

FALL 2018

WeHo REC READER

Parks Make Life Better!

REGISTER ONLINE! IT'S EASY! WEHO.ORG/RECREATION



HELEN ALBERT CERTIFIED FARMERS' MARKET

MONDAYS 9 AM - 2 PM @ PLUMMER PARK (1200 NORTH VISTA STREET) FOR MORE INFORMATION (323) 848-6530



LIKE US ON FACEBOOK AT facebook.com/WestHollywoodRec

FOLLOW US ON INSTAGRAM @wehorec

City of West Hollywood Recreation Services Division

8300 Santa Monica Blvd.
West Hollywood, CA 90069
(323) 848-6308
www.weho.org

West Hollywood City Council

Mayor John J. Duran
Mayor Pro Tempore John D'Amico
Councilmember John Heilman
Councilmember Lindsey P. Horvath
Councilmember Lauren Meister

Facilities and Recreation Services Department

Director Steve Campbell

Recreation Services

Manager
Stephanie Martinez
Recreation Supervisor
Clavon Jubrey
Marina Rabinovich
Aquatics Supervisor
Cortez Jordan
Recreation Coordinators
Michael Gasca
Susana Salazar

Cover Photo: Jon Viscott

REGISTRATION INFORMATION

Please visit weho.org/recreation to create an account. The process is very easy:

1. Log on to weho.org/recreation and click the Recreation Online link.
2. Create an account for an adult in the household by clicking on the "Create an Account" button. You do not need to make a separate account for your child/children. You will have an opportunity to add children and other family members to your account during the process.
3. Once your account has been created, you can register, and pay for programs using a credit card. You can still pay with a check or money order (no cash) at either the Plummer Park or West Hollywood Park offices, but you must create an account in order to do so.
4. We recommend you set up your account before the registration date of programs to help speed up the process for you.

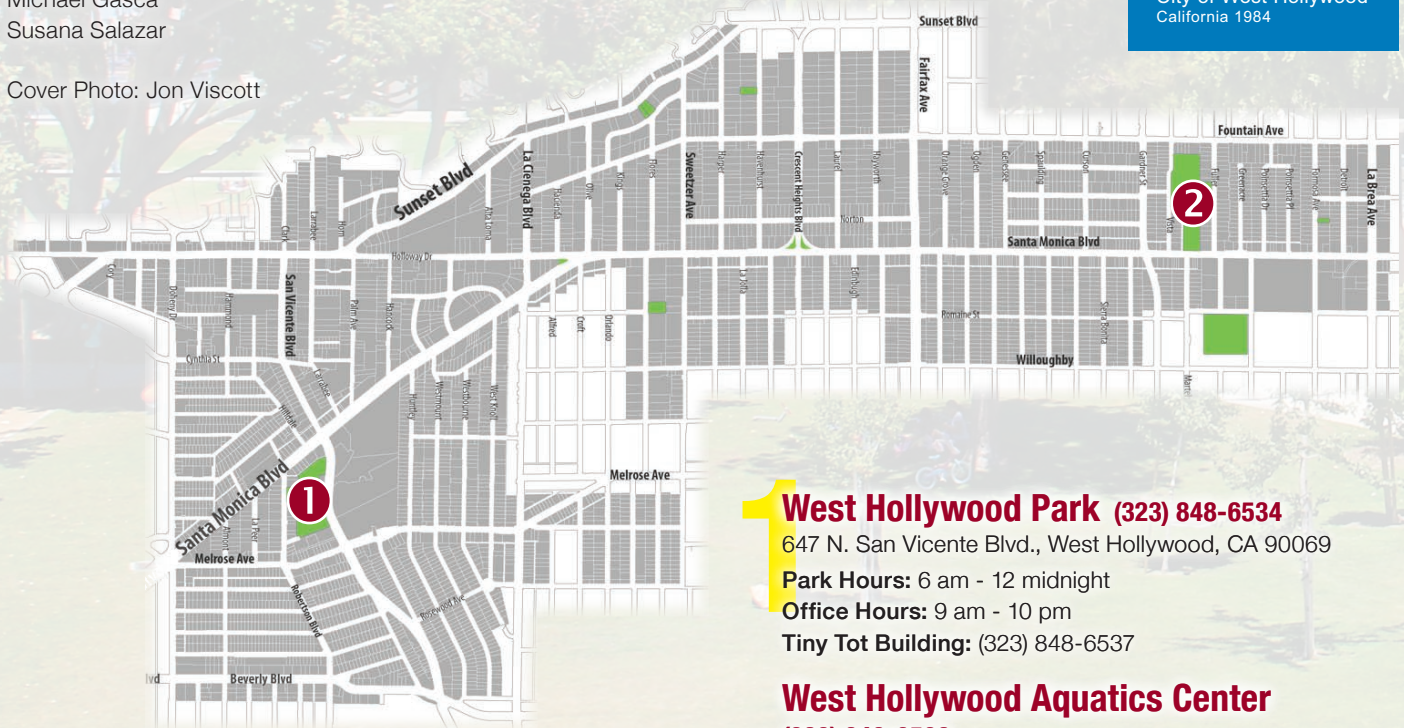
FALL REGISTRATION BEGINS

August 14, 2018 at 10 am for residents
August 16, 2018 at 10 am for non-residents

MARK YOUR CALENDAR!

WINTER REGISTRATION BEGINS

November 13, 2018 at 10 am for residents
November 15, 2018 at 10 am for non-residents



1 West Hollywood Park (323) 848-6534
647 N. San Vicente Blvd., West Hollywood, CA 90069
Park Hours: 6 am - 12 midnight
Office Hours: 9 am - 10 pm
Tiny Tot Building: (323) 848-6537

West Hollywood Aquatics Center (323) 848-6538
647 N. San Vicente Blvd., West Hollywood, CA 90069

2 Plummer Park (323) 848-6530
7377 Santa Monica Blvd., West Hollywood, CA 90046
Park Hours: 6 am - 10 pm
Office Hours: 9 am - 10 pm

SEE PAGE 23 FOR MORE PARK FACILITIES

FALL 2018 WeHo REC READER

The WeHo Rec Reader is published four times a year by the City of West Hollywood's Recreation Services Division.

FROM THE DIRECTOR

The City of West Hollywood's Recreation and Aquatics staff welcomes you to join us this fall for a variety of activities and events for this season.

At Plummer Park we have the Helen Albert Farmers' Market where individuals can purchase fresh seasonal fruits and vegetables from our vendors. The Farmers' Market also offers a wonderful display of vendors that sell flowers, honey, delicious food and specialty items. Enjoy a walk in the park and pick up some delicious food along the way.

The Recreation Services Division is also offering our Junk in the Trunk community market for a series of dates September-December. You will have the opportunity to find a treasure or two during the event and admission is free for shoppers. We have new and exciting activities for any age such as Baby Sign, Youth Futsal League and Walk and Talk. Take a look through the Rec Reader and you are sure to find an activity that fits your interest this season at your local parks.

Our tots and youth will keep busy this fall with activities such as Tiny Tots, Tot Time and Fun Family Fitness Day. Or drop in during our Pop-Up-Play hours at the park to meet some new friends as you enjoy some fun outdoor play activities.

Ready to join in on the monster mash with some ghouls and goblins? Join us at our Youth Halloween Carnival where participants are in for a howling good time of treats, crafts and entertainment. Don't forget to wear your costume and participate in our costume contest!

Our Teen Center will offer a new Let's Explore Art class where teens can learn new art techniques to discover their hidden talents. The Teen Center also has ongoing programs such as Teen Chef, WeHike and Guitar Lesson Lounge. Looking for some time to enjoy the outdoors on a nice run through WeHo? Participate on a WeHoRun this fall and join the Teen Center on its next 5K adventure.

Aquatics will continue to offer Private Swim Lessons and Starbabies & StarTots where tots can enjoy a fun experience as they learn to develop their comfort level in the water. Other exciting activities in our Just Add Water Fitness Club include Cardio Rock 'n' Roll, Aqua Explosion and Active Balance.

Join the Recreation Services Division this fall, we look forward to seeing you in our programs and at our events!

Sincerely, Steve Campbell, Director
Facilities and Recreation Services Department

WeHo REC EXPO

SATURDAY, AUGUST 18 | 11 AM TO 1 PM
PLUMMER PARK, FIESTA HALL

The City of West Hollywood's, Recreation Services Division invites the community to its first WeHo Rec Expo event on Saturday, August 18th from 11 am to 1 pm at Fiesta Hall, Plummer Park. This free and family focused event will transform Plummer Park into a playground providing constituents with an opportunity to experience the popular programs featured year-round by the Recreation Services Division. The Expo will highlight classes, programs and events as we include a series of high-energy demonstrations and engaging information booths. There will be music, raffles, prizes and other activities sure to be fun and entertaining for the entire family.

For more information, please call (323) 848-6530 or email recreation@weho.org.

West Hollywood Halloween Carnaval

Date: Wednesday, October 31, 2018

Time: 6 pm - 10:30 pm

Location: Santa Monica Boulevard
(La Cienega Blvd. to Doheny Dr.)

The City of West Hollywood is hosting its annual Halloween Carnaval and you are cordially invited.

Join in on the fun at the adult* Halloween event. Come in costume and celebrate as Santa Monica Boulevard comes alive with food, entertainment, and the most creative costumes on the planet! For more information, please call (323) 848-6503 or visit www.weho.org/halloween.

**Although this event is open for all to enjoy, children and pets are not recommended.*

Veterans Day Ceremony

"Veterans Day is our opportunity, and our privilege, to thank and honor our brave and the sacrifices they made to keep this country 'the land of the free'." Sal Guarriello

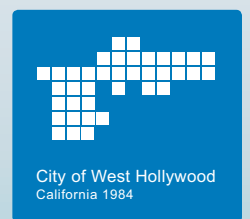
The City of West Hollywood invites community members to join City officials, staff members, and representatives from the West Hollywood Sheriff's Station and the Los Angeles County Fire Department in honoring our local veterans at a special ceremony. For more information please call (323) 848-6534 or visit www.weho.org.

Date: Sunday, November 11, 2018 | **Time:** 11 am

Location: Santa Monica Boulevard & Holloway Drive (Sal Guarriello Veterans' Memorial)



Join the City of West Hollywood's Arts Division for WeHo Reads, a literary series at the West Hollywood Library.



Past authors who have been part of the WeHo Reads series include **André Aciman** (*Call Me By Your Name*), **Armistead Maupin**, **Cecil Castellucci**, **Chris Kraus** (*I Love Dick*), **David Ulin**, **Eileen Myles**, **Emma Donoghue** (*Room*), **LeVar Burton**, **Michelle Visage** (interviewed by **Bianca Del Rio**), **Nina Revoyr**, **Samantha Dunn**, **Steven Chbosky** (*The Perks of Being a Wallflower*) and many others.

On October 5, 2018 at 7 pm, inaugural Poet Laureate of Los Angeles Eloise Klein Healy will be in conversation with West Hollywood City Poet Laureate Kim Dower, reading and discussing her new poetry collection, *Another Phase*.

Other fall events are planned. Please visit www.weho.org/wehoreads for full listings.

CITY OF WEST HOLLYWOOD'S RECREATION SERVICES DIVISION PRESENTS

JUNK in the TRUNK community market



Date: Saturdays

9115 September 8

9116 October 20

9117 November 17

Time: 9 am - 1 pm | Fee: \$15 | Age: 18+

Location: Plummer Park - North Parking Lot

Community Market! Put your junk in the trunk and join the Recreation Services Division as we host a rummage sale.

- Parking sale spots are \$15 per space (one space per family)
- Advanced registration required
- This will be 'yard sale' items only. No vendor goods
- Set up begins at 8 am.
No cars will be allowed to enter the North Lot after 9 am.
- Compact car, SUV only. No oversize vehicles
- One canopy allowed per spot. (no bigger than 10 x 10 & must be properly secured down)

FREE ADMISSIONS FOR SHOPPERS.

For more information, please call (323) 848-6546.



Youth Halloween Carnival

Plummer Park | Saturday, October 27, 2018

Eeeeeek! Guess whooooo is having its annual Youth Halloween Carnival again?! It's a bash where werewolves will howl, and monsters will mash! You are invited to our spooktacular party where you're in for a scare, our treats will delight you, be there if you dare! It's Halloween so put on a costume, and fly on in, we're excited for the fun to begin!

When: Saturday, October 27
Time: 2 pm - 5 pm
Cost: Free | Ages: All ages!



TINY TOTS

Parent and Me Activities

Please Note: These classes require full attention and participation from the parent. 1 to 1 ratio parent to child. No unregistered siblings allowed in class. No shows/no call will have their spot forfeited after the first week of the program. Age verification is required two weeks prior to the start of class. Please bring in an original copy of a birth certificate, medical card, or state ID to the park office for proof.

Tiny Tots (Parent and Me)

Tiny Tots promotes a safe class environment for children while helping build their self-confidence. Tots will explore through art projects, stories and activities. Tiny Tots is a developmental program in a recreational setting. Music, indoor and outdoor play is offered while encouraging the children to play, learn and have fun. This also gives a child practice in sharing, problem solving and socialization in small and large groups.

Ages: 1½ – 3½ years | **Min:** 5 | **Max:** 15
Location: West Hollywood Park, Tiny Tot Building
Staff: Mrs. Cecilia and Mr. Chris
Cost: \$96 per each 8 week session

9051	September 5 – October 24	M/W	10 am – 12 pm
9118	September 4 – October 25	T/Th	10 am – 12 pm
9119	October 29 – December 19*	M/W	10 am – 12 pm
	*No class: 10/31, 11/12		
9120	October 30 – December 20*	T/Th	10 am – 12 pm
	*No class: 11/22		



Baby Boogie (Parent and Me)

Boogie, jump, dance and sing using scarves, instruments, bean bags, and drums. This class will allow you to have interactive playtime with your baby using songs, finger play, peek-a-boo play and instruments. Children along with parents or caregivers will explore music, dance, and song while socializing with playmates.

Min: 5 | **Max:** 12 | **Location:** Kings Road Park
Staff: Mrs. Dennice | **Cost:** \$64 per each 4 week session

Ages: 6 months to 1½ years

9121	September 4 – September 27	T/Th	9:30 am – 10:15 am
9122	October 4 – October 30	T/Th	9:30 am – 10:15 am
9123	November 1 – November 29*	T/Th	9:30 am – 10:15 am
	*No class: 11/22		

Ages: 1½ to 3 years

9124	September 4 – September 27	T/Th	10:30 am – 11:15 am
9125	October 4 – October 30	T/Th	10:30 am – 11:15 am
9126	November 1 – November 29*	T/Th	10:30 am – 11:15 am
	*No class: 11/22		

Ooey, Goey, Mess Fun (Parent and Me)

Tots will explore a variety of messy, squishy, and engaging sensory materials focused on supporting their developing cognitive, language, and social skills. Materials will include traditional art media, like paint, but will also include non-traditional and easy-to-find household items parents and guardians can use at home to extend the fun! There will also be time during the class to explore different types of sensory bins and materials. Please wear clothes you won't mind getting dirty.

Ages: 2 – 3½ years | **Min:** 5 | **Max:** 12
Location: West Hollywood Park, Tiny Tot Building
Staff: Ms. Guille | **Cost:** \$40 per each 4 week session

8846	September 7 – September 28	Fri	10 am – 11 am
8847	October 5 – October 26	Fri	10 am – 11 am
8848	November 2 – November 30*	Fri	10 am – 11 am
	*No class: 11/23		



Baby Sign! (Parent and Me) **NEW!**

Use your hands to give your baby a voice in a fun, engaging, and interactive parent and me class! This class is designed to help your baby communicate through basic American Sign Language before they can talk. We'll incorporate favorite songs, stories, movement, and play in a relaxing environment intended to support learning through various hands on activities.

Ages: 9 months – 1½ years | **Min:** 5 | **Max:** 12
Location: Kings Road Park

Staff: Ms. Dennice | **Cost:** \$24 per each 4 week session

9214	September 6 – September 27	Th	11:30 am – 12 pm
9215	October 4 – October 25	Th	11:30 am – 12 pm
9216	November 13 – December 4	T	11:30 am – 12 pm

KIDZ LOVE SOCCER Mommy/Daddy & Me Soccer

Introduce your toddler to the world's most popular game! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey!

Ages: 2 – 3½ years | **Min:** 5 | **Max:** 22
Staff: Kidz Love Soccer | **Cost:** \$67 / 5 week session
Location: Plummer Park, Vista Lawn

8836	September 18 – October 16	T	5:30 pm – 6 pm
------	---------------------------	---	----------------

Location: Plummer Park, Community Center, Room 1 & 2

8837	November 6 – December 11*	T	5:30 pm – 6 pm
	*No class: 11/20		

TOTS

Please Note: No shows will have their spot forfeited after the first week of the program. Proof of age (birth certificate, medical card, state ID) must be submitted in person two weeks prior to the start of the class.



Tot Time

Tot Time encourages confidence and creativity, while providing age-appropriate, skill-building activities that foster learning through arts & crafts, music, movement, children's literature, as well as number and letter recognition. Positive social behavior and hands-on experiences are explored daily and promoted in a developmental setting. Tot Time is a small beginning to preparing a child for school. ***Participants MUST be potty-trained and be able to use the restroom independently. No exceptions.**

Ages: 3½ – 5 years | **Min:** 5 | **Max:** 16

Location: West Hollywood Park, Tiny Tot Building

Staff: Mrs. Cecilia and Mr. Chris

Cost: \$190 per 8 week session

9057 September 4 – October 25 M – Th 1:30 pm – 5 pm

9058 October 29 – December 20* M – Th 1:30 pm – 5 pm

*No class: 10/31, 11/12, 11/22

Tot Bootcamp

Looking for a new and exciting way to keep your child active, all while having fun? Look no further! This program is developed to promote and introduce children at a young age the importance of physical activity, and the fun that follows. Please bring water and appropriate shoes.

Ages: 4 – 6 years | **Min:** 5 | **Max:** 15

Location: West Hollywood Park, Auditorium

Staff: Mr. Chris | **Cost:** \$10 per session

9128 September 7 – September 28 Fri 3:30 pm – 4:15 pm

9129 October 5 – October 26 Fri 3:30 pm – 4:15 pm

9130 November 2 – November 30* Fri 3:30 pm – 4:15 pm

*No class: 11/23

Fun Family Fitness Day

Need a fun way for you and your family to have an active day, but can't seem to take the kids away from the television? We have the solution for you. This class is designed to help engage your family in a fun and exciting way where physical activity will be met and fun will be at play. Get ready for lots of movement activities with the whole family. A minimum of 2 and maximum of 4 per family participants.

Ages: 3+ years | **Min:** 10 | **Max:** 40

Location: West Hollywood Park, Auditorium

Staff: Mr. Chris | **Cost:** \$10 per family per session

9132 September 7 & 21 Fri 5 pm – 6 pm

9133 October 5 & 19 Fri 5 pm – 6 pm

9134 November 2 & 16 Fri 5 pm – 6 pm

Pop-Up-Play

Hey kids let's get off the couch, and off your online devices, and come on out to West Hollywood Park for some fun outdoor **PLAY** activities. Activities include carom board games, hula hoops, large-scale games such as Giant Jenga, Connect Four, Pick-up Sticks and much more.

Ages: 4 – 11 years

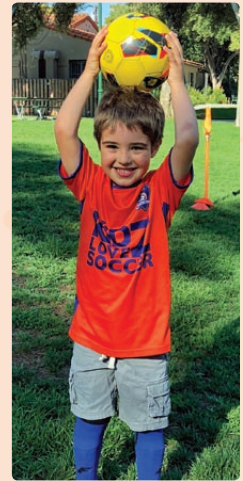
Staff: Recreation Division | **Cost:** Free

Location: West Hollywood Park (near the playground)

September 6 – November 30 Thur/Fri 3 pm – 5 pm

Location: Plummer Park (near the playground)

September 4 – November 27 Tue/Wed 3 pm – 5 pm



KIDZ LOVE SOCCER Tot/Pre-Soccer

Enjoy running and kicking just like the big kids! Learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing teaching environment. Each participant receives a Kids Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 3½ – 5 years | **Min:** 5 | **Max:** 15

Staff: Kidz Love Soccer | **Cost:** \$67 / 5 week session

Location: Plummer Park, Vista Lawn

8842 September 18 – October 16 T 4:45 pm – 5:20 pm

Location: Plummer Park, Community Center, Room 1 & 2

8843 November 6 – December 11* T 4:45 pm – 5:20 pm

*No class: 11/20

KIDZ LOVE SOCCER Soccer 1: Techniques and Teamwork

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players, while being fun and engaging for kids with some experience. All participants receive a Kids Love Soccer jersey! Shin guards are required after the first meeting.

Ages: 5 – 6 years | **Min:** 5 | **Max:** 15

Staff: Kidz Love Soccer | **Cost:** \$67 / 5 week session

Location: Plummer Park, Vista Lawn

8839 September 18 – October 16 T 4 pm – 4:45 pm

Location: Plummer Park, Community Center, Room 1 & 2

8840 November 6 – December 11* T 4 pm – 4:45 pm

*No class: 11/20

YOUTH

YOUTH

Art Blast

Art Blast provides children an opportunity to express their creativity in ways that can be displayed and celebrated. Children can explore materials and techniques such as abstract art, drawing, painting, and sculpture making and so much more! **Please have children wear something they can get messy in. Parent participation in art activities is required. Space is limited, and Registration is required.*

Ages: 4 – 8 years | **Min:** 5 | **Max:** 20

Location: Plummer Park, Community Center, Art Room 2

Staff: Dyanna | **Cost:** Free

8798	September 7 – September 28	Fri	4 pm – 5 pm
8799	October 5 – October 26	Fri	4 pm – 5 pm
8800	November 2 – November 30*	Fri	4 pm – 5 pm

*No class 11/23



Hoops University

Become a real competitor playing one of sports' favorite past times! Hoops University by Davis Basketball Development offers Los Angeles's most exciting, well-rounded series of basketball classes for 6-12 year olds. At Hoops Uni, your tot and tweens will learn the fundamentals of basketball, sportsmanship, camaraderie, and organization. Our class model is designed so that our students become stellar competitors and leaders on and off the court. At Hoops Uni, students will receive individual as well as group instruction on basketball basics like shooting, dribbling and passing. Our kids will put their skills to the test in full-court basketball games, and they'll have opportunities to win prizes and trophies based on their performance and participation. Hoops Uni is directed by Keith Davis, former collegiate and international professional basketball player. Coach Davis brings to Hoops Uni a bevy of experience and his "fundamentals first" philosophy. Hoops Uni's team of coaches consists of former and current players as well as local physical education teachers. Hoops Uni gives your family an outlet that will keep your kids physically fit while engaging them in new and challenging experiences.

Ages: 4 – 6 years | **Cost:** \$55 per 5 week session

Location: Great Lawn at West Hollywood Park

Instructor: Coach Keith | **Min:** 8 | **Max:** 15

8828	September 1 – September 29	Sat	10 am – 11:30 am
8829	October 13 – November 10	Sat	10 am – 11:30 am
8830	November 17 – December 22*	Sat	10 am – 11:30 am

*No class: 11/24

Fun-damentals of Sports

The City of West Hollywood believes your child is a star and West Hollywood Park is the stage. This program will focus on introducing kids to the basic fundamentals of sports. Your child will participate in fun and creative group demonstrations that will help enhance your child's motor skills as well as hand/eye coordination. Your child will gain valuable experience as they learn new skills that will help them in a variety of sports for many years to come. Each session will end with a modified instructional game.

Ages: 4 – 6 years | **Min:** 5 | **Max:** 14

Location: West Hollywood Park, Great Lawn

Staff: Coach Jaime and Coach Daniel

Cost: \$55 per 5 week session

Flag Football

Are you ready for some FOOTBALL? During this five week program, your child will learn valuable new skills, and the meaning of sportsmanship while competing against other kids. We'll finish with a fun obstacle course that will test your child's speed and skills learned during the program.

8824	September 15 – October 13	Sat	10:30 am – 11:30 am
------	---------------------------	-----	---------------------

Kickball

This fun new five week program will provide children the opportunity to be part of a kickball team. Participants will learn the rules of kickball while also receiving coaching tips and instructions on developing the skills to successfully participate in a kickball game. On our final week, parents will step to the plate to see if they can challenge their little all-stars in a fun game of kickball followed by a picnic in the park.

8825	November 3 – December 8*	Sat	10:30 am – 11:30 am
------	--------------------------	-----	---------------------

*No class 11/24

Youth Futsal League

NEW!

Futsal is a fast paced, indoor, 5 v 5 version of soccer rapidly gaining popularity across the globe. Whether you're a newcomer to the sport or a soccer expert, come join the fun and test your soccer skills with weekly league games, all while having fun with other soccer loving members of the community. There will be separate boys and girls leagues if possible, otherwise teams will be co-ed. Team jersey included in registration fee. Practice time will also be available during the week. **Please Note:** If you are interested in being a coach for the league, please contact John Farren at West Hollywood Park at (323) 848-6534.

Ages: 9 – 10 years | **Min:** 28 | **Max:** 80

Location: West Hollywood Park, Auditorium

Staff: Coach John | **Cost:** \$50

9135	September 15 – November 17*	Sat	9 am – 1 pm
------	-----------------------------	-----	-------------

*No class: 10/13 & 10/27

Let's Explore Art

NEW!

Be creative and use your imagination to express yourself through art. In this class, you will use several paint and medium methods to showcase a variety of techniques. These techniques will help you develop your hidden talents, discover diverse cultural art, and give you a better understanding of the history of Art. This is a beginner's class, but all experience levels welcomed.

Ages: 9 – 14 years | **Min:** 5 | **Max:** 12

Location: Plummer Park, Community Center, Art Room 1

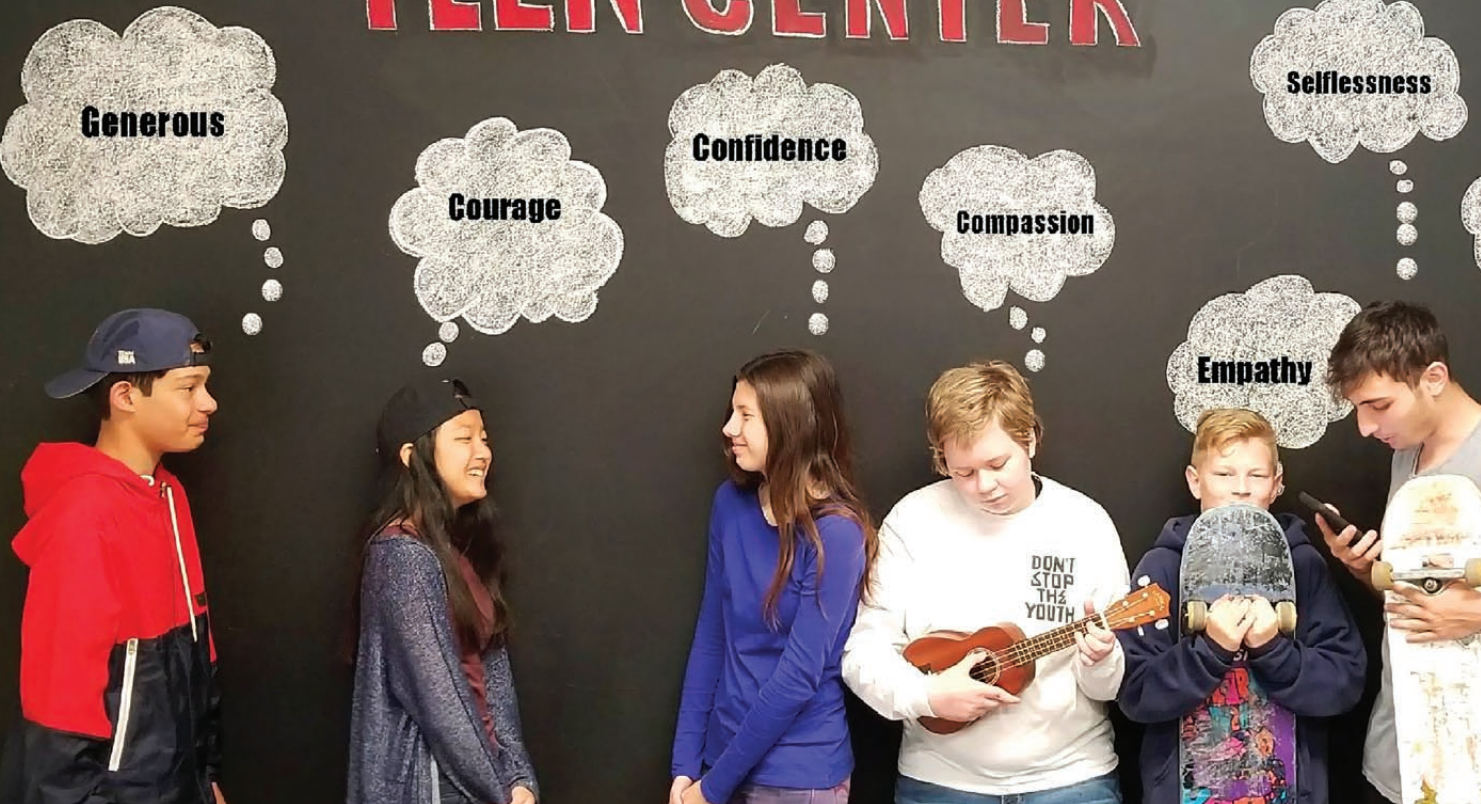
Staff: Maria

Cost: \$24 per 4 week session / \$16 per 3 week session

9217	September 8 – September 29	Sat	10 am – 11:30 am
9218	October 6 – October 20	Sat	10 am – 11:30 am
9219	November 3 – November 24	Sat	10 am – 11:30 am

WEHO.ORG/RECREATION

TEEN CENTER



TEENS
CONTACT US AT RECREATION@WEHO.ORG

WEST HOLLYWOOD TEEN CENTER

Location: 7377 Santa Monica Blvd. | **Phone:** (323) 848-6532 | **Ages:** 9 – 18 years | **Teen Center Staff:** Amy and Aldin
Hours: Tuesday – Friday 3 pm – 8 pm & Saturday 1 pm – 7 pm | **Cost:** FREE
Closure Dates: Wednesday, October 31; Thursday, November 22; Friday, November 23

Located in the Plummer Park Community Center, the Teen Center is a place dedicated to offering a variety of flexible, recreational and structured enrichment activities to youth and teens between the ages of 9 – 18 years. Dedicated staff plan and implement these programs while keeping the participant’s intellectual and social skills in mind. In addition to the daily activities, the Teen Center sponsors a variety of dances, special events and excursions.

Activities include: Pool, Video Games, Movie Nights, Computers, Tournaments, Volunteer Opportunities and more! Stop by and pick up a monthly calendar because we always have new and exciting things to do every single month.

Teen Chef

Be part of our culinary Teen Chef program and help prepare the dish of the week. Learn basic cooking skills and the joys of healthy, nutritious cooking. All supplies are provided.

9048 Wednesdays 5 pm – 6:30 pm

Teen DIY Projects

It’s time to get out of the house and get crafty with simple DIY projects for the fall. Come join us in making many different projects.

9157	September 25 - Dream Catchers	Tuesday	3:30 pm – 5 pm
9158	October 9 - String Dolls	Tuesday	3:30 pm – 5 pm
9159	November 13 - Drawings	Tuesday	3:30 pm – 5 pm

Teen "Me Day"

When was the last time you took a “Me Day”? It’s time to take care of you! Relax and enjoy a day filled with nose strips, face masks, skin care, lip balm, bath bombs and other self-care tips to make you feel better.

9160	September 7	Friday	6:30 pm – 7:30 pm
9161	September 29	Saturday	4 pm – 5 pm
9162	October 18	Thursday	6:30 pm – 7:30 pm
9163	November 16	Friday	4 pm – 5 pm
9164	November 29	Thursday	6:30 pm – 7:30 pm

Teen S.A.S.

Are you Serious about Science? *Crazy Foam*, *Pump-Canos* and *Balloon Experiments* are some of the cool projects we will be doing this fall. Want to know how to get started? Then the Teen Center is the place to be!

9165	September 11 - Crazy Foam	Tuesday	5 pm – 6 pm
9166	October 30 - Pump-Canos	Tuesday	4 pm – 5 pm
9167	November 15 - Balloon Experiment	Thursday	4 pm – 5 pm



weHike

Join the Teen Center for a nice brisk hike, while creating friendships and developing your leadership skills. We'll escape the city life and explore local hiking parks.

9168	September 20 - Franklin Canyon	Thursday	4 pm - 7 pm
9169	October 25 - Culver City Stairs	Thursday	4 pm - 7 pm
9170	November 1 - Old LA Zoo	Thursday	4 pm - 7 pm

Leadership Crew

Commitment, communication & organizing! Does that sound like you? If so, then the Leadership Crew is where you need to be this fall. Teen participants will help create the monthly calendar, plan special events and provide ideas for future volunteer opportunities for the Teen Center. The Leadership Crew meets twice a month and is designed for determined, passionate teenagers who are serious about making an impact.

9171	September 4	Tuesday	3 pm - 4:30 pm
9172	September 18	Tuesday	3 pm - 4:30 pm
9173	October 2	Tuesday	3 pm - 4:30 pm
9174	October 16	Tuesday	3 pm - 4:30 pm
9175	November 6	Tuesday	3 pm - 4:30 pm
9176	November 27	Tuesday	3 pm - 4:30 pm

Guitar Lesson Lounge

Before you can get to the big stage, you need to learn the basics! Come join in all the rock n' roll fun and learn how to play your favorite song or make a new one!

Instructor: Daniel Radyuk

9177	September 14	Friday	4 pm - 5 pm
9178	September 28	Friday	4 pm - 5 pm
9179	October 12	Friday	4 pm - 5 pm
9180	October 26	Friday	4 pm - 5 pm
9181	November 9	Friday	4 pm - 5 pm
9182	November 30	Friday	4 pm - 5 pm

Feel the Beat

Let the music move your feet! Learn choreography to perform in front of a crowded auditorium or in the comfort of your own living room. All skill levels welcomed!

9183	September 7	Friday	5 pm - 6 pm
9184	September 28	Friday	5:30 pm - 6:30 pm
9185	October 12	Friday	5:30 pm - 6:30 pm
9186	October 26	Friday	5:30 pm - 6:30 pm
9187	November 9	Friday	5:30 pm - 6:30 pm
9188	November 30	Friday	5:30 pm - 6:30 pm

WeHoRun

Do you want to start running or already love running? WeHoRun is the program for you! Our program will help motivate and push you to new goals.

9192	September 11	Tuesday	5 pm - 6 pm
9193	September 13	Thursday	5 pm - 6 pm
9194	September 20	Thursday	5 pm - 6 pm
9195	October 25	Thursday	5 pm - 6 pm

WeStroll

Ready for some fresh air? Want to explore new places? Led by Teen Center staff, once a month we take a stroll to a new location. Check the Teen Center monthly calendar for walking locations, dates, and times. Each walk usually lasts 3 to 4 hours. (See the calendar for trip details).

9196	September 13	Thursday	4 pm - 7 pm
9197	October 6	Saturday	2 pm - 6 pm
9198	November 3	Saturday	2 pm - 6 pm



Special Events

There's always some fun to be had at the Teen Center! Join your peers for tournaments, dances, group bike rides, and a Thanksgiving Feast. Let's make this fall a special one.

9204	September 21 - Game Card Night	Friday	4:30 pm - 6:30 pm
9205	October 13 - Ballona Creek Bike Ride	Saturday	11 am - 4 pm
9206	October 19 - Halloween Dance	Friday	5 pm - 8 pm
9207	November 16 - Turkey Bowl	Friday	5:30 pm - 7 pm
9208	November 21 - Thanksgiving Feast	Wednesday	4 pm - 7 pm



Let's Explore Art

Be creative and use your imagination to express yourself through art. In this class, you will use several paint and medium methods to showcase a variety of techniques. These techniques will help you develop your hidden talents, discover diverse cultural art, and give you a better understanding of the history of art. This is a beginner's class, but all experience levels welcomed.

Ages: 15 – 18 years | **Min:** 5 | **Max:** 12

Location: Plummer Park, Community Center, Art Room 1

Staff: Maria

Cost: \$24 per 4 week session / \$16 per 3 week session

9200	September-8 - September 29	Saturdays	11:45 am – 1:15 pm
9201	October 6 - October 20	Saturdays	11:45 am – 1:15 pm
9202	November 3 - November 24	Saturdays	11:45 am – 1:15 pm

NEW!

West Hollywood Sheriff's Station Youth Activities League (YAL)



The City of West Hollywood Recreation Services Division participates in a successful partnership with the West Hollywood Sheriff's Station Youth Activities League (YAL) to bring new and exciting activities & programs to our community youth between the ages of 7 to 18.

The mission of the YAL program is designed to unite law enforcement and communities by providing youth programs which develop discipline, positive self-image, mutual trust and respect. Visit the West Hollywood Teen Center for a calendar of activities.

YAL Trips & Programs:



YAL has a variety of amazing opportunities for teens to be a part of this fall. We will take trips & have programs that will help your teen grow, build new relationships, self-esteem, and develop leadership skills.

All participants must meet the following criteria to be selected to attend any of the trips or programs:

- Frequent attendance to the Teen Center program
- Participate in volunteer opportunities
- Exhibit a high level of maturity

For more information please stop by the Teen Center and speak with Deputy Sean Ruiz or a Teen Center staff member.

Volunteer Opportunities

Enjoy the satisfaction of participating in service projects and the benefits of volunteering. Volunteer hours are valid for High School graduation requirements. Earn 25 hours and you are eligible for special trips to Magic Mountain, AMC Movies, sporting games, and other cool places.

Five-Star Talent Show, Plummer Park			
9189	September	TBD	TBD
Youth Halloween Carnival, Plummer Park			
9190	October 27	Saturday	12 pm – 6 pm
Ronald McDonald House			
9191	November 10	Saturday	11 am – 4 pm

ADULTS

ADULTS



Computers and Information Technology for Every Day

As we steadily progress further into the 21st Century, computers, mobile devices, internet, social media, and other forms of information technology are becoming more and more integrated into our daily lives. If you want to learn how to use new technology or become more proficient in what you already know, this four-week class series is for you. You will gain the skills necessary to feel comfortable using personal computers, iPads, Android, and Windows Tables, email and search engines. You will get a chance to explore online social media such as Facebook, Twitter and Instagram. We will cover important topics such as backing up data, cloud storage (Google Drive, One Drive, Pix, Picasa), as well as security and privacy.

Ages: 18+

Location: Plummer Park, Community Center – Computer Lab

Instructor: Vladimir Estrin

Cost: \$45 per session or drop in \$15 per class. No cash!

8818	September 9 – September 30	Sunday	1 – 2 pm
8819	October 7 – October 28	Sunday	1 – 2 pm
9136	November 4 – November 25	Sunday	1 – 2 pm

Self-Care 101: Trigger Point Massage

"Trigger Points" are "knots" in muscle tissue that may restrict your flexibility. They also create predictable pain referral patterns to other areas of the body that seem unrelated. For instance, some back pain can start from a trigger point found in your calf muscle. Who knew? In this workshop you'll learn how to: prevent/manage common areas of pain and stiffness (neck, shoulders, back and hips) by addressing the possible underlying causes. You'll also learn how to identify trigger points, apply self-massage safely and effectively, and expand knowledge of your own physical anatomy. *No prior experience necessary. Wear comfortable clothing and bring an exercise mat if you have one. Instructional visual aid download will be provided.

Ages: 18+ | **Min:** 5 | **Max:** 20

Location: Plummer Park, Fiesta Hall

Instructor: Mark DeWhitt | **Cost:** \$35 per person

9212	October 13	Saturday	10:30 am – 12:30 pm
------	------------	----------	---------------------

Yoga Basics

This class is suitable for beginning yoga students, those with injuries, and ongoing students interested in deepening understanding of proper alignment in their practice. Borrowing from Iyengar, Viniyoga and Anusara traditions, Yoga Basics helps you reduce stress and build flexibility and strength as you discover each pose safely and with proper alignment. Props are provided. Please bring your own mat.

Mark DeWhitt has taught yoga for 13 years at studios and corporations throughout Los Angeles. As a Licensed Certified Massage Therapist, he brings a depth of knowledge of anatomy to his transformative, detail-oriented classes.

Ages: 18+ | **Min:** 5 | **Max:** 20

Location: Kings Road Park | **Instructor:** Mark DeWhitt

Cost: \$55 per 4 week session / \$30 per 2 week session

9094	September 19 – September 26	Wednesday	12:30 pm – 1:30 pm
9095	October 3 – October 24	Wednesday	12:30 pm – 1:30 pm
9096	November 7 – November 28	Wednesday	12:30 pm – 1:30 pm



Yoga Basics (Drop-in)

NEW!

This class is suitable for beginning yoga students, those with injuries, and ongoing students interested in deepening understanding of proper alignment in their practice. Borrowing from Iyengar, Viniyoga and Anusara traditions, Yoga Basics helps you reduce stress and build flexibility and strength as you discover each pose safely and with proper alignment. Props are provided. Please bring your own mat.

Mark DeWhitt has taught yoga for 13 years at studios and corporations throughout Los Angeles. As a Licensed Certified Massage Therapist, he brings a depth of knowledge of anatomy to his transformative, detail-oriented classes.

Ages: 18+ | **Min:** 5 | **Max:** 20

Location: Plummer Park, Fiesta Hall

Instructor: Mark DeWhitt

Cost: \$55 per 4 week session / \$45 per 3 week session or drop in \$15 per Sunday

9138	September 16 – September 30	Sunday	10 am – 11:15 am
9139	October 7 – October 28	Sunday	10 am – 11:15 am
9140	November 4 – November 18	Sunday	10 am – 11:15 am

WEHO.ORG/RECREATION

Walk and Talk

Explore the City of West Hollywood while we Walk and Talk! An easy to somewhat moderate paced walking group will meet at Plummer Park twice a week on Saturdays and Tuesdays. Participants are encouraged to walk at their own pace, socialize, and explore the City. Schedule/maps of meeting places/routes provided to participants at first class. The walking routes will slightly increase each week to improve stamina and strength! Routes start at one mile and slightly increase each week based on group endurance. Bring a water bottle and a cooling towel. Registration is required.

Ages: 18+ | **Min:** 5 | **Max:** 20

Location: Plummer Park, Community Center front entrance

Staff: Dyanna | **Cost:** Free!

Plummer Park to Formosa Park (1.1 mile)

9221 September 8 – September 29 Sat & Tue 6:15 pm – 7:30 pm

Plummer Park to Laurel Avenue Park (2.2 miles)

9222 October 6 – October 20 Sat & Tue 6:15 pm – 7:30 pm

Plummer Park to Kings Road Park (2.6 miles)

9223 November 3 – November 24 Sat & Tue 5:00 pm – 7:15 pm

Ping Pong - Open Play

Whether you are a beginner and call it ping-pong, or a pro-like player, the City of West Hollywood has created a place for you and your skills, regardless of your level. Come over to play and meet other enthusiasts and enjoy friendly competition or simply hitting on the tables.

Ages: All Ages

Location: Plummer Park, Fiesta Hall/Rooms 1 & 2

Staff: Alex | **Cost:** Free! (Drop-in, no registration needed.)

September – November Fridays 4 pm – 9 pm

*No program on: 11/23



NEW!



Bocce Ball - Open Play

Have you ever played Bocce Ball? If you have, you know how much fun this game can be. Learn the history of the sport, the rules of the game, and so much more! In this open play format, you will learn techniques of how to throw the Bocce Balls as well as strategies for the game. Participants will have the opportunity to test their skills and play amongst each other to have a better understanding of how the game is played.

Ages: All Ages

Location: Plummer Park, Vista Lawn (near Fiesta Hall)

Staff: Daniel | **Cost:** Free! (Drop-in, no registration needed.)

September – November Wednesdays 5:30 pm – 6:30 pm

*No program on: 10/31

Creative Planner Social with Friends!

It's never too late to get organized... join us as we begin our creative planner class! Learn tips on how to combine your to-do lists, reminders, and weekly/monthly plans into one visually-inspiring customized planner all done by YOU! In this class, we will teach each other organization methods as well as fun ways to show your creative side! We will decorate our planner pages with stamps, stickers, washi tape, fun layouts, and much more!

Ages: 18+ | **Min:** 5 | **Max:** 20

Location: Plummer Park, Community Center, Art Room 1

Staff: Dennice | **Cost:** \$10 per class

9209	September 8	Saturday	2 pm – 4 pm
9210	October 13	Saturday	2 pm – 4 pm
9211	November 10	Saturday	2 pm – 4 pm

Happy Feet - Ballroom Dance (Drop-in)

This class provides the opportunity to learn ballroom dancing figures through the set of cardio-routine exercises with no partner requirement. Program is beneficial for all ages' health and coordination improvement. **Special Requirements:** Comfortable shoes and clothes for rapid movement.

Ages: 18+

Location: Plummer Park, Fiesta Hall

Instructor: Lenny Pro

Cost: \$15 (Drop-in) No Cash!

September – November Wednesdays 9 am – 10 am

*No class: 10/10, 10/24, 10/31

Los Angeles Volleyball Organization (LAVO)

LAVO is a non-profit volleyball organization headquartered right here in West Hollywood. We provide residents and surrounding areas with open play sessions as well as organized leagues and tournaments. With a following of over 1,500 players, whether you are a beginner or a very advance player, we have a place for you within LAVO. Learn more about us at www.playlavo.org.

Open Play Spring Schedule at West Hollywood Park

High Intermediate	Wednesdays	7 pm – 9:45 pm	\$5
Advanced Open Play	Sundays	10 am – 3 pm	\$5



Dodgeball

WeHo Dodgeball is Southern California's premier adult co-ed dodgeball league. With a rotating membership of over 2,000 players, WeHo Dodgeball provides a healthy mix of fun and competition.

Our soft rubber "no sting" balls help to create an environment that welcomes all people from prom queens to drag queens. Our goal is to provide a fun and active alternative to people looking for a social scene in the West Hollywood area.

While the goal is to eliminate your opponents on the court, the social part of Dodgeball is just as important as the game itself. WeHo Dodgeball's commitment to community outreach is a cornerstone of our operating charter. From fundraising for local charities to participating in health and fitness events, our members partake in a wide-array of charitable endeavors aimed at strengthening our connection to the community we call home. Put on your short shorts and knee pads and get ready to rock out to loud music and throw balls at people.

2 leagues to choose from! Tuesday nights and Thursday nights! Both take place at the West Hollywood Park Auditorium, with games at 7 pm, 8 pm & 9 pm.

Tuesday League starts: September 25
Registration opens: Wednesday, September 12

Thursday League starts: September 27
Registration opens: Friday, September 14

Visit wehododgeball.com for more information!

be WellWeHo



UCLA Memory Training

Do you wish you could more easily and accurately recall names, faces and information? No matter what age you are, everyone has trouble remembering something! Maybe it's phone numbers, or "to do" lists, or birthdays, or names. This class will teach strategies and exercises to improve your long-term memory and ability to retain and recall information. Developed by faculty at UCLA, this memory class provides practical ways to help you:

- Keep track of keys, phones, or other items
 - Retain and recall dates, phone numbers, and addresses
 - Put names with faces
 - Recall lists without writing everything down... and more!
- (NOTE: This class is not for individuals with any form of dementia.)

Ages: 18+ | **Cost:** \$3 per class (4 weeks) No Cash!

Location: Plummer Park, Community Center, Art Room 1

Min: 5 | **Max:** 20

9225	October 9 – October 30	Tue	10 am – 12 pm
9226	November 19 – December 10	Mon	1 pm – 3 pm



be WellWeHo

SERIES: MINDFULNESS AND WELL-BEING

Power of Mindful Self-talk

During this discussion, the power of words and their amazing creative nature will be discussed. Participants will learn tools to become mindful of how they design their internal and external world by how they talk to themselves. Therefore, their abilities to change their lives for the better will become more evident to them.

Ages: 18+ | **Cost:** \$3 per workshop No Cash!

Location: Plummer Park, Community Center, Rooms 5 & 6

9228	September 5	Wed	3 pm – 4:30 pm
9229	September 5	Wed	6:30 pm – 8 pm

Power of Health

Mindfully attending to our bodies to create physical health and as a result to benefit from healthy mind will be discussed with the participants. This discussion will focus on being present within the body and listening to the wisdom within to create a healthy body mindfully.

Ages: 18+ | **Cost:** \$3 per workshop No Cash!

Location: Plummer Park, Community Center, Rooms 5 & 6

9230	October 3	Wed	3 pm – 4:30 pm
9231	October 3	Wed	6:30 pm – 8 pm

Power of Thanksgiving

We will discuss in depth how to mindfully and heart-fully look at our cups as half-full rather than half-empty in order to create a more prosperous life. Participants will learn various techniques to become aware of what each moment offers them to benefit from a more fulfilling life.

Ages: 18+ | **Cost:** \$3 per workshop No Cash!

Location: Plummer Park, Community Center, Rooms 5 & 6

9232	November 7	Wed	3 pm – 4:30 pm
9233	November 7	Wed	6:30 pm – 8 pm

Maggie Thomas is a Licensed Clinical Social Worker for Huntington Hospital and has a private therapy practice. She has taught at Pasadena City College as an adjunct instructor and has given talks numerous organizations and conferences, including Huntington Hospital, Pasadena City Library, and the Conference on Aging. Maggie is also a Reiki Master and Shamanic practitioner.

SENIOR ACTIVITY CLASSES (AT PLUMMER PARK)



CELEBRATING 160 YEARS OF SERVICE

Argentine Tango

Come join us as we learn the Argentine Tango – “The dance of love” with instructor Vladimir Estrin.

Cost: \$10 West Hollywood Residents, \$13 Non-Residents

Location: Plummer Park, Community Center, Room 2

Sunday 11:30 am – 1:30 pm

Balance

Learn how to improve your posture and use your body efficiently and safely! Proper posture and greater flexibility improves your balance and helps prevent falls. It can also help you to avoid fatigue and muscle strain. Utilizing simple exercises you will acquire new skills to help you in daily chores such as walking and shifting weight, climbing stairs, maintaining a healthy posture, and more.

Cost: \$3 members, \$6 non-members Drop-in Rate

Location: Plummer Park, Community Center, Room 1 & 2

Monday	2 pm – 3 pm	*No class: 11/12 (Veterans Day)
Wednesday	11 am – 12 pm	*No class: 10/31 (Halloween)
Friday	2 pm – 3 pm	*No class: 11/23 (Thanksgiving)

Chair Yoga

Imagine getting an aerobic workout, burning calories and toning your muscles without ever leaving your chair! Try this alternative to conventional forms of exercise. It really works! Note: Bring a towel for your chair and light hand weights if you have them.

Cost: \$2 members, \$4 non-members Drop-in Rate

Location: Plummer Park, Community Center, Art Room 2

Tuesday & Thursday 10:15 am – 11 am *No class: 11/22 (Thanksgiving)

Tai Chi

Movements are gentle and graceful, and a safe way to relieve arthritis pain and gain balance, strength, and flexibility.

Cost: \$5 members, \$8 non-members Drop-in Rate

Location: Plummer Park, Fiesta Hall

Tuesday & Thursday 9:30 am – 11 am *No class: 11/22 (Thanksgiving)

Yoga

Combines physical poses with relaxation and breathing techniques; alleviates the symptoms of high blood pressure, arthritis and poor sleep. By participating in yoga classes a few days a week, you may even be able to eliminate costly medications.

Cost: \$5 members, \$8 non-members Drop-in Rate

Location: Plummer Park, Community Center, Room 1 & 2

Monday, Thursday, Friday 10:30 am – 11:30 am
*No class: 11/12 (Veterans Day), 11/22 (Thanksgiving), 11/23 (Thanksgiving)

INFORMATION ABOUT OUR CLASSES:

The first class is always free!

All classes are for those over 55 years old.

Pay only for those classes you attend!

ANNUAL MEMBERSHIP INFORMATION:

Individual:	\$15 Resident	\$18 Non-Resident
Couple:	\$25 Residents	\$30 Non-Residents

Contact the JFS Activity Department at (323) 876-1717.

TENNIS

The City of West Hollywood contracts with iTennis, Inc. to provide tennis programs and services at both Plummer Park and West Hollywood Park. They offer group and private lessons for youth and adults. Whether you are looking to learn the basics, improve your game and no matter what your skill level, iTennis has a class to fit your needs. You can join anytime during the session and pay a pro-rated fee. For the most current class schedules and locations or to sign up for a fee trial class visit itennisweho.com. All classes meet once per week.

ADULTS

Adult Beginner I

Introduces players to the fundamental strokes of tennis: groundstrokes, volleys, serves & overhands. Players who complete the session may expect to be familiar with some rudimentary tennis terminology, the layout of the court, groundstrokes and volleys. Designed for complete beginners or players who are returning to the game after years off.

Ages: 18+ years | **Duration:** 1 hour

Class length: 8-12 weeks

Cost: \$22 per class or drop-in \$32 per class

FREE TRIAL CLASS

Adult Beginner II (NTRP 2.5-3.0)

Players should be able to sustain rallies and be able to successfully get in serves and play points. Players will learn basic movement, improve technique, and play fun king of the court and live ball games.

Ages: 18+ years | **Duration:** 1.5 hours

Class length: 8-12 weeks

Cost: \$33 per class or drop-in \$43 per class

FREE TRIAL CLASS

Adult Intermediate I (NTRP 3.0-3.5)

Fun work-out based class for players with substantial tennis experience. The class begins with drilling of all strokes and leads into a fun cardio workout with singles and doubles points, rallying at average speeds.

Ages: 18+ years | **Duration:** 1.5 hours

Class length: 8-12 weeks

Cost: \$33 per class or drop-in \$43 per class

FREE TRIAL CLASS

Adult Intermediate II 'Live Ball' (NTRP 3.5-4.0)

Dynamic class focusing on fast paced drills, running and a great workout. Warm up drills are followed by action paced live ball games, rallying at moderately high speeds.

Ages: 18+ years | **Duration:** 1.5 hours

Class length: 8-12 weeks

Cost: \$33 per class or drop-in \$43 per class

FREE TRIAL CLASS

Adult Advanced 'Live Ball' (NTRP 4.0+)

Similar to the Adult Intermediate II workout, this class is designed for an even higher level, experienced player. Emphasis is on drills, games, a great workout, rallying at high speeds.

Ages: 18+ years | **Duration:** 1.5 hours

Class length: 8-12 weeks

Cost: \$33 per class or drop-in \$43 per class

FREE TRIAL CLASS



Adult Academy 'Live Ball' (NTRP 4.5+)

This class is designed for High Level Tournament Players. Instruction is minimal and players should be kept moving and hitting as much as possible. Drills and games will emphasize and encourage aggressive, strategic play. Focus is on match play, advanced drilling, & physical training. **Requirements:** Players should be regularly participating in tournaments & able to accurately perform all tennis strokes at very high speeds.

Instructor recommendation required.

Ages: 18+ years | **Duration:** 2 hours

Class length: 8-12 weeks

Cost: \$44 per class or drop-in \$54 per class

FREE TRIAL CLASS

Tennis Fitness – All Levels

This class open to adults and kids ages 13 and up. This class will get you in TENNIS shape. Tennis specific drills and exercises, both on and off the court, will be used to help with conditioning, muscle tone, agility, speed, quickness, and explosiveness. Come sweat, smile and have fun!

Ages: 13 and up, Adults & Kids | **Duration:** 1 hour

Class length: 8-12 weeks

Cost: \$22 per hour or drop-in \$33 per hour

Jr. Academy

This class is designed for Advance Juniors. Focus is on match play, advance drilling, strategy and physical training. **Requirements:** Tournament players. **Instructor recommendation required.**

Ages: 8 – 14 years

Duration: 1.5 hours

Class length: 8-12 weeks

Cost: \$33 per class or drop-in \$43 per class

FREE TRIAL CLASS

High Performance Academy

This class is designed for our highest performing Junior & Teen Players. Focus is on match play, advance drilling, strategy, and physical training. **Requirements:** Tournament players and/or High School Varsity. **Instructor recommendation required.**

Ages: Up to 18 years

Duration: 1.5 hours

Class length: 8-12 weeks

Cost: \$33 per class or drop-in \$43 per class

FREE TRIAL CLASS

Tiny Tots

Class is typically taught with mini-nets and low compression balls. The focus is drills to help improve coordination, ground-strokes, volleys, and understanding of the basics of the game of tennis. The goal of this class is to introduce young players to the tennis and instill an enjoyment of the game.

Ages: 4 – 6 years | **Duration:** 1 hour

Class length: 8 weeks

Cost: \$22 per class or drop-in \$32 per class

FREE TRIAL CLASS

Future Stars

Focus: Learning the fundamental strokes of ground-strokes and volleys in conjunction with proper movement/footwork. Drills and games are played on the regular court; low-compression balls are often used to improve success in drills and games. **Goal:** Players should be familiar with the fundamental strokes and be able to perform them with some movement.

Ages: 6 – 8 years | **Duration:** 1 hour

Class length: 8 weeks

Cost: \$22 per class or drop-in \$32 per class

FREE TRIAL CLASS

Big Hitters

Focus: Further refining fundamental strokes (including the overhead) and movement in order to hit more consistently and accurately. Introduction to the serve. **Goal:** Players should demonstrate familiarity with fundamental strokes and proper movement, and be more comfortable playing from farther back in the court with either regular or low-compression balls ("green dot" balls).

Ages: 8 – 10 years | **Duration:** 1 hour

Class length: 8 weeks

Cost: \$22 per class or drop-in \$32 per class

FREE TRIAL CLASS



Jr. Development I (Novice)

No prior tennis experienced required. New players are recommended to join at the start of a session. Focus is on introduction and development of tennis fundamentals and games.

Ages: 10 – 13 years | **Duration:** 1 hour

Class length: 8 weeks

Cost: \$22 per class or drop-in \$32 per class

FREE TRIAL CLASS

Jr. Development II (Intermediate)

Focus is on drilling, conditioning, live-ball games, and serving. There is a greater emphasis on learning the rules of tennis and implementing technique into live-ball drills/games. Players will work on developing their service game for the purpose of playing matches. **Requirements:** Players demonstrate fundamental stroke proficiency and consistency. Some match experienced preferred, but not required. **Instructor recommendation required.**

Ages: 10 – 13 years | **Duration:** 1 hour

Class length: 8 weeks

Cost: \$22 per class or drop-in \$32 per class

FREE TRIAL CLASS

Teens I (Novice)

For beginner and novice teen players. No prior tennis experienced required. New players are recommended to join at the start of a session. The focus of this class is on introduction and development of tennis fundamentals and games.

Ages: 13 – 18 years | **Duration:** 1 hour

Class length: 8 weeks

Cost: \$22 per class or drop-in \$32 per class

FREE TRIAL CLASS



FOR
MORE INFORMATION
CALL **(323) 450-7560** or
VISIT **iTennisWeHo.com**

EXCURSIONS

Danish Days Festival Solvang, CA

Ages: All Ages | **Cost:** \$30

Location: Meet at Plummer Park South Parking Lot

Depart at: 7:45 am | **Return at:** 7 pm | **Min:** 30 | **Max:** 47

Staff: Michelle

8820 September 15 Saturday 7:45 am – 7 pm

Spend the day in the quaint little town of Solvang for its annual Danish Days Festival. Filled with Danish heritage, customs and atmosphere Solvang features bakeries, boutiques, novelty shops, art gallery, restaurants and more. Meals are on your own today.



Oktoberfest - Big Bear, CA

Ages: All Ages | **Cost:** \$35

Location: Meet at Plummer Park South Parking Lot

Depart at: 9 am | **Return at:** 9 pm | **Min:** 30 | **Max:** 47

Staff: Michelle

8821 October 14 Sunday 9 am – 9 pm

Spend the day at the 46th annual Big Bear Lake Oktoberfest, admission included. After a few rounds of polkas, Macarena's, Chicken dances, etc., get outside and take a big breath of fresh mountain air. Take a stroll down the Budenstrasse (Avenue of the Booths). The outside vendor and game area features everything from antique slot machines for purchase, to handmade jewelry and candies. The doors to the festival open at Noon and everyone will have time for having lunch on their own. We will depart for home by 6:30 pm.



The Living Desert Zoo & Gardens Palm Desert, CA

Ages: All Ages | **Cost:** \$45

Location: Meet at Plummer Park South Parking Lot

Depart at: 8 am | **Return at:** 7:30 pm | **Min:** 30 | **Max:** 47

Staff: Michelle

8822 November 3 Saturday 8 am – 7:30 pm

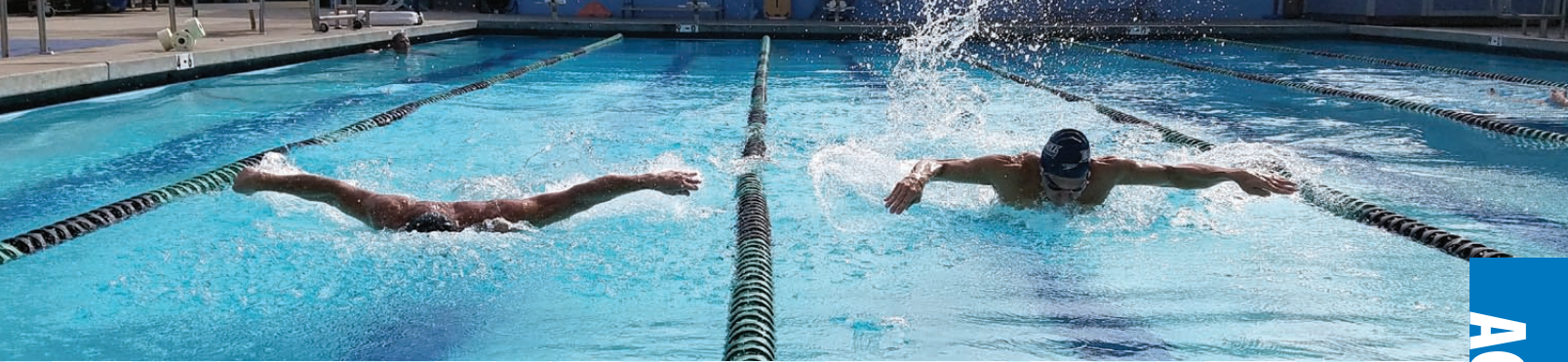
Spend your day at the Living Desert Zoo & Gardens in Palm Desert CA. Upon arrival at 11 am, lunch will be on your own. You can take advantage of the Thorn Tree Grill or the Coyote Café. You can also bring your own lunch and picnic in the picnic area of the park. Then the group gathers in the front entrance to meet your guide at Noon. The Living Desert Zoo & Botanical Gardens Encompasses over 1,000 acres and your 2-hour tour takes you on a unique experience that includes tour guides and a 1-hour tram excursion. Your visit takes you from Africa to North America making stops along the way that feature Mountain lions, giraffes, wolves, badgers and so much more. You will also have the opportunity to feed the giraffes. Spend the rest of the day at the zoo before departing home at 4:30 pm.

Excursion Information



All trips are wheelchair accessible, unless otherwise noted. Please be advised that all trips will involve extended walking, standing, and sitting.

- A valid picture ID is required on the day of excursion.
- The bus pick up will be in front of the Community Center in the south parking lot at Plummer Park (7377 Santa Monica Blvd). Boarding of the bus will occur 15 minutes prior to departure. The bus will not wait for late arrivals. **No refunds will be given for late arrivals.**
- To obtain a full refund you must notify the Recreation Division in writing 10 days before the excursion. After 10 days and/or after the excursion has occurred, refund will be given only for reasons of injury or illness; verification is necessary. **An administration fee of \$5 will be charged for all refunds.**
- We have the right to refuse service to any person whose behavior may be detrimental to the enjoyment and/or welfare of others.
- We have the right (with or without notice) to make cancellations or changes on trips as necessary.
- There will not be assigned seating; however participants will be seated in the same seats going and coming.
- For accessibility consideration, please notify the Plummer Park office upon registration. (323) 848-6530.
- Registration can be made online at www.weho.org/recreation at the Plummer Park Community Center or West Hollywood Park Office. **Reservations will not be taken by phone.**
- Full payment for trips is required at the time of registration, credit card, check or money order ONLY! If multiple tickets are purchased, refund will only be given to the name and address on the check or money order.
- Please be prepared with a sweater, sunblock, hat, and umbrella in case of weather change.



AQUATICS



The West Hollywood Aquatic Center strives to offer affordable and safe aquatics programs for the entire community. These aquatics programs are offered to people of all ages. **The Aquatic Center is located at 647 N. San Vicente Boulevard between Melrose Avenue and Santa Monica Boulevard.** It is conveniently located inside of the West Hollywood Park, adjacent to the West Hollywood Library. The pool features a disabled access ramp, as well as ladders and stairs for convenient entry to all. OFFICE HOURS: Monday - Friday 6 am - 7 pm / Saturday & Sunday 9 am - 2 pm. **VISIT OUR WEBSITE FOR CLASS DESCRIPTIONS: weho.org/pool**

Private Swim Lessons PRIVATE

Ages: 4 years and up | **Min:** 2 | **Max:** 5

Private lessons are offered for one participant per instructor. Classes are scaled to the participant's skill level.

Session Dates:	Days:	Times: 9:05am	9:35am	10:05am	10:35am	11:05am	11:35am	Cost:
September 15 - 29	Sat	9079	9080	9081	9082	9083	9084	\$37.50
September 16 - 30	Sun	9086	9087	9088	9089	9090	9091	\$37.50
October 6 - 20	Sat	9061	9062	9063	9064	9065	9066	\$37.50
October 7 - 21	Sun	9068	9069	9070	9071	9072	9073	\$37.50

Starbabies & StarTots (FORMERLY LITTLE FISH PARENT/CHILD)

Ages: 6 months - 3 years | **Min:** 2 | **Max:** 10

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

Session Dates:	Days:	Times: 10:35am	Cost:
September 15 - 29	Sat	9075	\$15
September 16 - 30	Sun	9077	\$15





Lap Swim Schedule

The dates and times of this program vary; please refer to weho.org/pool for the most current schedule.

LAP SWIM SESSION FEES:

Residents: \$2 (per session)
Non-Residents: \$5 (per session)

LAP SWIM PASS FEES:

10 SWIMS: **Residents:** \$15 | **Non-Residents:** \$25
 25 SWIMS: **Residents:** \$35 | **Non-Residents:** \$60

Recreation Swim Hours

Ages: All Ages | **Min:** 1 | **Max:** 150

The dates and times of this program vary; please refer to weho.org/pool for the most current schedule.

RECREATIONAL SWIM SESSION FEES:

Adult Residents: \$2 | **Adult Non-Residents:** \$3
Child Residents: \$1 | **Child Non-Residents:** \$2

BLAST Swim Team

BLAST is a year-round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every swimmer an opportunity to improve swimming skills and achieve success at their own personal level of ability from novice to international competitor. Led by a philosophy that hard work, consistency, dedication and good sportsmanship are requirements for great success, swimmers, coaches and families must work and bond together as a team to achieve the maximum level of success. The BLAST experience will instill positive life qualities and skills benefiting athletes far beyond their years on the team. Always remember to "Strive For Excellence!"

Website: www.weho.org/teamblast

Practice Times: 4 pm - 6 pm



Aquatic Center Closures Dates:

Monday - September 3
 Monday - September 17
 Tuesday - September 18 from 6 am to 10 am
 Wednesday - October 31
 Monday - November 12
 Thursday & Friday - November 22 & 23

Aquatic Center Early Closure Dates (Lifeguard In-Service Training):

Wednesday - September 5 (Facility closes at 6 pm)
 Saturday - September 8 (Facility closes at 12 pm)
 Wednesday - October 3 (Facility closes at 6 pm)
 Saturday - October 6 (Facility closes at 12 pm)
 Tuesday - October 30 (Facility closes at 6 pm)
 Saturday - November 3 (Facility closes at 12 pm)



Just Add Water Fitness Club

Ages: 18+ | **Min:** 5 | **Max:** 60

Thorough research through the years has proven water-based training drastically increases endurance, metabolism, mobility, and strength. Normally associated with professional swimming workouts, you can now experience these benefits with our series of water aerobics courses! Join us for an upbeat aquatic adventure that caters to all of your fitness needs from joint therapy to cardiovascular conditioning. By using an array of equipment and eclectic playlists, our proficient instructors spice up your exercise regimen with enthusiasm and motivation.

JUST ADD WATER FITNESS CLUB DROP-IN FEES:

Residents: \$4 per class

Non-Residents: \$6 per class

Senior (55+)/Disabled: \$3 per class

JUST ADD WATER FITNESS CLUB PASS [10 CLASSES]:

Residents: \$35

Non-Residents: \$55

Senior (55+)/Disabled: \$20

Residency is determined by providing valid proof of West Hollywood residence upon admission. Proof of Residency is determined by using a valid California Driver's License or ID, Military ID, and/or Utility Bill.

CLASSES:

Cardio Rock 'n' Roll

Monday 10:05 am - 11:05 am

Join us for this pool party of a workout. Low-impact but high intensity, this is a class for all abilities wanting to bring new life into their aerobic routine. A cardio-based series of progressions create a full-body workout using foam dumbbells to build muscular strength and endurance while rocking out to lively music that keeps the energy level high. Patrons have the option to be in the shallow or deep end, and all movements are offered a modification to cater to all physical needs.

Active Balance

Tuesday 10:05 am - 11:05 am

This rhythmically choreographed class combines Latin dance with aerobic agility to bring a balance of flexibility, strength, and coordination designed to increase efficiency in your day to day activities. More focused than our high intensity classes, specific muscles groups are targeted in each movement with an emphasis on stretching and fluidity that is easy on the joints and promotes full range of motion.

Cardio Rock 'n' Roll

Wednesday 10:05 am - 11:05 am

Join us for this pool party of a workout. Low-impact but high intensity, this is a class for all abilities wanting to bring new life into their aerobic routine. A cardio-based series of progressions create a full-body workout using foam dumbbells to build muscular strength and endurance while rocking out to lively music that keeps the energy level high. Patrons have the option to be in the shallow or deep end, and all movements are offered a modification to cater to all physical needs.



Aqua Explosion Wednesday 7:05 pm - 8:05 pm

Here to take your workouts to the next level, this circuit-based class facilitates high energy expenditure without the joint stress by using elements of tabata, kickboxing, and alactic sets for lactic acid tolerance and strength conditioning. Known as high intensity interval training, this class is adapted to the aquatic environment to promote low impact resistance movements that increase power and stamina for an elevated experience.

Active Balance Thursday 10:05 am - 11:05 am

This rhythmically choreographed class combines Latin dance with aerobic agility to bring a balance of flexibility, strength, and coordination designed to increase efficiency in your day to day activities. More focused than our high intensity classes, specific muscles groups are targeted in each movement with an emphasis on stretching and fluidity that is easy on the joints and promotes a full range of motion to reduce onset muscle soreness and stiffness.

Anti-Gravity Total Body Friday 10:05 am - 11:05 am

Taught in the 9ft area of the pool, this zero-impact class is a series of aerobic and anaerobic vertical movements that achieve a total body workout. Varying intensities push metabolic rate as endurance is combined with active recovery. Patrons are welcome to wear a flotation belt provided by the facility as well as experience the class from the shallow end.

Aqua Explosion Saturday 12:05 pm - 1:05 pm

Here to take your workouts to the next level, this circuit-based class facilitates high energy expenditure without the joint stress by using elements of tabata, kickboxing, and alactic sets for lactic acid tolerance and strength conditioning. Known as high intensity interval training, this class is adapted to the aquatic environment to promote low impact resistance movements that increase power and stamina for an elevated experience.

AEA Power Stability Sunday 12:05 pm - 1:05 pm

Our certified arthritis instructors provide a modified program that gently builds strength in joints and muscle groups as steps to achieve physical independence, full range of motion mobility, and dexterity. Each exercise is specified to promote overall wellness and body awareness through toning and stretching that translates to the movements daily tasks demand outside of the water. The pool is heated to 86 degrees to relax muscles and blood flow for a comfortable yet stimulating workout.

REGISTRATION/RESERVATION AND REFUND POLICY

Registration Information

- Registration is required for all recreation programs. Register early, as programs may have to be cancelled without meeting the minimum enrollment.
- Recreation programs are NOT prorated.
- Register online at weho.org/recreation or you may register in person at West Hollywood Park or Plummer Park.
- Check, credit card, or money orders are accepted forms of payment. NO CASH.

Late Pick-Up Policy

- Parents and/or Guardians must pick up children and youth participants ON TIME at the end of each class or camp day. THERE IS NO GRACE PERIOD. Should the participant be picked up late, a \$1 per minute late fee will be charged, starting the minute after the end of class. Late fees must be paid before the child can return to the program or class. If a parent or guardian is repeatedly late picking up their child, they risk suspension from the program without refund.

Recreation Programs Refund Policy

- Requests for withdrawals, refunds or transfers for all Recreation Programs require written notice via email to recreation@weho.org ten days prior to start date of the program. Submitting a refund request does not ensure the refund will be granted.
- Make-up classes or refund will NOT be given for any dates missed by patron for any reason.
- Full refunds are available for classes that are cancelled by the city.
- A refund check is issued for all check or money order transactions. This refund process takes 4 - 6 weeks. Credit card transactions will be refunded to the same credit card within five business days.
- A \$5 administrative fee will be charged per transaction per participant.

Aquatics Facility Credit / Refund Policy

- If the facility is closed for an unforeseen reason, the Aquatics programs or classes for that date or dates will be refunded.
- Make-up lessons, or refunds will not be given for any dates missed by patrons for any reason.
- Requests for withdrawals, refunds, and transfers for all Aquatics programs and classes must be made ten days prior to the start date of the program or class.
- Requests for withdrawals, refunds, and transfers for all Aquatics programs must be submitted via email to the Aquatics Supervisor, Cortez Jordan, at cjordan@weho.org.

Reservation Information

- Facility reservations must be made at least two weeks in advance.
- You may reserve facilities online at weho.org/recreation.

Facility Reservation Refund Policy

- Reservation refunds or change of facility require written notice ten days prior to reservation date via email to recreation@weho.org. Submitting a refund request does not ensure the refund will be granted.
- Refunds will not be issued with less than ten day notice.
- A refund check is issued for all check or money order transactions. This refund process takes 4 - 6 weeks. Credit card transactions will be refunded to the same credit card within five business days.
- A \$5 administrative fee will be charged per transaction per participant.

WEHO.ORG/RECREATION

CITY OF

WEST HOLLYWOOD

Services

Community

Business

City Government



- Recreation Services

Recreation Online

Teen Programs

Helen Albert Certified
Farmers' Market



[Community](#) » [Recreation Services](#) »

PARK FACILITIES



The City of West Hollywood has a variety of parks, an Aquatic Center, tennis and paddle courts.

West Hollywood Park and Plummer Park facilities are available for recreational events, community meetings, and sports activities.

Kings Road Park is reservable for community events Monday through Saturday on a limited basis. No bookings are accepted for Sundays.

Call the park offices for details. All park facilities are open seven days a week.

Plummer Park Community Center Closures

Monday, September 3 - Labor Day
 Wednesday, October 31 - Halloween
 Monday, November 12 - Veterans Day
 Thursday, November 22 & Friday, November 23 - Thanksgiving

Plummer Park Community Center Early Closures

Saturday, October 27 (Closes @ 5 pm)

West Hollywood Park Office Closures

Monday, September 3 - Labor Day
 Saturday, October 27 - Youth Halloween Carnival
 Wednesday, October 31 - Halloween
 Monday, November 12 - Veterans Day
 Thursday, November 22 & Friday, November 23 - Thanksgiving

Aquatic Center Closures

Monday, September 3 - Labor Day
 Monday, September 17 - Special Event
 Tuesday, September 18, from 6 am to 10 am
 Wednesday, October 31 - Halloween
 Monday, November 12 - Veterans Day
 Thursday, November 22 & Friday, November 23 - Thanksgiving

Aquatic Center Early Closures

LIFEGUARD IN-SERVICE TRAINING (Please see page 19)

1 West Hollywood Park (323) 848-6534

647 N. San Vicente Blvd., West Hollywood

Park Hours: 6 am - 12 midnight

Office Hours: 9 am - 10 pm

Tiny Tot Office: (323) 848-6537

Dog Parks

Hours: 6 am - 12 midnight

Aquatic Center (323) 848-6538

647 N. San Vicente Blvd., West Hollywood

2 William S. Hart Park (Dog Park) (323) 848-6308

8341 De Longpre Ave., West Hollywood

Park Hours: 10 am - 6 pm

3 Plummer Park (323) 848-6530

7377 Santa Monica Blvd., West Hollywood

Park Hours: 6 am - 10 pm

Office Hours: 9 am - 10 pm

4 Sal Guarriello Veterans' Memorial

8461 Santa Monica Blvd., West Hollywood

POCKET PARKS

Pocket Parks Hours:

Monday - Friday 9 am - dusk

Saturday & Sunday 10 am - dusk

5 Formosa Park

1140 N. Formosa Ave., West Hollywood

6 Havenhurst Park

1351 Havenhurst Ave., West Hollywood

7 Laurel Avenue Park

1343 N. Laurel Ave., West Hollywood

8 Kings Road Park (323) 848-6534

1000 N. Kings Road, West Hollywood

**City of West Hollywood
Recreation Services**

8300 Santa Monica Blvd.
West Hollywood, CA 90069
(323) 848-6308



PRESORTED
STANDARD
U.S. Postage
PAID
Permit No. 288
Anaheim, CA

*****ECRWSEDDM*****

RESIDENTIAL CUSTOMER

You are invited to the first ever **WeHo REC EXPO**

SATURDAY, AUGUST 18 | 11 AM TO 1 PM | PLUMMER PARK, FIESTA HALL

Sunny With a Chance of Puppies.

Follow [@WeHoCity](#) for alerts on local freebies from pet care to bike share.



Low-Cost Pet Vaccination & Microchip Clinic

