

SPRING 2023



RECREATION CLASS BROCHURE

CITY OF LAWNDALE

www.lawndalecity.org | (310) 973-3270

Lawndale Community Center Hours:

Monday through Thursday, 7:00 am to 8:00 pm; Fridays, 7:00 am to 3:00 pm
Saturdays, Sundays and City-observed holidays, Closed until Further Notice

Register for Classes beginning March 6, 2023.

See page 2 for registration details.

Spring Special Events - See page 7



LAWNDALE COMMUNITY CENTER SPRING HOLIDAY CLOSURES:

Monday, May 29, 2023 - Memorial Day

Monday, June 19, 2023 - Juneteenth

ALL PARKS REMAIN OPEN.


2023 Spring Classes Registration Information

Registrations for both 2023 Spring Recreation and Senior Fitness Classes will begin Monday, March 6, 2023 at 7:30 am. Registrations are accepted using one of the three following methods:

1) Walk-in basis at Lawndale Community Center: Monday through Thursday, 7:30 am to 1:00 pm and 2:00 pm to 7:30 pm. Acceptable forms of payment include the following: credit/debit card, cashier's check, money order and personal checks. Cashier's check, money order or personal check must be payable to the "City of Lawndale" at the time of registration for the exact amount. Personal identification required for personal checks.

2) 24/7 Online Basis: Visit the Youth Activities & Summer Programs link at City website at

<https://www.lawndalecity.org/cms/One.aspx?portalId=16676137&pageId=17108212>

and look for the  button to register for classes, or view classes being offered by clicking on the **2023 Spring** link, or the **2023 Spring Recreation Brochure** link, whichever link is active at the time.

3) Telephone Basis: Registrations for senior fitness classes only will be accepted via telephone during the following hours: Monday through Thursday, 7:30 am to 1:00 pm and 2:00 pm to 7:30 pm by calling the Lawndale Community Center at (310) 973-3288, or (310) 972-3270.

Registration Details: For online registrations, first time visitors will be required to setup up an Active Net account. Return visitors may register online using existing username and password. Pre-enrollment is strongly recommended, space may not be available for drop-ins on first date of class.



CITY OF LAWNDALE

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2023 Spring Recreation and Senior Fitness Classes



SENIOR FITNESS CLASSES

Instructor: Amalea Joy Fisher, LLC (AJF)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5176	Yoga Fusion	April 3 – June 26	Monday	9:00 - 9:45 am	55+	\$0	CCMER	AJF, LLC
5175	Yoga Fusion	March 29 – June 14	Wednesday	9:00 - 9:45 am	55+	\$0	CCMER	AJF, LLC
5177	Mindful Movement, Chair Exercise	March 30 – June 15	Thursday	9:00 - 9:45 am	55+	\$0	CCMER	AJF, LLC

No classes – June 19

SENIOR FITNESS CLASSES

Instructor: Opus Venture, LLC (OV)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5178	Zumba Gold	April 4 – June 27	Tuesday	2:00 - 2:45 pm	55+	\$0	CCMER	OV, LLC
5179	Zumba Gold	April 7 – June 30	Friday	2:00 - 2:45 pm	55+	\$0	CCMER	OV, LLC

No classes – May 30 and June 2

***Silver Sneakers Members Welcome!** Come, check out the Fitness Center and Classes for Seniors. SilverSneakers Classic allows students to move through exercises designed to increase muscular strength, range of motion and activities for daily living. SilverSneakers Classic is an exercise class which combines cardio and strength to improve cardio-respiratory fitness for the students. Students also focus on improving reaction training and coordination.

PERFORMANCE DANCE CLASSES

Instructor: OC Dance (OCD)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5182	Hip Hop and Tumble	April 13 – June 1	Thursday	4:00 - 4:45 pm	4-7	\$104	CCDR	OCD
5186	Princess Ballet	April 13 – June 1	Thursday	4:55 - 5:40 pm	3-5	\$104	CCDR	OCD
5180	Ballet for Beginners	April 13 – June 1	Thursday	5:50 - 6:35 pm	6-10	\$104	CCDR	OCD
5184	Hip Hop for Beginners	April 13 – June 1	Thursday	6:45 - 7:30 pm	5-9	\$104	CCDR	OCD

*\$5 craft fee per session due to instructor at first class meeting for Princess Ballet Session.
Contact info@ocdanceproductions.com to find out where to purchase dance attire.

CULTURAL DANCE CLASSES

Instructor: Chapala Dance Academy, LLC (CDA)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5193	Mexican Folkloric for Beginners, Session I	April 3 – April 26	Mon/Wed	5:00 - 6:00 pm	3+	\$65	CCDR	CDA
5190	Mexican Folkloric for Intermediate, Session I	April 3 – April 26	Mon/Wed	6:00 - 7:00 pm	6-18	\$65	CCDR	CDA
5188	Mexican Folkloric for Beginners, Session II	May 1 – May 24	Mon/Wed	5:00 - 6:00 pm	3+	\$65	CCDR	CDA
5191	Mexican Folkloric for Intermediate, Session II	May 1 – May 24	Mon/Wed	6:00 - 7:00 pm	6-18	\$65	CCDR	CDA
5189	Mexican Folkloric for Beginners, Session III	May 31 – June 12	Mon/Wed	5:00 - 6:00 pm	3+	\$35	CCDR	CDA
5192	Mexican Folkloric for Intermediate, Session III	May 31 – June 12	Mon/Wed	6:00 - 7:00 pm	6-18	\$35	CCDR	CDA

*\$10 for uniform shirt from instructor is optional. Other fees for costumes and shoes are at parents' expense.
Pre-registration for all classes is strongly recommended. Space may or may not be available on the first day of class.

GAME ROOM FOR TEENS (Drop-in Program. Register/fill out waivers.)

ACTIVITIES FOR TEENS include ping pong, foosball, checkers, chess, Xbox and hang-out time. Teens interested in bringing their own Xbox games must have them approved by staff before use.

Act. #	Class Name	Dates	Day	Time	Grades	Fee	Location	Instructor
N/A	Open Game Room	April 6 – June 29	Thursday	1:00 - 4:00 pm	6 th -10 th	\$0	CCMR1	Staff

*Participants must register for the program and sign in daily with I.D.

MARTIAL ARTS

Instructor: Joshua Duncan (Duncan's Soo Bahk Do LLC)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5167	Little Dragons A Session I	April 3 – May 8	Monday	5:00 - 5:40 pm	5-12y 11m	\$33*	CCMR	DSBD, LLC
5169	Little Dragons B Session II	April 5 – May 10	Wednesday	5:00 - 5:40 pm	5-12y 11m	\$33*	CCMR	DSBD, LLC
5171	Soo Bahk Do, Korean Karate	April 3 – May 10	Mon/Wed	6:00 - 7:00 pm	12-adult	\$50*	CCMR	DSBD, LLC
5172	Soo Bahk Do, Korean Karate INVITE**	April 3 – May 10	Mon/Wed	6:00 - 7:00 pm	7-13	\$50*	CCMR	DSBD, LLC
5168	Little Dragons A Session I	May 15 – June 12	Monday	5:00 - 5:40 pm	5-12y 11m	\$27*	CCMR	DSBD, LLC
5170	Little Dragons B Session II	May 17 – June 14	Wednesday	5:00 - 5:40 pm	5-12y 11m	\$33*	CCMR	DSBD, LLC
5173	Soo Bahk Do, Korean Karate	May 15 – June 14	Mon/Wed	6:00 - 7:00 pm	12-adult	\$45*	CCMR	DSBD, LLC
5174	Soo Bahk Do, Korean Karate INVITE**	May 15 – June 14	Mon/Wed	6:00 - 7:00 pm	7-13	\$45*	CCMR	DSBD, LLC

No classes – April 10 or 12 | No classes – May 29

*\$35 plus tax for uniforms ordered from instructor. Optional testing every other session for \$15 (Little Dragons) \$25 (Soo Bahk Do).

See instructor for details. Optional Federation Membership for \$89 (Soo Bahk Do, Korean Karate). See instructor for details.

**Invitational class. Students enrolling must have approval of Master Duncan via confidential registration code.

YOUTH SPORTS INSTRUCTION CLASSES

Instructor: Sportball, LLC (SB)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5194	8-Sport Multi-Sport/Parent and Child	April 29 – June 3	Saturday	9:00 - 9:45 am	16 mos-3	\$70	RP	SB, LLC
5195	Soccer/ T-Ball combo	April 29 – June 3	Saturday	10:00 - 10:45 am	3-5	\$70	RP	SB, LLC
5196	Soccer Skills and Drills	April 29 – June 3	Saturday	11:00 - 11:45 am	5-8	\$70	RP	SB, LLC

*Parent participation required for children fewer than 3 years of age.

GYMNASTICS CLASSES

Instructor: Just Dance Company, LLC (JDC)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5199	Gym Kids	March 28 – June 6	Tuesday	4:30 - 5:30 pm	4-7	\$110	CCMER	JDC, LLC
5198	Gym Kids Advance	March 30 – June 8	Thursday	4:30 - 5:30 pm	4-7	\$110	CCMER	JDC, LLC
5197	Gym Juniors	March 28 – June 6	Thursday	5:30 - 6:30 pm	8-13	\$110	CCMER	JDC, LLC

Tuesday no class dates: April 4 and May 30 | Thursday no class dates: April 6 and May 25

Maximum number of students for Gym Kids is 15. Maximum number of students for Gym Juniors is 20.

Register early.

Students enrolling in advance classes must be approved by instructor.

\$10 Materials fee for t-shirt due to instructor at first class meeting.

CLASS LOCATIONS LEGEND: Lawndale Community Center and Other Locations

Acronym	Room Name	Floor	Address
CCDR	Community Center Dance Room	Second	14700 Burin Avenue, Lawndale, CA 90260
CCCL	Community Center Computer Lab	Second	14700 Burin Avenue, Lawndale, CA 90260
CCMER	Community Center Main Event Room, Full Room	Third	14700 Burin Avenue, Lawndale, CA 90260
RP	Rudolph Park	Park Site	14725 Larch Avenue, Lawndale, CA 90260



Senior Services and Assistance Programs

The following senior services and assistance programs are free to the community and in some cases are available to Lawndale residents only.

SENIOR CONGREGATE MEAL PROGRAM

Enjoy a delicious hot meal that includes the five primary food groups plus dessert provided by friendly Lawndale Community Services Department staff and volunteers. This program is intended to provide hot and nutritious meals for individuals seeking social interaction in a safe, clean and relaxed environment. This program is funded by Los Angeles County and operated by the Community Services Department in conjunction with the City of Gardena. The program is available to Lawndale residents and those from surrounding communities. Free transportation to and from the lunch program is available by calling the transit hotline at (310) 973-3287 and leaving a voice mail message no less than 48 hours in advance of desired transportation date. For more information about this program, please contact Claudia Lopez at (310) 973-3284, or via email at cmedina@lawndalecity.org.

Program	Dates	Day	Time	Ages	Fee	Location
Senior Congregate Meal Program*	Ongoing**	Monday – Friday	11:30 - 12:30 pm	60 years and above***	\$0****	CCMER

*This is drop-in program, a universal Intake Form is required for all participants. Participants must order a meal no less than 24 hours in advance by calling the Community Services Department meal reservation hotline at (310) 973-3278, or email cmedina@lawndalecity.org.

**Program will not operate on the following City-observed holidays: May 29, 2023.

***Non-seniors, or those below 60 years of age may participate at a cost of \$5.00 per meal per day.

****Suggested donation amount for seniors above 60 years of age is \$3.75.

MEALS ON WHEELS PROGRAM

Get a hot delicious and nutritious meal delivered to your doorstep each weekday. This program is operated in conjunction with the Salvation Army, Redondo Beach and is intended for homebound individuals residing in Lawndale. Senior and homebound Lawndale residents must complete a telephone interview to get qualified for participation. For more information about this program, please contact Darrion Spratley, Program Coordinator via email at dspratley@lawndalecity.org.

Program	Dates	Day	Time	Ages	Fee	Location
Lawndale Meals on Wheels*	Ongoing**	Monday – Friday	Mid-morning***	60 years and above	\$4.75	Resident Address****

*Participants must complete a positive telephone interview to verify age and homebound status.

**Program will not operate on the following City-observed holidays: May 29, 2023 and June 19, 2023. However, two meals will be delivered on the last delivery day prior to any City-observed holiday.

***Meals are generally delivered between 10:00 am to 11:00 am.

****Meals can only be delivered to a geographically-based Lawndale address.

Unincorporated County of Los Angeles, or El Camino Village residents do not qualify.

LAWNDALE SPECIAL TRANSIT PROGRAM (Resident Only)

The Lawndale special transit is a **free** door-to-door transportation program available to Lawndale residents no fewer than 60 years of age for the following purposes: 1) round trip transportation to the congregate meal program; 2) round trip transportation to medical and dental facilities (after an appointment is made) and medical and dental facilities within the program's designated boundaries; and 3) round trip transportation for grocery shopping, banking, post office, hair salon and hair cutting establishments. **Transportation requests must be made no fewer than 48 hours in advance by calling the transportation hotline voice mail system at (310) 973-3278.** Transportation to and from medical facilities for appointments already made take priority over other transportation requests. Medical transportation boundaries are as follows: Imperial Highway (north), Torrance Boulevard (south), Western Avenue (west) and Sepulveda Boulevard (east). Rides are generally round trip; however, passenger may request a one-way ride if return trip is arranged ahead of time with a third party. For more information about this program, please contact Reshonda Everage, Transit Operator at (310) 973-3287, or via email at reverage@lawndalecity.org.

Program	Dates	Day	Time	Ages	Fee	Location
Lawndale Special Transit	Ongoing	Monday – Friday	7:30 am - 3:00 pm	60 years and above	\$0	Resident Address

Coming Soon! **LAWNDALE BEAT FIXED-ROUTE TRANSPORTATION SERVICES**
(Projected Return Date May 15, 2023)

CHORUS OR KNITTING Any Seniors interested in joining a Chorus or Knitting please contact Darrion Spratley, Community Services Coordinator, at dspratley@lawndalecity.org or (310) 973-3277.

OTHER Lawndale Community Center Recreation Facilities:

15-STATION FITNESS ROOM (Resident/Non-Resident)

Facility	Dates	Day	Time	Ages	Fee	Location
Fitness Room*	Ongoing	Monday – Thursday Fridays	8:00 am to 7:00 pm 8:00 am to 2:30 pm	18 years and above**	\$0	Third Floor

*Individuals must complete a waiver prior to working out for the first time. See reception office for details. Please bring a towel and wipe down equipment after each use. No food, or drinks allowed. Exception: bottled water.

**No children allowed in the fitness room. Maximum number of individuals in the room at one time is eight (8).



9-STATION COMPUTER LAB (Resident/Non-Resident)

Facility	Dates	Day	Time	Ages	Fee	Location
Computer Room*	Ongoing	Monday – Thursday Fridays	8:00 am to 7:00 pm 8:00 am to 2:30 pm	18 years and above**	\$0	Second Floor

*Registration required. See reception office for details.

**Users will be required to obtain login credentials prior to using a computer station.

Searching for more Details?

Visit the City's website at www.lawndalecity.org for more information, or call the Community Center Reception Desk at (310) 973-3288, or (310) 973-3270, or email Mike Estes, Director of Community Services at mestes@lawndalecity.org, Darrion Spratley, Community Services Coordinator at dspratley@lawndalecity.org or Cynthia Rodriguez, Administrative Assistant II at crodriguez@lawndalecity.org.

Spring Special Events

Easter Extravaganza

Saturday, April 8 at 10 am

**Jane Addams and
William Green Parks**



2023 Lawndale

Youth Day Parade

Saturday, April 22, 10 am

EVENT STARTS at the intersection of Manhattan Beach Blvd. and Prairie Ave. (Google Maps: 3850 W Manhattan Beach Blvd., Lawndale)

EVENT ENDS at Lawndale Civic Center Plaza (Google Maps: 14717 Burin Ave., Lawndale)

FOR MORE INFORMATION: www.lawndalecity.org, or (310) 973-3270; (310) 973-3288



MEMORIAL DAY EVENT

MONDAY, MAY 29 AT 9 AM

Veteran's Memorial Wall

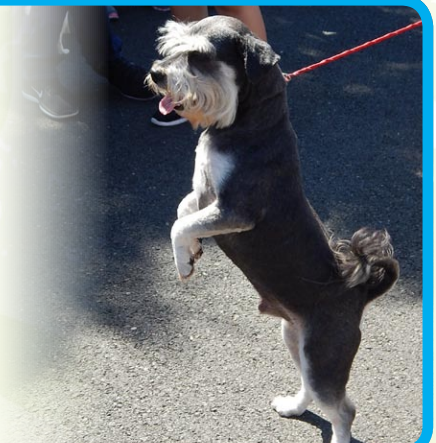
HEALTH, SAFETY AND PET FAIR

FREE ROLLER SKATING RINK

Skates Provided for those without their own.

SATURDAY, JUNE 3

10 am to 2 pm, Jane Adams Park



Lawndale City Hall

14717 Burin Avenue | (310) 973-3200 | Hours: Monday - Thursday, 7 am to 6 pm

Lawndale Civic Center Plaza

Intersection of Lawndale Way and Burin Avenue

Harold E. Hofmann Community Center

14700 Burin Avenue | (310) 973-3270

Hours: Monday - Thursday, 8 am to 8 pm; Friday, 8 am to 3 pm;
Closed on Saturdays, Sundays & City-observed holidays.

Sheriff's Service Center

15331 Prairie Avenue | (310) 219-2750 *(Use 911 for emergency purposes)*

Sheriff's Department / South LA Station

1310 W. Imperial Hwy., Los Angeles, CA 90044 | (323) 820-6700
(Use 911 for emergency purposes)

Lawndale Fire Station #21

4312 W. 147th Street | (310) 679-1131 or (310) 676-4606

(Use 911 for emergency purposes)

Los Angeles County Help Line

Telephone Number 2-1-1



Los Angeles County Lawndale Library

14615 Burin Avenue | (310) 676-0177

Hours: Tuesday, Wednesday & Thursday, 10 am to 8 pm

Friday & Saturday, 10 am to 6 pm. *Closed Sundays, Mondays & County Holidays.*

Planning & Building

14717 Burin Avenue | (310) 973-3230

Building Permits: (310) 973-3230 | Hours: Monday - Thursday, 7 am to 6 pm

Building Inspector: (310) 973-3237 | Hours: Monday - Thursday, 7 am to 8:30 am

Inspection Hours: Monday - Thursday, 9 am to 12 pm

Public Works Department

4722 Manhattan Beach Blvd. | (310) 973-3260

Hours: Monday - Thursday, 7 am to 6 pm

Municipal Services Department

14616 Grevillea Avenue

General Info: (310) 973-3220; Parking Info: (310) 973-3223

Office Hours: Monday - Thursday, 7 am to 6 pm

Patrol Hours: Monday - Sunday, 7 am to 6 pm

Telephone Service: Monday - Sunday, 7 am to 6 pm

Lawndale Historical Society Museum *Closed until further notice.*

14616 Grevillea Avenue | (310) 973-3205

Hours: Wednesdays, 1 to 4 pm and first Saturday of the month by request only.

Jane Addams Park

15114 Firmona Avenue | (310) 970-2188 | Hours: Monday - Sunday, 10 am to 8 pm

Bollinger Gym *Closed until further notice.*

4040 W. 154th Street | (310) 973-3274

William Green Park

4558 W. 168th Street | (310) 371-5273 | Hours: Monday - Sunday, 10 am to 8 pm

Rogers-Anderson Park

4161 W. Manhattan Beach Boulevard | (310) 970-2189

Hours: Monday - Sunday, 10 am to 8 pm*

Hogan Park

4045 W. 167th Street | (310) 214-0512 | Hours: Monday - Sunday, 10 am to 8 pm*

Hopper Park

4418 W. 162nd Street | Hours: Monday - Sunday, 10 am to 8 pm*

Rudolph Park

14725 Larch Avenue | Hours: Monday - Sunday, 10 am to 8 pm*

Dan McKenzie Community Garden

4324 W. 160th Street *(Must be a registered gardener to enter.)*

Hours: Monday - Sunday, Dawn to Dusk

Los Angeles County Alondra Regional Park

3850 W. Manhattan Beach Boulevard | (310) 217-8366

**Closes at 8 pm or Dusk, whichever is earlier.*

Check website for current parks hours.



Lawndale Council & City Clerk:

Mayor	Robert Pullen-Miles	(310) 973-3214
Mayor Pro Tem	Sirley Cuevas	(310) 973-3218
Councilmember	Pat Kearney	(310) 973-3217
Councilmember	Bernadette Suarez	(424) 236-2644
Councilmember	Rhonda Hofmann Gorman	(310) 973-3216
City Clerk	Erica Harbison	(310) 973-3212
City Manager	Sean M. Moore	(310) 973-3202

WWW.LAWNDALECITY.ORG

City Hall	(310) 973-3200
Animal Control Services	(310) 973-3220
Building Inspections	(310) 973-3230
Business License	(310) 973-3246
Lawndale City TV	(310) 973-3259
Chamber of Commerce	(310) 679-3306
Code Enforcement	(310) 973-3220
Community Development/Planning	(310) 973-3230
Community Services	(310) 973-3270
Emergency Preparedness	(310) 973-3220
Employment Opportunities/Job Hotline	(310) 973-3200 X 3209
Fire Department	(310) 679-1131
Graffiti Removal Hotline	(310) 973-3264
Lawndale Little League	(310) 489-2266
Library	(310) 676-0177
Neighborhood Watch (Sheriff's Department)	(310) 219-2750
Personnel	(310) 973-3201
Post Office	(310) 679-9804
Railroad Information (Public Utilities Commission)	(213) 576-7000
Senior Services	(310) 973-3284
Sheriff's Department	(310) 219-2750
Shopping Cart Retrieval Hotline	(310) 973-3299
South Bay Center for Dispute Resolution	(310) 376-7007
Trash Pickup and Street Matters	(310) 973-3260

