

CHEVIOT HILLS RECREATION CENTER

SPRING 2024



REGISTER ONLINE OR IN PERSON
STARTING TUESDAY MARCH 5, 2024
9:30AM AT LAPARKS.ORG



WELCOME!

It's Springtime!

We are busy bees this spring! From t-ball to softball to volleyball to basketball, we offer sports for everyone. Spring Camp and our annual Spring Fling & Egg Hunt are also in the works!

Take a look through this smokin' brochure to see our spring classes and more!



Cheviot Hills Recreation Center Staff



HOURS OF OPERATION

MON-FRI 9AM-9PM

SATURDAY 9AM-5PM

SUNDAY CLOSED

OPEN GYM TUES 12:30-2:30PM

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	4-7:30pm	4/8 - 6/3*	\$168/8 wks
Tue	4-7:00pm	4/9 - 5/28	\$168/8 wks
Wed	4-7:30pm	4/10 - 5/29	\$168/8 wks
Thu	4-7:00pm	4/11 - 5/30	\$168/8 wks

*no class Mon 5/27



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	7-8:15pm	4/9 - 5/28	\$70/8 wks
Thu	7-8:15pm	4/11 - 5/30	\$70/8 wks



VIRTUAL PIANO

Ages 5+

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

Instructor: Christina

Fri	3pm-6pm	1/26 - 3/15	\$128/8 wks
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MUSIC



PRIVATE VIOLIN LESSONS

Ages 7+

25-minute one-on-one violin lessons. Beginner and intermediate level.

Instructor: Elena

Mon	2pm-6pm	4/8 - 6/3*	\$168/8 wks
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*no class Mon 5/27

PRIVATE PIANO LESSONS

Ages 7+

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

Instructor: Nazanin

Sun	1-3pm	4/7 - 6/2*	\$168/8 wks
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*no class Sun 5/26

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	4/10 - 5/29	\$216/8 wks
Thu	12-7pm	4/11 - 5/30	\$216/8 wks
Fri	12-7pm	4/12 - 5/31	\$216/8 wks

SPORTS, FITNESS & MARTIAL ARTS

FAMILY KUNG FU

Ages 6+

Kung Fu is a centuries-old art-form with a proven track record for giving you stealth-like focus and the ability to remain calm and collected in even the most trying situations. Other benefits include increased focus, discipline, and achieving health and fitness goals.

Instructor: David

Sat 10-11am 4/13 - 6/1* \$70/8 wks
*no class Sat 5/25



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 4/13 - 6/1* \$64/8 wks
Sat Ages 10-11 10-10:45am 4/13 - 6/1* \$64/8 wks
Sat Ages 12-15 11-11:45am 4/13 - 6/1* \$64/8 wks

*no class Sat 5/25

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

Sat 2:15-3:45pm 4/13 - 6/1* \$96/8 wks

*no class Sat 5/25



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 FOR ALL AGES

PAINTING & MIXED MEDIA

Meet each week and create a piece of art. Learn about color and painting techniques. Incorporate printing and collage as well to make masterpieces of your own!

Instructor: Vicki

Ages 5-6 Thu 3:15-4pm 4/11 - 5/30 \$64/8 wks
Ages 7-12 Thu 4:15-5pm 4/11 - 5/30 \$64/8 wks



FABRIC DOLLS & FUNNY FRIENDS KIDS HAND-SEWING

Ages 7-12

Meet each week and learn the basics of sewing by making cloth dolls and creative creatures of all kinds!

Instructor: Vicki

Thu 5:15-6pm 4/11 - 5/30 \$64/8 wks

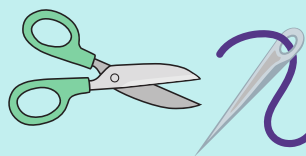
MAGIC WITH FABRIC

Ages 13+

Make your favorite tropical paradise, sunset or calming view. Learn how to thread a needle, tie a knot, sew with a running stitch, back stitch, seed stitch and stem stitch. Make coasters, fabric cards, draw with thread and more!

Instructor: Vicki

Wed 6:30-7:20pm 4/10 - 5/29 \$64/8 wks



DRAWING

Ages 7-9

Learn line drawing including perspective, value, space and shape. The perfect Introduction to Drawing class for young artists!

Instructor: Vicki

Sat 2:30-3:15pm 4/13 - 6/1* \$64/8 wks
*no class Sat 5/25

ENRICHMENT

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

Sun	10:30am-2pm	4/7 - 6/2*	\$114/8 wks
Sun	4:30-4:55pm	4/7 - 6/2*	\$114/8 wks
Fri	3:15-8:45pm	4/12 - 5/31	\$114/8 wks
Sat	10:30am-2pm	4/13 - 6/1*	\$114/8 wks

*no class Sat 5/25 or Sun 5/26



MAGIC THE GATHERING

Ages 8-17

FOR BEGINNING & CONTINUING PLAYERS

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

Sun 2:15-4:15pm 4/7 - 6/2* \$128/8 wks

*no class Sun 5/26

GET AHEAD ONE-ON-ONE READING & WRITING

Ages 5-9

Elementary school students - want to improve reading and writing, work on phonics, grammar? Need help with homework? Vicki is a credentialed elementary school teacher. 1-on-1 25-minute sessions.

Instructor: Vicki

Wed	3-6pm	4/10 - 5/29	\$114/8 wks
Sat	10:30am-2pm	4/13 - 6/1*	\$114/8 wks

*no class Sat 5/25



ADULT CLUBS



ADULT DODGEBALL CLUB

Ages 18+

Join our Dodgeball club to learn how to duck, dodge, dip, dive and dodge! We make the game social and fun, with a dose of healthy competition. Come out, meet new people, and HAVE FUN!

Lead: Avery

Wed 8-9pm 4/10 - 5/29 \$70/8 wks



ADULT PICKLEBALL CLUB

Ages 18+

Come and enjoy America's fastest growing sport - Pickleball! Hop into the rotation in our Small Gym for games played between 12pm and 2pm. All skill levels welcome.

Lead: Avery

Tue 12-2pm 4/9 - 5/28 \$70/8 wks
Thu 12-2pm 4/11 - 5/30 \$70/8 wks



ADULT KNITTING CLUB

Ages 18+

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

Lead: Edie

Wed 1-3pm 4/10 - 5/29 FREE/8 wks



ADULT BASKETBALL CLUB

Ages 18+

Open gym basketball for adults.

Lead: Arish

Thu 12:30-2:30pm 4/11 - 5/30 \$50/8 wks



ADULT VOLLEYBALL CLUB

Ages 18+

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

Lead: Paul

Thu 8-10pm 4/11 - 5/30 \$75/8 wks

ADULT FITNESS

MAT PILATES

Ages 18+

Mat Pilates focuses on strengthening muscles, lower back, pelvic floor, hips, glutes, and abdominals through a series of exercises performed on the floor. It's comparable to yoga, but a bit more strenuous in terms of exercise.

Instructor: Samaiya

Sun 11:15am-12pm 4/7 - 6/2* \$64/8 wks

*no class Sun 5/26



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 4/8 - 6/3* \$80/8 wks

*no class Mon 5/27



VIRTUAL GENTLE YOGA

Ages 18+

This gentle practice teaches yoga fundamentals: movement, breath, and relaxation. Students will learn tools for maintaining everyday functional movement and for enjoying stress relief. This beginner-friendly class is safe for all bodies and all abilities. It is ideal for seniors, those working with injuries, and anyone looking for a low-impact entry into fitness.

Instructor: Zara

Tue 6-7pm 4/9 - 5/28 \$64/8 wks

ADULT FITNESS



ZUMBA

Ages 18+

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'!

Instructor: Myesha

Mon 10-11am 4/8 - 6/3* \$70/8 wks
Tue 10-11am 4/9 - 5/28 \$70/8 wks

*no class Mon 5/27



MIXXEDFIT

Ages 18+

MixedFit® is a people-inspired fitness program that combines explosive dance movements with bodyweight toning

Instructor: Myesha

Wed 10-11am 4/10 - 5/29 \$70/8 wks



WOMEN'S SELF-DEFENSE

Ages 18+

This class will focus on awareness, assertiveness, and safety strategies. Learn sets of self-defense techniques, kicking and punching, meditations and physical skills that will provide you with strong self-defense abilities.

Instructor: Mohammad

Thu 7-9pm 4/11 - 5/30 \$96/8 wks



MUAY THAI

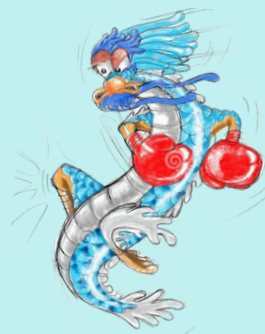
Ages 18+

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 you boxing gloves and we provide the rest.

Instructor: Michael

Sun 10-11am 4/7 - 6/2* \$70/8 wks

*no class Sun 5/26



INFO COMING SOON

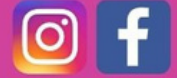
SUMMER 2024



DATES: JUNE 17-AUGUST 9



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
CHEVIOT HILLS RECREATION CENTER
2551 MOTOR AVE. LOS ANGELES, CA 90064
(310) 837-5186 / CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG
WWW.LAPARKS.ORG/RECCENTER/CHEVIOT-HILLS



@CHEVIOTHILLSRC

CHEVIOT HILLS RC PRESENTS

SPRING FLING & EGG HUNT



**FRIDAY, MARCH 29
12PM-3PM**

**GAMES! CRAFTS! CONTESTS!
JUMPERS! BRING YOUR OWN
BASKET OR MAKE ONE AT
THE EVENT!**

\$FREE MUST PRE-REGISTER
ONLINE FOR EGG HUNTS

SUBJECT TO CAPACITY LIMITS ~
WHILE SUPPLIES LAST

VOLUNTEERS NEEDED! CONTACT OFFICE FOR MORE INFO

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EGG HUNT TIMES

*CHILD MAY BE ACCOMPANIED BY
1 PARENT/GUARDIAN ONLY

***Ages 1-3 12:15pm**

12:45pm

***Ages 4-6 1:15pm**

1:45pm

Ages 7-9 2:15pm

Ages 10-12 2:45pm

**REGISTER AT
LAPARKS.ORG
STARTING MAR 5**





SPORTS LEAGUES

SPRING 2024
T-BALL/COACH PITCH LEAGUE

AGES 4-8
 AGE AS OF JANUARY 1, 2024

\$200
 PER PLAYER
 FINANCIAL ASSISTANCE AVAILABLE. INQUIRE FOR DETAILS.

OPENING DAY: APRIL 6, 2024
CLOSING DAY: JUNE 8, 2024

VOLUNTEER COACHES NEEDED!

SEE PAGE 2 FOR MORE INFO

SPRING 2024 GIRLS
SOFTBALL

AGES 8-10
 AGE AS OF JANUARY 1, 2024

\$180
 PER PLAYER
 FINANCIAL ASSISTANCE AVAILABLE. INQUIRE FOR DETAILS.
 NO SPOTS HELD WITHOUT PAYMENT

OPENING DAY: APRIL 6, 2024
CLOSING DAY: JUNE 8, 2024

SEE PAGE 2 FOR MORE INFO

SPRING 2024
VOLLEYBALL LEAGUE

GIRLS & CO-REC

AGES 7-15
 AGE AS OF JANUARY 1, 2024

\$200
 PER PLAYER
 FINANCIAL ASSISTANCE AVAILABLE. INQUIRE FOR DETAILS.

GAMES START: APRIL 13, 2024
CLOSING DAY: JUNE 8, 2024

SEE PAGE 2 FOR MORE INFO

SPRING 2024 WOMEN'S
BASKETBALL LEAGUE

AGES 18+

\$400
 PER TEAM
 PLUS \$50 WEEKLY REF FEES PAID WITH CASH

GAMES START: APRIL 9, 2024
PLAYOFFS END: JUNE 4, 2024

SEE PAGE 2 FOR MORE INFO





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 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.

STAY TUNED FOR SUMMER!

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



FOLLOW US @CHEVIOTHILLSRC

