

WINTER 2023



RECREATION CLASS BROCHURE

CITY OF LAWDALE

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

Community Center Hours:

Monday through Thursday, 7:30 am to 8:00 pm; Fridays, 7:30 am to 3:00 pm

Saturdays, Closed until Further Notice

Fitness Room Hours:

Monday through Thursday, 8:00 am to 7:00 pm; Friday, 8:00 am to 2:30 pm

Computer Room:

Monday through Thursday, 8:00 am to 7:00 pm; Fridays, 8:00 am to 2:30 pm



LAWDALE COMMUNITY CENTER WINTER HOLIDAY CLOSURES:

Lawndale Community Center and all other City offices will be closed on the following dates:


Friday, December 23, 2022 | Monday, December 26, 2022 | Friday, December 30, 2022

Monday, January 2, 2023 | Monday, January 16, 2023 | Monday, February 20, 2023

2023 WINTER Recreation and Senior Fitness Classes

Registrations for both 2023 winter recreation and senior fitness classes will begin Monday, December 12, 2022 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 Winter Class Schedules, Sneak Preview (Coming Soon)** link, or the **2023 Winter 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.



New Program!

CHEERLEADING CLASSES

(Online or Walk-in Registration)

Instructor: Young Champions, LLC (YC)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5114	Cheerleading, Level I*	Jan. 27 – Mar. 24	Friday	5:30 to 6:10	4-8	\$89	CCMER	YC, LLC
5115	Cheerleading, Level II**	Jan. 27 – Mar. 24	Friday	6:15 to 6:55	9-15	\$89	CCMER	YC, LLC

Students learn arm motions, formations and voice projection. Cheers, chants and dance movements are taught with flair and enthusiasm by our experienced coaches. Students' progress in cheering skills with each consecutive session they take.

*Level I is intended for new students 4 to 8 years old.

**Level II is intended for new students 9 to 15 years old.

CULTURAL DANCE CLASSES (Online or Walk-in Registration)

Instructor: Chapala Dance Academy, LLC (CDA)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5116	Mexican Folkloric for Beginners, Session I	Jan. 9 – Feb. 6	Mon/Wed	5:00 to 6:00	3+	\$65*	CCDR	CDA, LLC
5117	Mexican Folkloric for Intermediate, Session I	Jan. 9 – Feb. 6	Mon/Wed	6:00 to 7:00	6-18	\$65*	CCDR	CDA, LLC
5118	Mexican Folklore for Beginners, Session II	Feb. 8 – Mar. 8	Mon/Wed	5:00 to 6:00	3+	\$65*	CCDR	CDA, LLC
5119	Mexican Folkloric for Intermediate, Session II	Feb. 8 – Mar. 8	Mon/Wed	6:00 to 7:00	6-18	\$65*	CCDR	CDA, LLC
5120	Mexican Folklore for Beginners, Session III	Mar. 13 – Mar. 29	Mon/Wed	5:00 to 6:00	3+	\$56*	CCDR	CDA, LLC
5121	Mexican Folkloric for Intermediate, Session III	Mar. 13 – Mar. 29	Mon/Wed	6:00 to 7:00	6-18	\$56*	CCDR	CDA, LLC

*Please see instructor for uniform requirements. Uniform purchase may be necessary for new students. Pre-registration strongly recommended, space may not be available for walk-ins on the first date of class.

GYMNASTICS CLASSES (Online or Walk-in Registration)

Instructor: Just Dance Company, LLC (JDC)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5122	Gym Kids for Beginners, Session I [#]	Jan. 10 – Mar. 14 [*]	Tuesday	4:30 to 5:30	4-7	\$110 ^{***}	CCMER	JDC, LLC
5123	Gym Juniors for Beginners, Session I ^{##}	Jan. 10 – Mar. 14 [*]	Tuesday	5:30 to 6:30	8-14	\$110 ^{***}	CCMER	JDC, LLC
5124	Gym Kids for Advanced, Session II [#]	Jan. 12 – Mar. 16 [*]	Thursday	4:30 to 5:30	4-7	\$110 ^{***}	CCMER	JDC, LLC
5125	Gym Juniors for Advanced, Session II ^{##}	Jan. 12 – Mar. 16 [*]	Thursday	5:30 to 6:30	8-14	\$110 ^{***}	CCMER	JDC, LLC

*No classes on Thursday, February 9 and Tuesday, February 14.

**Students enrolling in advanced classes must be approved by instructor.

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

[#]Maximum number of students is 15.

^{##}Maximum number of students is 20. Register early.



MARTIAL ARTS CLASSES, SOO BAHK DO

(Online or Walk-in Registration)

Instructor:

Duncan's Soo Bahk Do, LLC (DSBD)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5126	Little Dragons A, Session I	Jan. 9 – Feb. 13 [*]	Monday	5:00 to 5:40	5-12	\$33 ^{***}	CCMER	DSBD, LLC
5127	Little Dragons B, Session I	Jan. 11 – Feb. 8	Wednesday	5:00 to 5:40	5-12	\$33 ^{***}	CCMER	DSBD, LLC
5128	Soo Bahk Do, Korean Karate, Session I	Jan. 9 – Feb. 13 [*]	Mon/Wed	6:00 to 7:00	12+	\$50 ^{***}	CCMER	DSBD, LLC
5129	Soo Bahk Do, Korean Karate I, Session I ^{**}	Jan. 9 – Feb. 13 [*]	Mon/Wed	6:00 to 7:00	7-13	\$50 ^{***}	CCMER	DSBD, LLC
5130	Little Dragons A, Session II	Feb. 27 – Mar. 27	Monday	5:00 to 5:40	5-12	\$33 ^{***}	CCMER	DSBD, LLC
5131	Little Dragons B, Session II	Feb. 15 – Mar. 22	Wednesday	5:00 to 5:40	5-12	\$39 ^{***}	CCMER	DSBD, LLC
5132	Soo Bahk Do, Korean Karate, Session II	Feb. 15 – Mar. 27	Mon/Wed	6:00 to 7:00	12+	\$55 ^{***}	CCMER	DSBD, LLC
5133	Soo Bahk Do, Korean Karate, Session II ^{**}	Feb. 15 – Mar. 27	Mon/Wed	6:00 to 7:00	7-13	\$55 ^{***}	CCMER	DSBD, LLC

*No class on January 16.

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

***\$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.

PERFORMANCE DANCE CLASSES (Online or Walk-in Registration)

Instructor: Ever After Event Productions, LLC (EAEP)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5134	Hip Hop and Tumble, Session I	Jan. 12 – Feb. 9	Thursday	4:00 to 4:45	4-7	\$64	CCDR	EAEP, LLC
5135	Princess Ballet, Session I	Jan. 12 – Feb. 9	Thursday	4:55 to 5:40	3-5	\$64 [*]	CCDR	EAEP, LLC
5136	Ballet for Beginners, Session I	Jan. 12 – Feb. 9	Thursday	5:50 to 6:35	6-10	\$64	CCDR	EAEP, LLC
5137	Hip Hop for Beginners, Session I	Jan. 12 – Feb. 9	Thursday	6:45 to 7:30	5-9	\$64	CCDR	EAEP, LLC
5138	Hip Hop and Tumble, Session II	Feb. 23 – Mar. 23	Thursday	4:00 to 4:45	4-7	\$64	CCDR	EAEP, LLC
5139	Princess Ballet, Session II	Feb. 23 – Mar. 23	Thursday	4:55 to 5:40	3-5	\$64 [*]	CCDR	EAEP, LLC
5140	Ballet for Beginners, Session II	Feb. 23 – Mar. 23	Thursday	5:50 to 6:35	6-10	\$64	CCDR	EAEP, LLC
5141	Hip Hop for Beginners, Session II	Feb. 23 – Mar. 23	Thursday	6:45 to 7:30	5-9	\$64	CCDR	EAEP, LLC

*\$5 craft fee per session due to instructor at first class meeting for Princess Ballet Session I and II classes only

**Contact info@ocdanceproductions.com to find out where to purchase dance attire.

YOUTH SPORTS INSTRUCTION CLASSES (Online or Walk-in Registration)

Instructor: Sportball, LLC (SB)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5142	8-Sport Multi-Sport	Jan. 21 – Mar. 11	Saturday	9:00 to 9:45	2-3*	\$90	RP	SB, LLC
5143	8-Sport Multi-Sport	Jan. 21 – Mar. 11	Saturday	10:00 to 10:45	4-6	\$90	RP	SB, LLC
5144	Soccer Skills and Drills	Jan. 21 – Mar. 11	Saturday	11:00 to 11:45	2-3*	\$90	RP	SB, LLC
5145	Soccer Skills and Drills	Jan. 21 – Mar. 11	Saturday	12:00 to 12:45	4-6	\$90	RP	SB, LLC

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



SENIOR FITNESS CLASSES

YOGA (Online, Walk-in or Telephone Registration)

Instructor: Amalea Joy Fisher, LLC (AFF)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5148	Yoga Fusion	Jan. 9 – Mar. 27*	Monday	9:00 to 9:45	60+	\$0	CCMER	AJF, LLC
5147	Yoga Fusion	Jan. 4 – Mar. 22	Wednesday	9:00 to 9:45	60+	\$0	CCMER	AJF, LLC
5146	Mindful Movement, Chair Exercise	Jan. 5 – Mar. 23	Thursday	9:00 to 9:45	60+	\$0	CCMER	AJF, LLC

*No class on January 16, 2023 and February 20, 2023.

ZUMBA (Online, Walk-in or Telephone Registration)

Instructor: Opus Venture, LLC (OV)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5149	Zumba Gold	Jan. 11 – Mar. 29	Wednesday	8:00 to 8:45	55+	\$0	CCMER	OV, LLC
5150	Zumba Gold	Jan. 13 – Mar. 31	Friday	2:00 to 2:45	55+	\$0	CCMER	OV, LLC

COMPUTER SKILLS CLASSES FOR SENIORS (Online, Walk-in or Telephone Registration)

Instructor: Queta Zepeda-Macias (QZM)

Act. #	Class Name	Dates	Day	Time	Ages	Fee	Location	Instructor
5151	Introductory Computer Skills for Seniors*	Jan. 6 – Feb. 10	Friday	10:30 to 11:30	60+	\$0	CCCL	QZM

*The City has desktop computers available for those that do not own a computer, or choose not to bring it to class.

CLASS LOCATIONS LEGEND:

Lawndale Community Center

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

SENIOR CONGREGATE MEAL PROGRAM (Resident/Non-Resident)

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 to 12:30	60 years and above***	\$0****	CCMER

*This is a drop-in program, no registration is necessary; however, 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: December 23, 26, 30, 2022; January 2, 16, 2023; February 20, 2023.

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

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

MEALS ON WHEELS PROGRAM (Resident Only)

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 Reshonda Everage, Transit Operator at (310) 973-3287, or via email at reverage@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: December 23, 26, 30, 2022; January 2, 16, 2023; February 20, 2023. However, multiple meals will be delivered on the last delivery day prior to any City-observed holidays.

***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 to 3:00 pm	60 years and above	\$0	Resident Address

Coming Soon! WEEKLY USDA FREE FOOD PROGRAM

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

*No registration required. 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

*No registration required. Individuals must complete a waiver prior to using the room for the first time. 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, or Cynthia Rodriguez, Administrative Assistant II at crodriguez@lawndalecity.org.

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

Closed until further notice.

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

Mayor Pro Tem

Councilmember

Councilmember

Councilmember

City Clerk

City Manager

Robert Pullen-Miles

Rhonda Hofmann Gorman

Pat Kearney

Bernadette Suarez

Sirley Cuevas

Erica Harbison

Sean M. Moore

(310) 973-3214

(310) 973-3218

(310) 973-3217

(424) 236-2644

(310) 973-3216

(310) 973-3212

(310) 973-3202

WWW.LAWNDALECITY.ORG

City Hall

Animal Control Services

Building Inspections

Business License

Lawndale City TV

Chamber of Commerce

Code Enforcement

Community Development/Planning

Community Services

Emergency Preparedness

Employment Opportunities/Job Hotline

Fire Department

Graffiti Removal Hotline

Lawndale Little League

Library

Neighborhood Watch (Sheriff's Department)

Personnel

Post Office

Railroad Information (Public Utilities Commission)

Senior Services

Sheriff's Department

Shopping Cart Retrieval Hotline

South Bay Center for Dispute Resolution

Trash Pickup and Street Matters

(310) 973-3200

(310) 973-3220

(310) 973-3230

(310) 973-3246

(310) 973-3259

(310) 679-3306

(310) 973-3220

(310) 973-3230

(310) 973-3270

(310) 973-3220

(310) 973-3200 X 3209

(310) 679-1131

(310) 973-3264

(310) 489-2266

(310) 676-0177

(310) 219-2750

(310) 973-3201

(310) 679-9804

(213) 576-7000

(310) 973-3284

(310) 219-2750

(310) 973-3299

(310) 376-7007

(310) 973-3260

