



CITY OF RANCHO PALOS VERDES
RECREATION AND PARKS



4TH OF JULY
Celebration



FRIDAY, JULY 4TH
3PM-9PM
KEN DYDA CIVIC CENTER
30940 HAWTHORNE BLVD.
RPVCA.GOV/PARKS

THE EVENT WILL END WITH A PATRIOTIC DRONE
LIGHT SHOW FINALE!

- PALOS VERDES SYMPHONIC BAND
- LIVE COUNTRY MUSIC BY BOOMER AND LINE DANCING
- BEER AND WINE BOOTH
- FOOD BOOTHES AND TRUCKS SERVING A VARIETY OF MEALS, SNACKS, AND DESSERTS
- INFLATABLES AND RIDES FOR KIDS
- ACTIVITIES AND GAMES FOR THE FAMILY
- CRAFT VENDORS



**DRONE
LIGHT
SHOW**

FOR MORE INFO VISIT:
WWW.RPVCA.GOV/PARKS



Concerts in the Park

Ken Dyda Civic Center
4pm to 6pm

July 26: AS IF!

AUGUST 23: SMOKIN' COBRAS

Food trucks, beer and wine booth, giveaways, crafts, inflatables for kids and live music! Bring beach chairs, and a blanket and enjoy an afternoon of live music at this family event!



90's

july 26



voluptat officia duis semper nunc
neque pede est sed libero. Suscipit in n
continet sed non vesti

REACH

Adaptive Recreation

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

Program Goals:

- Promote Self Confidence
- Increase Physical Abilities
- Improve Coordination
- Encourage independent living skills



How to reach us:
REACH@rpvca.gov

Shakespeare
BY THE Sea

JULIUS CAESAR

by William Shakespeare
in a modern verse translation by
Shishir Kurup

Adapted and Directed by
Stephanie Coltrin



The die is cast

Sunday, July 6th at 7pm

Hesse Park (Grass field)

Bring blankets and low-slung chair

MOVIES IN THE PARK

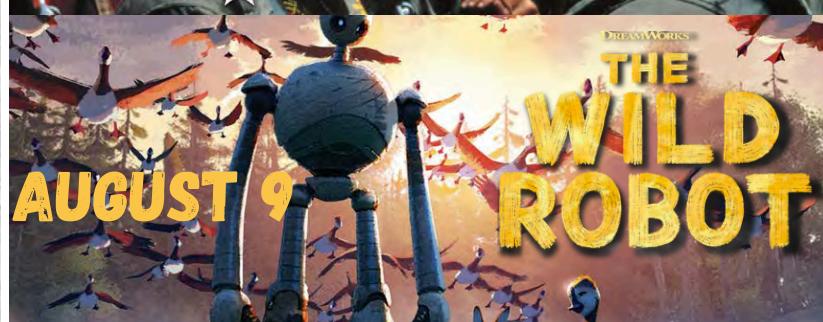
Ken Dyda Civic Center
Activities begin at 7pm

Movie starts at dusk

Bring a blanket or low-slung beach chair. Food truck and
goodies for the family
visit www.rpvca.gov/parks for more info!



JULY 12



AUGUST 9



LOS SERENOS de POINT VICENTE

2025 PUBLIC NATURE WALKS

Saturday, July 19, 9:00 am ~ George F Canyon Reserve

Wander along a willow-filled canyon stream with native coastal sage scrub habitat. Look down on one of the only areas on the mainland where one can view Catalina schist, the bedrock that underlies most of the Los Angeles area.

Saturday, August 16 9:00 am ~ Ocean Trails Reserve

Today's walk will proceed along a flat, paved path through the Trump National Golf Course, between holes, through a corridor of restored native and landscape plantings. We will pass by a wetland area where you can look out over hole 16 with its rock-rimmed lake and surrounding vegetation; a home to many migratory birds.

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 www.losserenosrpv.org



PALOS VERDES PENINSULA
LAND CONSERVANCY



Palos Verdes Peninsula Land Conservancy

NATURE WALKS

Sign up for nature walks at: pvplc.org/calendar

Vicente Bluffs Reserve

July 12, 9 am

Follow the bluff top from Point Vicente through Oceanfront Estates during the El Segundo blue butterfly flight season in an area containing restored coastal sage scrub. Easy. RPV



George F Canyon

August 9, 9 am

Wander along a willow-lined canyon stream with restored coastal sage scrub habitat. Look down on the Peninsula's exposed Catalina schist outcropping from one of the few places you can see this exposed rock in the LA basin. Easy to moderate. RHE

Aqua Amarga Reserve

September 13, 9 am

Walk the trail, enjoy the view, and appreciate the results of many volunteers' trail and habitat restoration efforts in this quiet neighborhood canyon. Moderate. RPV

Native Plant Gardening Tips for Summer

By embracing native plants and following a few simple summer care tips, you'll create a beautiful, firewise, sustainable garden that flourishes naturally. Find out more and shop online for native plants at pvplc.org.



PRESERVE
RESTORE
EDUCATE
ENJOY

Water Wisely: Water deeply and infrequently to encourage deep root growth.

Avoid Fertilizers: Skip the synthetic fertilizers that can disrupt natural growth cycles.

Watch for Weeds: Native plants are crowded out by aggressive non-natives, so weed regularly—especially after watering or light rain.

VOLUNTEER

Pvplc.volunteerhub.com

OUTDOOR VOLUNTEER DAYS

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

Volunteer Community Greeters



Engage the local community for events around the South Bay and greet participants of our free monthly guided nature walks. No experience needed & flexible schedule. For more information, contact Volunteer Manager Lynn Rotunno at lrrotunno@pvplc.org. Open to ages 18+.

Education Docent

If you enjoy working with students, join us in the classroom, for field trips and to greet visitors at one of two nature centers the Conservancy manages. For more information, contact Education Director Holly Gray, at hgray@pvplc.org. Open to ages 18+. All training and materials provided.



RECREATION ACTIVITIES

REGISTER AT:

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- McTaggart Hall

Instructor: Mary Castro

Ages: 18 and up

Fee: \$120

12379 F 9am to 9:50am July 4 - August 8

12380 F 9am to 9:50am August 15 - September 19

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

Instructor: Mary Castro

Ages: 18 and up

Fee: \$80

12378 F 10am to 10:45am July 4 - August 22

Yoga and Meditation with Reiki

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

Instructor: Chizuru Kabe

Ages: 18 and up

Fee: \$72

12401 M 9am to 9:45am June 30 - July 21

12426 M 9am to 9:45am July 28 - August 18

12427 M 9am to 9:45am August 25 - September 15

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

12383 Tu 9am to 10am July 1 - Sep 9

12384 Tu 10:30am to 11:30am July 1 - Sep 9

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

12406 Th 9am to 10:15am July 3 - September 11

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

12382 Th 10:30am to 11:45am July 3 - September 11

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

12405 M 10:30am to 11:45am June 30 - September 8

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

Instructor: Kathleen Borgida

Ages: 18 and up

Fee: \$126

12404 M 9:00am to 10:15am June 30 - September 8

Tai Chi for Healthy Body and Mind

This is a short Tai Chi form that's easy to learn for beginners. Perform exercises to better your 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.

Location: Hesse Park McTaggart Hall

Instructor: Maria Arabe

Ages: 18 and up

Fee: \$96

12403 W 10:30am to 11:30am July 2 - August 20

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.

Location: Hesse Park McTaggart Hall

Instructor: Maria Arabe

Ages: 18 and up

Fee: \$96

12407 W 9:30am to 10:30am July 2 - August 20

EPIC Sports Camp with Sportball

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.

Location: Ryan Park - Grass Field

Fee: \$180

Ages: 6 - 11

12424 M - F 9am to Noon Aug 4 - Aug 8

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, a former student of Chuck Norris. All students will have the opportunity to test for a higher belt.

Instructor: Adam Palmer

Location: Ryan Park Grass Area

Karate for Preschoolers

Ages: 2 1/2 - 4

12398 Sa 10:00am to 10:50am August 9 - September 20

Karate for Kids

Ages: 4 - 11

12396 Sa 11am to Noon August 9 - September 20

Karate for Bigger Kids and Adults

Ages: 12 and up

12391 Sa 12:30pm to 1:30pm August 9 - September 20

Karate for Individuals and Families

Families and individuals can train together.

Ages: 4 and up

12394 Th 3:30pm to 4:30pm August 7 - September 18

Karate for Visually Impaired and Low Vision

Different Location* Hesse Park Activity Room

Fee: \$125

Ages: 6 - 78

12448 Sa 2:30pm to 3:30pm June 21 - July 12

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!

Instructor: Kristen DeLeo

Location: Ryan Park Activity Room Patio

Ages: 5 - 10

Fee: \$105

12386 Th 3:30pm to 4:30pm June 19 - July 31

REGISTER AT:

www.rpvca.gov/parks

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: \$112 (5 Week Session)

Ages: 3-4

12399 Su 10am to 10:45am July 6 - August 10

Ages: 5 - 7 **Fee:** \$90 (4 Week Session)

12400 Su 10am to 10:45am August 24 - Sept 14

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

12387 Tu 4pm to 5pm July 15 - September 2



July 13 and August 17, September 14

10am to 12pm

Point Vicente Interpretive Center

Native Plant Garden

31501 PV Drive West

Come join us on a beautiful Sunday morning and help us keep our garden clean, healthy and beautiful. You will be rewarded with sweeping ocean views, the fresh sea breeze and gain some awesome gardening skills. Volunteers can also earn community service hours for school. Families and groups encouraged!

Gloves and tools provided.



Beginning Dog Training

Learn how to train your dog. Your dog will learn foundation behaviors to be a good companion and polite member of the community. You'll both learn teamwork and communication skills. Class teaches sit, wait, touch, come when called and polite walking. Problem solving, household manners, preventing behavioral issues will be reviewed. Dogs should be able to safely be near other dogs & people and be current on all vaccinations.

www.pvpdogtraining.com

Instructor: Allison, Vita

Location: Ken Dyda Civic Center- Grass Field

Fee: Standard charge: \$165

Ages: 18 and up

12489 Tu 9am to 10am July 1 - July 29

If you are a person with a disability and need an accommodation to participate in programs, services, activities, and meetings, please contact the City's ADA Coordinator/Risk Manager at 310.683.3157 or adarequests@rpvca.gov, at least 48 hours in advance to request an auxiliary aid or accommodation.



SING & DANCE
Early Childhood Music & Movement

Fee: \$150
Ages: 0-14 mo
12414 TH 12pm to 12:45pm
July 10 - September 11
12417 W 12pm to 12:45pm
July 9 - September 10

Ages: 1 - 3
12415 W 10am to 10:45am
July 9 - September 10
12418 Th 10am to 10:45am
July 10 - September 11

Ages: 2 - 4
12416 W 11am to 11:45am
July 9 - September 10
12419 Th 11am to 11:45am
July 10 - September 11

Hesse Park
Fireside Room
Instructor:
Joanne Bradford

A sensory play-based early childhood program that incorporates nursery rhymes, counting songs, rhythm games, action songs, creative dancing, imagination, yoga, children's literature and more. A large selection of percussion instruments and props such as parachutes, puppets, scarves, balls, books, and more are all used in each class to complement our weekly theme.

SUMMER ADOPTION EVENT

Pedro Pet Pals will be hosting Dog and Cat Adoption Events at Eastview Park! The fun cat bus will be rolling in as well as local vendors. Come on over and take a peek and make sure you have room in your car - you might be bringing home a new friend!

1ST SUNDAYS OF THE MONTH!

- JULY 6, AUG 3, & SEP 7** FROM 12PM-3PM
- EASTVIEW PARK, 1700 WESTMONT DR**
- INFO@PEDROPETPALS.COM**

pvseniors.org **HOT DEALS**

Walking Group
Exercise Class
Tai Chi

Mahjong
Bridge

Peninsula Seniors
make life fun!

JOIN TODAY!
(310) 377-3003

MOVIES

TOURS & TRAVEL

LECTURES

BINGO

music

French & Spanish Conversation

CRAFT 'n chat

Peninsula Seniors

save the date for an Olde-Fashioned **Ice Cream Social**

You're invited to Peninsula Seniors' **Fourth Annual Olde-Fashioned Ice Cream Social**
Sunday, July 20 from 2-4pm

Scriba Family Center, 602 Deep Valley Dr. #310, RHE

Socialize with friends and neighbors and visit our beautiful Scriba Family Center. For details and to RSVP, call (310) 377-3003.

Our Bohannon Lecture Series is open to the community!

Join us for stimulating presentations on a variety of topics. Wednesdays, 10:15 coffee social, 10:30-11:30 lecture. Visit pvseniors.org or call (310) 377-3003 for details.



Recreation & Parks Directory

Abalone Cove Park.....	310-544-5360
Eastview Park.....	310-544-5269
Hesse Park.....	310-544-5350
Ladera Linda Community Park....	310-544-5370
Point Vicente Interpretive Center..	310-544-5375
Ryan Park.....	310-544-5362

www.rpvca.gov/parks

Questions?

parks@rpvca.gov

Palos Verdes Nature Preserve

Contact Open Space Management staff by emailing us at trails@rpvca.gov or 310-544-5353.

Report violations to the Preserve Info and Report Line at 310-491-5775.

Plant a tree or a garden in your yard!



Rock painting in your backyard! Use the rocks to decorate your garden, porch etc..



Have a picnic! Make it special! Don't forget dessert!



Try outdoor photography! Experiment with different settings and filters on your camera!



Did you know....

July is Parks and Recreation Month!

Launched in 1985, this year marks the 40th anniversary of Park and Recreation Month!

Each July, we celebrate park and recreation professionals and how they improve the lives of tens of millions of people, making a lasting impact in communities across the country. Park and recreation programs are essential to community health and well-being and help cultivate lifelong friendships, memories and family bonds that people hold dear for decades.

FUN IDEAS TO CELEBRATE THE OUTDOORS, PARKS AND RECREATION!

Go hiking with friends or family

Pickup litter!
Organize a beach cleanup!



Kick the ball around with family and friends! Sign-up for a sports team!



Try landscape painting. Experiment with water colors, acrylics, pencils and crayons!



Make your own scavenger hunt!

