

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
CHEVIOT HILLS RECREATION CENTER
(310) 837-5186 / CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG



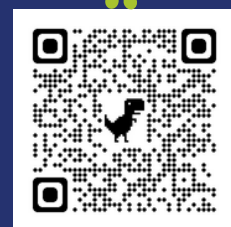
@CHEVIOTHILLSRC

CHEVIOT HILLS RECREATION CENTER

SUMMER 2024



REGISTER ONLINE OR IN PERSON
STARTING TUESDAY MAY 14, 2024
9:30AM AT LAPARKS.ORG





WELCOME



Welcome to Summer at Cheviot Hills RC!

As the sun shines brighter and the days grow longer, we're excited to invite you to join us for an action-packed season. Our summer programs offer a wide range of activities and classes to keep you and your family engaged and energized throughout the sunny months ahead. From fitness classes to arts and crafts, there's something for everyone to enjoy.

Join us as we create unforgettable memories, make new friends, and embrace the spirit of summer together.

**See you soon,
Cheviot Hills Recreation Center Staff**



HOURS OF OPERATION



MON-FRI 9AM-9PM

SATURDAY 9AM-5PM

SUNDAY CLOSED

Subject to change depending on programming

**ALL PROGRAMS SUBJECT TO CHANGE
OR CANCELLATION WITHOUT NOTICE**

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.

GUITAR LESSONS

Ages 7+

25-minute one-on-one guitar lessons. Learn the basics or fine-tune your skills. All levels welcome.

Instructor: Russell

Mon 4-7:00pm 6/24 - 8/12 \$168/8 wks
Tue 4-6:00pm 6/25 - 8/13 \$168/8 wks
Wed 4-7:00pm 6/26 - 8/14 \$168/8 wks
Thu 4-6:00pm 6/27 - 8/15 *\$147/7 wks

*no class Thu 7/4



SCHOOL OF ROCK-REACTION ROCK BAND

Ages 8-13

Playing music with others is a great form of music education. Participants will grow as individuals by practicing and taking the stage together. Working with a band is key to learning skills like collaboration, team-building and compromise. Participants must have taken music lessons prior. There will be a performance at the end of this class.

Instructor: Russell

Tue 6:30-7:45pm 6/25 - 8/13 \$70/8 wks
Thu 6:30-7:45pm 6/27 - 8/15 *\$63/7 wks

*no class Thu 7/4



MUSIC

VIRTUAL PIANO

Ages 5+

25-minute one-on-one virtual piano lessons. All levels welcome.

Instructor: Christina

Tue 3pm-6pm 6/25 - 8/13 \$128/8 wks

PRIVATE PIANO LESSONS

Ages 7+

25-minute one-on-one piano lessons. All levels welcome.

Instructor: Nazanin

Sun 1-3pm 6/23 - 8/11 \$168/8 wks

PIANO OR VOICE MUSIC LESSONS

Ages 7+

45-minute one-on-one music lessons.

Piano/Music Theory:

Levels for beginner through early intermediate. Learn how to play piano & understand how to read & comprehend music!

Voice & Music/Theory:

For levels Beginner through advanced. Learn how to sing & vocal technique! Learn how to understand & comprehend music so you can feel confident in having all the tools you need to become great! Sing in whatever style you choose but with great technique! Best suited & highly encouraged for ages 13 & up.

Instructor: Pharron

Wed 12-7pm 6/26 - 8/14 \$216/8 wks
Thu 12-7pm 6/27 - 8/15 *\$189/7 wks
Fri 12-7pm 6/28 - 8/16 \$216/8 wks

*no class Thu 7/4

FITNESS & ENRICHMENT

POKEMON GO! OUTDOOR FITNESS

Ages 6-17

Gotta catch 'em all! Join Josef in this Pokemon Go adventure. This is a great way to have fun, meet friends, and get some fresh air and outdoor exercise! Join us for an outdoor adventure combined with Pokemon Go strategy! Bring your own phone!

Instructor: Josef

Mon	4:45-6:15pm	6/24 - 8/12	\$96/8 wks
Thu	5:15-6:45pm	6/27 - 8/15	*\$84/7 wks
Fri	4:15-5:45pm	6/28 - 8/16	\$96/8 wks

*no class Thu 7/4



MAGIC THE GATHERING FOR BEGINNING & CONTINUING PLAYERS

Ages 8-17

Magic the Gathering is a very popular card game with about 36 million players worldwide. We will discuss strategy, build decks, and play the decks against one another. Both beginners and continuing players are welcome. Cards will be provided for participants.

Instructor: Josef

Wed	4:45-6:15pm	6/26 - 8/14	\$128/8 wks
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YOUTH RUN/FIT CLUB

Support, sharpen and strengthen your athletic abilities. This run club has a strong emphasis on fitness, cardio and endurance training. It is a great way to lessen stress and build stamina. Find the joy in fitness and running!

Instructor: Jennifer

Sat	Ages 8-9	9-9:45am	6/29 - 8/17	\$64/8 wks
Sat	Ages 10-11	10-10:45am	6/29 - 8/17	\$64/8 wks
Sat	Ages 12-15	11-11:45am	6/29 - 8/17	\$64/8 wks



PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.

ART CLASSES

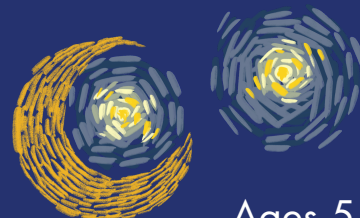
ART & ARTISTS

Ages 7-9

Create portraits like Rivera, flowers like O'Keeffe, cutouts like Matisse and paintings like Van Gogh. Each session focuses on a specific artist or style. Participants will apply famous artist's techniques to create their own masterpieces.

Instructor: Vicki

Wed 4:30-5:15pm 6/26 - 8/14 \$64/8 wks



PAINTING & MIXED MEDIA

Ages 5-6

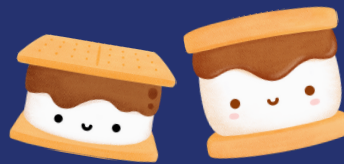
Incorporate painting, printing, collage, drawing and design in this all-encompassing art class. Perfect for creative minds and budding artists!

Instructor: Vicki

Fri 2:45-3:30pm 6/28 - 8/16 \$64/8 wks

FABRIC DOLLS & FUNNY CREATURES

KIDS HAND-SEWING



Ages 7-12

Ignite your creativity with our "Fabric Dolls & Funny Creatures" hand sewing class! Participants will learn basic stitching techniques while crafting fun projects like felt animals and personalized pouches. This class is the perfect environment for young crafters to explore their imagination and master a timeless skill.

Instructor: Vicki

Fri 3:45-4:30pm 6/28 - 8/16 \$64/8 wks

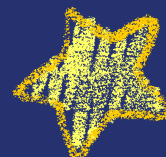
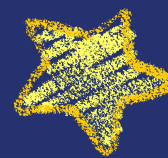
DRAWING

Ages 7-9

Young artists will embark on a colorful journey of creativity through drawing! Unleash your imagination and discover the magic of lines, shapes and colors.

Instructor: Vicki

Sat 2:00-2:45pm 6/29 - 8/17 \$64/8 wks



1-ON-1 HAND-SEWING STUDIO

Ages 7+

Bring your hand-sewing and get expert advice and hands-on-help from our Fabric and Crafting extraordinaire, Vicki! 25 min. sessions.

Instructor: Vicki

Sat 3pm, 3:30pm 6/29 - 8/17 \$114/8 wks



1-ON-1 TUTORING


GET AHEAD ONE-ON-ONE MATH & SCIENCE TUTORING

Ages 5-17

Instructor Josef is a UCLA graduate who has tutored all ages and all levels of math and science for 16 years. In these one-on-one tutoring sessions, participants can request which topics to cover, or the instructor can create lesson plans. Students can get help with subject review, homework, and preparing for upcoming tests. 1-on-1 25-minute sessions.

*Limit of one time slot per student.

Instructor: Josef

Mon	4pm, 6:30pm, 7pm, 7:30pm		6/24 - 8/12	\$114/8 wks
Wed	4pm, 6:30pm, 7pm, 7:30pm		6/26 - 8/14	\$114/8 wks
Thu	4pm, 4:30pm, 7pm, 7:30pm		6/27 - 8/15	*\$100/7 wks
Fri	12pm, 12:30pm, 1pm, 1:30pm, 2pm, 2:30pm, 3pm, 3:30pm, 6pm		6/28 - 8/16	\$114/8 wks

*no class Thu 7/4



GET AHEAD ONE-ON-ONE READING & WRITING

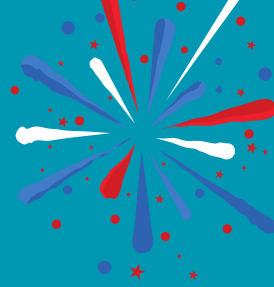
Ages 5-13

Want to improve reading and writing, work on phonics, grammar? Need help with homework? Vicki is a credentialed elementary school teacher and a great resource for reading and writing help! 1-on-1 25-minute sessions.

Instructor: Vicki

Wed	5:30pm, 6pm, 6:30pm, 7pm, 7:30pm	6/26 - 8/14	\$114/8 wks
Fri	12:30pm, 1pm, 1:30pm, 2pm, 4:45pm, 5:15pm, 5:45pm	6/28 - 8/16	\$114/8 wks
Sat	11:30am, 12pm, 12:30pm, 1pm	6/29 - 8/17	\$114/8 wks

ADULT FITNESS



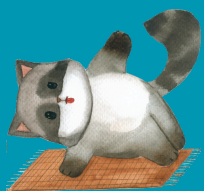
MUAY THAI

Ages 18+

Muay Thai is a martial art and combat sport that uses stand-up striking along with various clinching techniques. Learn the "art of eight limbs" while getting a great workout! Bring your boxing gloves and we provide the rest.

Instructor: Michael

Sun 10-11am 6/23 - 8/11 \$70/8 wks



GENTLE YOGA

Ages 15+

This class is great for beginners and those familiar with yoga who are looking to practice at a slower pace to allow for a meaningful mind, body, breath connection. Wear clothing you can move in and bring a mat, a blanket or cushion, and your water. Prepare to listen to your body, release some tension, and feel good doing it.

Instructor: Tracy

Mon 7-8pm 6/24 - 8/12 \$80/8 wks



INTRO TO HAPKIDO

Ages 18+

Join our Adult Hapkido class for an exhilarating journey through the dynamic martial art of Hapkido. Learn powerful self-defense techniques, hone your agility, and cultivate mental focus in a supportive and energizing environment. Whether you're a beginner or experienced practitioner, discover the art of Hapkido and unlock your full potential with us.

Instructor: Mohammad

Thu 7-8:30pm 6/27 - 8/15 *\$84/7 wks



ZUMBA

ZUMBA/MIXXEDFIT DANCE FITNESS

Ages 18+

Zumba is a Latin-inspired cardio workout - high energy, full bodied, extremely fun dance class! Easy to learn, repetitive moves get the heart pumpin' as the music gets the body jumpin! MixxedFit® is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.

Instructor: Myesha

Fri 10-11am 6/28-8/16 \$70/8 wks



ADULT CLUBS

ADULT KNITTING CLUB

Ages 18+

Bring your knitting and join us! All ages & levels welcome.

Lead: Edie

Wed 1-3pm 6/26 - 8/14 FREE/8 wks



ADULT VOLLEYBALL CLUB

Ages 18+

Bump, set, spike, block, cover, dig, and dive!

Lead: Paul

Thu 8-10pm 6/27 - 8/15 *\$70/7 wks

*no class Thu 7/4



ADULT BASKETBALL CLUB

Ages 18+

Open Gym basketball for adults.

Lead: Arish

Fri 12-2:30pm 6/28 - 8/16 *\$45/7 wks

*no class Fri 7/5

Independently run programs at Cheviot Hills Recreation Center

Archery	ranchoparkarchers.org rparchers@gmail.com
Rancho Park Golf Course	(310) 838-7373
Aquatics	(323) 906-7953
Pool (Summer Only)	(310) 202-2844
Petanque	LosAngelesPetanqueClub@gmail.com
Tennis Reservations	(310) 836-8879
Municipal Sports (Adult Baseball/Softball)	(818) 765-0284
Municipal Sports (Add'l Adult Leagues)	(818) 246-5613

REFUND POLICY

- ALL REFUND REQUESTS MUST BE SUBMITTED VIA EMAIL ON A CHRC REFUND REQUEST FORM.
- REFUND REQUESTS FOR CLASSES & SPORTS MUST BE SUBMITTED ONE WEEK (7 DAYS) PRIOR TO THE CLASS BEGINNING.
- THERE ARE NO REFUNDS OR CREDITS FOR MISSED DAYS.
- A 15% ADMINISTRATIVE FEE WILL BE ASSESSED BY THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS FOR ANY PATRON GRANTED A REFUND FOR A CLASS/LEAGUE.
- NO FULL REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE RECREATION CENTER.

SEE YOU IN THE FALL!

JOIN OUR MAILING LIST - EMAIL CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG

FOLLOW US @CHEVIOTHILLSRC

