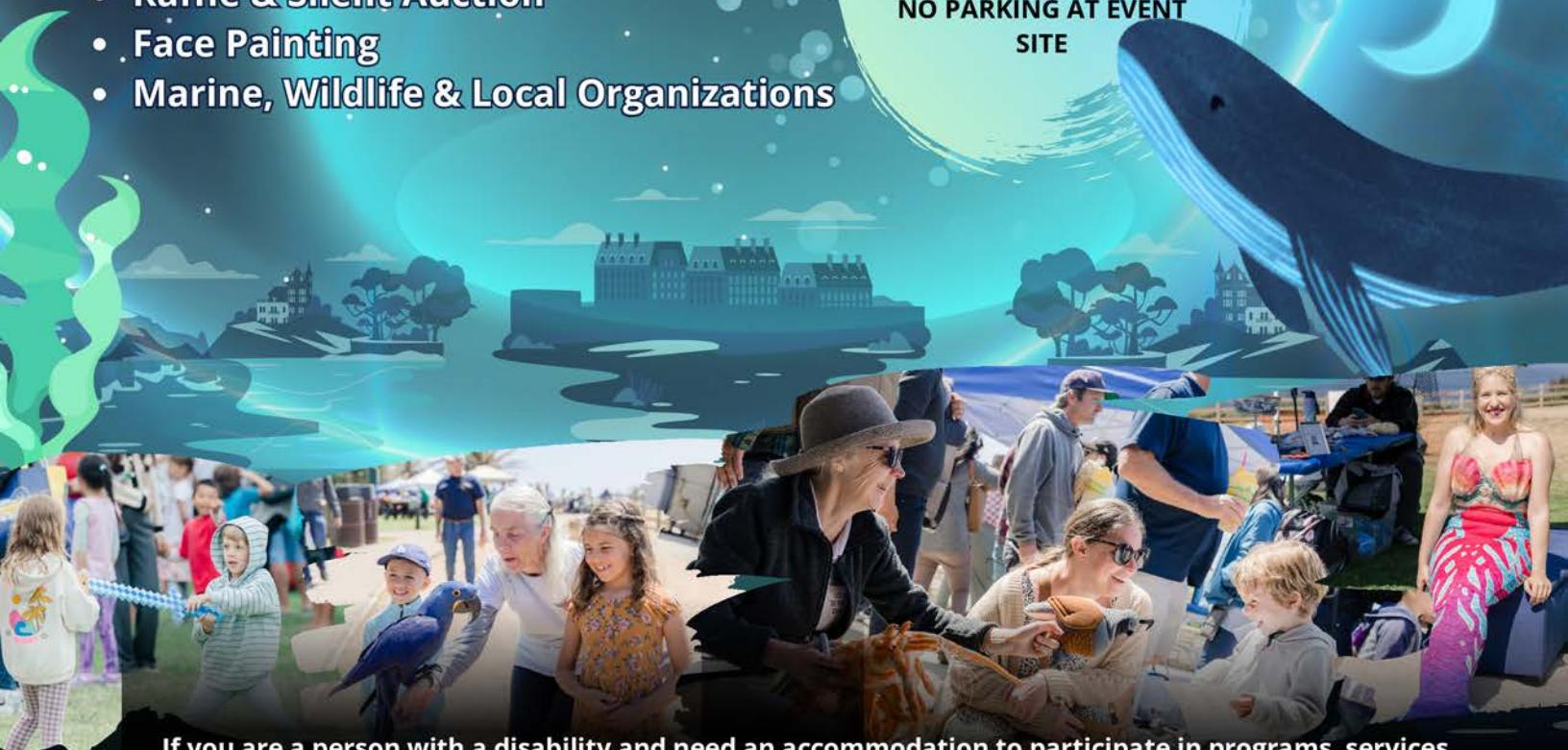
10AM-4PM

For more info: [www.whaleofaday.com](http://www.whaleofaday.com)

## Activities

- Whale Watching from the Bluffs
- Educational Exhibits
- Point Vicente Lighthouse Grounds Tours
- Marine Themed Arts & Crafts Vendors
- Live Entertainment
- Puppet Shows
- Food Trucks, Beer & Wine
- Kids Crafts & Games
- Raffle & Silent Auction
- Face Painting
- Marine, Wildlife & Local Organizations

Free Parking & Shuttle  
Service  
at the Ken Dyda Civic  
Center  
30940 Hawthorne Blvd.  
NO PARKING AT EVENT  
SITE



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 (424) 327-3982, or [adarequests@rpvca.gov](mailto:adarequests@rpvca.gov), at least 48 hours in advance to request an auxiliary aid or accommodation

# WINTER REACH EVENTS

## REACH IS ALL ABOUT:

- Promoting self confidence, communication skills, and social interaction
- Increasing physical abilities and improving coordination
- Enhancing social and independent living skills

## MEET NEW FRIENDS AND DISCOVER NEW ADVENTURES

REACH is a therapeutic recreation program that helps young adults with developmental disabilities transition toward social independence outside of school, the “work” day program, and family structure through exciting recreational activities.

Cooking Classes  
Arts and Crafts  
Karate  
LMU Special Games

Anaheim Ducks Game  
Valentine's Day  
St. Patrick's day and much more!

HOW TO REACH US: REACH@RPVCA.GOV



# Puppy Love Valentine Party

Friday, February 14

10am-12pm

at Eastview Dog Park

1700 Westmont Dr, RPV



- This Valentine's Day, bring your pooch to Eastview Park for a heartwarming celebration full of fun, love, and memories to cherish.
- The event kicks off with a Puppy Love Parade, where you and your furry friend can show off your heart-themed outfits.
- Capture these precious moments at our Valentine's-themed photo booth, and take home adorable photos to remember the day.
- Dressed up dogs will also receive a goodie bag filled with treats and surprises.
- Plus, enjoy browsing local vendors offering unique products for you and your dog.
- Come for the love, stay for the fun, and let's celebrate the unconditional affection our dogs give us all year long!

# Egg Hunt Eggstravaganza

Saturday, April 19th

10am-11:30am



Ken Dyda Civic Center  
30940 Hawthorne Blvd

An appearance by the Big Bunny! LOADS of prizes! (You won't leave empty-handed!) Lots of photo opportunities. Don't forget to bring a basket and a camera!



Fee: \$15 per child  
(Ages 1-8 yrs)  
Register soon, this event fills up!

Register:

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



## LOS SERENOS de POINT VICENTE 2024 PUBLIC NATURE WALKS

### Saturday, January 11, 10:00 am ~ PVIC/Vicente Bluffs Reserve

Join us for a tour of the Point Vicente Interpretive Center (PVIC) native plant garden and a walk along the spectacular bluff top at the Vicente Bluffs Reserve.

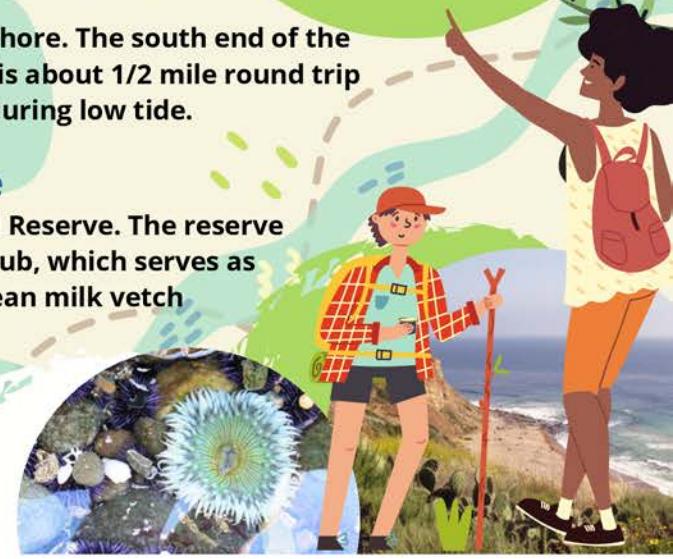
### Sunday, February 16, 3:00 pm ~ Vicente Bluffs Reserve - Pelican Cove

A short but steep hike will bring you down to the cove and its rocky shore. The south end of the cove is an ocean tidepool brimming with sea life. The Toveemor trail is about 1/2 mile round trip but is a steep downhill to the beach. The hike is scheduled to arrive during low tide.

### Sunday, March 22 9:00 am ~ Forrestal Nature Reserve

One of the natural beauties of the Peninsula is the 155-acre Forrestal Reserve. The reserve contains one of the City's best stands of undisturbed coastal sage scrub, which serves as habitat for the federally protected California gnatcatcher and for ocean milk vetch (Astragalus sp.), the host plant for the Palos Verdes blue butterfly.

All nature walks take approximately 2 hours. Wear sun protection, sturdy shoes, and bring water. Call 310-544-5375 for more information and directions or visit our website at <http://www.losserenosrpv.org>



PALOS VERDES PENINSULA  
LAND CONSERVANCY

## Palos Verdes Peninsula Land Conservancy

### NATURE WALKS

Sign up for nature walks at: [pvplc.org/calendar](http://pvplc.org/calendar)

#### McBride Trail

January 11, 9 am

Walk a rimmed canyon trail with stunning panoramic views and an overlook of a 96-acre addition to the nature preserve. Easy. RPV

#### Three Sisters Reserve

April 12, 9 am

Hike through a scenic 21-acre restored coastal sage scrub habitat which is home to the threatened California gnatcatcher. Moderate. RPV, RSVP at [pvplc.org](http://pvplc.org)

### EARTH DAY EVENTS

#### Wild & Scenic Film Festival On Tour

April 13

An exciting selection of adventurous and inspirational films about nature. Tickets \$15 online advance purchase (\$20 at the door): [pvplc.org/calendar-fundraising-events](http://pvplc.org/calendar-fundraising-events). Space is limited.



#### Celebrate with an Outdoor Volunteer Day

April 19

Please join us and help restore the natural land to functional habitat, benefiting local wildlife and our community. Visit: [pvplc.org/calendar-for-volunteers](http://pvplc.org/calendar-for-volunteers)

### VOLUNTEER

[pvplc.volunteerhub.com](http://pvplc.volunteerhub.com)

#### OUTDOOR VOLUNTEER

SAT/SUN 9 am - 12 pm. Space limited. Wear sunscreen and closed toed shoes. Bring water and a snack. Earn community service hours!

Martin Luther King, Jr. Day of Service  
January 20, 9 am to 12 pm.

To find out about many other amazing ways to volunteer such as education docent, outreach greeter or trail crew, please visit: [pvplc.org/volunteer](http://pvplc.org/volunteer).



#### Docent Training

JAN 30

Virtual 10 am-11:30 am

Enjoy educating students and the public about local ecology. 18+

#### Cactus Wren Monitoring

MAR 1

Alta Vicente Reserve 9 am - 12 pm

Become a Community Scientist monitoring the rare Cactus wren learning how to track these charismatic birds, their nesting and rearing of babies. 16+

#### Nature Walk Leader Training

MAR 15 & 22

TBD - 9 am to 12 pm

Share your love of nature with the community. Help guide free nature walks the 2nd Saturday of each month. Must attend both sessions. 18+

PRESERVE  
RESTORE  
EDUCATE  
ENJOY

# RECREATION ACTIVITIES

## REGISTER AT:

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

### Beginner Pilates

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.

**Location: Hesse Park**

**Instructor: Mary Castro**

**Ages: 18 and up Fee \$120**

**12194 F 9am to 9:50am January 17 - March 7**

**12195 F 9am to 9:50am February 28 - April 4**

### Aging Backwards Essentrics® Stretch Class

Essentrics® is a dynamic, full body low impact workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 of the body's muscles. The class will increase flexibility and mobility for a healthy, toned, and pain free body.

**Location: Hesse Park- McTaggart Hall**

**Fee: \$80 Instructor: Mary Castro**

**Ages: 18 and up**

**12191 F 10am to 10:45am January 17 - March 7**

### Walk, Talk, Stretch & Strengthen

Walk in the park and 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.

**Location: Hesse Park Fireside Room**

**Fee: \$126 Instructor: Kathleen Borgida**

**Ages: 18 and up**

**12234 M 9:00am to 10:15am January 13 - March 17**

### Reiki and Meditation

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

**Location: Hesse Park- McTaggart Hall**

**Fee: \$72 Instructor: Chizuru Kabe**

**Ages: 18 and up**

**12274 M 9am to 9:45am February 3 - February 24**

### 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.

**Location: Hesse Park Fireside Room**

**Instructor: Kathleen Borgida**

**Ages: 18 and up Fee: \$140**

**12200 Tu 9am to 10am January 14 - March 18**

**12201 Tu 10:30am to 11:30am January 14 - March 18**

### Yoga for You

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. Students provide their own mat & blanket.

**Location: Hesse Park - McTaggart Hall**

**Instructor: Kathleen Borgida**

**Ages: 18 and up Fee \$140**

**12236 Th 9am to 10:15am January 16 - March 20**

### Beginning Yoga

Yoga addresses the whole person. Learn poses, breathing techniques, and meditation to improve flexibility, strength, balance, and an overall sense of well-being. Students provide their own mat & blanket.

**Location: Hesse Park - McTaggart Hall**

**Instructor: Kathleen Borgida**

**Ages: 18 and up Fee \$140**

**12199 Th 10:30am to 11:45am January 16 - March 20**

### Yoga for Monday Morning

Practice yoga to improve balance, strength and flexibility in 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.

**Location: Hesse Park Fireside Room**

**Instructor: Kathleen Borgida**

**Ages: 18 and up Fee \$126**

**12235 M 10:30am to 11:45am January 13 - March 17**

## Beginning Bridge

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 who are new to the game or want to restart with the basics.

**Location: Activity Room at Hesse Park**

**Fee: \$160**

**Ages: 18 and up**

**12196 M 6:30pm to 8:20pm Jan 20 - Mar 10**

## Advancing Beginner's Bridge - No Trump, Offense & Defense

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.

**Location: Activity Room at Hesse Park**

**Fee: \$160**

**Ages: 18 and up**

**12190 Th 6:30pm to 8:20pm Jan 23 - Mar 13**

## 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.

**Location: Ryan Park Activity Room**

**Fee: \$560**

**Ages: 2 - 5**

**12215 M W F 10am to 2pm Jan 6 - Jan 31**

**12216 M W F 10am to 2pm Feb 3 - Feb 28**

**12217 M W F 10am to 2pm Mar 3 - Mar 31**

## Disney Dance with electriKIDS

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!

**Instructor: Kristen DeLeo**

**Location: Ryan Park Activity Room Patio**

**Fee: \$90**

**Ages: 5 - 10**

**12210 Th 3:30pm to 4:30pm Jan 23 - Feb 27**

## Karate for All Ages

### Karate with Sensei Adam

Kids, adults, and families 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 a higher belt.

**Instructor: Adam Palmer**

**Location: Ryan Park - Picnic Area**

**Fee: \$195**

### Karate for Preschoolers

**Ages: 2 1/2 - 4**

**12221 Sa 10:00am to 10:50am Jan 18 - Mar 8**

### Karate for Kids

**Ages: 4 - 13**

**12220 Sa 11am to Noon Jan 18 - Mar 8**

### Karate for Bigger Kids and Adults

**Ages: 12 and up**

**12218 Sa 12:30pm to 1:30pm Jan 18 - Mar 8**

### Karate for Individuals and Families

**Families and individuals can train together.**

**Ages: 4 and up**

**12219 Th 3:30pm to 4:30pm Jan 16 - Mar 6**



## 8 Sport Multi-Sport with Sportball

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.

**Location: Ryan Park - Grass Field**

**Fee: \$135**

**Ages: 3-4**

12222 Su 10am to 10:45am Jan 19 - Feb 23

**Ages: 3 - 4 Fee: \$90**

12246 Su 10am to 10:45am Mar 9 - Mar 30

## Soccer & T-Ball with Sportball

**Location: Ryan Park - Grass Field**

**Fee: \$135**

**Ages: 3-4**

12223 Su 9am to 9:45am Jan 19 - Feb 23

**Ages: 3 - 4**

12247 Su 9am to 9:45am Mar 9 - Mar 30

**Ages 2**

12231 Sa 9am to 9:45am Jan 18 - Feb 22

**Ages 3-4**

12251 Sa 10am to 10:45am Jan 18 - Feb 22 **T-Ball Only**

**Ages 3-4**

12252 Sa 10am to 10:45am Mar 8 - Mar 29 **T-Ball Only**

**Ages 2 Fee: \$90**

12249 Sa 9am to 9:45am Mar 8 - Mar 29

## Soccer with Sportball

Sportball soccer programs begin when children are 2 years old and continue until they are ready to enter leagues. Classes are packed with high-energy fun, using imaginative coaching techniques and continuous flow of drills and games to keep the soccer fun rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie techniques.

**Location: Ryan Park - Grass Field**

**Fee: \$135**

**Ages: 3 - 4**

12229 Su 11am to 11:45am Jan 19 - Feb 23

**Ages: 3 - 4 Fee: \$90**

12248 Su 11am to 11:45am Mar 9 - Mar 30

## Basketball with Sportball

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.

**Location: Ryan Park - Basketball Court**

**Fee: \$135**

**Ages: 5 - 6**

12264 Sa 11am to 11:45am Jan 18 - Feb 22

**Ages: 8 - 9**

12265 Sa 12pm to 12:45am Jan 18 - Feb 22

**Fee: \$90**

**Ages: 5 - 6**

12266 Sa 11am to 11:45am Mar 8 - Mar 29

**Ages: 8 - 9**

12267 Sa 12pm to 12:45am Mar 8 - Mar 29

## 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.

**Location: Ryan Park Grass Field**

**Fee: \$125**

**Ages: 5 - 13**

12213 Tu 4pm to 5pm Jan 14 - Mar 4

**REGISTER AT:**

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

# ART EXPLORATION

FOR THE YOUTH:  
SKETCHING TECHNIQUES

1 Day Workshop!  
Instructed by Recreation  
and Parks Staff from the  
City of RPV

Wednesday, January 15th  
Hesse Park Activity Room  
29301 Hawthorne Blvd  
Fee: \$42

Ages 7 - 10  
4pm - 4:55pm  
Activity #12192

Ages 11 - 14  
5pm - 5:55pm  
Activity #12193

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!



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



Walking Group  
Exercise Class  
Tai Chi

Mahjong  
Bridge



**HOT DEALS**

## Peninsula Seniors

*make life fun!*

**JOIN TODAY!**  
**(310) 377-3003**

LECTURES



music



French & Spanish  
Conversation



TOURS & TRAVEL



BINGO



*make life fun!*

MOVIES

TOURS & TRAVEL



BINGO



LECTURES



French & Spanish  
Conversation

# IMPROV FOR KIDS

1 DAY WORKSHOP!

INSTRUCTED BY RECREATION  
AND PARKS STAFF FROM THE  
CITY OF RPV

Tuesday, January 14

Hesse Park Activity Room

29301 Hawthorne Blvd

Fee: \$30

UNLEASH CREATIVITY  
AND BUILD CONFIDENCE!

Ages 8 - 11  
4pm - 5pm  
Activity #12211

Ages 11 - 14  
5pm - 6pm  
Activity #12212

It's time to ignite the imagination with our first steps to  
improv class!

Through playful storytelling and games, we'll nurture  
creativity, communication, and confidence in this fun,  
supportive one-day workshop.

Let your child's imagination take center stage in this exciting  
experience!

Age appropriate techniques will be used for each age group



## FREE Tax Preparation

AARP Tax-Aide  
provides FREE  
tax assistance to  
low-to-moderate  
income  
taxpayers.

## AARP Tax-Aide

APPOINTMENTS PREFERRED

WALK-INS WELCOME

AARP membership not required

IRS trained  
and certified  
Volunteers will  
prepare  
Federal and  
CA returns

Appointments + Information detailing types of returns  
we can or cannot do will be available in January at:

[www.taxaide-southbay.org](http://www.taxaide-southbay.org)

For appointment assistance call (310) 544-5260

Fridays Only

January 31 - April 11, 2024

9:00 a.m. - 2:30 p.m.

Hesse Park  
Community Center



29301 Hawthorne Blvd  
Rancho Palos Verdes, CA 90275