

CITY OF **HAWTHORNE**
RECREATION AND COMMUNITY SERVICES

CLASSES BEGIN:
September 4, 2018

Fall
2018



CHECK OUT THE MURALS IN HAWTHORNE!



CITY OF **GOOD NEIGHBORS**

City of Hawthorne Recreation and Community Services Department strives to enrich the quality of life for people of all ages by providing safe, positive and active opportunities within our community that embrace diversity and promote social connections, wellness, civic pride, and lifelong learning.

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 14, 28; October 12, 26; November 9, 23; December 7, 21; 2018

Holidays

September 3; November 12, 21, 22; December 24, 25; 2018

City of Hawthorne

City Council

Mayor: Alex Vargas

Mayor Pro Tem: Haidar Awad

Council Members: Angie English, Nilo Michelin, Olivia Valentine

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.*

City Manager: Arnold Shadbeh

Deputy City Clerk: Monica Dicrisci

City Treasurer: L. David Patterson

Parks & Recreation and Fine Arts Commission

Chairperson: Richard Huhn

Commissioners: Solo Azuoma, Herminia Balboa, Charles Bowie Jr., Danielle Marquez, 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

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

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 2018 RECREATION PROGRAMS

Classes will begin September 4, 2018

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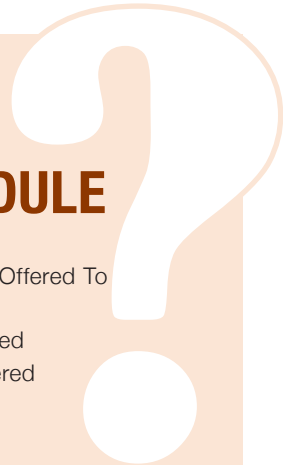
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HOW TO READ THE CLASS SCHEDULE

- Class #:** Class Code
- 6-13:** Age Group Class Offered To
- Sept. 1 – Sept. 22:** Length of Class
- Sat.:** Day(s) Class Offered
- 11:00 - 11:55 am:** Time(s) Class Offered

See Registration Information and Addresses of Locations on page 3.



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
5. 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.njmcamp.org.

The City of Hawthorne is committed to providing all individuals equal opportunity regardless of age, sex, race, national origin, religion, color, ancestry, marital status, sexual orientation, medical condition, physical or mental disability, or service as a military veteran.

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 | 14100 S. Prairie Ave. |
| Thorpe Castle | 14025 S. Cordary Ave. |
| Bicentennial Park | 13110 S. Doty Ave. |
| Eucalyptus Park | 12100 S. Inglewood Ave. |
| Eucalyptus Park Skate Plaza | 12100 S. Inglewood Ave. |
| Glasgow Park | Glasgow Place & 135 th St. |
| Holly Park | 2058 W. 120 th St. |
| Holly Glen Park | 5255 W. 137 th St. |
| Memorial Park | 3901 W. El Segundo Blvd. |
| Ramona Park | 4662 W. 136 th St. |
| Jim Thorpe Park | 14100 S. Prairie Ave. |
| Zela Davis Park | Kornblum & 133 rd St. |
| Hawthorne Pool | 12501 Inglewood Ave. |
| Good Neighbors Park | 3839 W. 118 th St. |

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 # 6102 | 2-3 | Sept. 1 – Sept. 22 | Sat | 12:15-12:45 pm |
| Class # 6103 | 2-3 | Sept. 2 – Sept. 23 | Sun | 10:50-11:20 am |

Ice Skating for Tots

| | | | | |
|--------------|-----|--------------------|-----|----------------|
| Class # 6096 | 4-6 | Aug. 28 – Sept. 18 | Tue | 4:00-4:30 pm |
| Class # 6097 | 4-6 | Sept. 1 – Sept. 22 | Sat | 12:15-12:45 pm |
| Class # 6098 | 4-6 | Sept. 2 – Sept. 23 | Sun | 10:20-10:50 am |

Ice Skating for Youth

| | | | | |
|--------------|------|--------------------|-----|----------------|
| Class # 6099 | 6-12 | Aug. 28 – Sept. 18 | Tue | 4:30-5:00 pm |
| Class # 6100 | 6-12 | Sept. 1 – Sept. 22 | Sat | 12:15-12:45 pm |
| Class # 6101 | 6-12 | Sept. 2 – Sept. 23 | 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

Hockey Basics 6U

| | | | | |
|--------------|-----|--------------------|-----|----------------|
| Class # 6092 | 4-6 | Sept. 1 – Sept. 22 | Sat | 10:45-11:15 am |
| Class # 6093 | 4-6 | Sept. 2 – Sept. 23 | Sun | 10:50-11:20 am |

Hockey Basics 14U

| | | | | |
|--------------|------|--------------------|-----|----------------|
| Class # 6094 | 6-12 | Sept. 1 – Sept. 22 | Sat | 11:15-11:45 am |
| Class # 6095 | 6-12 | Sept. 2 – Sept. 23 | Sun | 10:20-10:50 am |

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 # 6069 | 5-13 | Sept. 6 – Oct. 25 | Th | 7:00-8:00 pm |
| Class # 6070 | 5-13 | Nov. 1 – Dec. 13 | Th | 7:00-8:00 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

| | | | | |
|--------------|------|-------------------|-----|----------------|
| Class # 6053 | 5-12 | Sept. 6 – Oct. 25 | Th | 6:00-6:55 pm |
| Class # 6054 | 5-12 | Nov. 1 – Dec. 13 | Th | 6:00-6:55 pm |
| Class # 6059 | 2-5 | Sept. 8 – Oct. 27 | Sat | 10:00-10:55 am |
| Class # 6060 | 2-5 | Nov. 3 – Dec. 8 | Sat | 10:00-10:55 am |
| Class # 6061 | 6-13 | Sept. 8 – Oct. 27 | Sat | 11:00-11:55 am |
| Class # 6062 | 6-13 | Nov. 3 – Dec. 8 | Sat | 11:00-11:55 am |

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 # 6104 | 5-15 | Sept. 12 – Dec. 19 | W | 5:30-6:10 pm |

SuperKids Gymnastics Exploration

Cartwheels, rolls of all kinds, stunts on bar, vaulting and balance beam skills are taught in this fun class! Enhances balance, flexibility, and confidence. SuperKids Gymnastics builds coordination and confidence. Attire: Leggings and T skirt, or leotard (for girls). We go barefoot in class. Long hair must be tied up. 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 11/12, 11/24.*

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

Instructor: SuperKids staff | *Fee:* \$80/6 classes

Location: Sports Center, Aerobics Room

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|--------------|-----|--------------------|-----|----------------|
| Class # 6085 | 3-5 | Sept. 10 – Oct. 15 | M | 4:30-5:20 pm |
| Class # 6086 | 3-5 | Oct. 22 – Dec. 3 | M | 4:30-5:20 pm |
| Class # 6083 | 3-5 | Sept. 15 – Oct. 20 | Sat | 10:30-11:20 am |
| Class # 6084 | 3-5 | Oct. 27 – Dec. 8 | Sat | 10:30-11:20 am |

SuperKids Fun & Fit Gymnastics Level 1

For Beginning/Intermediate level students. 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! Attire: Leggings and T skirt, or leotard (for girls). We go barefoot in class. Long hair must be tied up. 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 11/12.*

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

Instructor: SuperKids staff | *Fee:* \$80/6 classes

Location: Sports Center, Aerobics Room

| | | | | |
|--------------|------|--------------------|---|--------------|
| Class # 6081 | 5-11 | Sept. 10 – Oct. 15 | M | 5:30-6:20 pm |
| Class # 6082 | 5-11 | Oct. 22 – Dec. 3 | M | 5:30-6:20 pm |

SuperKids Fun & Fit Gymnastics Level 2

Pre-requisite: Your child must know how to do a cartwheel and have completed at least one session of Level 1 or the equivalent. 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! Attire: Leggings and T skirt, or leotard (for girls). We go barefoot in class. Long hair must be tied up. 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 11/24.*

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

Instructor: SuperKids staff | *Fee:* \$80/6 classes

Location: Sports Center, Aerobics Room

| | | | | |
|--------------|------|--------------------|-----|-------------------|
| Class # 6077 | 5-8 | Sept. 15 – Oct. 20 | Sat | 11:30 am-12:20 pm |
| Class # 6078 | 5-8 | Oct. 27 – Dec. 8 | Sat | 11:30 am-12:20 pm |
| Class # 6079 | 8-11 | Sept. 15 – Oct. 20 | Sat | 12:30-1:20 pm |
| Class # 6080 | 8-11 | Oct. 27 – Dec. 8 | Sat | 12:30-1:20 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.

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

Instructor: SuperKids staff | *Fee:* \$80/6 classes

Location: Sports Center, Dance Room

| | | | | |
|--------------|-----|--------------------|---|--------------|
| Class # 6075 | 4-8 | Sept. 11 – Oct. 16 | T | 5:45-6:30 pm |
| Class # 6076 | 4-8 | Oct. 23 – Nov. 27 | T | 5:45-6:30 pm |

Superkids Hip Hop Dance Party

Fun, joyful, big movement! We use kid-friendly music with a strong beat. Class features basic steps and combinations, follow-the-leader style. Hip Hop develops body awareness, balance, coordination, and is just plain fun! Both boys and girls LOVE Hip Hop! Attire: Comfortable clothing and sneakers. Parents are not allowed in dance room until the last class of the session. *No class 11/12.*

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

Instructor: SuperKids staff | *Fee:* \$80/6 classes

Location: Sports Center, Dance Room

| | | | | |
|--------------|------|--------------------|---|--------------|
| Class # 6087 | 4-8 | Sept. 11 – Oct. 16 | T | 6:45-7:30 pm |
| Class # 6088 | 4-8 | Oct. 23 – Nov. 27 | T | 6:45-7:30 pm |
| Class # 6089 | 8-11 | Sept. 10 – Oct. 15 | M | 6:45-7:30 pm |
| Class # 6090 | 8-11 | Oct. 22 – Dec. 3 | M | 6:45-7:30 pm |

Group Tennis Lessons

NEW!

The QJTL program is an after-school tennis group instruction where participants ages 8-17 years learn basic tennis skills, have fun and sportsmanship. Participants can gain tennis experience, personal growth and learn life skills that can be used not only on the court but beyond the game of tennis. Instruction is games and drill based. Rackets are provided, however bringing your own is strongly encouraged.

Instructor: Queen Jones | *Fee:* \$60/6 classes

Location: Holly Glen Park

| | | | | |
|--------------|------|--------------------|-----|--------------|
| Class # 6072 | 8-17 | Sept. 10 – Oct. 18 | M/W | 3:30-5:00 pm |
| Class # 6073 | 8-17 | Nov. 5 – Dec. 12 | M/W | 3:30-5:00 pm |



YOUTH BASKETBALL LEAGUE

for Boys and Girls ages 6-15



Registration Dates: October 16 – December 29 (or until full).

Clinics: January 12 and 19, 2019

League Draft: January 26, 2019

Practices Start: January 29, 2019

First Game: February 2, 2019

Fee: \$60 per child

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.

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.

FALL FUTSAL LEAGUES

Registration: August 31 - September 30 (or until full)

Futsal Clinics:
October 6 & 13, 2018

Draft: October 13, 2018

Practice Begins:
October 15, 2018

First Game: November 8, 2018

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.

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.



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 3, 2018)

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.**

EVERYTHING IS FREE!

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

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

FITNESS PROGRAMS:

- › Volleyball
- › Handball
- › Flag Football
- › Yoga (T 4-5 pm)
- › Basketball Clinics

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.

Mexican Folklore

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 # 6067 | 10-Adults | Sept. 5 – Oct. 26 | W/F | 6:30-7:20 pm |
| Class # 6068 | 10-Adults | Oct. 31 – Dec. 14 | W/F | 6:30-7:20 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 #6065 | 10-Adults | Sept. 5 – Oct. 26 | W/F | 7:30-8:30 pm |
| Class #6066 | 10-Adults | Oct. 31 – Dec. 14 | W/F | 7:30-8:30 pm |

Advanced

| | | | | |
|-------------|-----------|-------------------|-----|--------------|
| Class #6049 | 10-Adults | Sept. 5 – Oct. 26 | W/F | 8:30-9:45 pm |
| Class #6050 | 10-Adults | Oct. 31 – Dec. 14 | W/F | 8:30-9:45 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 \$25.**

Instructor: LA Latin Aerobics staff | *Fee:* \$60/16 classes

Location: Sports Center, Fitness Room

| | | | | |
|-------------|-----------|-------------------|------|--------------|
| Class #6051 | 12-Adults | Sept. 4 – Oct. 25 | T/Th | 6:00-7:00 pm |
| Class #6052 | 12-Adults | Oct. 30 – Dec. 20 | 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 \$25.**

Instructor: LA Latin Aerobics staff | *Fee:* \$60/16 classes

Location: Sports Center, Fitness Room

| | | | | |
|-------------|-----------|-------------------|-----|--------------|
| Class #6053 | 12-Adults | Sept. 5 – Oct. 24 | M/W | 6:30-7:30 pm |
| Class #6054 | 12-Adults | Oct. 29 – Dec. 19 | M/W | 6:30-7:30 pm |

Yoga & Pilates

Yoga is a stretching and healing workout and Pilate's is a core strength workout. This exercise is good for your flexibility and abs. We put Yoga and Pilates together using the best body sculpting moves from each method. You will feel the results in your core, arms, legs and back. Yoga & Pilates Combo is an easy fun and safe way to start your journey towards good health and well being.

Instructor: LA Latin Aerobics | *Fee:* \$40/8 classes

Location: Sports Center, Fitness Room

| | | | | |
|-------------|-----------|-------------------|----|--------------|
| Class #6055 | 12-Adults | Sept. 6 – Oct. 25 | Th | 7:00-8:00 pm |
| Class #6056 | 12-Adults | Nov. 1 – Dec. 20 | Th | 7:00-8:00 pm |

Tone Your Abs, Gluts, Hips & Thighs

Strengthening your abs, hips, butt, and thighs will help you look your best in and out of the gym. A strong lower body helps ward off injuries and protect your back from any pain. This class will be a complete workout with all the moves and exercises that make your body stronger. This would include sit ups with balls, on the floor and adding weights. Squats, lunges and kicks in different positions to develop a perfect butt, hips and thighs. This super workout will help you be your best. You will love the result!!!

Instructor: LA Latin Aerobics | *Fee:* \$40/8 classes

Location: Sports Center, Fitness Room

| | | | | |
|-------------|-----------|-------------------|---|--------------|
| Class #6057 | 12-Adults | Sept. 4 – Oct. 23 | T | 7:00-8:00 pm |
| Class #6058 | 12-Adults | Oct. 30 – Dec. 18 | T | 7:00-8:00 pm |



NEW!

Tennis Cardio

Get a cardio workout with the game of tennis. No tennis experience needed for this fun group tennis activity that burns calories, improves your tennis skills, and a great way to meet people while working out. The full body workout routine includes a warm-up, cardio workout and a cool down phase. It's a healthy new way to get in shape and get the daily exercise you need. Without the boring workout routines at the gym. Join the fun activity that gives players of all ages abilities an ultimate high energy workout.

Instructor: Queen Jones | *Fee:* \$75/5 classes

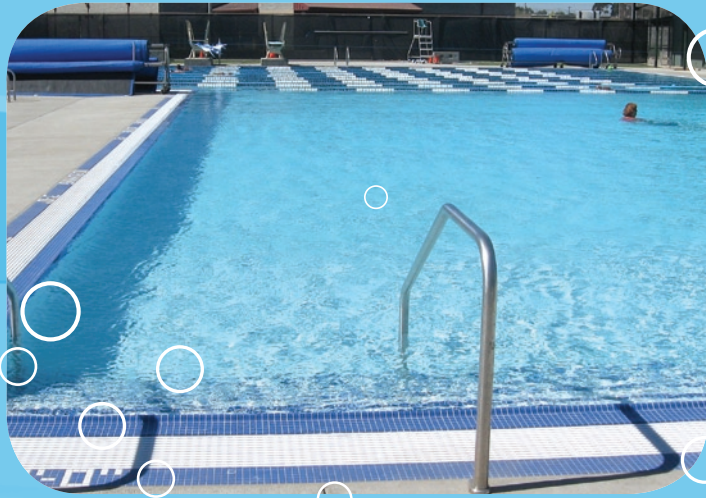
Location: Holly Glen Park

| | | | | |
|-------------|-----------|--------------------|---|---------------|
| Class #6071 | 18-Adults | Sept. 14 – Oct. 12 | F | 9:30-10:45 am |
|-------------|-----------|--------------------|---|---------------|

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.

h2O AEROBICS

Independent workouts are offered to adults of all ages that are interested in enhancing their cardiovascular output while having fun in the water. Workout using noodles, weights, and water resistance equipment. The Hawthorne Pool is a heated (80° F) outdoor pool, fully equipped with heated showers, changing rooms, and lockers. 17+ years and older.

LAP SWIMMING

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, 12-2 pm & 3:30-5 pm
Thursday: 12-2 pm, 3:30-5 pm
Saturday - Sunday: 9 am-12 pm



INSTRUCTOR LED CLASSES:

Cost: \$4/per person
\$2/seniors 55+
Passes: \$33/15 passes
\$27/15 passes for seniors 55+
\$71/35 passes

Starts: August 20 - October 12

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

STUDENT GUIDED CLASSES:

Cost: \$4/per person
\$2/seniors 55+
Passes: \$47/15 passes
\$24/15 passes for seniors 55+

Starts: October 13

Monday - Wednesday/Friday 9-10 am
Thursday 12-2 pm, 3:30-5 pm
Saturday 9-10 am

BETTY AINSWORTH SPORTS CENTER OPEN PLAY HOURS

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

Basketball:

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

Volleyball:

Every Friday, 6 pm-10 pm

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

Racquetball:

Monday - Friday, 3 pm-9 pm
Saturday, 8 am-3 pm

Fee: \$7/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.



Online Registration Available

<https://apm.activecommunities.com/hawthornerecreation>



BETTY AINSWORTH SPORTS CENTER

RECREATION

MARK YOUR CALENDAR FOR OUR NEXT PAPER SHREDDING AND E-WASTE RECYCLING EVENT, WHICH WILL AGAIN INCLUDE A COMPOST GIVEAWAY.

It is scheduled for October 20, from 9 a.m. to noon, at the Memorial Center parking lot, located at Doty Avenue and El Segundo Blvd. Please call Public Works at (310) 349-2980 for more information.



CITY HALL DEPARTMENTS

| | |
|---|----------------|
| Airport | (310) 349-1635 |
| Building & Safety | (310) 349-2990 |
| Business License | (310) 349-2935 |
| Cable TV (Channel 22) | (310) 349-1630 |
| Code Enforcement | (310) 349-2945 |
| City Attorney | (310) 349-2960 |
| City Clerk | (310) 349-2915 |
| City Hall (Information) | (310) 349-2900 |
| City Manager | (310) 349-2910 |
| City Finance | (310) 349-2920 |
| Graffiti Removal | (310) 349-1632 |
| Housing | (310) 349-1600 |
| Human Resources | (310) 349-2950 |
| Job Hotline | (310) 349-1633 |
| Mayor & City Council | (310) 349-2908 |
| Planning/Community Development | (310) 349-2970 |
| Police Department | (310) 349-2700 |
| Public Information | (310) 349-2902 |
| Recreation & Community Services | (310) 349-1640 |
| Hawthorne Senior Center | (310) 349-1650 |
| Inglewood Senior Center | (310) 412-5338 |
| Sports Center | (310) 349-1655 |
| Street Maintenance | (310) 349-1660 |
| Tree Trimming | (310) 349-1664 |

COMMUNITY SERVICES

| | |
|---------------------------------------|----------------|
| Allied Waste | (888) 742-5234 |
| AT&T | (800) 310-2355 |
| Animal Control/Licensing | (310) 349-2948 |
| Animal Complaints/Pick-up | (310) 675-4443 |
| California Water Service | (800) 758-6790 |
| Chamber of Commerce | (310) 676-1163 |
| Dial-A-Ride | (310) 349-1650 |
| Health Department | (310) 419-5358 |
| LA County Alondra Park | (310) 217-8366 |
| LA County Bodger Park | (310) 676-2085 |
| LA County Del Aire Park | (310) 643-4976 |
| MTA Transit | (800) 266-6883 |
| MTA Bus Pass Card reloading | (310) 349-1640 |
| Shopping Carts | (800) 252-4613 |
| So. Calif. Edison | (800) 655-4555 |
| So. Calif. Gas Co. | (800) 427-2200 |
| So. Calif. Water Co. | (800) 758-6790 |
| Street Light Problems | (800) 655-4555 |
| Traffic Signal Lights | (626) 458-4357 |
| Time Warner Cable | (800) 892-4357 |
| Union Pacific Rail Road | (800) 767-3884 |

NEIGHBORING LOS ANGELES COUNTY PARKS

| | |
|--|----------------|
| Alondra Park | (310) 217-8366 |
| 3850 Manhattan Beach Boulevard, Lawndale, CA | |
| Bodger Park | (310) 676-2085 |
| 14900 S. Yukon Avenue, Hawthorne, CA | |
| Del Aire Park | (310) 643-4976 |
| 12601 S. Isis Avenue, Hawthorne, CA | |

SCHOOLS & LIBRARIES

| | |
|---|----------------|
| Hawthorne School District | (310) 676-2276 |
| Wiseburn School District | (310) 643-3025 |
| Centinela Valley Adult School | (310) 263-3200 |
| Hawthorne High School | (310) 263-4400 |
| Leuzinger High School | (310) 263-2200 |
| Hawthorne Library | (310) 679-8193 |
| Wiseburn Library | (310) 643-8880 |

COMMUNITY ORGANIZATIONS

| | |
|--|----------------|
| American Youth Soccer Organization | (310) 643-6455 |
| Boys & Girls Club - Carson | (310) 549-7311 |
| Boy Scouts of America | (213) 413-4400 |
| District 37 Little League | (310) 644-9360 |
| Gardena YMCA | (310) 523-3470 |
| Girls Scouts Council | (310) 328-2312 |
| 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 | (310) 549-7311 |
| Teen Challenge | (310) 644-3695 |
| Teen Hotline (24 hr. Hotline) | (800) 448-3000 |
| Tri Park Little League | (310) 675-1609 |
| Wiseburn Little League | (310) 289-4113 |
| Volunteer Opportunities | (310) 349-1650 |
| Information & Assistance | (310) 349-1650 |
| LA County Area on Aging | (800) 510-2020 |
| Elder Abuse Hotline | (877) 477-3646 |
| Alzheimer's Association | (800) 272-3900 |
| Elder Care Locator | (800) 677-1116 |
| Center for Health Care Rights | (800) 824-0780 |
| Hawthorne Historical Society | (310) 616-3277 |
| Parks & Recreation Foundation | (310) 643-9157 |

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

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 (55+ years) everyday at noon** so if your interested stop by and inquire.



AARP Driving Class

AARP Driving Classes for seniors helps to lower auto insurance. Wednesday & Thursday, September 26 & 27, 2018; 10 am - 2 pm.

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. The Community Garden is located on 126th and Grevillea.



HAVE AN EMAIL ADDRESS?

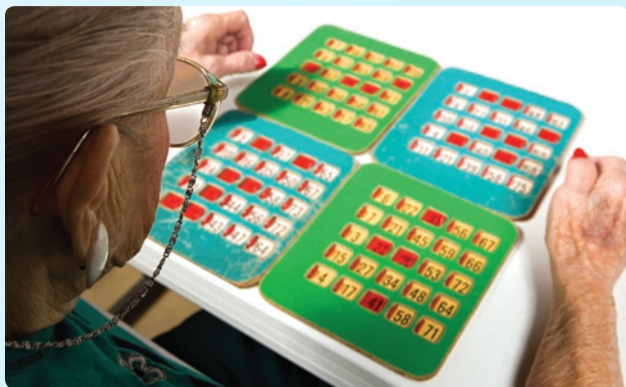
Call the senior center to have it added to our contact group. Receive a weekly agenda of what's happening in the senior center and the quarterly newsletter also.

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.



Hawthorne Senior Center's SPECIAL EVENTS

AUGUST:

LA COUNTY ARBORETUM

Tuesday, August 21st

SEPTEMBER:

LA COUNTY FAIR

Wednesday, September 12th

OCTOBER:

LONG BEACH AQUARIUM

Monday, October 8th



NOVEMBER: UNIVERSAL CITY WALK

Tuesday, November 27th 9:30 am - 4 pm

DECEMBER: HOLIDAY DANCE

Friday, December 14th 1 - 4 pm

Senior Center closed: September 3, November 12, 22, 23, December 24, 25; 2018

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

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!



Important Phone Numbers

| | |
|--|--------------|
| Hawthorne Senior Center | 310-349-1650 |
| Inglewood Senior Center | 310-412-5338 |
| South Bay Senior Services | 310-325-2141 |
| Little Co. of Mary Home Health | 310-543-3450 |
| Torrance Memorial Home Health | 310-784-3739 |
| Housing | 310-349-1600 |
| Senior Employment (SER) | 310-680-3771 |
| Home Delivered Meals | 310-412-4380 |
| MTA Bus Passes | 310-349-1640 |
| Dial-A-Ride Transportation | 310-349-1650 |
| Volunteer Opportunities | 310-349-1650 |
| Information & Assistance | 310-349-1650 |
| LA County Area on Aging | 800-510-2020 |
| Elder Abuse Hotline | 800-477-3646 |
| Employment Programs | 213-738-2631 |
| Alzheimer's Association | 800-272-3900 |
| Elder Care Locator | 800-677-1116 |
| Center for Health Care Rights | 800-824-0780 |

Winter Wonderland Spectacular

"Here Comes Santa Claus!" Count Down!



Enjoy the snow slide and winter play area, games and prizes, inflatables for the kids and adults, photo ops with Santa, hot cocoa, food and more!

Date: Thursday, December 20, 2018 | Time: 6:00-9:00 pm

Location: Memorial Park,
3901 El Segundo Boulevard, Hawthorne, CA 90250

Fee: \$5 1-11 years | \$7 adults, 12 years & up

Registration will begin Tuesday, November 27 - December 20 from
8:30 am - 12:30 pm & 1:30 - 4:30 pm, Monday - Thursday.

On-line Registration is available. Class # 6074.

For more information call (310) 349-1640.



City of Hawthorne Recreation & Community Services Department Presents:

2018 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 13th, 2018 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.

DEADLINE FOR ENTRY:

Tuesday, December 11, 2018.



2018 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 decoration (#of lights, hours involved, creator, etc):





**City of Hawthorne
Recreation & Community Services**

3901 W. El Segundo Blvd., Hawthorne, CA 90250
(310) 349-1640

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Life
Better!**

*****ECRWSEDDM*****

RESIDENTIAL CUSTOMER

**City of Hawthorne
Recreation & Community Services Department Presents**

HALLOWEEN 'SPOOKTACKULAR' CARNIVAL

WHEN: Tuesday, October 30, 2018 | **TIME:** 5-8 pm

WHERE: Hawthorne Memorial Center, 3901 W. El Segundo Blvd.

COST: 50¢ for children 12 years and under
\$1 for everyone over 12 years of age

Wear your scariest, funniest or most creative costume! Enter the costume contest, play games, win prizes and have fun!

Kids, don't forget to bring an adult with you.



Sponsored by: City of Hawthorne,
Recreation & Community Services Department
For more information, please call: (310)349-1640

