

Fall 2009 - List of Classes

**ONLINE
REGISTRATION
FROM**

Aug. 17 - Sept. 16

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

Thursday, Sept. 17

MOST CLASSES BEGIN THE
WEEK OF SUNDAY, SEPTEMBER 20.

Children & Teen Classes:

Halloween
Activities

**October 31, 2009
12:00 - 4:00 p.m.**

at Cheviot Hills
Recreation Center

*Online Registration:
October 2, 2009*

\$5 per child

*Moonbounce!
Fun Games!
Spooky Crafts!*

Come in costume!

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

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Monday	# 607	Fairy Tale Acting & Crafts	Cheviot Hills RC	Amy Farkas	2:00 - 2:45 p.m.	3-5	\$48/8 wks	Sept. 21
	# 612	Tiny Tumbling	Cheviot Hills RC	Amy Farkas	3:00 - 3:45 p.m.	3-5	\$48/8 wks	Sept. 21
	# 612	Gymnastics & Fitness	Cheviot Hills RC	Amy Farkas	4:00 - 4:45 p.m.	6-8	\$48/8 wks	Sept. 21
	# 612	Advanced Gymnastics & Fitness	Cheviot Hills RC	Amy Farkas	5:00 - 5:45 p.m.	9-11	\$48/8 wks	Sept. 21
	# 614	Messes & Masterpieces	Cheviot Hills RC	Barbara Freeman	3:00 - 3:45 p.m.	1-5	\$48/8 wks	Sept. 21
	# 615	Creative Drawing	Cheviot Hills RC	Barbara Freeman	4:00 - 5:00 p.m.	7-12	\$48/8 wks	Sept. 21
	# 603	Basketball Clinic	Cheviot Hills RC	Todd Gallant	3:30 - 4:15 p.m.	5-7	\$48/8 wks	Sept. 21
	# 603	Basketball Clinic	Cheviot Hills RC	Todd Gallant	4:15 - 5:00 p.m.	8-10	\$48/8 wks	Sept. 21
	# 647	Messes & Masterpieces	Palms RC	Arien Davis	12:30 - 1:15 p.m.	3-5	\$42/7 wks	Sept. 21
	# 601	Mini Sports	Palms RC	David Domroy	12:30 - 1:15 p.m.	3-5	\$42/7 wks	Sept. 21
	# 612	Soccer Clinic	Palms RC	David Domroy	1:30 - 2:15 p.m.	3-4	\$42/7 wks	Sept. 21
	# 612	Soccer Clinic	Palms RC	David Domroy	3:00 - 3:45 p.m.	5-6	\$42/7 wks	Sept. 21
	# 612	Soccer Clinic	Palms RC	David Domroy	4:00 - 4:45 p.m.	3-4	\$42/7 wks	Sept. 21
	# 630	Tiny Tumbling	Palms RC	Laura Fuller	2:00 - 2:45 p.m.	3-5	\$42/7 wks	Sept. 21
	# 630	Gymnastics & Fitness	Palms RC	Laura Fuller	3:00 - 3:55 p.m.	7-13	\$42/7 wks	Sept. 21
# 630	Gymnastics & Fitness	Palms RC	Laura Fuller	4:00 - 4:45 p.m.	5-7	\$42/7 wks	Sept. 21	
# 630	Tiny Tumbling	Palms RC	Laura Fuller	4:45 - 5:30 p.m.	3-5	\$42/7 wks	Sept. 21	
Tuesday	# 608	Pre-Ballet/Pre-Tap	Cheviot Hills RC	Carissa Micas	3:15 - 4:00 p.m.	4-5	\$54/9 wks	Sept. 22
	# 608	Ballet	Cheviot Hills RC	Carissa Micas	4:15 - 5:00 p.m.	6-8	\$54/9 wks	Sept. 22
	# 608	Creative Hip-Hop	Cheviot Hills RC	Carissa Micas	5:15 - 6:00 p.m.	5-9	\$54/9 wks	Sept. 22
	# 615	Creative Drawing	Cheviot Hills RC	Barbara Freeman	4:00 - 5:00 p.m.	7-12	\$54/9 wks	Sept. 22
	# 605	Clay is for Me!	Cheviot Hills RC	Barbara Freeman	5:00 - 6:00 p.m.	7-12	\$54/9 wks	Sept. 22
	# 620	Storybook Cooking	Palms RC	Sandra Peraza	12:30 - 1:15 p.m.	3-5	\$48/8 wks	Sept. 22
	# 680	Animal Tales	Palms RC	Tanya Slootsky	1:30 - 2:15 p.m.	3-5	\$48/8 wks	Sept. 22
	# 603	Basketball Clinic	Palms RC	Matthew Ivanick	3:00 - 3:45 p.m.	4-5	\$48/8 wks	Sept. 22
# 603	Basketball Clinic	Palms RC	Matthew Ivanick	4:00 - 4:45 p.m.	5-7	\$48/8 wks	Sept. 22	
Wednesday	# 614	Messes & Masterpieces	Cheviot Hills RC	Barbara Freeman	3:00 - 3:45 p.m.	1-5	\$48/8 wks	Sept. 23
	# 605	Clay is for Me!	Cheviot Hills RC	Barbara Freeman	4:00 - 5:00 p.m.	7-12	\$48/8 wks	Sept. 23
	# 619	Fitness Movement - Listen & Move	Palms RC	Frankie Gallagher	12:30 - 1:15 p.m.	3-5	\$48/8 wks	Sept. 23
	# 620	Storybook Cooking	Palms RC	Sandra Peraza	12:30 - 1:15 p.m.	3-5	\$48/8 wks	Sept. 23
	# 621	Spanish	Palms RC	Sandra Peraza	3:15 - 4:00 p.m.	5-7	\$48/8 wks	Sept. 23
	# 612	Soccer Clinic	Palms RC	David Domroy	1:15 - 2:00 p.m.	3-4	\$48/8 wks	Sept. 23
	# 601	Mini Sports	Palms RC	David Domroy	2:15 - 3:00 p.m.	3-4	\$48/8 wks	Sept. 23
	# 610	Basic Drawing	Palms RC	David Domroy	3:15 - 4:00 p.m.	5-8	\$48/8 wks	Sept. 23
	# 605	Pastels for Beginners	Palms RC	David Domroy	4:15 - 5:00 p.m.	5-8	\$48/8 wks	Sept. 23

For FULL brochure visit our website at: www.laparks.org/dos/ereg/facility/cheviot_hills.htm or www.laparks.org/dos/ereg/facility/palmsRC.htm

Children & Teen Classes:

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Wednesday (continued)	# 630	Tiny Tumbling	Palms RC	Laura Fuller	3:00 - 3:45 p.m.	3-5	\$48/8 wks	Sept. 23
	# 630	Gymnastics & Fitness	Palms RC	Laura Fuller	4:45 - 5:30 p.m.	6-13	\$48/8 wks	Sept. 23
	# 614	Kid Fit	Palms RC	Brooke Picone	3:30 - 4:15 p.m.	6-8	\$48/8 wks	Sept. 23
	# 606	Camp Cooking Favorites	Palms RC	Ashley Nissim	3:30 - 4:15 p.m.	6-8	\$48/8 wks	Sept. 23
	# 629	Art Explorations	Palms RC	Ashley Nissim	4:30 - 5:15 p.m.	6-8	\$48/8 wks	Sept. 23
Thursday	# 613	Me, Myself & Art	Cheviot Hills RC	Sally Roten	12:30 - 1:15 p.m.	3-5	\$54/9 wks	Sept. 24
	# 609	Fun with Food	Cheviot Hills RC	Sally Roten	1:30 - 2:15 p.m.	3-5	\$54/9 wks	Sept. 24
	# 621	Spanish	Palms RC	Sandra Peraza	12:30 - 1:15 p.m.	3-5	\$48/8 wks	Sept. 24
	# 621	Spanish	Palms RC	Sandra Peraza	1:45 - 2:30 p.m.	3-5	\$48/8 wks	Sept. 24
	# 685	Once Upon a Tea Party	Palms RC	Tanya Slootsky	1:30 - 2:15 p.m.	3-5	\$48/8 wks	Sept. 24
	# 630	Tiny Tumbling	Palms RC	Laura Fuller	3:00 - 3:45 p.m.	3-5	\$48/8 wks	Sept. 24
	# 630	Tiny Tumbling	Palms RC	Laura Fuller	4:45 - 5:30 p.m.	3-5	\$48/8 wks	Sept. 24
Friday	# 603	Benchwarmer Basketball	Cheviot Hills RC	Joe Bock	3:45 - 5:00 p.m.	8-12	\$30/9 wks	Sept. 25
	# 605	Clay is for Me!	Cheviot Hills RC	Barbara Freeman	4:00 - 5:00 p.m.	7-12	\$54/9 wks	Sept. 25
	# 614	Samba Drums	Cheviot Hills RC	Geoff Hunter	7:15 - 8:00 p.m.	14+	\$20/9 wks	Sept. 25
	# 645	Parent & Me - Kiddie Clay	Palms RC	Marsha Bailey	3:45 - 4:30 p.m.	4-7	\$48/8 wks	Sept. 25
Saturday	# 609	Fun with Food	Cheviot Hills RC	Barbara Freeman	10:00 - 10:45 a.m.	5-9	\$54/9 wks	Sept. 26
	# 713	Relax with Clay	Cheviot Hills RC	Barbara Freeman	11:00 - 12:30 p.m.	13+	\$81/9 wks	Sept. 26
	# 623	Pastel & Acrylic Painting	Palms RC	Anna Merzlikina	9:30 - 10:30 a.m.	6+	\$48/8 wks	Sept. 26
	# 624	Drawing	Palms RC	Anna Merzlikina	10:30 - 11:30 a.m.	6-10	\$48/8 wks	Sept. 26
	# 624	Drawing	Palms RC	Anna Merzlikina	11:30 - 12:30 p.m.	9+	\$48/8 wks	Sept. 26
	# 616	Having Fun in Chinese - Beginner	Palms RC	Annie Fisher	1:30 - 2:15 p.m.	5-7	\$48/8 wks	Sept. 26
	# 616	Having Fun in Chinese - Young Beginner	Palms RC	Annie Fisher	2:30 - 3:15 p.m.	3-5	\$48/8 wks	Sept. 26
Sunday	# 616	Having Fun in Chinese - Beginner	Palms RC	Annie Fisher	1:30 - 2:15 p.m.	5-7	\$48/8 wks	Sept. 20
	# 616	Having Fun in Chinese - Intermediate	Palms RC	Annie Fisher	2:30 - 3:15 p.m.	8-14	\$48/8 wks	Sept. 20
	# 616	Having Fun in Chinese - Young Beginner	Palms RC	Annie Fisher	3:30 - 4:15 p.m.	3-5	\$48/8 wks	Sept. 20

WINTER CAMP AT CHEVIOT HILLS AND PALMS

Cheviot Hills Winter Day Camp:

Grades: K-8th

Session	Dates	Days	Fee
1	Dec. 21-24	M-Th	\$200
2	Dec. 28-31	M-Th	\$200
3	Jan. 4-8*	M-F*	\$250

*Day Camp field trip Friday, January 8.

Cheviot Hills Winter Basketball Camp:

Ages: 7-14

Session	Dates	Days	Fee
3	Jan. 6-8	W-F	\$100

Palms Winter Camp (Day, Sports & 2950):

Day Camp Grades: K-5th

Sports Camp Grades: 1st-3rd

Camp 2950 Grades: 6th-8th

Session	Dates	Days	Fee
1	Dec. 21-24	M-Th	\$140
2	Dec. 28-31	M-Th	\$140
3	Jan. 4-8	M-F	\$175

ONLINE REGISTRATION FOR WINTER CAMP BEGINS MONDAY, NOVEMBER 2, 2009.

See our full brochure for Winter Sports:

- Palms RC Winter Hoopsters
- Cheviot Hills RC Winter Girl's Basketball
- Cheviot Hills RC Winter Co-Ed Basketball

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/cheviot_hills.htm or www.laparks.org/dos/ereg/facility/palmsRC.htm

Parent & Child Classes:

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Monday	# 614	Messes & Masterpieces	Cheviot Hills RC	Barbara Freeman	3:00 - 3:45 p.m.	1-5	\$48/8 wks	Sept. 21
	# 650	Toddler & Me Playtime	Palms RC	Karen Dudley	9:00 - 10:15 a.m.	25-35 mos.	\$70/7 wks	Sept. 21
	# 651	Toddler & Me Playtime	Palms RC	Karen Dudley	10:45 - 12: 00 p.m.	14-24 mos.	\$70/7 wks	Sept. 21
	# 652	Baby & Me Playtime	Palms RC	Karen Dudley	12:30 - 1:30 p.m.	2-13 mos.	\$70/7 wks	Sept. 21
Wednesday	# 614	Messes & Masterpieces	Cheviot Hills RC	Barbara Freeman	3:00 - 3:45 p.m.	1-5	\$48/8 wks	Sept. 23
	# 630	Teeny Tumbling	Palms RC	Laura Fuller	4:00 - 4:45 p.m.	1.5-3	\$48/8 wks	Sept. 23
	# 670	Hooked on Fitness	Palms RC	Frankie Gallagher	9:00 - 9:45 a.m.	2-3	\$48/8 wks	Sept. 23
	# 675	Parent & Me - Balls! Balls! Balls!	Palms RC	Frankie Gallagher	10:00 - 10:45 a.m.	2-4	\$48/8 wks	Sept. 23
	# 675	Parent & Me - Balls! Balls! Balls!	Palms RC	Frankie Gallagher	11:00 - 11:45 a.m.	2-4	\$48/8 wks	Sept. 23
Thursday	# 630	Teeny Tumbling	Palms RC	Laura Fuller	4:00 - 4:45 p.m.	1.5-3	\$48/8 wks	Sept. 24



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.

Fall session begins **September 22, 2009.**

Instructor: Tanya Slootsky

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
Palms RC Fall Soccer	-----	Waiting List Only	9/26
Fall Classes & Piano/Guitar	8/17 - 9/16	9/17	9/20
Cheviot Hills RC Fall Flag Football	-----	8/3	September
Cheviot Hills RC Fall Girl's Basketball	-----	8/3	September
Halloween Carnival	10/2	-----	10/31
Palms RC Winter Hoopsters	10/5 - 11/1	11/2	12/14
Cheviot Hills RC Winter Co-Ed Basketball	10/5 - 11/1	11/2	December
Cheviot Hills RC Winter Girl's Basketball	10/5 - 11/1	11/2	December
Winter Camp	11/2-12/11	12/14	12/21
Winter Classes	11/30	12/28	1/1

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

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

Session Dates: 8/10 - 10/26

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

Session Dates: 8/12 - 10/14

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

Session Dates: 8/22 - 10/24

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 or www.laparks.org/dos/ereg/facility/palmsRC.htm

Adult Classes:

Day	Class #	Class Name	Facility	Instructor	Time	Ages	Fee	Begins
Monday	# 705	Lunchtime Yoga Therapy	Cheviot Hills RC	Leila Johnson	11:45 - 1:00 p.m.	18+	\$96/8 wks	Sept. 21
	# 701	Gentle Yoga	Palms RC	Marcy Keller	10:00 - 11:15 a.m.	18+	\$63/9 wks	Sept. 21
	# 701	Gentle Yoga	Palms RC	Marcy Keller	6:00 - 7:15 p.m.	18+	\$63/9 wks	Sept. 21
	# 701	Yoga w/ Marcy	Palms RC	Marcy Keller	7:30 - 9:00 p.m.	18+	\$63/9 wks	Sept. 21
Tuesday	# 729	Palms Fit Program	Palms RC	Brooke Picone	8:30 - 9:45 a.m.	18+	\$45/9 wks	Sept. 22
	# 701	Gentle Yoga	Palms RC	Marcy Keller	6:00 - 7:15 p.m.	18+	\$63/9 wks	Sept. 22
	# 720	Pilates	Palms RC	Natalie Kitahara	7:30 - 8:30 p.m.	18+	\$63/9 wks	Sept. 22
Wednesday	# 705	Evening Yoga Therapy	Cheviot Hills RC	Leila Johnson	7:30 - 8:45 p.m.	18+	\$96/8 wks	Sept. 23
	# 729	Palms Fit Program	Palms RC	Brooke Picone	8:30 - 9:45 a.m.	18+	\$40/8 wks	Sept. 23
	# 701	Yoga w/ Marcy	Palms RC	Marcy Keller	10:00 - 11:30 a.m.	18+	\$48/8 wks	Sept. 23
	# 701	Gentle Yoga	Palms RC	Marcy Keller	6:00 - 7:15 p.m.	18+	\$48/8 wks	Sept. 23
Thursday	# 624	Awareness Through Movement®	Cheviot Hills RC	Marci Spiegler	7:30 - 8:30 p.m.	16+	\$20/7 wks	Sept. 24
	# 729	Palms Fit Program	Palms RC	Brooke Picone	8:30 - 9:45 a.m.	18+	\$45/9 wks	Sept. 24
	# 701	Yoga w/ Marcy	Palms RC	Marcy Keller	6:00 - 7:30 p.m.	18+	\$63/9 wks	Sept. 24
	# 616	Chinese for Adults	Palms RC	Annie Fisher	7:00 - 7:45 p.m.	18+	\$48/8 wks	Sept. 24
Friday	# 705	Morning Yoga Therapy, All Levels	Cheviot Hills RC	Leila Johnson	10:00 - 11:30 a.m.	18+	\$108/9 wks	Sept. 25
	# 714	Samba Drums	Cheviot Hills RC	Geoff Hunter	7:15 - 8:00 p.m.	14+	\$20/9 wks	Sept. 25
	# 709	Rio de Janeiro Samba	Cheviot Hills RC	Monica Tibbs	8:00 - 9:00 p.m.	17+	\$63/9 wks	Sept. 25
	# 701	Yoga w/ Marcy	Palms RC	Marcy Keller	10:00 - 11:30 a.m.	18+	\$63/9 wks	Sept. 25
Saturday	# 713	Relax with Clay	Cheviot Hills RC	Barbara Freeman	11:00 - 12:30 p.m.	13+	\$81/9 wks	Sept. 26
	# 623	Pastel & Acrylic Painting	Palms RC	Anna Merzlikina	9:30 - 10:30 a.m.	8+	\$48/8 wks	Sept. 26
	# 624	Drawing	Palms RC	Anna Merzlikina	11:30 - 12:30 p.m.	9+	\$48/8 wks	Sept. 26
Sunday	# 711	Tai Chi	Cheviot Hills RC	Judy Higa	10:30 - 12:00 p.m.	18+	\$63/9 wks	Sept. 20

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, September 20.



Cheviot Hills RC:

Day	Times	Fee
Sunday	2:30 p.m., 3:00 p.m., 4:00 p.m., or 4:30 p.m.	\$108/9 weeks
Wednesday	7:00 p.m., 7:30 p.m., 8:00 p.m., 8:30 p.m., 9:00 p.m., 9:30 p.m.	\$96/8 weeks

Palms RC:

Day	Times	Fee
Sunday-Saturday	Times vary depending on day and instructor	\$108/9 weeks

ONLINE REGISTRATION FOR PIANO/GUITAR LESSONS BEGINS AUGUST 17, 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

Free Recreation Services at Palms

Self Help Groups: See brochure

If you have any questions please feel free to contact us via e-mail or phone.
 Cheviot Hills RC: cheviot_hills.recreationcenter@lacity.org (310)837-5186
 Palms RC: palms.recreationcenter@lacity.org (310)838-3838
 Palms Child Care: palms.childcare@lacity.org (310)202-2577

For FULL brochure visit our website at: www.laparks.org/dos/ereg/facility/cheviot_hills.htm or www.laparks.org/dos/ereg/facility/palmsRC.htm