

CHILDREN & TEEN CLASSES

Art & Science Classes

PASTEL AND ACRYLIC PAINTING

Learn about color mixing, brush handling techniques and the flexibility of acrylic paints, as well as methods of acrylic painting. All supplies will be provided. *No experience necessary.*

Location: Handicraft Room

Instructor: Anna Merzlikina

Class # **Ages**
6230 6-8, 9+

DRAWING

Students will learn the fundamental concepts of drawing such as line, volume, and perspective & composition while working with a variety of drawing materials. Supplies will be provided.

Location: Handicraft Room

Instructor: Anna Merzlikina

Class # **Ages**
6240 6-8, 9+

OIL PAINTING

Experience the beauty and texture of oil painting by exploring tools, skills, imagery through projects and experimentation. We will address color mixing, composition and texture in this class.

Location: Handicraft Room

Instructor: Anna Merzlikina

Class # **Ages**
6109 10+

OOEY GOOEY SCIENCE

Mushy and messy creative explorations for the child who loves to get their hands goopy! Children will brew recipes for all sorts of paints, clays, blubbers and slimes, & other marvelous art mixtures.

Location: TBA

Instructor: Julia Jassim

Class # **Ages**
6260 4-5

PARENT AND ME KIDDIE CLAY

What a wonderful way to introduce children to working with clay! In this parent and child class, participants are encouraged to roll, squeeze, pinch and manipulate clay into a masterpiece of their own. Projects will be glazed, fired and taken home.

Location: Handicraft Room

Instructor: Marsha Bailey

Class # **Ages**
6450 4-8



Specialty Classes

STRATEGY GAMES

Explore the world of Strategy Games with Shane Dooley. In Strategy Games, we will play several different table games such as: Magic The Gathering, Risk, Stratego and more. This activity includes instruction and rules for new-comers... and for seasoned players, we will explore new and unique strategies! You are encouraged to bring your own Magic deck, but cards will be provided if you don't have your own. No previous experience necessary.

Location: Auditorium

Instructor: Shane Dooley

Class # **Ages**
6992 8-16

Foreign Language

HAVING FUN IN CHINESE

Come learn Chinese with Annie Fisher, an experienced language teacher and child development specialist. These courses teach children Chinese through songs, dance, role play & crafts.

Level 1/Beginners: Level 1 is for children with a basic knowledge of Mandarin including: greetings, colors and numbers 1-10.

Level 2: This class is designed for students who have completed the Beginner level and Level 1 courses with Annie, and are still interested in a more in-depth learning of Chinese. Students should have basic knowledge of Level 1 concepts, plus shapes, name recognition, years, animals, and writing numbers 1-10 in English.

Level 3: Students who have completed Level 1 and 2 with Annie.

Conversational: Students can speak in sentences and can recognize Chinese characters, and are beginning to write.

Location: Room C

Instructor: Annie Fisher

Class # **Ages**
6160 3-11

Music & Dance

STORIES & MUSIC

After reading a book, children will reenact scenes through music and dance. Participants must be able to listen, follow directions, and cooperate in class without caregiver present. All participants must meet the age requirements and be fully potty-trained by the first day of class.

Location: TBA

Instructor: Dympna Madeley

Class # **Ages**
6625 3-5

CHEVIOT HILLS

After reading a book, children will reenact scenes through music and dance. Participants must be able to listen, follow directions, and cooperate in class without caregiver present. All participants must meet the age requirements and be fully potty-trained by the first day of class.

Location: TBA

Instructor: Dympna Madeley

Class # **Ages**
6625 3-5

Parenting Workshops



with Karen Dudley

TUESDAY NIGHTS, 6:30-8PM, \$10/PERSON

A series of informative workshops designed to address important parenting concerns. The focus is on families with children newborn to six years. Please visit the recreation center or go online to get specific descriptions of each workshop.

4/22 - IMPROVING YOUR CHILD'S SELF-ESTEEM

4/29 - PARENT SUPPORT GROUP

5/6 - WHEN PARENT'S DISAGREE

5/13 - PARENT SUPPORT GROUP

6/3 - HOW TO HELP YOUR CHILD BE COOPERATIVE

SIGN UP TODAY! ACTIVITY # 7250

CHILDREN & TEEN CLASSES

Sports & Fitness

SOCCER CLINIC

Learn the exciting skills of the fastest growing sport in America. Learn skills such as passing, dribbling and trapping the ball. As always, our clinics are taught in a fun and non-competitive atmosphere. This clinic meets outside, and will be cancelled if it rains.

Location: Backyard

Instructor: Daniel G.

Class # **Ages**
6570 5-6, 7-8

CHEVIOT HILLS

BENCHWARMER'S BASKETBALL

This clinic is designed for kids who really love basketball but need a little extra help with passing, shooting and scoring. Maybe your child has had some league experience, but didn't get an opportunity to touch the ball or score a basket during a game. This class will give your child a chance to play with kids who are at the same level.

Location: Small Gym

Instructor: Dympna Madeley

Class # **Ages**
6645 3-4, 4-5

CHEVIOT HILLS

MINI SPORTS

In this class we will sample a variety of sports. T-Ball, basketball, soccer, and other sport basics will be taught. Emphasis will be placed on good sportsmanship, basic skill-building, and fun. Everyone will get an opportunity to play!

Location: TBA

Instructor: Andy Echeverria

Class # **Ages**
6010 3-4, 4-5

Palms

SOCCER CLINIC

See description above.

Location: Backyard

Instructor: Alina Gish

Class # **Ages**
6120 3-4, 4-5, 5-7

Palms

ZUMBATOMIC FOR KIDS!

Packed with fun routines and the latest music, like hip-hop, reggaeton and cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination.

Location: TBA

Instructor: Keiko Y.

Class # **Ages**
6090 5-8

Palms

TINY TUMBLING

This is a great way to introduce your child to gymnastics while also reinforcing listening, problem solving, and following directions. The skills taught provide the foundation for more advanced gymnastics & all other sports. Parents may need to participate with the child & help out until the child feels comfortable.

Location: Auditorium

Instructor: Laura Fuller

Class # **Ages**
6300 3-5

Palms

GYMNASTICS & FITNESS

Gymnastics teaches focus, confidence and courage and really lets kids feel their power. Skills will be practiced in tumbling, bar, balance beam and vault that lead the way to competitive gymnastics, cheerleading and dance.

Location: Auditorium

Instructor: Laura Fuller

Class # **Ages**
6300 4-11

Palms

PIANO AND GUITAR

at Palms Recreation Center

ONLINE REGISTRATION: March 17
SESSION DATES: April 6 - June 7
FEE: \$140 FOR 10 WEEKS

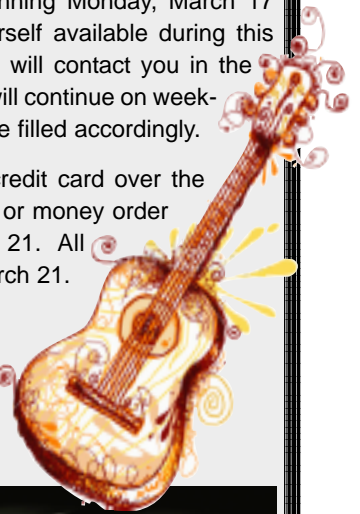
Palms is offering 25 minute private music lessons for piano and guitar. Students must be enrolled in first grade or above. Classes are offered on weekday afternoons and weekends. Please see the online catalog for a list of available lesson days and times. These lessons are available through online registration only. Palms RC reserves the right to cancel or change any transaction.

You will register for Piano/Guitar using the single activity #6005. This will create a "Waiting List" that establishes the order in which lessons are assigned. This list is NOT a waiting list. Rather, it is an "Order List," from which the calls are made, and the lessons assigned.

Lessons will be assigned beginning Monday, March 17 from 5-9pm. Please make yourself available during this time, as a member of our staff will contact you in the order you are on the list. Calls will continue on weekday evenings until all spaces are filled accordingly.

Payment will be accepted by credit card over the phone or by credit card, check, or money order in person by Friday, March 21. All lessons must be paid for by March 21.

Once all lessons are full, please call the recreation center to be put on the wait list at (310)838-3838.



TODDLER & PRESCHOOL CLASSES

Infant/Toddler Classes

TODDLER & ME PLAYTIME (CAREGIVERS WELCOME)



This class is a special time for you and your toddler! Join Karen Dudley, our Child Development Specialist, for an extraordinary time for toddlers and parents. Karen will facilitate a warm environment where the parent and child will experience baby games, movement, songs, and discussion of issues affecting the relationship of parent and child. Make new friends, build a support system, and share happy times. You are not alone!

Location: Room C

Instructor: Karen Dudley

<u>Class #</u>	<u>Ages</u>
# 6500	25-35 months
# 6510	14-24 months



BABY & ME PLAYTIME (CAREGIVERS WELCOME)

This is a great class for first time parents and caregivers! This class will provide an opportunity to meet other parents, and to enjoy age appropriate activities, toys and musical experiences. Discuss questions related to your child's development and experiences with Karen Dudley, Child Development Specialist. Topics will include eating and sleeping.

Location: Room C

Instructor: Karen Dudley

<u>Class #</u>	<u>Ages</u>
# 6520	2-13 months

MUSIC, MOVEMENT & MORE



This exciting new class is designed to give toddlers an intro to play and learning with teacher Erin. Through movement, songs and games, children will be encouraged to develop their sense of self.

Location: Room C

Instructor: Erin Cullen

<u>Class #</u>	<u>Ages</u>
# 6977	2-3 years

Preschool Enrichment

PRESCHOOL PLAY & LEARN



MONDAY:	SPORTS & GAMES
TUESDAY:	STORYBOOK ARTS & CRAFTS
WEDNESDAY:	STORYBOOK COOKING
THURSDAY:	OOEY GOOEY SCIENCE

Join this exciting series of preschool enrichment classes! Your child will participate in structured activities catered to each daily theme as well as fun games and free play. Sign-up for one or all classes! Please visit our website for class descriptions. Call or come by the office for more information or to register.

Location: PPCC

Instructor: Erin Cullen & Julia Jassim

<u>Class #</u>	<u>Ages</u>
# 6980	3-4

PRE-K PLAY & LEARN



MONDAY:	SPANISH
TUESDAY:	MINI SPORTS
WEDNESDAY:	OOEY GOOEY SCIENCE
THURSDAY:	STORYBOOK COOKING

See description above.

Location: PPCC

Instructor: PPCC Staff

<u>Class #</u>	<u>Ages</u>
# 6972	4-5

PLAY & LEARN



FRIDAY THEMES:	MESSES & MASTERPIECES
	OOEY GOOEY FUN
	SPORTS & GAMES

This exciting new class is designed to give toddlers an intro to play and learning with teacher Erin. Through movement, songs and games, children will be encouraged to develop their sense of self.

Location: Room C

Instructor: Erin Cullen

<u>Class #</u>	<u>Ages</u>
# 6972	2-3, 3-4



Transition

Meets
Tuesdays
& Thursday!

Ages: 2-3 years
(Must be 2 years by 9/1/14)

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 Erin. You may bring a sibling (non-crawling/non-walking infant) to class. Please bring a 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 sessions.

The current Spring 2014 Session is FULL.

**Online Registration for the Fall 2014 Session begins
Monday, August 18, 2014 @ 12:01 a.m.**

Instructor: Erin Cullen

Times: 9:15 - 10:30 a.m. or 10:45 - 12:00 p.m.

Dates: September 16 - December 4

Fee: \$189/10wks

ADULT CLASSES

Fitness Classes



GENTLE YOGA WITH MARCY (ALL LEVELS)

This is a slowly-paced class done primarily on the floor. These classes begin to release tension from your body and mind, provide a gentle, effective stretch and helps with balance and strength. Excellent for those with no yoga experience, for health-challenged individuals, or for those of you who just want to take it easy!

Location: Auditorium

Instructor: Marcy Keller

<u>Class #</u>	<u>Ages</u>
# 7010	18+



YOGA & GENTLE YOGA WITH SANDO

These classes are wonderful for all ages, shapes, sizes and levels of fitness. Hatha, Sando's style of Yoga, is based on control of the physical body to open it to the cosmic energy by a series of physical positions, breathing, meditation and relaxation. You can experience release of tension, relief of stress and re-energization of body, mind & soul through simple to learn, easy to follow postures.

Location: Auditorium

Instructor: Kalyan Panday (Sando)

<u>Class #</u>	<u>Ages</u>
# 7010	18+

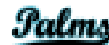


PALMS FIT PROGRAM

Do you want to get fit, but still need that extra push? Let Brooke empower you to recapture the energy you once had! This class will emphasize stretch/tone, cardio and core strengthening. Each class ends with a brisk neighborhood walk. Palms Fit Program meets Tuesday and Thursday. Sign up for one or both!

Instructor: Brooke Picone

<u>Class #</u>	<u>Ages</u>
# 7290	18+



BEGINNER TAI CHI / QUI GONG

Tai Chi Chuan is an ancient Chinese internal Martial Art that has been refined to a slow, graceful, rhythmic exercise. Tai Chi has the effect of promoting good health (for young and old, strong & weak.) Those who practice regularly (under the guidance of a qualified instructor) may eventually develop a method of self-defense.

Location: Sports & Recreation Field

Instructor: Rubia S.

<u>Class #</u>	<u>Ages</u>
# 7035	18+



ZUMBA

Are you ready to party yourself into shape? That's exactly what this Zumba class is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that will surely move you toward joy and health.

Location: TBA

Instructor: Keiko Y.

<u>Class #</u>	<u>Ages</u>
# 7020	18+



ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs.

Location: TBA

Instructor: Keiko Y.

<u>Class #</u>	<u>Ages</u>
# 7025	18+

Art Classes



OIL PAINTING

See description on Children & Teen page.

Location: Handicraft Room

Instructor: Anna Merzlikina

<u>Class #</u>	<u>Ages</u>
# 6109	10+



PASTEL AND ACRYLIC PAINTING

See description on Children & Teen page.

Location: Handicraft Room

Instructor: Anna Merzlikina

<u>Class #</u>	<u>Ages</u>
# 6230	9+




DRAWING

See description on Children & Teen page.

Location: Handicraft Room

Instructor: Anna Merzlikina

<u>Class #</u>	<u>Ages</u>
# 6240	9+



**HOW TO
WATCH A
GOOD
CLASS DIE!**

Nothing will kill a good class faster than waiting until the last minute to register for it. You see, there is a point in time when, if there are not enough registrants, the course must be cancelled. Signing up on the day a class is to start will not resurrect it so...

PLEASE REGISTER EARLY!