

Bicentennial Park is located at 13110 S. Doty Avenue, Hawthorne, CA 90250

Hawthorne's newest park features a Splash Pad, Par Course Fitness Equipment, ZipKrooz, Rock Climbing, Picnic Tables and Playground Equipment that resembles important landmark for the City of Hawthorne.

Bicentennial Park offers a fun new green space for the community to enjoy.

City of Hawthorne - CITY HALL

4455 W. 126th Street, Hawthorne, CA 90250 www.cityofhawthorne.com (310) 349-2900



City of Hawthorne - RECREATION & COMMUNITY SERVICES

3901 W. El Segundo Blvd., Hawthorne, CA 90250 www.cityofhawthorne.org/parks-and-recs-home-page (310) 349-1640

Online Registration

https://apm.activecommunities.com/hawthornerecreation

Hours of Operation

Monday-Thursday 7:30 am-5:30 pm Friday 7:30 am-4:30 pm

Closed Alternate Fridays: September 1, 15, 29; October 13, 27;

November 10, 24; December 8, 22, 2017

Holidays

September 4; November 9, 22, 23, 24; December 25, 26, 2017

City of Hawthorne City Council

Mayor: Alex Vargas

Mayor Pro Tem: Haidar Awad

Council Members: Angie English, Nilo Michelin, Olivia Valentine

City Manager: Arnold Shadbehr

City Clerk: Norb Huber

City Treasurer: L. David Patterson

City Council meetings are held the 2nd and 4th Tuesday of the month at 6 pm in the City Hall Council Chambers. *For more information please call (310) 349-2908.*

Parks & Recreation and Fine Arts Commission

Chairperson: Richard Huhn

Commissioners: Herminia Balboa, Charles Bowie Jr.,

Gloria Plascencia, Kevin Posey

Meetings are held on the 1st Tuesday of every month at 6 pm in the City Hall Council Chambers. For more information please call (310) 349-1640.

Senior Citizens Commission

Chairperson: Juanita Y. Douse Vice Chairperson: Darlene Love

Commissioners: Darvis J. Johnson, Dr. Joseph N. Jackson

Meetings are held on the 1st Wednesday of every month at 3 pm in the City Hall Council Chambers. *For more information please call (310) 349-1640.*

Got a skill? Teach in Hawthorne!

The Recreation & Community Services Department is always looking for new teachers to contract with the city! If you have a special skill, athletic ability, or hobby that you would like to share and teach to others in the community, we would like to hear from you! Contact the department at (310) 349-1640.

FALL 2017 Recreation Programs

Classes are scheduled to begin August 28, 2017

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Message from the Community Service Manager:

Vontray Norris joined the City of Hawthorne in 2017 as the Community Service Manager for the Recreation and Community Service Department. Raised in the Holly Park area of Hawthorne, Mr. Norris attended St. Bernard High School in Playa del Rey, California. He attended California State University, Long Beach obtaining a Bachelor of Arts Degree in Recreation and Leisure Studies with an emphasis in Municipal Recreation. Prior to Vontray coming on board to the City of Hawthorne, he worked for the City of Los Angeles Department of Recreation and Parks. His career has provided him with over twenty three years of experience in Municipal Recreation serving in multiple capacities, which includes managing multiple recreation facilities and providing leadership training to other recreation professionals.

"Recreation and Community Services are basic dynamics of a healthy community. We can enrich the quality of lives by nurturing the environment, the health and the well-being of our economy."

Vontray Norris, Community Service Manager Recreation and Community Service Department

REGISTRATION FOR CLASSES IS EASY!

Registration Information

1. ONLINE

- 1. Go to www.cityofhawthorne.org
- 2. Click on Recreation & Community Services
- 3. Click on Recreation Classes Schedule
- 4. Click on Register for Activities
- Click on Create an Account (Only if this is your first time registering online. Follow the steps listed.)
- 6. Enter Username & Password
- 7. Sort by Location, Activity Name, Class Number
- 8. Click on Name of Activity
- 9. If this is the class, click Add to My Cart
- 10. Follow the steps for payment

2. WALK-IN

Recreation & Community Services Department 3901 W. El Segundo Blvd. Hawthorne, CA 90250

3. REGISTER WITH INSTRUCTOR

You register the first day of class with the instructor unless noted. You must fill out a registration form for each activity the first day of class.

Payment

- Only cash, checks, or money orders are accepted.
- Checks are to be made payable to the City of Hawthorne, and must have a drivers license number written on check.
- VISA & MasterCard are accepted for preregistration activities only (ie. Dog Obedience, Special Events, Clinics, etc)
- Insufficient checks will be charged a \$25.00 processing fee.

Refund Policy

- A non-refundable 15% administrative fee per class or sports league will be assessed by the recreation department for any patron granted a refund, change or transfer per class or sports league registration.
- No full refund will be issued unless a class or league is cancelled by the recreation department.
- If a refund is necessary for to a medical emergency, please visit the Recreation & Community Services Department M-Th between the hours of 7:30 am 5:30 pm and fill out a refund request form and attached a copy of the medical release provided by your physician.
- Refunds or exchanges for classes due to summer school, vacations, etc are not granted. Please be sure to register for the correct time and level when signing up for classes.

Photo Release:

At times, the Hawthorne Cable Department or the Recreation & Community Services Department may visit during the various activities offered in the brochure for sole purpose of advertising the classes. If you do not want your child to be photographed or videotaped, please be sure to talk to your instructor.

Park Permits & Fees

Groups of 15 or more that wish to use a Hawthorne Park, must have a permit. Please be prepared to give the date and time of the activity, the portion of the park to be used, and the number of people in attendance. Please note that rented amusements, (i.e. bouncers, trains, trampolines, amplified music, etc.) are NOT permitted at any of the parks. You must request a park permit at least 1 week prior to the day of the event/activity! To find out more information or to book a park permit, please call the Recreation & Community Services Department.

Resident Groups

15-50 people \$21 51-100 people \$34 101 & over \$53

Formal Picnic Areas:

Memorial Park, Eucalyptus Park and Holly Park have formal picnic shelters. Memorial Park and Eucalyptus Park have outlets, gas grills, sinks, and counter tops. There are no outlets or



sinks at Holly Park. When booking the park, you must request usage of the covered shelter areas and check out a key. The fee is an additional \$19 - \$31 for use of the formal picnic area.

Mountain Camping Facilities

The City of Hawthorne makes available a 20-acre camp facility in the Angeles National Forest of the San Bernadino Mountains in Wrightwood. A two hour drive from Hawthorne, which can be reached without driving on any narrow, twisting mountain roads. Adjacent to Jackson Lake, a short drive from the Mountain High Ski Facility.



This facility is available for rental for families or large groups. Enclosed cabins are used for sleeping areas, while cooking & dining is held in a main lodge area. Group provide there own transportation, food & bedding. Camp is available for use in year round. Maximum usage 100 persons.

The New Journey Ministries Church operates the facility on the City's behalf. For reservations & fee information, please contact the New Journey Ministries Church at www.nimcamp.org.

Recreational Facilities

Recreation & Community
Services Department 3901 W. El Segundo Blvd.
Betty Ainsworth Sports Center 3851 El Segundo Blvd.
Senior Citizens Center 3901 W. El Segundo Blvd.
Thorpe Building
Thorpe Castle
Bicentennial Park
Eucalyptus Park
Eucalyptus Park Skate Plaza 12100 S. Inglewood Ave.
Glasgow Park
$\begin{tabular}{lllllllllllllllllllllllllllllllllll$
Holly Glen Park
Memorial Park
$\textbf{Ramona Park}. \qquad \qquad 4662 \text{ W. } 136^{th} \text{ St}.$
Jim Thorpe Park
Zela Davis Park
Hawthorne Pool
Good Neighbors Park

Tennis Lessons Kids of the LA84 Foundation SCTA/NJTL (National Junior Tennis League)

The primary purpose of this program, with the help of many individuals and friends of the LA84 Foundation, is to provide an atmosphere in which Juniors can gain tennis experience and growth. The program features instruction with an emphasis on competition and sportsmanship. The Southern California Tennis Association is one of 17 sections on the United States Tennis Association.



Each student will receive a free t-shirt, 24 hours of ten-

nis instruction, the chance to qualify for further tennis instruction scholarships, various special activities with awarded prizes, and have opportunities to attend professional tennis tournaments. Tennis rackets will be provided for the class.

Instructor: Queen Jones, USPTA Developmental Coach Fee: \$10 Location: Holly Glen Park, Tennis Courts

Class # 5829 8-17 Oct. 2 - Nov. 8 M/W 3:30-5:30 pm

FUTSAL LEAGUES

Youth Futsal League

Sign ups: July 1 through August 31, 2017

Draft: September 16, 2017 First Game: September 30, 2017

Fee: \$60

Boys and Girls, Ages 6-12 (4 Leagues)

Volunteer coaches needed!!! For more information please contact: Hawthorne Recreation & Community Services Department:

(310) 349-1640.

NEW Futsal Courts coming to Jim Thorpe Park this Fall.



Reservations Now Available!

City of Hawthorne Futsal Court Reservations are now available!

Please secure your reservation online or inside the Betty Ainsworth Sports Center. \$25 per hour/per court. Contact phone: (310) 349-1640. Reservations can be made up to 10 days in advance, minimum 3 day notice.

Ice Skating

Ice skating class will teach you how to skate, be safe and enjoy this great pastime. Wear warm, flexible clothing and bring your mittens. Added value includes four public session passes, two guests passes and skate rental (\$73.50 value). Students will need to check in with CLASS CONFIRMATION at the first class. To sign up for the following classes at the Toyota Sports Center, pre-registration



is required online or at the Hawthorne Memorial Center. Classes meet at 555 North Nash Street, just north of El Segundo Blvd. Call (310) 535-4510 for further directions. Parent participation required for Beach Babies on Ice classes.

Instructor: Toyota Sports Center staff Fee: \$67/4 classes Location: Toyota Sports Center

Beach Babies	on Ice			
Class # 5846	2-3	Sept. 2 - Sept. 23	Sat	10:45-11:15 am
Class # 5847	2-3	Sept. 3 - Sept. 24	Sun	10:50-11:20 am
Ice Skating for	Tots			
Class # 5848	4-6	Aug. 29 - Sept. 19	Tue	4:00-4:30 pm
Class # 5849	4-6	Sept. 2 - Sept. 23	Sat	12:15-12:45 pm
Class # 5850	4-6	Sept. 3 - Sept. 24	Sun	10:20-10:50 am
Ice Skating for	Youth			
Class # 5851	6-12	Aug. 29 - Sept. 19	Tue	4:30-5:00 pm
Class # 5852	6-12	Sept. 2 - Sept. 23	Sat	12:15-12:45 pm
Class # 5853	6-12	Sept. 3 - Sept. 24	Sun	10:20-10:50 am



Ice Hockey

During the 4 weeks of instruction, your child will be introduced to ice hockey. They will be taught the basic safety and skating skills such as backward and forward skating, balance and edges. Protective equipment is recommended, but not provided. This class includes ice skate rental, four public sessions and two guest passes. Students will need to check in the first day of class with CLASS CONFIRMATION. To sign up for the following classes at the Toyota Sports Center, pre-registration is required online or at the Hawthorne Memorial Center. Classes meet at 555 North Nash Street, just north of El Segundo Blvd. Call (310) 535-4510 for further directions.

Instructor: Toyota Sports Center staff Fee: \$67/4 classes Location: Toyota Sports Center

Ice Hockey for Tots (Hockey Basics 6U)

6-12

Class # 5857

Class # 5854	4-6	Sept. 2 - Sept. 23	Sat	10:45-11:15 am
Class # 5855	4-6	Sept. 3 - Sept. 24	Sun	10:50-11:20 am
Ice Hockey for	Youth (Hockey Basics 14U)		
Class # 5856	6-12	Sept. 2 - Sept. 23	Sat	11:15-11:45 am

Sept. 3 - Sept. 24

Sun

12:20-12:50 pm

School of Safety Awareness

Children (ages 5-15) learn how to communicate and defend themselves in real life situations involving Stranger Abduction and Bully Intimidation. Escape techniques are learned to defend against being grabbed and communication skills are used to diffuse problems. Safety information is discussed each week. This program focuses on safety awareness, self-defense & discipline, not aggressiveness. All classes are taught in a fun, yet structured environment. Please arrive 20 minutes prior to 5:30 pm. For additional information please call (310) 223-6899.

Instructor: Sensei Bob Registration Fee: \$10 per person

Fee: \$7 weekly Location: Memorial Center

New Students

Class # 5828 5-15 Sept. 13 - Dec. 20 W 5:30-8:30 pm

Rhythmic Gymnastics Basics

Rhythmic Gymnastics is a sport in which individuals manipulate apparatus such as: ropes, hoops, balls, ribbons, and freehands. Rhythmic Gymnastics combines elements of ballet, gymnastics and also dance. The choreography must cover the entire floor and contain a balance of jumps, leaps, pivots and flexibility. Each movement involves a high degree of athletic skill. Physical abilities needed by a Rhythmic Gymnast include strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination. Rhythmic Gymnastics Basics is an introduction to easy steps and exercises. Combination of floor exercises with and without apparatuses. The goal is to improve flexibility, agility, balance and coordination. Rhythmic Gymnastics level 1 is having coordination of movements with apparatuses like ropes, hoops and ribbon for individuals and team routines. Cartwheels, splits and balance are some of the elements that we will use in different choreographies. At the end of the season the students will be able to perform a routine and show their accomplishments.

Prerequisite: Participants must have participated in gymnastics, ballet or dance classes.

Instructor: LA Latin Aerobics staff Fee: \$50/8 classes Location: Sports Center, Fitness Room

Class #5810 5-12 Sept. 6 - Oct. 25 W 5:30-6:30 pm Class #5811 5-12 Nov. 1 - Dec. 13 W 5:30-6:30 pm



Online Registration Available

https://apm.activecommunities.com/hawthornerecreation

Fantasia Dance Ensemble Jazz & Hip Hop Mix

Learn to be expressive, creative, and smooth through jazz lessons and hip hop enhancing self-expression, while learning moves that enhance body tone and stamina! Be sure to ask the instructor about the seasonal community recital as well!

Instructor: Alicia L. Fee: \$50/8 classes Location: Sports Center, Dance Room

Class # 5824 5-13 Aug. 31 – Oct. 19 Th 7:00-8:00 pm Class # 5825 5-13 Oct. 26 – Dec. 14 Th 7:00-8:00 pm



Fantasia Dance Ensemble Triple Threat

Beginning acting, singing, and modeling - Triple Threat is a term used in show business when a performer is talented in three disciplines. In this case our class will focus on modeling, vocals and acting.

Instructor: Alicia L. Fee: \$50/8 classes Location: Sports Center, Dance Room

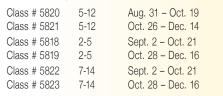
Class # 5826 5-11 Sept. 2 – Oct. 21 Sat 12:00-1:00 pm Class # 5827 5-11 Oct. 28 – Dec. 16 Sat 12:00-1:00 pm

Fantasia Dance Ensemble Ballet & Tap Combo

Focus on poise, grace, balance, beauty of ballet and learn rhythm, pizzazz, and movements in tap. Members look forward to participation in the community recital as well as having fun!

Instructor: Alicia L. Fee: \$50/8 classes

Location: Sports Center, Dance Room





6:00-7:00 pm

6:00-7:00 pm

10:00-11:00 am

10:00-11:00 am

Sat 11:00 am-12:00 pm

Sat 11:00 am-12:00 pm

Th

Th

Sat

SuperKids Gymnastics Exploration

Cartwheels, rolls of all kinds, stunts on bar, vaulting and alance beam skills are taught in this fun class! Enhances balance, flexibility, confidence. and SuperKids Gymnastics builds coordination and confidence. Parents are asked to sit in waiting area outside of the class while in session. On the last day, parents, relatives, and friends are invited inside to see our end of session performance



class. No class 11/25.

SuperKids Office: (310)378-4800 www.superkidsfun.com Online registration available https://apm.activecommunities.com/ hawthornerecreation

Instructor: SuperKids staff Fee: \$87.50/7 classes

Location: Sports Center, Aerobics Room

Class # 5839	3-5	Sept. 11 - Oct. 23	M	4:30-5:20 pm
Class # 5840	3-5	Oct. 30 - Dec. 11	M	4:30-5:20 pm
Class # 5843	3-5	Sept. 9 - Oct. 21	Sat	10:30-11:20 am
Class # 5844	3-5	Oct. 28 - Dec. 16	Sat	10:30-11:20 am

SuperKids Fun & Fit Gymnastics

Class starts with fun aerobic exercises to music as well as exercises to build strength and flexibility. We group children by ability and teach basic tumbling skills such as cartwheels, round offs, rolls, handstands, front and back walkovers (when ready). We also teach skills on bar, balance beam, spring board, and vault. SuperKids Gymnastics builds coordination and confidence! Parents are asked to sit in waiting area outside of the class while it is in session. On the last day, parents, relatives, and friends are invited inside to see our end of session performance class. No class 11/25

SuperKids Office: (310)378-4800 www.superkidsfun.com Online registration available https://apm.activecommunities.com/ hawthornerecreation

Instructor: SuperKids staff Fee: \$87.50/7 classes

Location: Sports Center, Aerobics Room

		*		
Class # 5841	6-11	Sept. 11 - Oct. 23	М	5:30-6:20 pm
Class # 5842	6-11	Oct. 30 - Dec. 11	М	5:30-6:20 pm
Class # 5834	5-8	Sept. 9 - Oct. 21	Sat	11:30 am-12:20 pm
Class # 5835	5-8	Oct. 28 - Dec. 16	Sat	11:30 am-12:20 pm
Class # 5836	8-11	Sept. 9 - Oct. 21	Sat	12:30-1:20 pm
Class # 5837	8-11	Oct. 28 - Dec. 16	Sat	12:30-1:20 pm



SuperKids Creative Ballet

Learn ballet basics in a fun way. In addition to traditional technique, every class features creative problem solving challenges to inspire original self expression. Traveling patterns across the floor as well. Parents are not allowed in dance room until last class of the session.

SuperKids Office: (310) 378-4800 www.superkidsfun.com

Online registration available https://apm.activecommunities.com/ hawthornerecreation

Instructor: SuperKids staff | Fee: \$87.50/7 classes

Location: Sports Center, Dance Room

Class # 5832	3-5	Sept. 11 - Oct. 23	M	6:45-7:30 pm
Class # 5833	3-5	Oct. 30 - Dec. 11	M	6:45-7:30 pm

SuperKids Ballet and Tap Combo

Ballet enhances grace and flexibility; tap enhances rhythm awareness and showmanship. Fun music, combinations, and traveling across the floor. Parents are not allowed in dance room until the last class of the session. No class 10/31.

SuperKids Office: (310) 378-4800 www.superkidsfun.com

Online registration available https://apm.activecommunities.com/ hawthornerecreation

Instructor: SuperKids staff | Fee: \$87.50/7 classes

Location: Sports Center, Dance Room

Class # 5830 4-8 Sept. 5 - Oct. 17 5:45-6:30 pm Oct. 24 - Dec. 12 Class # 5831 4-8 5:45-6:30 pm

YOUTH BASKETBALL LEAGUE

for Boys and Girls ages 6-15

Registration Dates: October 16 - December 31, 2017

(or until league is full).

Birth certificate is **REQUIRED** at the time of registration.

Betty Ainsworth Sports Center: (310) 349-1655 3851 W. El Segundo Blvd. Hawthorne 90250

For more information please call (310) 349-1640.

Fee: \$60 per child

League Draft: January 6, 2018

League practices begins week of January 8, 2018

League games begin January 20, 2018



VOLUNTEER COACHES NEEDED!

If you are interested in being a volunteer coach, please fill out a Coach's Volunteer Application (available at the Sports Center). All volunteers are required to be fingerprinted before the season starts. Please join us in helping the kids in our community learn, enjoy and appreciate the game of basketball.

CITY HALL DEPARTMENTS

	_					
Airport		 	(310)	349	9-16	335
Building	& Safety	 	(310)	349	9-29	990
	License					
Cable TV	' (Channel 22)	 	(310)	349	9-16	330
Code En	forcement	 	(310)	349	9-29)45
City Atto	rney	 	(310)	349	9-29	960
City Clerl	Κ	 	(310)	349	9-29	915
City Hall	(Information)	 	(310)	349	9-29	900
City Man	ager	 	(310)	349	9-29) 10
City Fina	nce	 	(310)	349	9-29) 20
Graffiti R	emoval	 	(310)	349	9-16	332
Housing.		 	(310)	349	9-16	300
Human F	Resources	 	(310)	349	9-29) 50
Job Hotli	ne	 	(310)	349	9-16	333
Mayor &	City Council	 	(310)	349	9-29	908
Planning/	Community Development	 	(310)	349	9-29) 70
Police De	epartment	 	(310)	349	9-27	⁷ 00
Public Int	formation	 	(310)	349	9-29) 02
Recreation	on & Community Services	 	(310)	349	9-16	340
Hawthorn	ne Senior Center	 	(310)	349	9-16	350
Inglewoo	d Senior Center	 	(310)	412	2-53	338
Sports C	enter	 	(310)	349	9-16	355
	aintenance		. ,			
Tree Trim	ming	 	(310)	349)-16	364

COMMUNITY SERVICES

Allied Waste
AT&T
Animal Control/Licensing
Animal Complaints/Pick-up (310) 675-4443
California Water Service
Chamber of Commerce(310) 676-1163
Dial-A-Ride
Health Department
LA County Alondra Park
LA County Bodger Park
LA County Del Aire Park
MTA Transit (800) 266-6883
MTA Bus Pass Card reloading (310) 349-1640
Shopping Carts
So. Calif. Edison (800) 655-4555
So. Calif. Gas Co
So. Calif. Water Co(800) 758-6790
Street Light Problems
Traffic Signal Lights
Time Warner Cable
Union Pacific Rail Road (800) 767-3884

NEIGHBORING LOS ANGELES COUNTY PARKS

Alondra Park	217-	-8366
Bodger Park	676-	-2085
Del Aire Park	643-	-4976

SCHOOLS & LIBRARIES

Hawthorne	Schoo	ol Distr	ct	 	 	(310)	676-2	276
Wiseburn S	School	Distric	t	 	 	(310)	643-3)25
Centinela V	/alley A	dult S	chool.	 	 	(310)	263-3	200
Hawthorne	High S	School		 	 	(310)	263-4	400
Leuzinger H	High S	chool.		 	 	(310)	263-2	200
Hawthorne	Librar	y		 	 	(310)	679-8	193
Wiseburn L	ibrary			 	 	(310)	643-8	380

COMMUNITY ORGANIZATIONS

American Youth Soccer Organization (310) 643-6455
Boys & Girls Club - Carson
Boy Scouts of America (213) 413-4400
District 37 Little League(310) 644-9360
Gardena YMCA(310) 523-3470
Girls Scouts Council
Holly Park Little League(424) 901-3313
Little Co. of Mary Home Health(310) 543-3450
Torrance Memorial Home Health (310) 784-3739
Senior Employment (SER) (310) 680-3771
Home Delivery Meals(310) 412-4380
South Bay Youth Service Center
Teen Challenge
Teen Hotline (24 hr. Hotline)(800) 448-3000
Tri Park Little League(310) 675-1609
Wiseburn Little League
Volunteer Opportunities
Information & Assistance
LA County Area on Aging (800) 510-2020
Elder Abuse Hotline(877) 477-3646
Alzheimer's Association
Elder Care Locator
Center for Health Care Rights (800) 824-0780

City of Hawthorne

CITY HALL

4455 W. 126th Street, Hawthorne, CA 90250 www.cityofhawthorne.com (310) 349-2900

RECREATION & COMMUNITY SERVICES

3901 W. El Segundo Blvd. www.cityofhawthorne.org/ parks-and-recs-home-page (310) 349-1640

Zumba In The Park

Come join the dance party! Burn calories and have fun while working out. This combination of latin rhythms will have your smiling and sweating at the same time.

The 1st hour is cardio and the last ½ hour is body toning & sculpting. Please bring a mat or towel. 5 lbs. weights are optional.

Instructor: Angelina Long Fee: Free

Location: Jim Thorpe Park

18-Adults Aug. 28 - Dec. 16

M/W/F 8:30-10:00 am



Folklore Dance

Step by step class instruction learning the beautiful steps and creative movements while exploring the background and history of the Mexican Folk Dance. Instructor provides instruction in both English and Spanish.

Instructor: Eleazar R. Fee: \$65/16 classes Location: Sports Center, Dance Room

Beginner

Class #5814 10-Adults Aug. 30 - Oct. 20 W/F 6:30-7:30 pm Class #5815 10-Adults Oct. 25 - Dec. 15 W/F 6:30-7:30 pm

Advanced Mexican Folklore

Join the intermediate or advanced classes and indulge in the beautiful form of Mexican Folklore dance that you love so much. This class is a great opportunity to build upon the skills you may already have or give you a great challenge to learn new routines. Many opportunities to perform as well!

Instructor: Eleazar R. Fee: \$65/16 classes

Location: Sports Center, Dance Room

Intermediate

Class #5816 10-Adults Aug. 30 - Oct. 20 W/F 7:30-8:30 pm Class #5817 10-Adults Oct. 25 - Dec. 15 W/F 7:30-8:30 pm Advanced Class #5798 10-Adults Aug. 30 - Oct. 20 W/F 8:30-9:45 pm Class #5799 10-Adults Oct. 25 - Dec. 15 W/F 8:30-9:45 pm

Pilate's & Yoga Fusion

This is a great combination of Pilate's and Yoga Fusion. This workout is for beginners and experts. Pilate's is great for burning calories and it helps you get rid of excess fat while you strengthen your muscles. The pilates's class will teach you how to align your spine, strengthening the muscles and ligaments that hold it in place. This will help you avoid back aches and neck pain associated with poor posture. In yoga you practice postures, breathing exercises and meditation which helps your body, mind and spirit.

Instructor: LA Latin Aerobics Fee: \$35/8 classes

Location: Sports Center, Fitness Room

Class #5808 12-Adults Sept. 11 - Oct. 23 M 7:30-8:30 pm Class #5809 12-Adults Oct. 30 - Dec. 18 M 7:30-8:30 pm

Smart Yoga

Smart yoga is a powerful practice that nurtures you physical, psychological energy. It is essential to begin with balancing your body, min, emotions and energy while creating an inner atmosphere of joy. During this 60 min. class you will learn exercises and yoga poses. This combination will help you get in a good shape and strengthen all of your body. You will improve your mobility, flexibility, strength, balance and coordination. Smart yoga is an easy, fun and safe way to start your journey towards good health and wellbeing. Having physical agility and having previous experience is not a requirement.

Instructor: LA Latin Aerobics Fee: \$35/8 classes

Location: Sports Center, Fitness Room

Class #5812 12-Adults Sept. 6 - Oct. 25 W 7:30-8:30 pm Class #5813 12-Adults Nov. 1 - Dec. 13 W 7:30-8:30 pm



Aerotone

This class is a no-nonsense fat burning aerobics program filled with high and low impact exercises with a variety of uncomplicated dance steps. Includes a variety of aerobics and a toning workout, with a little of everything: marches, lunges, kicks, knee lifts, and some African dance steps! Light dumb-bell or rubber band routines for shaping the upper body, and a lot of aerobics for burning the fat. Lots of fun while getting closer to toning those bodies! Mix and match 4 classes with a pass for \$20.

Instructor: LA Latin Aerobics staff Fee: \$55/16 classes Location: Sports Center, Fitness Room

Class #5800 12-Adults Sept. 5 - Oct. 25 T/Th 6:00-7:00 pm Class #5801 12-Adults Oct. 31 - Dec. 14 T/Th 6:00-7:00 pm



Cardiokickboxing & Powertone

A total body workout that blends your own strength with the arts of self defense, dance, boxing, and aerobics. A high calorie burner that introduces you to more than just the basics. Burn calories, tone your body, and learn the technique behind the workout. **Mix and match 4 classes with a pass for \$20.**

Instructor: LA Latin Aerobics staff Fee: \$55/16 classes

Location: Sports Center, Fitness Room

Class #5802 12-Adults Sept. 6 - Oct. 26 M/W 6:30-7:30 pm Class #5803 12-Adults Oct. 30 - Dec. 18 M/W 6:30-7:30 pm

Core Strength & Flexibility

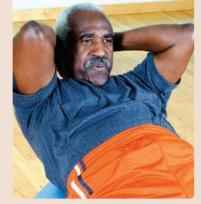
This is a unique opportunity to enjoy a class that helps target the difficult area of your body such as abs, thighs, hips and back. We will mix strength and core exercises using the exercise balls, mats and your own body resistance.

Instructor: LA Latin Aerobics staff Fee: \$35/8 classes Location: Sports Center, Dance Room

Class #5804 12-Adults Sept. 7 - Oct. 26 Th 7:00-8:00 pm Class #5805 12-Adults Nov. 2 - Dec. 14 Th 7:00-8:00 pm

Intense Fitness Challenge

This workout will help you achieve your weight loss and fitness goal. This class is the key to transforming your body and maintaining a slimmer, healthier and more energetic body in record time. Workout bench dumbbells and rubber bands are some of the elements that we will use to create this effective workout. The en-



ergetic music will push you during every minute of class. This workout will focus on the entire body. Don't give up! Come out and enjoy! Mix and match 4 classes with a pass for \$20.

Instructor: LA Latin Aerobics staff Fee: \$35/8 classes

Location: Sports Center, Fitness Room

Class #5806 12-Adults Sept. 5 - Oct. 24 T 7:00-8:00 pm Class #5807 12-Adults Oct. 31 - Dec. 12 T 7:00-8:00 pm

Online Registration Available

https://apm.activecommunities.com/hawthornerecreation

ADULT FUTSAL LEAGUE

Registration Dates: August 7 - September 17
Team Fee: \$350 / team | Ref Fee: \$20 / game

Where: Memorial Park Futsal Courts

8 Game Schedule, Playoffs for qualifying teams. Games will be played on Sundays starting September 24. CALL (310) 349-1645 FOR MORE INFO! League fees must be paid in full when signing up.

NEW Futsal Courts coming to Jim Thorpe Park this Fall.



BETTY AINSWORTH SPORTS CENTER OPEN PLAY HOURS

3851 W. El Segundo Blvd. (310) 349-1655

Basketball:

Monday - Friday, 3-5 pm Saturday, 8 am-3 pm Volleyball:

Every Friday, 6-10 pm

Adults (18 and over): \$1; Youth (17 and under): \$0.50



Racquetball:

Monday - Friday, 3-9 pm Saturday, 8 am-3 pm Fee: \$6/hour

(Schedule subject to change!)

ADULT BASKETBALL LEAGUE

Games will be played on Sunday evenings beginning at 3 pm at the Betty Ainsworth Sports Center (3851 W. El Segundo Blvd.)

First come first serve.

Fee: \$350 per team + \$30 referee fees.
League Fees must be paid in full when signing up.

For more information please call: (310) 349-1655 or (310) 349-1640.



HAWTHORNE POOL

Hawthorne Pool is an outdoor heated pool. Locker rooms have heated showers. Swim attire is required. No t-shirts, shorts, tank top or street clothes allowed. Take advantage of this great facility and make swimming a daily part of your life!

Hawthorne Pool is located at 12501 W. Inglewood Ave. (north of El Segundo Blvd.)

For more information call: (310) 970-7228.



h20 AEROBICS

Water Aerobics is offered for adults (17 years and up) of all ages that are interested in enhancing their cardiovascular output while having fun in the water. Workouts are varied daily using noodles, weights, and water resistance.

Cost: \$4/per person \$2/seniors 55+

Passes: \$47/15 passes

\$24/15 passes for seniors 55+

Starts: M-F: August 21 - October 27, 2017

Saturday: August 26 - October 28, 2017

Monday - Friday: 6-7 pm Saturday: 9-10 am





Participants must be 17 years or older. Participants swim under the supervision of a lifeguard. No instruction is provided. All levels are welcome.

Cost: \$4/per person 17+

\$2/seniors 55+

Passes: \$27/15 passes for seniors 55+

\$33/15 passes \$71/35 passes

Monday - Wednesday / Friday: 6-10 am

Monday - Friday: 12-2 pm, 3:30-5:30 pm

Saturday - Sunday: 9 am-12 pm



SOUTH BAY SWIM TEAM



Youth and Adult Swim Teams

South Bay Swim Team offers coached swim workouts in a team environment for both youth and adult swimmers at the Hawthorne Pool.

Kids/Age Group: Take the opportunity to improve swimming skills beyond the basic training in swim schools and lessons. If you love to swim and are ready to take it to the next level, please join us for a fun and challenging swim experience. Get fit, improve technique, get ready for swim meets, and have fun!

Adults/Masters: Adult swimmers of all ages and skill level are welcome – recreation & fitness swimmers, triathletes, competitive pool and ocean swimmers, who want to improve their fitness through swimming.

South Bay Swim Team Members have the opportunity to learn stroke techniques, conditioning, teamwork, competitive strategies, cooperation, goal-setting, and the benefits of dedication & hard work.

For more information contact Coach Kathy Gore: www.SouthBaySwimTeam.org or SouthBaySwimTeam@socal.rr.com

SWIM CLASSES

All classes listed below run Monday - Friday for two weeks. The first day of class is used to re-test students into the appropriate instructional level.

Saturday classes meet for 8 week sessions every Saturday, starting August 26 - October 28. The same will be covered at a faster pace.

Session dates:

Monday - Friday: August 28 - September 8

September 11 - September 22 September 25 - October 6 October 9 - October 20

Saturday Class: August 26 - October 28

Monday - Friday Classes:

Tiny Tots (4-6 years)	30 min.	\$42
5 pm, 5:30 pm, 6 pm, 6	6:30 pm	
Beginners (7 years-Up)	50 min.	\$50
5 pm, 6 pm		
Adult	50 min.	\$50
5 pm		

Saturday Classes:

Parent & Infant	30 min.	\$42
10:30 am 11:30 am		

Tiny Tots (4-6 years) 30 min. \$42 9 am, 9:30 am, 10 am, 10:30 am, 11 am, 11:30 am

Beginners (7 years-Up) 50 min. \$50 9 am, 10 am, 11 am Adult 50 min. \$50

10 am, 11 am

How to Register

- 1. Select a Session, Class, & Time
- 2. Register at the Hawthorne Aquatic cash, checks will be accepted at least 7 days prior to the session only. Pool Address: 12501 Inglewood Ave.)
- 3. Be sure to retain your receipt, there are no refunds or exchanges.



HAWTHORNE TEEN CENTER

3901 El Segundo Blvd., Hawthorne, CA 90250

(Next to the Hawthorne Sports Center) (310) 970-7001

Facility Hours: Monday - Friday 2-6 pm

(Closed on September 4, November 23, 24, December 25; 2017)

ATTENTION ALL TEENS!

The Hawthorne Teen Center offers opportunities for teens to develop their physical, social, emotional and cognitive abilities and to experience achievement, leadership, enjoyment, friendship and respect. Our daily program activities are diverse, engaging, and appealing to teens of all ages and backgrounds. Stop in and check it out for yourself!

All activities at the Teen Center are free and are at no cost to any of the teen residents of the City of Hawthorne. The Teen Center provides a supervised, safe and drug-free place for Hawthorne's teenagers to "have fun & learn"

after school and during the summer months.



FACILITY OFFERS:

- > Pool Table
- > Ping Pong
- Xbox and PS3 Video Game Stations
- Computers with Free Internet Access
- > Big Screen TV
- > Board Games
- > Foosball Games
- > Air Hockey Table
- > Mini Basketball Court
- > Tutoring (M Th)
- > Job Training
- > Recreation Tournaments (Th)
- > Movies (F)
- > Arts & Crafts
- > Life Skills & Youth Council

FITNESS PROGRAMS:

- > Vollevball
- > Handball
- > Flag Football
- > Yoga (T 4-5 pm)
- > Basketball Clinics

ENRICHMENT:

- > International Cooking
- Leadership Board (M & W 4-5 pm)
- > Peer Meditation
- > Job Club (M & W 3-6 pm)
 - > Are you ready to get a job?
 - Do you know how to properly complete an application?
- What do you wear to an interview?
- Arts 'n Crafts (Thursday 4:30-5 pm)
- Guitar (Thursday 4:30-5:30 pm)
- > Volunteer Hours

EDUCATION:

- > Scholarship Assistance
- > Homework Help (M F)
- > SAT & CAHSEE Prep
- Tutoring / Spanish Tutoring (M - Th)

In partnership with South Bay One-Stop Youth Services and Business Center. An equal opportunity program employer. / Auxiliary aides available upon request for persons with disabilities.

Hawthorne Senior Center

The Place Where Fun Begins!

The Hawthorne Senior Center is located directly behind the Hawthorne Memorial Center at 3901 El Segundo Boulevard, Hawthorne Parking in the Rear. Entrance on Prairie Avenue. (310) 349-1650

Hours of operation are Mondays through Fridays from 9:00 am to 4:00 pm.

Senior Center Benefits

If you are at least 55 years old and looking for something new in your life, you should come to the Hawthorne Senior Center. The Hawthorne Senior Center offers a wide variety of programs and activities. Regular programs include dances, field trips, billiards, bingo, health & fitness classes, computer room, sewing, knitting, crafts, movies, and a variety of other programs. Coming soon: wii, ping pong, karaoke much more. The Hawthorne Senior Center also serves lunch (60+ years) everyday at noon so if your interested stop by and inquire.



AARP Driving Class

Once you make your appointment, you attend a 2 day course. After completing the class, you will receive a CA DMV certificate which will qualify you for a discount on auto insurance with a good driving record. Be sure to come in or call (310) 349-1650 for an appointment.

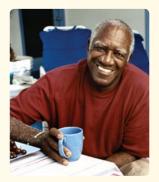
Hawthorne Gad-A-Bouts

The **Gad-A-Bouts** meet each Friday from 9:00 am to 12:00 noon in the Hawthorne Memorial Center Polaris Room. Membership is \$3 per year. **Birthdays** are celebrated the first Friday of each month with a cake. Anyone interested can also play **bingo** the first Friday of the month as well. Players are to bring a gift that is not less than \$1. **Cards** are played each week for those who enjoy this activity. **Board meetings** are held every other month; usually on the third Friday of the month.

SENIORS

Bet Tzedek Legal Services

By appointment only! FREE legal services are available to you! You must call in advance to make sure you can be seen! Call: the Senior Center at (310) 349-1650!



Nutrition Program

Lunch is served Monday - Friday at 12:00 noon in the Hawthorne Senior Center. The project is funded in part by the LA County Area on Aging of 1965. You must come into the Senior Center to register for the lunch program. A suggested \$2 donation for seniors is appreciated but not mandatory!

Dial-A-Ride Transportation

Dial-a-ride is for persons 62 years of age or disabled. Tokens may be purchased at the Memorial Center after you have registered in the Senior Center and received your ID card! Transportation is available M-F 8:30 am-5:30 pm. Call (310) 965-8848 for reservation pick-up at least 24 hours in advance!

Braille Institute

Braille Institute's community outreach program is designed to help the blind and visually impaired people to live with dignity in a sighted world. These community-based programs are located conveniently throughout Los Angeles County and offered free of charge. For information about class registration, counseling, visual aids, adaptive technology and other services provided by Braille Institute, please call: (323) 663-1111 ext. 1252.



Community Gardens

The Recreation & Community Services Department also sponsor a Community Garden at 120th & Grevillea Ave. The City owned land has been converted in 18 garden plots. 20'X10' each. The plots are leased on a first come, first serve basis for a one year period. The cost is \$33 per year. Each gardener is responsible for the upkeep of their own plot. For more information and availability call (310) 349-1640.

Senior Center Offerings

- > Billiard Room open 9 am 4 pm Monday Friday
- Computer Room open 9 am 4 pm, instructor led basic computer skills class on Wednesdays from 1 pm 2:30 pm, Monday Friday 5 computers with a printer for your use
- Sewing Room open 9 am 4 pm Monday Friday, 6 new sewing machines for your use, material, and knitting/crocheting supplies donated frequently for your use also. Not instructor led.



Classes Offered

- > Tai Chi: Wednesdays from 10 am 11 am (free)
- > Line Dance: Thursdays from 9:30 am 11 am (free)
- > Zumba: 10 am 11 am, one day a month, check senior newsletter
- Yoga: 11 am noon, one day a month, check senior newsletter
- ➤ Bingo: Tuesdays and Thursdays 1 pm 2 pm. Fifty cent per card played, everyone brings in a gift for the game.

Have an email address? Call the senior center to have it added to our contact group. Receive a weekly agenda of what's happening in the senior center and the quarterly newsletter also.

Volunteers Needed!

GIVE A HELPING HAND!

We need your support! The Hawthorne Senior Center is run by a very small staff and a handful of volunteers. If you would like to give back to your community and feel you have an interest in working with seniors, please contact the Senior Center to find out how you can assist! We are always looking for



help with the nutrition program, computer lab, and special events. Call (310) 349-1650 for more information!

Hawthorne Senior Center's **SPECIAL EVENTS**

AUGUST:

LOS ANGELES COUNTY ARBORETUM, ARCADIA

Tuesday the 15th

LUAU DANCE

Friday the 25th

SEPTEMBER: LOS ANGELES COUNTY FAIR

Wednesday the 13th 11 am - 6 pm

OCTOBER:

LONG BEACH AOUARIUM

Tuesday the 4th 9:30 am – 3 pm

DECEMBER:

HOLIDAY DANCE

Friday the 8th 1 - 4 pm

Senior Center closed:

September 4, November 23, 24, December 25; 2017

For more information regarding upcoming events please call the Hawthorne Senior Center (310) 349-1650.









Important Phone Numbers

Hawthorne Senior Center310-349-1650
Inglewood Senior Center
South Bay Senior Services310-325-2141
Little Co. of Mary Home Health
Torrance Memorial Home Health
Housing310-349-1600
Senior Employment (SER)
Home Delivered Meals310-412-4380
MTA Bus Passes
Dial-A-Ride Transportation310-349-1650
Volunteer Opportunities
Information & Assistance
LA County Area on Aging800-510-2020
Elder Abuse Hotline800-477-3646
Employment Programs
Alzheimer's Association
Elder Care Locator800-677-1116
Center for Health Care Rights



Fee: \$5 1-11 years | \$7 adults, 12 years & up All included for the price of admission

For more information please contact Recreation & Community Services Department (310) 349-1640.



City of Hawthorne Recreation & Community Services Department Presents:

2017 HOLIDAY HOME DECORATING CONTEST.

CONTEST RULES:

ELIGIBILITY:

The contest is free and open to all 'City of Hawthorne' residents.

All participants are required to have their lights and animation in operation between 6 pm and 9 pm on December 14th, 2017 for judging purposes.

AWARDS:

Awards will be given out to the first, second and third place winners.

HOW TO ENTER:

Complete the attached registration form and return it to the Recreation Department, located at 3901 W. El Segundo Blvd., Hawthorne, CA 90250. (310) 349-1640.

DEADLINE FOR ENTRY:

Tuesday, December 12, 2017.

2017 Holiday Home Decorating Contest Entry Form

Name (Nombre):		
Address (Domicilio):		
		Cross Street:
Telephone (Telefono): Day:		Night:
To be judged (Circle one):	House	Multi-Unit Dwelling
Additional information about decoratio	n (#of lights, hours involved	d, creator, etc):

14



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