

# Winter 2010 - List of Classes

**ONLINE  
REGISTRATION  
FROM**

**Nov. 30 - Dec. 25**

Steps to Online Registration:

1. <https://raponline.lacity.org/larap/>
2. Choose your desired center
3. Click Go!

\*Note: Make sure *NOT* to use your browser's forward and back buttons.

**Walk-In Registration**

(IF SPACE IS AVAILABLE)  
BEGINNING

**Monday, Dec. 28**

MOST CLASSES BEGIN THE  
WEEK OF SUNDAY, JANUARY 10.

**Children & Teen Classes:**

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Monday	# 6070	Fairy Tale Acting	Cheviot Hills RC	Amy Farkas	4:00 - 4:45 p.m.	4-6	\$48/8 wks	Jan 11
	# 6120	Tiny Tumbling	Cheviot Hills RC	Amy Farkas	5:00 - 5:45 p.m.	3-5	\$48/8 wks	Jan 11
	# 6120	Gymnastics & Fitness	Cheviot Hills RC	Amy Farkas	6:00 - 6:45 p.m.	6-8	\$48/8 wks	Jan 11
	# 6150	Creative Drawing	Cheviot Hills RC	Barbara Freeman	5:00 - 6:00 p.m.	7-12	\$48/8 wks	Jan 11
	# 6470	Messes & Masterpieces	Palms RC	Arien Davis	12:30 - 1:15 p.m.	3-5	\$48/8 wks	Jan 11
	# 6010	Mini Sports	Palms RC	David Domroy	12:30 - 1:15 p.m.	3-5	\$48/8 wks	Jan 11
	# 6120	Soccer Clinic	Palms RC	David Domroy	1:30 - 2:15 p.m.	3-4	\$48/8 wks	Jan 11
	# 6120	Soccer Clinic	Palms RC	David Domroy	3:00 - 3:45 p.m.	5-6	\$48/8 wks	Jan 11
	# 6120	Soccer Clinic	Palms RC	David Domroy	4:00 - 4:45 p.m.	3-4	\$48/8 wks	Jan 11
	# 6160	Having Fun in Chinese - Young Beginner <i>*New students only</i>	Palms RC	Annie Fisher	2:15 - 3:00 p.m.	3-5	\$48/8 wks	Jan 11
	# 6300	Tiny Tumbling	Palms RC	Laura Fuller	2:00 - 2:45 p.m.	3-5	\$48/8 wks	Jan 11
	# 6300	Gymnastics & Fitness (Int/Adv) <i>*Experience Necessary</i>	Palms RC	Laura Fuller	3:00 - 3:55 p.m.	7-13	\$48/8 wks	Jan 11
# 6300	Gymnastics & Fitness (Beg/Int)	Palms RC	Laura Fuller	4:00 - 4:45 p.m.	5-8	\$48/8 wks	Jan 11	
# 6300	Tiny Tumbling	Palms RC	Laura Fuller	4:45 - 5:30 p.m.	3-5	\$48/8 wks	Jan 11	
Tuesday	# 6080	Pre-Ballet/Pre-Tap	Cheviot Hills RC	Carissa Micas	4:00 - 4:45 p.m.	4-5	\$60/10 wks	Jan 12
	# 6080	Ballet	Cheviot Hills RC	Carissa Micas	5:00 - 5:45 p.m.	6-8	\$60/10 wks	Jan 12
	# 6080	Creative Hip-Hop	Cheviot Hills RC	Carissa Micas	6:00 - 6:45 p.m.	5-9	\$60/10 wks	Jan 12
	# 6200	Storybook Cooking	Palms RC	Sandra Peraza	12:30 - 1:15 p.m.	3-5	\$60/10 wks	Jan 12
	# 6170	Kidz in Motion	Palms RC	Natalie Castenada	12:30 - 1:15 p.m.	3-5	\$60/10 wks	Jan 12
	# 6800	Animal Tales	Palms RC	Tanya Slootsky	1:30 - 2:15 p.m.	3-5	\$60/10 wks	Jan 12
	# 6700	T-Ball Clinic	Palms RC	Matthew Ivanick	2:30 - 3:15 p.m.	4-5	\$48/8 wks	Jan 12
	# 6700	5-Pitch Clinic	Palms RC	Matthew Ivanick	3:00 - 3:45 p.m.	5-7	\$48/8 wks	Jan 12
Wednesday	# 6160	Art Gallery	Cheviot Hills RC	Amy Farkas	5:00 - 5:45 p.m.	3-5	\$60/10 wks	Jan 13
	# 6160	Art Gallery	Cheviot Hills RC	Amy Farkas	6:00 - 6:45 p.m.	6-9	\$60/10 wks	Jan 13
	# 6190	Fitness Movement - Listen & Move	Palms RC	Frankie Gallagher	12:30 - 1:15 p.m.	3-5	\$60/10 wks	Jan 13
	# 6190	Fitness Movement - Listen & Move	Palms RC	Frankie Gallagher	1:30 - 2:15 p.m.	3-5	\$60/10 wks	Jan 13
	# 6200	Storybook Cooking	Palms RC	Sandra Peraza	12:30 - 1:15 p.m.	3-5	\$60/10 wks	Jan 13
	# 6210	Spanish	Palms RC	Sandra Peraza	3:15 - 4:00 p.m.	5-7	\$60/10 wks	Jan 13
	# 6120	Soccer Clinic	Palms RC	David Domroy	1:15 - 2:00 p.m.	3-4	\$60/10 wks	Jan 13
	# 6010	Mini Sports	Palms RC	David Domroy	2:15 - 3:00 p.m.	3-4	\$60/10 wks	Jan 13
	# 6120	Soccer Clinic	Palms RC	David Domroy	3:15 - 4:00 p.m.	3-4	\$60/10 wks	Jan 13
	# 6120	Soccer Clinic	Palms RC	David Domroy	4:15 - 5:00 p.m.	3-4	\$60/10 wks	Jan 13
	# 6300	Tiny Tumbling	Palms RC	Laura Fuller	3:00 - 3:45 p.m.	3-6	\$60/10 wks	Jan 13
	# 6300	Gymnastics & Fitness	Palms RC	Laura Fuller	4:30 - 5:25 p.m.	7-13	\$60/10 wks	Jan 13
	# 6060	Camp Cooking Favorites	Palms RC	Ashley Nissim	3:30 - 4:15 p.m.	6-10	\$60/10 wks	Jan 13
	# 6290	Art Explorations	Palms RC	Ashley Nissim	4:30 - 5:15 p.m.	6-10	\$60/10 wks	Jan 13
# 6700	T-Ball Clinic	Palms RC	Matthew Ivanick	4:15 - 5:00 p.m.	4-5	\$48/8 wks	Jan 12	

For FULL brochure visit our website at: [www.laparks.org/dos/ereg/facility/cheviothills.htm](http://www.laparks.org/dos/ereg/facility/cheviothills.htm) or [www.laparks.org/dos/ereg/facility/palmsRC.htm](http://www.laparks.org/dos/ereg/facility/palmsRC.htm)

## Children & Teen Classes:

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Thursday	# 6190	Fitness Movement - Listen & Move	Cheviot Hills RC	Sally Roten	12:30 - 1:15 p.m.	3-5	\$60/10 wks	Jan 14
	# 6130	Me, Myself & Art	Cheviot Hills RC	Sally Roten	1:30 - 2:15 p.m.	3-5	\$60/10 wks	Jan 14
	# 6090	Mama Mia! Pizza Dough Fun	Cheviot Hills RC	Barbara Freeman	2:30 - 3:15 p.m.	3-5	\$60/10 wks	Jan 14
	# 6050	Clay is for Me!	Cheviot Hills RC	Barbara Freeman	5:00 - 6:00 p.m.	7-12	\$60/10 wks	Jan 14
	# 6260	Ooey Gooley Science	Palms RC	Natalie Castenada	12:30 - 1:15 p.m.	3-5	\$60/10 wks	Jan 14
	# 6210	Spanish	Palms RC	Sandra Peraza	12:30 - 1:15 p.m.	3-5	\$60/10 wks	Jan 14
	# 6210	Spanish	Palms RC	Sandra Peraza	1:45 - 2:30 p.m.	3-5	\$60/10 wks	Jan 14
	# 6850	Once Upon a Tea Party	Palms RC	Tanya Slootsky	1:30 - 2:15 p.m.	3-5	\$60/10 wks	Jan 14
	# 6300	Tiny Tumbling	Palms RC	Laura Fuller	1:30 - 2:15 p.m.	3-5	\$60/10 wks	Jan 14
	# 6300	Gymnastics & Fitness	Palms RC	Laura Fuller	3:00 - 3:45 p.m.	3-5	\$60/10 wks	Jan 14
	# 6300	Tiny Tumbling	Palms RC	Laura Fuller	4:45 - 5:30 p.m.	3-5	\$60/10 wks	Jan 14
Friday	# 7140	Samba Drums	Cheviot Hills RC	Geoff Hunter	7:15 - 8:00 p.m.	14+	\$20/10 wks	Jan 15
	# 6160	Having Fun in Chinese - Young Beg. Level 2	Palms RC	Annie Fisher	3:00 - 3:45 p.m.	3-5	\$60/10 wks	Jan 15
	# 6450	Parent & Me - Kiddie Clay	Palms RC	Marsha Bailey	3:30 - 4:15 p.m.	4-7	\$48/8 wks	Jan 15
Saturday	# 7130	Relax with Clay	Cheviot Hills RC	Barbara Freeman	11:00 - 12:30 p.m.	13+	\$90/10 wks	Jan 16
	# 6230	Pastel & Acrylic Painting	Palms RC	Anna Merzlikina	9:30 - 10:15 a.m.	6-8	\$60/10 wks	Jan 16
	# 6240	Drawing	Palms RC	Anna Merzlikina	10:15 - 11:00 a.m.	6-8	\$60/10 wks	Jan 16
	# 6230	Pastel & Acrylic Painting	Palms RC	Anna Merzlikina	11:00 - 12:00 p.m.	9+	\$60/10 wks	Jan 16
	# 6240	Drawing	Palms RC	Anna Merzlikina	12:00 - 1:00 p.m.	9+	\$60/10 wks	Jan 16
	# 6160	Having Fun in Chinese - Young Beg. Level 2	Palms RC	Annie Fisher	1:30 - 2:15 p.m.	5-7	\$60/10 wks	Jan 16
	# 6160	Having Fun in Chinese - Young Beg. Level 1	Palms RC	Annie Fisher	2:30 - 3:15 p.m.	3-5	\$60/10 wks	Jan 16
Sunday	# 6160	Having Fun in Chinese - Young Beg. Level 2	Palms RC	Annie Fisher	1:30 - 2:15 p.m.	5-7	\$60/10 wks	Jan 10
	# 6160	Having Fun in Chinese - Intermediate	Palms RC	Annie Fisher	2:30 - 3:15 p.m.	6-11	\$60/10 wks	Jan 10
	# 6160	Having Fun in Chinese - Young Beg. Level 1	Palms RC	Annie Fisher	3:30 - 4:15 p.m.	3-5	\$60/10 wks	Jan 10

**See our full brochure for Spring Sports:**

Cheviot Hills RC Spring  
T-Ball, 5-Pitch, Girl's Basketball, Softball  
Palms RC Spring T-Ball & 5-Pitch

If you have any questions please feel free to contact us via e-mail or phone.

Cheviot Hills RC: [cheviothills.recreationcenter@lacity.org](mailto:cheviothills.recreationcenter@lacity.org) (310)837-5186

Palms RC: [palms.recreationcenter@lacity.org](mailto:palms.recreationcenter@lacity.org) (310)838-3838

Palms Child Care: [palms.childcare@lacity.org](mailto:palms.childcare@lacity.org) (310)202-2577

*Persons with disabilities are welcome to participate in our programs, and reasonable accommodations will be made with prior arrangement.*

### CHEVIOT HILLS & PALMS SPRING CAMP @ CHEVIOT HILLS

*Day Camp entering K-5th (in fall 2010) and Camp 2950 entering 6th-8th (in fall 2010)*

<u>Dates</u>	<u>Days</u>	<u>Fee</u>
March 30 - April 2	Tuesday - Friday	\$140
<b>Hours: 10:00 a.m. - 3:00 p.m.</b>		

Extended Care is also available from 7:30-10 a.m. and 3-6 p.m.  
at the rate of \$10 per hour or \$25 unlimited in advance.

**ONLINE REGISTRATION FOR SPRING CAMP IS  
MONDAY, MARCH 15, 2010 THRU MARCH 21, 2010.**

#### Palms Licensed After School Child Care

Hours: Monday - Friday, 2:00 - 7:00 p.m.

Fee: \$275/month\*

\$25/month\* van transportation fee,  
\$50\* Registraion Fee

Children can be picked up from Clover, Charnock,  
Palms & Overland elementary schools, as well as  
Palms Middle School. \*Fees are subject to change

For FULL brochure visit our website at: [www.laparks.org/dos/ereg/facility/cheviothills.htm](http://www.laparks.org/dos/ereg/facility/cheviothills.htm) or [www.laparks.org/dos/ereg/facility/palmsRC.htm](http://www.laparks.org/dos/ereg/facility/palmsRC.htm)

## Parent & Child Classes:

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Monday	# 6140	Messes & Masterpieces	Cheviot Hills RC	Barbara Freeman	4:00 - 4:45 p.m.	1-5	\$48/8 wks	Jan 11
	# 6500	Toddler & Me Playtime	Palms RC	Karen Dudley	9:00 - 10:15 a.m.	25-35 mos.	\$80/8 wks	Jan 11
	# 6510	Toddler & Me Playtime	Palms RC	Karen Dudley	10:45 - 12:00 p.m.	14-24 mos.	\$80/8 wks	Jan 11
	# 6520	Baby & Me Playtime	Palms RC	Karen Dudley	12:30 - 1:30 p.m.	2-13 mos.	\$80/8 wks	Jan 11
	# 6510	Toddler & Me Playtime	Palms RC	Karen Dudley	3:30 - 4:45 p.m.	14-24 mos.	\$80/8 wks	Jan 11
Wednesday	# 6701	Hooked on Fitness	Palms RC	Frankie Gallagher	9:00 - 9:45 a.m.	2-3	\$60/10 wks	Jan 13
	# 6750	Parent & Me - Balls! Balls! Balls!	Palms RC	Frankie Gallagher	10:00 - 10:45 a.m.	2-4	\$60/10 wks	Jan 13
	# 6750	Parent & Me - Balls! Balls! Balls!	Palms RC	Frankie Gallagher	11:00 - 11:45 a.m.	2-4	\$60/10 wks	Jan 13
	# 6300	Teeny Tumbling	Palms RC	Laura Fuller	4:00 - 4:45 p.m.	1.5-3	\$60/10 wks	Jan 13
Thursday	# 6140	Messes & Masterpieces	Cheviot Hills RC	Barbara Freeman	4:00 - 4:45 p.m.	1-5	\$60/10 wks	Jan 14
	# 6300	Teeny Tumbling	Palms RC	Laura Fuller	4:00 - 4:45 p.m.	1.5-3	\$60/10 wks	Jan 14



Palms Recreation Center's...

### Transition

Ages: 20 months - 3 years

Meets  
Tuesdays  
& Thursdays!

This parent and child class will help transition your child into preschool. Children will listen to stories, sing songs and learn fun interactive games with teacher Tanya. You may bring a sibling (non-crawling/non-walking infant) to class. Please bring your own healthy snack and drink. Enrollment is on a month-to-month basis. Once you are registered in the class, you have first priority to continue through the rest of the school year.

Winter Nov/Dec session: 11/17-12/17

Instructor: Tanya Slotsky

Registration for the 2009-2010 school year is **FULL**.  
Please call the recreation office to be added to the wait list.

### IMPORTANT DATES

ACTIVITY	ONLINE REGISTRATION	WALK-IN REGISTRATION	ACTIVITY BEGINS
Winter Basketball	10/5-11/1	11/2	12/14
Winter Camps	11/2-12/11	12/14	12/21
Winter Classes	11/30-12/25	12/28	1/10
Palms Winter Piano & Guitar	11/30-12/25	12/28	1/10
Palms Spring T-Ball/5-Pitch	2/1-2/26	3/1	3/20
CHRC Spring T-Ball/5-Pitch & Girl's BBall	2/1-2/26	3/1	4/10
Cheviot Hills Spring Girl's Softball	2/1-2/26	3/1	4/18
Cheviot Hills - Palms Spring Camp	3/1-3/21	3/22	3/30
Spring Classes	3/15-3/31	4/1	4/5
Spring Community Festival-Egghunt	3/8	-----	4/2
Cheviot Hills Summer Camps	3/30-5/28	6/7	6/21
Palms Summer Camps	4/19-5/28	6/7	6/28

Palms Child Care

### Funsters Program

HOURS: 9:00 A.M. - 12:00 P.M.

FEES: MONDAY - THURSDAY, \$325\* PER MONTH

\$50\* REGISTRATION FEE

The 2009-2010 school year is currently full. Priority for the 2009-2010 school year was determined by an enrollment lottery. **Registration for 2010-2011 school year lottery will be in April 2010.** Please visit the Child Care center for more information or call at (310)202-2577. \*Fees are subject to change

### Aikido & Jujitsu at Palms RC

# 7100 Mon. (Adults) 6:30-8:30 p.m.

Session Dates: 1/11-4/5

# 7110 Wed. (Adults) 6:30-8:30 p.m.

Session Dates: 1/6-3/10

# 7120 Sat. (Adults/Jrs) 10:30-12:30 p.m.

Session Dates: 1/9-3/13

3 days/week - \$135/10 weeks

2 days/week - \$90/10 weeks

1 day/week - \$45/10 weeks

This is a continuous program.

Online registration is available from 8/10 - 9/5.

Walk-in registration is always available for this program.

"Achieving gender equity through continuous commitment to girls and women in sports."

For FULL brochure visit our website at: [www.laparks.org/dos/ereg/facility/cheviot\\_hills.htm](http://www.laparks.org/dos/ereg/facility/cheviot_hills.htm) or [www.laparks.org/dos/ereg/facility/palmsRC.htm](http://www.laparks.org/dos/ereg/facility/palmsRC.htm)

## Adult Classes:

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Monday	# 7050	Lunchtime Yoga Therapy	Cheviot Hills RC	Leila Johnson	11:45 - 1:00 p.m.	18+	\$96/8 wks	Jan 11
	# 7150	Dancercise	Cheviot Hills RC	DeeDee Michaels	7:30 - 8:30 p.m.	18+	\$56/8 wks	Jan 11
	# 7010	Gentle Yoga	Palms RC	Marcy Keller	10:00 - 11:15 a.m.	18+	\$56/8 wks	Jan 11
	# 7010	Gentle Yoga	Palms RC	Marcy Keller	6:00 - 7:15 p.m.	18+	\$56/8 wks	Jan 11
	# 7010	Yoga w/ Marcy	Palms RC	Marcy Keller	7:30 - 9:00 p.m.	18+	\$56/8 wks	Jan 11
	# 7100	Aikido & Jujitsu	Palms RC	Monty Scates	6:30-8:30 p.m.	18+	\$45/10 wks	Jan 11
Tuesday	# 7290	Palms Fit Program	Palms RC	Brooke Picone	8:30 - 9:45 a.m.	18+	\$50/10 wks	Jan 12
	# 7010	Gentle Yoga	Palms RC	Marcy Keller	6:00 - 7:15 p.m.	18+	\$70/10 wks	Jan 12
	# 7200	Pilates	Palms RC	Natalie Kitahara	7:30-8:30 p.m.	18+	\$70/10 wks	Jan 12
Wednesday	# 7170	Mixed Media Mosaics	Cheviot Hills RC	Ulrike Zillner	11:30 - 12:30 p.m.	18+	\$60/10 wks	Jan 13
	# 6240	Awareness Through Movement®	Cheviot Hills RC	Marci Spiegler	7:30 - 8:30 p.m.	16+	\$20/10 wks	Jan 13
	# 7050	Evening Yoga Therapy	Cheviot Hills RC	Leila Johnson	7:30 - 8:45 p.m.	18+	\$120/10 wks	Jan 13
	# 7290	Palms Fit Program	Palms RC	Brooke Picone	9:30 - 10:45 a.m.	18+	\$50/10 wks	Jan 13
	# 7010	Yoga w/ Marcy	Palms RC	Marcy Keller	10:00 - 11:30 a.m.	18+	\$70/10 wks	Jan 13
	# 7010	Gentle Yoga	Palms RC	Marcy Keller	6:00 - 7:15 p.m.	18+	\$63/9 wks	Jan 13
	# 7110	Aikido & Jujitsu	Palms RC	Monty Scates	6:30-8:30 p.m.	18+	\$45/10 wks	Jan 6
Thursday	# 7290	Palms Fit Program	Palms RC	Brooke Picone	8:30 - 9:45 a.m.	18+	\$50/10 wks	Jan 14
	# 7010	Yoga w/ Marcy	Palms RC	Marcy Keller	6:00 - 7:30 p.m.	18+	\$70/10 wks	Jan 14
	# 6160	Chinese for Adults	Palms RC	Annie Fisher	7:00 - 7:45 p.m.	18+	\$60/10 wks	Jan 14
Friday	# 7050	Morning Yoga Therapy, All Levels	Cheviot Hills RC	Leila Johnson	10:00 - 11:30 a.m.	18+	\$120/10 wks	Jan 15
	# 7140	Samba Drums	Cheviot Hills RC	Geoff Hunter	7:15 - 8:00 p.m.	14+	\$20/10 wks	Jan 15
	# 7090	Rio de Janeiro Samba	Cheviot Hills RC	Monica Tibbs	8:00 - 9:00 p.m.	17+	\$70/10 wks	Jan 15
	# 7010	Yoga w/ Marcy	Palms RC	Marcy Keller	10:00 - 11:30 a.m.	18+	\$70/10 wks	Jan 15
Saturday	# 7130	Relax with Clay	Cheviot Hills RC	Barbara Freeman	11:00 - 12:30 p.m.	13+	\$90/10 wks	Jan 16
	# 7120	Aikido & Jujitsu	Palms RC	Monty Scates	10:30-12:30 p.m.	7+	\$45/10 wks	Jan 9
	# 6230	Pastel & Acrylic Painting	Palms RC	Anna Merzlikina	11:00 - 12:00 p.m.	9+	\$60/10 wks	Jan 16
	# 6240	Drawing	Palms RC	Anna Merzlikina	12:00 - 1:00 p.m.	9+	\$60/10 wks	Jan 16
Sunday	# 7110	Tai Chi	Cheviot Hills RC	Judy Higa	10:30 - 12:00 p.m.	18+	\$70/10 wks	Jan 10
	# 6240	Awareness Through Movement®	Cheviot Hills RC	Marci Spiegler	10:30 - 12:00 p.m.	18+	\$20/10 wks	Jan 10
	# 7150	Dancercise	Cheviot Hills RC	DeeDee Michaels	3:30 - 4:30 p.m.	18+	\$70/10 wks	Jan 10

### PIANO/GUITAR LESSONS AT CHEVIOT HILLS AND PALMS

Both Recreation Centers are offering Private Piano and Guitar Lessons for all skill levels. Please visit each center's Online Activity Catalog listing for specific days and times offered.

Lessons begin the week of Sunday, January 10.

\*All lessons are 25 minutes long.



#### Cheviot Hills RC:

<u>Day</u>	<u>Times</u>	<u>Fee</u>
Wednesday	Every half hour from 1:00 p.m. to 9:00 p.m.*	\$120/10 weeks

#### Palms RC:

<u>Day</u>	<u>Times</u>	<u>Fee</u>
Sunday-Saturday	Times vary depending on day and instructor*	\$120/10 weeks



ONLINE REGISTRATION FOR PIANO/GUITAR LESSONS BEGINS NOVEMBER 30, 2009.

### Free Recreation Services at Cheviot Hills

**Open Basketball:** Call office for days/times

**Scottish Dance:** Tuesdays, 7:30 - 9:00 p.m.

**Open Volleyball:** Mondays, 8:00 - 9:30 p.m.

**Archery:** Call (310) 839-1516 for information

**Petanque:** Call (310) 475-8681 for information

**Self Help Groups:** See brochure for days/times

### Free Recreation Services at Palms

**Self Help Groups:** See brochure for days/times