

CITY OF **HAWTHORNE**  
RECREATION AND COMMUNITY SERVICES

**CLASSES BEGIN:**  
August 26, 2019

*Fall*  
**2019**



**9.11**  
**PATRIOT DAY**  
*We will never forget*



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. 126<sup>th</sup> 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

### Eucalyptus Skate Park Hours:

Monday-Friday 3:00 pm – 9:00 pm  
Monday-Friday 9:00 am – 9:00 pm (Summer Hours)

**Closed Alternate Fridays: September 13, 27; October 11, 25; November 8, 22; December 6, 20; 2019**

### Holidays

September 2; November 11, 28-29; December 24-25; 2019

## City of Hawthorne

### City Council

**Mayor:** Alex Vargas

**Mayor Pro Tem:** Olivia Valentine

**Council Members:** Haidar Awad, Alex Monteiro, Mike Talleda

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

**City Manager:** Arnold Shadbehr (Interim)

**Deputy City Clerk:** Dr. Paul Jimenez

**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 1<sup>st</sup> 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, Carol Maston, Judy Ramirez

Meetings are held on the 1<sup>st</sup> 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 2019 RECREATION PROGRAMS

Classes are schedule to begin August 26, 2019.

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## HOW TO READ THE CLASS SCHEDULE

- Class #: Class Code
- 6-11: Age Group Class Offered To
- Aug. 31 – Sept. 21: Length of Class
- Sat.: Day(s) Class Offered
- 10:30 - 11:20 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](http://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. Requests has to be at least 20 days before the day of event. 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](http://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

<b>Services Department</b>	3901 W. El Segundo Blvd.
<b>Betty Ainsworth Sports Center</b>	3851 El Segundo Blvd.
<b>Senior Citizens Center</b>	3901 W. El Segundo Blvd.
<b>Thorpe Building</b>	14100 S. Prairie Ave.
<b>Thorpe Castle</b>	14025 S. Cordary Ave.
<b>Bicentennial Park</b>	13110 S. Doty Ave.
<b>Eucalyptus Park</b>	12100 S. Inglewood Ave.
<b>Eucalyptus Park Skate Plaza</b>	12100 S. Inglewood Ave.
<b>Glasgow Park</b>	Glasgow Place & 135 <sup>th</sup> St.
<b>Holly Park</b>	2058 W. 120 <sup>th</sup> St.
<b>Holly Glen Park</b>	5255 W. 137 <sup>th</sup> St.
<b>Memorial Park</b>	3901 W. El Segundo Blvd.
<b>Ramona Park</b>	4662 W. 136 <sup>th</sup> St.
<b>Jim Thorpe Park</b>	14100 S. Prairie Ave.
<b>Zela Davis Park</b>	Kornblum & 133 <sup>rd</sup> St.
<b>Hawthorne Pool</b>	12501 Inglewood Ave.
<b>Good Neighbors Park</b>	3839 W. 118 <sup>th</sup> St.

## 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 per week | *Location:* Memorial Center

### New Students

Class # 6363 5-15 Sept. 18 – Dec. 18 W 5:30-6:10 pm

## 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 # 6351 2-3 Aug. 31 – Sept. 21 Sat 12:15-12:45 pm  
Class # 6352 2-3 Sept. 1 – Sept. 22 Sun 10:50-11:20 am

### Ice Skating for Tots

Class # 6353 4-6 Aug. 27 – Sept. 17 Tue 4:00-4:30 pm  
Class # 6354 4-6 Aug. 31 – Sept. 21 Sat 12:15-12:45 pm  
Class # 6355 4-6 Sept. 1 – Sept. 22 Sun 10:20-10:50 am

### Ice Skating for Youth

Class # 6356 6-12 Aug. 27 – Sept. 17 Tue 4:30-5:00 pm  
Class # 6357 6-12 Aug. 31 – Sept. 21 Sat 12:15-12:45 pm  
Class # 6358 6-12 Sept. 1 – Sept. 22 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 # 6359 4-6 Aug. 31 – Sept. 21 Sat 10:45-11:15 am  
Class # 6360 4-6 Sept. 1 – Sept. 22 Sun 10:50-11:20 am

### Hockey Basics 14U

Class # 6361 6-12 Aug. 31 – Sept. 21 Sat 11:15-11:45 am  
Class # 6362 6-12 Sept. 1 – Sept. 22 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 # 6340 5-13 Aug. 29 – Oct. 17 Th 7:00-8:00 pm  
Class # 6341 5-13 Oct. 24 – Dec. 5 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 # 6334 5-12 Aug. 29 – Oct. 17 Th 6:00-7:00 pm  
Class # 6335 5-12 Oct. 24 – Dec. 5 Th 6:00-7:00 pm  
Class # 6336 2-5 Aug. 31 – Oct. 12 Sat 10:00-10:55 am  
Class # 6337 2-5 Oct. 26 – Dec. 7 Sat 10:00-10:55 am  
Class # 6338 6-12 Aug. 29 – Oct. 17 Th 6:00-6:55 pm  
Class # 6339 6-12 Oct. 24 – Dec. 5 Th 6:00-6:55 pm



## GENERAL INFORMATION FOR GYM EXPLORATIONS CLASSES:

Email: gym.explorations@gmail.com

Instructor: JoLynn Kirkpatrick | Fee: \$91/7 classes

Location: Sports Center, Aerobics Room

### Toddler Tumbling

Gym Explorations helps to build strength, flexibility, balance, coordination and confidence in your child. Class starts with a warmup to kids friendly tunes, then they will learn all kinds of tumbling, bar, vaulting, and balance beam skills. Attire: Leggings/shorts and T-shirt or a leotard with shorts, barefoot. Parents/Guardians are asked to sit in the waiting area outside of the class while in session. On the last day of class parents, relatives, and friends are invited to sit inside for our end of session performance. *No class 11/29, 11/30.*

Class # 6366	3-5	Aug. 30 – Oct. 11	F	5:30-6:20 pm
Class # 6367	3-5	Oct. 25 – Dec. 13	F	5:30-6:20 pm
Class # 6364	3-5	Aug. 31 – Oct. 12	Sat	10:30-11:20 am
Class # 6365	3-5	Oct. 26 – Dec. 14	Sat	10:30-11:20 am

### Developmental Gym



Build Confidence and coordination with Gym Explorations! Class starts with a fun aerobic exercise to upbeat music, as well as strength building and flexibility exercises. We teach basic tumbling skills such as cartwheels, rolls, handstands, and bridges. We also teach developmental skills on the balance beam, bar, and vaulting blocks. Parents are asked to sit in the waiting area outside of class while it is in session. On the last day of class parents, relatives, and friends are invited inside for our end of session performance. Attire: Leggings/shorts and T-shirt or leotard with shorts. *No class 11/29, 11/30.*

Class # 6370	6-9	Aug. 30 – Oct. 11	F	6:30-7:20 pm
Class # 6371	6-9	Oct. 25 – Dec. 13	F	6:30-7:20 pm
Class # 6368	6-9	Aug. 31 – Oct. 12	Sat	11:30 am-12:20 pm
Class # 6369	6-9	Oct. 26 – Dec. 14	Sat	11:30 am-12:20 pm

### Fit & Fun Gym

**Pre-requisite:** Your child MUST be able to do a cartwheel, bridge, handstand, and front support to be in this class. All children will be assessed on the first day. Class starts with a fun aerobic exercise to upbeat music, stretching, and strength building. We will be teaching beam and floor routines, roundoffs and one-handed cartwheels, front and back handsprings, back walkovers, and hip circles on the bar. Parents are asked to sit in the waiting area outside of class while it's in session. On the last day of class parent, relatives, and friends are invited inside for our end of session performance. Attire: leggings/shorts and a T-shirt or a leotard with shorts. *No class 11/29, 11/30.*

Class # 6373	6-12	Aug. 31 – Oct. 12	Sat	12:30-1:20 pm
Class # 6372	6-12	Oct. 26 – Dec. 14	Sat	12:30-1:20 pm



### Creative Ballet

Students will learn basic ballet steps and vocabulary through fun music, combinations, and traveling across the floor. Props such as streamers, bean bags, and more are used to inspire creativity. Ballet enhances grace, flexibility, and coordination. This is an independent class; parents are not allowed in dance room. Required attire: Leotard, tights, proper ballet shoes.

Instructor: Michelle Reese | Location: Sports Center, Dance Room

Fee: \$90/7 classes | *No class 9/2.*

Class # 6374	3-6	Aug. 26 – Oct. 14	M	5:30-6:15 pm
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Fee: \$100/8 classes | *No class 11/11.*

Class # 6375	3-6	Oct. 21 – Dec. 16	M	5:30-6:15 pm
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### Ballet and Tap Combo

Students will learn basic ballet and tap steps and vocabulary through fun music, combinations, and traveling across the floor. Props such as streamers, bean bags, and more are used to inspire creativity. Ballet enhances grace and coordination; tap enhances rhythm. This is an independent class; parents are not allowed in dance room. Required attire: Leotard, tights, proper ballet shoes and tap shoes.

Instructor: Michelle Reese | Location: Sports Center, Dance Room

Fee: \$100/8 classes

Class # 6376	4-8	Aug. 27 – Oct. 15	T	5:30-6:15 pm
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Fee: \$115/9 classes | *No class 11/11.*

Class # 6377	4-8	Oct. 22 – Dec. 17	T	5:30-6:15 pm
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### Hip Hop Dance Party

Students will learn basic dance movements and beginning hip hop steps through fun music, follow the leader style songs, traveling across the floor, and combinations. Hip hop is high energy and great for both boys and girls! This is an independent class; parents are not allowed in dance room. Attire: comfortable clothing and sneakers.

Instructor: Michelle Reese | Location: Sports Center, Dance Room

Fee: \$100/8 classes

Class # 6378	4-8	Aug. 28 – Oct. 16	W	5:30-6:15 pm
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Fee: \$115/9 classes | *No class 11/11.*

Class # 6379	4-8	Oct. 23 – Dec. 18	W	5:30-6:15 pm
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# YOUTH BASKETBALL LEAGUE

for Boys and Girls ages 6-15



**Sign Ups:** October 7, 2019 – January 3, 2020  
(or until league is full).

**Clinic:** January 4, 2020

**League Draft:** January 11, 2020

**Practices Start:** January 13, 2020

**First Game:** January 25, 2020

**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.

# YOUTH FUTSAL LEAGUES

**Sign Ups** July 1 - September 6  
(or until league is full)

**Clinics:** September 7, 2019

**Draft:** September 14, 2019

**Practices Start:**

September 16, 2019

**First Game:** September 28, 2019

**Fee:** \$60

Boys and Girls, Ages 5-12  
(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 3-6 pm (Closed on September 2, November 11, 28-29, 2019.)

# TEEN

# TEEN CENTER



**EVERYTHING  
IS FREE!**

## 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.**

### EDUCATION:

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

### FITNESS PROGRAMS:

- › Volleyball
- › 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

### FACILITY OFFERS:

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

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.

CALL US! (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! For more information call: (310) 970-7228. Hawthorne Pool is located at 12501 W. Inglewood Ave. (north of El Segundo Blvd.)



## 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  
Monday - Friday: 12-2 pm, 3:30-5 pm  
Saturday - Sunday: 9 am-12 pm (limited 2 lanes)

## 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.

**SESSION DATES:**

Monday - Friday: September 9 - September 20  
September 23 - October 4  
October 7 - October 18

**Monday - Friday Classes:**

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

## HAMMER HEAD SWIM TEAM

Must be intermediate swim level - 18 years.

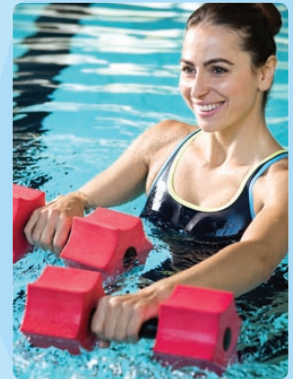
September 9, 2019 - June 19, 2020

Monday/Wednesday	4 - 5 pm	\$50/month
Tuesday/Thursday	4 - 5 pm	\$50/month
Monday-Thursday	4 - 5 pm	\$100/month



## H2O 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.



### 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 26 - October 11

Monday - Wednesday / Friday: 9-10 am  
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 14 - June 19

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



## 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 # 6342	10-Adults	Aug. 28 – Oct. 18	W/F	6:30-7:20 pm
Class # 6344	10-Adults	Oct. 23 – Dec. 18	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 #6343	10-Adults	Aug. 28 – Oct. 18	W/F	7:30-8:30 pm
Class #6346	10-Adults	Oct. 23 – Dec. 18	W/F	7:30-8:30 pm

### Advanced

Class #6347	10-Adults	Aug. 28 – Oct. 18	W/F	8:30-9:45 pm
Class #6350	10-Adults	Oct. 23 – Dec. 18	W/F	8:30-9:45 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. **All mix & match passes are \$25.**

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

*Location:* Sports Center, Fitness Room

Class #6330	12-Adults	Sept. 4 – Oct. 23	M/W	6:30-7:30 pm
Class #6331	12-Adults	Oct. 28 – Dec. 18	M/W	6:30-7:30 pm

## Zumba

Zumba is a fusion of Latin and international music and dance that creates a dynamic, exciting, effective cardio workout. These fun easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body as you dance. You will enjoy this class like no other. Experts and beginner dancers are all welcome to have fun with us. **All mix & match passes are \$25.**

*Instructor:* LA Latin Aerobics | *Fee:* \$60/8 classes

*Location:* Sports Center, Fitness Room

Class #6332	18-Adults	Sept. 3 – Oct. 24	T/Th	6:00-7:00 pm
Class #6333	18-Adults	Oct. 29 – Dec. 19	T/Th	6:00-7:00 pm

## Zumba Dance "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 1<sup>st</sup> 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. 26 - Dec. 20	M/W/F	8:30-10:00 am
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## Yoga Pilate's & Full Body Stretch

Yoga Pilate's & full body stretch moves can sculpt virtually any part of your body. 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 together this combination workout using the best body sculpting moves from each method. You will feel the results in your core, arms, legs and back. This exercise will improve your flexibility and muscles. It will also tone the muscles in your entire body. Yoga Pilate's & full body stretch is and easy fun and sage way to start your journey towards good health and well-being. **All mix & match passes are \$25.**

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

*Location:* Sports Center, Fitness Room

Class #6328	12-Adults	Sept. 5 – Oct. 24	Th	7:00-8:00 pm
Class #6329	12-Adults	Oct. 31 – Dec. 19	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 will 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 #6325	12-Adults	Sept. 3 – Oct. 22	T	7:00-8:00 pm
Class #6327	12-Adults	Oct. 29 – Dec. 17	T	7:00-8:00 pm



## 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.** The Hawthorne Senior Center also serves **lunch (60+ years) everyday at noon** so if you're interested stop by and inquire.



## AARP Driving Class

AARP Driving Classes for seniors helps to lower auto insurance. Wednesday & Thursday, 10 am - 2 pm. Call for dates.

## 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. **Canasta** is played each week for those who enjoy this activity. **Board meetings** are held every other month; usually on the third Friday of the month. Stop by on a Friday to talk to one of the Gad-A-Bouts members for more information.

## 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 126<sup>th</sup> & 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 126<sup>th</sup> and Grevillea.





# SENIOR CENTER OFFERINGS

- › **Billiard Room** open 9 am – 4 pm Monday - Friday
- › **Computer Room** open 9 am – 4 pm. 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)
- › **Bingo:** Tuesdays and Thursdays 1 pm – 2 pm. Fifty cent per card played, everyone brings in a gift for the game.

## 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!



## 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.

## Hawthorne Senior Center's SPECIAL EVENTS

Senior Center closed: September 2; November 11, 28-29; December 24-25; 2019.

### August:

#### TRIP TO THE LOS ANGELES ARBORETUM

Tuesday, August 20<sup>th</sup> Cost: \$5

**DANCE** Friday, August 23<sup>rd</sup> 1 – 4 pm

Cost: \$2 or \$3 at the door day of the dance

### September:

#### TRIP TO THE LOS ANGELES COUNTY FAIR

Wednesday, September 11<sup>th</sup> Cost: \$5

#### AARP DRIVING CLASS

Wednesday and Thursday, September 18<sup>th</sup> & 19<sup>th</sup> 10 am – 2 pm, must complete both classes for credit. Cost: \$15 for AARP members & \$20 for nonmembers

### October:

#### TRIP TO THE LONG BEACH AQUARIUM

Monday, October 7<sup>th</sup> Cost: \$2



### December:

#### TRIP TO UNIVERSAL CITY WALK

Tuesday, December 3<sup>rd</sup> Cost: \$5

**HOLIDAY DANCE** Friday, December 13<sup>th</sup> 1 – 4 pm

Cost: \$2 or \$3 at the door day of the dance

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

## 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



## BETTY AINSWORTH SPORTS CENTER OPEN PLAY HOURS

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

### **Basketball:**

Please call to get updated open play basketball hours.

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

### **Volleyball:**

Every Friday, 8 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>





## 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
Parks & Recreation Foundation	(310) 643-9157
Hawthorne Historical Society	(310) 643-9157

**City of Hawthorne**  
**CITY HALL**  
 4455 W. 126<sup>th</sup> Street,  
 Hawthorne, CA 90250  
[www.cityofhawthorne.com](http://www.cityofhawthorne.com)  
**(310) 349-2900**

**RECREATION & COMMUNITY SERVICES**  
 3901 W. El Segundo Blvd.  
[www.cityofhawthorne.org/parks-and-recs-home-page](http://www.cityofhawthorne.org/parks-and-recs-home-page)  
**(310) 349-1640**

# 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: Saturday, December 21, 2019 | Time: 4:00-9:00 pm

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

Fee: \$7 1-11 years | \$9 12 years - adults

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 # 6380.  
For more information call (310) 349-1640.





City of Hawthorne Recreation & Community Services Department Presents:

# 2019 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 18<sup>th</sup>, 2019 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 17, 2019.



## 2019 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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Make  
Life  
Better!**

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RESIDENTIAL CUSTOMER

City of Hawthorne Recreation &  
Community Services Department Presents

# Halloween 'SPOOKTACKULAR' Carnival

**WHEN:** Wednesday, October 30, 2019 | **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