

SPRING 2018

WeHo

REC

READER

Parks
Make
Life
Better!

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



**DOG PARKS
NOW OPEN
AT WEST HOLLYWOOD
PARK!**



LIKE US ON FACEBOOK AT
facebook.com/WestHollywoodRec



FOLLOW US ON INSTAGRAM
[@wehorec](https://instagram.com/wehorec)

City of West Hollywood Recreation Services

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

West Hollywood City Council

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

Human Services and Rent Stabilization Department

Recreation Services

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

Cover Photo by 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.

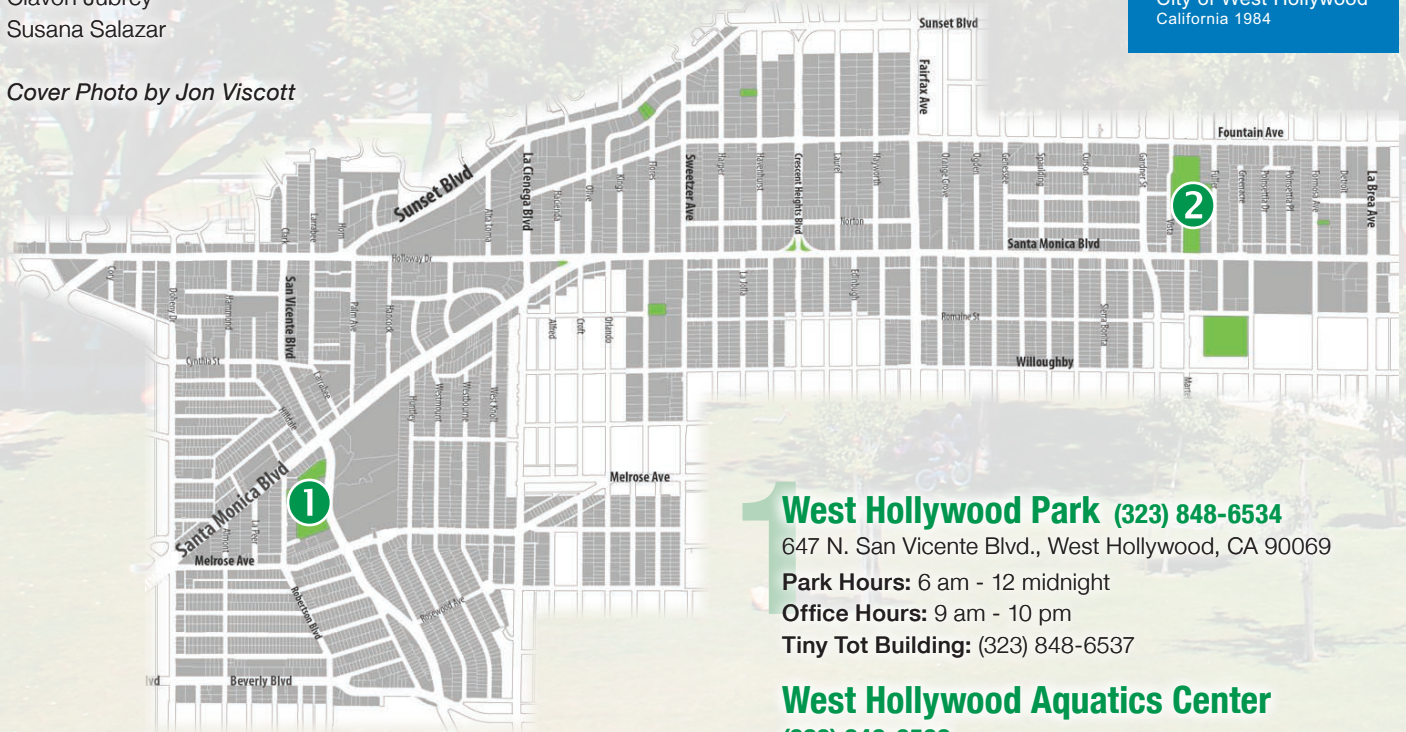
SPRING REGISTRATION BEGINS

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

MARK YOUR CALENDAR!

SUMMER REGISTRATION BEGINS

May 15, 2018 at 10 am for residents
May 17, 2018 at 10 am for non-residents



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

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

SPRING 2018

WeHo REC READER

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

SEE PAGE 23 FOR MORE PARK FACILITIES

FROM THE MANAGER

Hello West Hollywood Community,

The City of West Hollywood's Recreation Services Division welcomes you to join us at our parks and Aquatic Center as we prepare to offer our Spring season of activities and events.

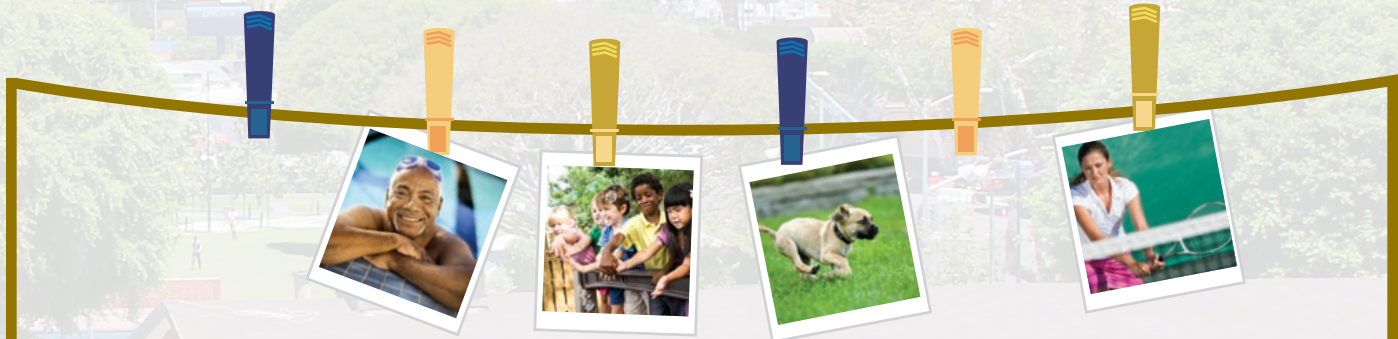
This Spring Rec Reader is filled with outstanding activities and events for any age and interest. This season we are offering a variety of new classes such as Tot Bootcamp, Pop-Up-Play, Family Fun Fridays and Happy Feet-Ballroom Dance.

Be sure to join us for returning activities such as Spring Camp, Water Fitness, Fun-damentals of Sports, Teen Chef and Be Well WeHo classes.

A friendly reminder as we move forward with construction at West Hollywood Park that all facilities will remain open during this time. We invite you to join us at our newly opened dog parks that are now available for large and small dogs to run and play. This new space also allows you to meet fellow dog lovers and new friends and families in the community.

The Recreation Services Staff have put together a variety of activities and events for this season and are hard at work making a difference in the Parks and Aquatic Center each day. We look forward to you joining us during the Spring season as you participate in all of the exciting programs we have to offer.

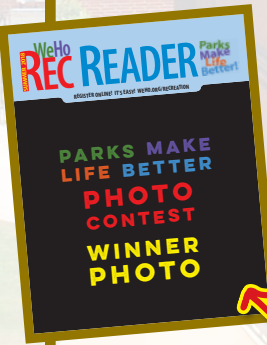
Stephanie Martinez, Recreation Services Manager



PARKS MAKE LIFE BETTER in WeHo

Photo Contest

Have you participated in one of our Recreation Programs, went swimming at the Aquatic Center, took your dog to the Dog Park, or spent an afternoon with your family in the park? We want to see what 'Parks Make Life Better' means to you. Share your experience, snap and submit a photo and your testimonial to recreation@weho.org. Winning photos and testimonials will be published in the Summer 2018 Rec Reader, City of West Hollywood social media and division presentations. Overall winner will be featured on the Rec Reader cover.



Entry Requirements:

- Photo must be a 9" x 7.25" jpeg or jpg. Formats not accepted include gif, png, and bmp. If unsure of setting, set camera to a highest quality available or image resolution of at least 2016 x 3040 on smart phones.
- Photos must be taken within City of West Hollywood city limits and within a park.
- All entries are accepted by email at recreation@weho.org. No print photo entries will be accepted. Please remember to submit the picture plus the testimonial.
- With the exception of the digitally altered category, photos cannot be altered in any way utilizing Photoshop or comparable program.

Submission Requirements:

- Contest is open to both Residents and Non-Residents of West Hollywood.
- Email subject line must include: contestant's full name and title of the picture.
- No more than 3 submissions per family/person.
- Contestants under the age of 18 must have permission from a parent or legal guardian.
- All photos must be original work of contestant. No copyrighted or previous or previously published photos will be accepted.
- Upon submittal, contestant must fill out the City of West Hollywood Photo/Video Model Release Authorization.
- The City reserves the right to reject any entry deemed not suitable for consideration due to objectionable content such as the use of profanity, nudity, drug, alcohol, tobacco use or cruelty to persons or animals.
- First 50 entries will receive 'Parks Make Life Better' swag.
- Recreation Leadership Team will vote on the cover photo.



Dog Parks Open at West Hollywood Park!

Canine members of the community and their human companions are invited to come out and play at West Hollywood Park's new dog parks, which opened in January 2018.

The off-leash, artificial turf dog parks are located on either side of the outdoor basketball courts at the north end of West Hollywood Park. The small dog area consists of 4,250 square feet, and is located to the west of the courts. The large dog area consists of 7,350 square feet and is located to the east of the courts. Each dog park features expanses of open space with benches, shade trees, small mounds and turf terraces for romping, and water stations. New pedestrian stairs and a ramp north of the basketball courts allow convenient access to and from Santa Monica Boulevard. Enjoy the dog parks and remember to be considerate of other park goers. All dogs must be on a leash in areas of the Park outside of the dog parks, and always clean up after your dog.

The small and large dog parks are the first new features of the park to be unveiled as part of Master Plan Phase II improvements. There will be an Aquatic and Recreation Center, expanded green spaces, updated children's playgrounds, and an AIDS Monument added to the already constructed West Hollywood Library, which was completed as part of Phase I.

Construction at West Hollywood Park began in January 2017 and is anticipated to last through 2020. The City and its partners in the effort are working diligently to minimize impacts on park users, local residents, and surrounding businesses. All area businesses remain open!

El Tovar Place (the short road between N. San Vicente Boulevard and N. Robertson Boulevard just south of West Hollywood Park) will remain closed to allow for construction. The West Hollywood Library and its adjacent five-story public parking garage are open and accessible from N. San Vicente Boulevard throughout construction, and parking is free for one-hour in the garage. The park and every existing park facility will remain open until after each new improvement is completed and available.

For details about the West Hollywood Park construction, please visit weho.org/whparkproject.

If you would like to receive regular updates about park construction, please sign up for email updates at weho.org/email.

April is National Poetry Month!

WeHo Reads: Route 66 Through the Eyes of Poets

Date: Wednesday, April 25 | **Time:** 7 pm
Location: West Hollywood Library, 625 N. San Vicente Blvd.
RSVP: weho.org/wehoreads | **Cost:** Free



West Hollywood City Poet Laureate Kim Dower curates a free poetry reading as the sun goes down over Santa Monica Boulevard.



CITY EVENTS

ONE CITY ONE PRIDE

weho.org/pride

May 22 - June 30 40 Days of LGBTQ Arts



One City One Pride kicks off on May 22!

One City One Pride / WeHo Reads presents:

A Staged Reading of Dear Harvey

Date: Tuesday, May 22 | **Time:** 7 pm | **Cost:** Free

Location: West Hollywood Library, 625 N. San Vicente Blvd. | **RSVP:** weho.org/pride

Join the City of West Hollywood's WeHo Arts program and Celebration Theatre for a staged reading of Dear Harvey, an ensemble play written by Patricia Loughrey which recounts the life and lasting impact of groundbreaking LGBT activist and politician Harvey Milk, as told by the people who knew him best. This event also serves as the official kick-off to the City's One City One Pride LGBTQ Arts Festival, which celebrates this year's theme "I Remember" from May 22 to June 30.

CONTACT US AT RECREATION@WEHO.ORG

THE CITY OF WEST HOLLYWOOD AND SENIOR ADVISORY BOARD PRESENTS THE

17TH ANNUAL HEALTHY SENIORS FAIR

Date: Wednesday, May 16 | **Time:** 9 am - 12 pm

Location: Plummer Park, Community Center

The 17th Annual Senior Health Fair will feature demonstrations, health screenings and information from a variety of community organizations.

Complimentary lunch provided and RSVPs for lunch will be taken after March 1 at (323) 848-6820.

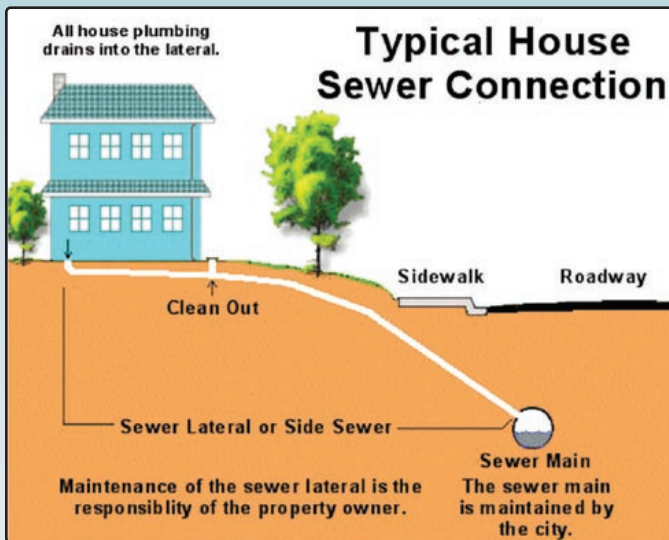
For more information contact the City's Social Services office at (323) 848-6510.



SEWER LATERAL MAINTENANCE

What is a Private Sewer Lateral?

Every home and business has a pipe that drains wastewater to the City owned sewer mainline. That pipe is called a private lateral. The City owned sewer mainline connects to regional sewer lines which transport sewage to the Hyperion Wastewater Treatment Plant, located in Playa Del Rey.



Property Owner's Responsibility

Private property owners are responsible for properly operating and maintaining their private laterals, including the point of connection to the City owned sewer mainline. The proper maintenance of a private sewer lateral is important because the line can clog with roots and grease, and may cause a backup inside a home or business. A spill can also result in public and/or environmental health concerns.

How Can a Property Owner Maintain a Functional Sewer Lateral?

1. Have your sewer lateral video inspected and cleaned routinely as necessary.
2. Repair or replace deteriorated or damaged lateral pipes as soon as possible.
3. Do not plant trees or large shrubs near sewer lateral pipes.
4. Never pour paint or building materials down a drain.



Is Your Sewer Stopped Up?

If you have a sewer back up and your plumber suspects the problem is not in your building or private lateral, you can call West Hollywood City Hall at (323) 848-6375 or after hours call the Los Angeles County Sewer Maintenance Dispatcher at **1-800-675-HELP(4357)**. Maintenance crews are available to respond to sewer mainline problems 24 hours a day, 7 days a week.

Know What 2 Flush!

Human waste and toilet paper should be the only thing going down the toilet. Unfortunately, over the years, people have turned the toilet into a trash can. Things to not put down your toilet include cotton products like cotton balls, q-tips, and feminine hygiene products, dental floss, thick paper towels, condoms, and medication. Even cat litter should not be put down the toilet because like the coffee grounds it does not dissolve for a long time and can actually cause a backup in the pipes. Similarly baby wipes and disposable cleaning cloths that are commonly sold in the cleaning aisles of stores should not be flushed down the toilet because they do not dissolve quickly enough and can get caught in the sewer pipes in the building.

No wipes in the pipes!

KIDS FAIR

The West Hollywood Kids Fair is a free day of fun and education for young children and their families.

Participants include local schools, public safety, and social services programs, health services, environmental and non-profit organizations, plus much more! The Kids Fair also includes face painting, arts and crafts, and non-stop entertainment from local schools and organizations. For more information please call (323) 848-6510 or visit weho.org.

Date: Saturday, April 14 | **Time:** 10 am - 2 pm | **Location:** Plummer Park, Vista Lawn

Save the Date! Save the Date! Save the Date! Save the Date! Save the Date! Save the Date!

SOLID WASTE & RECYCLING INFORMATION

Where can I drop off Household Hazardous Waste (HHW) and Electronic Waste (E-Waste)?

It is illegal to dispose of HHW and E-Waste in the trash. To properly dispose of HHW and E-Waste, you must take it to a HHW or E-Waste Round Up or a drop-off site that accepts these items.

Hazardous Waste Round ups are held by the Sanitation Districts of Los Angeles County each year in June in Beverly Hills and September in Culver City. The City will publicize these events as the dates are announced.

You can take HHW and E-Waste to the following locations year round:

- **UCLA S.A.F.E. Drop-Off Center**
550 Charles E. Young Drive West, Los Angeles, CA 90095
1-800-98-TOXIC
Hours of operation: Thursday-Saturday; 8:00 am-2:00 pm
E-Waste accepted on Saturday ONLY
Items accepted: Household Hazardous Waste and Electronic Waste
- **Goodwill**
8430 Beverly Blvd., Los Angeles, CA 90048 | (323) 653-3480
or
7919 Beverly Blvd., Los Angeles, CA 90048 | (323) 556-0060
Items accepted: Computers, TVs, and other electronic waste.
- **West Hollywood Sheriff's Station SAFE Drop-Off Containers**
780 N. San Vicente Blvd., (323) 855-8850
Anonymously dispose of controlled substances in the white Safe Drop-Off containers located in the front parking lot of the West Hollywood Sheriff's Station.
Items accepted: Prescription Drugs, Illegal Drugs, and SHARPS.

What is the SHARPS Program?

To promote good health for all its citizens and patrons alike, the City of West Hollywood is continuing its FREE "Sharps Disposal by Mail" program for the coming year. "Sharps Disposal by Mail" kits store used needles, syringes & lancets - and when full, are mailed to a facility that will dispose of them properly, as biohazardous waste. The original packing box also doubles as the mailback box, with the postage prepaid. This simple action will protect your families, sanitation workers and others from accidental injury by needles thrown in the trash.

How can I call for bulky or large item pickups?

- For Residents:** Bulky or large items will be picked up at no charge to you, but are restricted to 1 or 2 items. Please call Athens Services at 1-888-336-6100 to make arrangements for pickup. Once an order is placed, all items will be picked up on your regularly scheduled day if they are properly placed at the curb.
- Refrigerators:** The door(s) must be removed from the hinges.
- Carpet:** Must be cut into lengths no longer than 4 feet and rolled into a diameter of not more than 18 inches.
- Wood:** Must be cut into lengths no longer than 4 feet and bundled.
- Construction Debris is NOT ACCEPTED for pick up as a bulky item.**
- Landlords & Property Managers:** When conducting clean-ups or construction on your property, special arrangements must be made for the disposal of CONSTRUCTION DEBRIS and BULKY items. Call Environmental Services at (323) 848-6404 for a list of West Hollywood's permitted haulers.

CITY OF WEST HOLLYWOOD'S RECREATION SERVICES DIVISION PRESENTS



JUNK in the TRUNK community market

Saturday, March 10

9:00 a.m. - 1:00 p.m.

Plummer Park

North Parking Lot (corner of Fountain Ave. and Vista St.)

Put your junk in your trunk for a rummage sale!

\$15 advanced registration required for sellers (one space per family).

Free admission for shoppers.

For sellers:

- Yard sale items only — no vendor goods
- Set-up begins at 8 a.m. — no cars will be permitted to enter after 9 a.m.
- Compact cars and SUVs only — no oversize vehicles
- One canopy allowed per spot — no bigger than 10'x10'

Register at weho.org/recreation (activity code #7932)

Questions? Please call (323) 848-6546



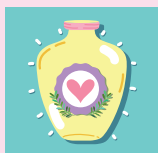
**Parks
Make
Life
Better!**

Family Fun Fridays

Join us for a "Family Fun Friday"! Take a night off and spend some quality time with your family! One Friday out of each month we will host a unique activity for the whole family to enjoy!

March 9

ARTS & CRAFTS



Savings Jars

Decorate savings jars! Mason Jars will be provided as well as all the crafty supplies to decorate with.

Time: 6 pm - 9 pm

Activity#: 8275

Min: 5 | **Max:** 30

Ages: All ages!

Location: Plummer Park, Room 5 & 6

Staff: Michelle

Fee: \$5 per person

April 6

GAME

N I G H T

Who loves board games? Show us your skills at Game Night! Board games will be provided.

Time: 6 pm - 9 pm

Activity#: 8276

Min: 5 | **Max:** 30

Ages: All ages!

Location: Plummer Park, Room 5 & 6

Staff: Michelle

Fee: FREE

May 4

BREAKFAST FOR DINNER



Is always a winner! No need to cook this night, join us at the dinner table for some quality time over breakfast. Wear your pajamas!

Time: 6 pm - 9 pm

Activity#: 8277

Min: 5 | **Max:** 30

Ages: All ages!

Location: Plummer Park, Room 5 & 6

Staff: Michelle

Fee: \$5 per person

TINY TOTS

Please Note: For all Parent and Me classes, 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.

PARENT and ME Activities

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. **Parent participation is required.*

Ages: 1 ½ – 3 ½ years | **Min:** 5 | **Max:** 15

Location: West Hollywood Park, Tiny Tot Building

Staff: Mrs. Cecilia and Mr. Chris

Cost: \$120 per 10 week session

8072	March 28 – May 30*	M/W	10 am – 12 pm
	*No class on May 28		
8073	March 27 – May 31	T/Th	10 am – 12 pm



Ooey, Goey, Messy 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. This is a parent and me activity. This class requires full attention and participation from the parent. No unregistered siblings allowed in class. 1 to 1 ratio parent to child.

Ages: 2 – 3 ½ years | **Min:** 5 | **Max:** 12

Location: West Hollywood Park, Tiny Tot Building

Instructor: Ms. Guille

Cost: \$40 per 4 week session

7938	March 9 - March 30	Fri	10:00 am – 11:00 am
7939	April 6 - April 27	Fri	10:00 am – 11:00 am
7940	May 4 - May 25	Fri	10:00 am – 11:00 am



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. This is a parent and me activity. This class requires full attention and participation from the parent. No unregistered siblings allowed in class. 1 to 1 ratio parent to child.

Location: Kings Road Park | **Min:** 5 | **Max:** 12

Staff: Mrs. Dennice

Cost: \$64 per 4 week session

Ages: 6 months to 1 ½ years

7908	March 6 – March 29	T/Th	9:30 am - 10:15 am
7909	April 3 – April 26	T/Th	9:30 am - 10:15 am
7910	May 8 – May 31	T/Th	9:30 am - 10:15 am

Ages: 1 ½ to 3 years

7911	March 6 – March 29	T/Th	10:30 am – 11:15 am
7912	April 3 – April 26	T/Th	10:30 am – 11:15 am
7913	May 8 – May 31	T/Th	10:30 am – 11:15 am

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 – 3 ½ years | **Min:** 5 | **Max:** 22

Location: Plummer Park, Vista Lawn

Staff: Kidz Love Soccer

Cost: \$88 / 7 week session

7934	April 10 – May 22	T	5:30 pm – 6 pm
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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: 3 ½ – 5 years | **Min:** 5 | **Max:** 16
Location: West Hollywood Park, Tiny Tot Building
Staff: Mrs. Cecilia and Mr. Chris
Cost: \$240 per 10 week session
 8074 March 27 – May 31* M – Th 1:30 pm – 5 pm
 *No class 5/28

Tot Bootcamp

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



Ages: 3 – 5 years
Min: 5 | **Max:** 20
Location: West Hollywood Park, Auditorium and Great Lawn
Staff: Mr. Chris
Cost: \$20 per 4 week session
 8229 March 2 – March 30* Fri 3:30 pm – 4:15 pm
 *No class on 3/23
 8230 April 6 – April 27 Fri 3:30 pm – 4:15 pm
 8231 May 4 – May 25 Fri 3:30 pm – 4:15 pm

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 and Great Lawn
Staff: Mr. Chris
Cost: Free
 8233 March 2 Fri 5 pm – 6 pm
 8234 April 6 Fri 5 pm – 6 pm
 8235 May 4 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 and/or Plummer 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
Location: West Hollywood Park (near the playground) / Plummer Park (near the playground)
Staff: Recreation Division
Cost: Free
 March 6 – May 25 Tue / Fri 3 pm – 5 pm
 March 6 – May 30 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: 3 ½ – 5 years | **Min:** 5 | **Max:** 15
Location: Plummer Park, Vista Lawn
Staff: Kidz Love Soccer
Cost: \$88 / 7 week session
 7936 April 10 – May 22 T 4:45 pm – 5:20 pm

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: 4 – 5 years | **Min:** 5 | **Max:** 15
Location: Plummer Park, Vista Lawn
Staff: Kidz Love Soccer
Cost: \$88 / 7 week session
 7935 April 10 – May 22 T 4 pm – 4:45 pm

YOUTH

Art Blast

Hey kids and parents, join us every Friday as we make awesome art projects while learning new and creative ways to design your own work of art. *Please have children wear something they can get messy in. Parents are required to participate in all activities with their child during class.

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

Location: Plummer Park Community Center, Art Room 2

Staff: Dyanna

Cost: FREE

7904	March 2 – March 23	Fri	4 pm – 5 pm
7905	April 6 – April 20	Fri	4 pm – 5 pm
7906	May 4 – May 25	Fri	4 pm – 5 pm

Fun-damentals of Sports

The City of West Hollywood believes your child is a star and West Hollywood Park is the playing field. This program will focus on introducing kids to the basic of 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:** 6 | **Max:** 14

Location: West Hollywood Park, Great Lawn

Staff: Coach Jaime and Coach Daniel

Cost: \$55 per 5 week session



Fun-damentals of Tee-Ball

This five week class will focus on teaching basic batting, throwing, and running techniques that will help your child advance their overall motor skills. The session will end with a modified instructional game.

7927	March 10 – April 7	Sat	10:30 am – 11:30 am
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Fun-damentals of Basketball

This five week class will focus on teaching basic dribbling, passing, and shooting techniques that will help your child advance their overall motor skills. The session will end with a modified instructional game.

7926	April 14 – May 12	Sat	10:30 am – 11:30 am
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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: 6 – 12 years | **Min:** 8 | **Max:** 10

Location: West Hollywood Park, Basketball Courts

Instructor: Coach Keith

Cost: \$80 per 5 week session

7929	March 10 – April 7	Sat	10 am – 11:30 am
7930	April 14 – May 12	Sat	10 am – 11:30 am

LATE PICK-UP POLICY: Parent or guardian must pick their camper up ON TIME at the end of each camp day. THERE IS NO GRACE PERIOD. Should the camper be picked up late, a \$1 per minute late fee will be charged, starting the minute after the end of camp. Late fees must be paid before the child can return to the program. If a parent or guardian is repeatedly late picking up their child, they risk suspension from the program without refund.

AMAZING MAJESTIC

SPRING CAMP

★ Come one come all, step right up and join the fun, this carnival party will be the best one! ★
 ★ West Hollywood is coming to town! Games, ★
 ★ crafts, and fun galore! There will be so much to ★
 ★ explore! So come on down for you're the one we ★
 seek! It's going to be a magical week!

**If this is your first time registering with us, please provide proof of age in the form of a legal document (birth certificate, ID, Medical Card). Copies will not be accepted. You must provide the proof two weeks prior to the start of camp.*

Ages: 6 – 11 years
Location: Plummer Park, Great Hall
Camp Lead Counselor: Michelle and Dennice
Cost: \$150 per week

7941	March 26 – March 30	M – F	8 am – 5:30 pm
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AWESOME UNIQUE

West Hollywood Teen Center

Location: 7377 Santa Monica Blvd. | **Phone:** (323) 848-6532 | **Ages:** 9 – 18 years | **Teen Center Staff:** Amy

Hours: Tuesday – Friday 3 pm – 8 pm & Saturday 12 pm – 7 pm | **Cost:** FREE

Located in the Plummer Park Community Center, the Teen Center is a place dedicated to offering a variety of flexible, recreational and structure 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 and more! Stop by and pick up a monthly calendar because we always have new and exciting things to do every single month. **Teen Center Closures:** Tuesday, March 27 and Saturday, March 31

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.

8166

Wednesdays 5 pm – 6:30 pm

Fresh City Kids with Chef Lauren Von Der Pool

Do you want to eat healthy but do not know how? Fresh City Kids is the program for you!

NEW!

Led by Von Der Pool Healthy Living Services and instructed by Chef Lauren Von Der Pool you will learn healthy and tasty recipes. At the end of the 6-week program you'll receive a Fresh City Kids Chef certification, your very own cook book, and chance to participate in a Fresh City Kids Top Chef Competition. Must attend every class to receive the certificate and cook book.

8239 April 4 – May 9

Wednesday 5 pm – 6:30 pm

10th Annual “Volunteen” Awards

Join City Council members, Commissioners, and the Teen Center as we recognize our “volunteens” for their dedication and commitment to serving. Providing Activities for City Kids (P.A.C.K) members volunteer monthly at city events and with local non-profit agencies in the Los Angeles County area. Friends and family are invited to enjoy entertainment and refreshments as we celebrate our future leaders!

7902 May 16

Wednesday 5 pm – 6 pm

West Hollywood Youth Scholarship Program

The West Hollywood Youth Scholarship Program was established in the spring of 2007 to encourage and support students interested in pursuing their education beyond high school. The program is open to all residents of the City of West Hollywood who are graduating from high school or receiving their GED. To be eligible for the Youth Scholarship Program the applicant must be a current West Hollywood resident and a high school senior ready to graduate or a student receiving his/her GED who is planning to pursue post-secondary education.

The Youth Scholarship Program requires that scholarship recipients perform at least 150 hours of community service prior to receiving scholarship funds. Scholarships are awarded at the Annual “Volunteen” Award in the amount of \$1,500 each and may be used for any expenses incurred in pursuing post-secondary education (including college or accredited trade/vocational school). For more information visit weho.org/youthscholarship or contact Corey Roskin at croskin@weho.org or (323) 848-6403.

Teen DIY Projects

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

8240 March 29 - Pillow

Thursday 3:30 pm – 4:30 pm

8241 April 26 - Vinyl Mug

Thursday 3:30 pm – 4:30 pm

8242 May 24 - Agate Coasters

Thursday 3:30 pm – 4:30 pm



Teen “Me Day”

When was the last time you took a “Me Day”? It's time to take care of you! Relax with face mask, nail care, lip balm, bath bombs and other relaxing ways to make you feel better.

8160 1st and 3rd Friday of the month

5 pm – 6 pm

Teen SAS

Are you Serious about Science? Get ready to make a mess and get your hands dirty as we experiment with Galaxy in a Jar, Dry Ice Boo Bubbles and Flubber this Spring.

8243 March 20 - Galaxy in a Jar

Tuesday 5 pm – 6 pm

8244 April 17 - Dry Ice Boo Bubbles

Tuesday 5 pm – 6 pm

8245 May 22 - Flubber

Tuesday 5 pm – 6 pm

Teen Studies

Need a quiet place to study? Need help with homework? The Teen Center is here for you! The Teen Center provides help with homework, school projects, study tips and more.

8180

Tue - Thur 3 pm – 4:30 pm

College Scouts

You know it's coming... college! We are here to help you. Teen Center will be visiting a few colleges this season. (Please see monthly calendar at the Teen Center for additional details).

8249 May - Pepperdine



weStroll

Lead by Teen Center staff, once a month we take stroll to new locations. Check the Teen Center monthly calendar for walking locations, dates, and times. Each walk is usually an hour and a half to three hours.

See the calendar for trip details.

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.

8252	March 8 - Franklin Canyon	Thursday	4 pm - 7 pm
8253	April 12 - Hollywood Sign	Thursday	4 pm - 7 pm
8254	May 10 - Bronson Cave	Thursday	4 pm - 7 pm

weRun

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

8258	April 10	Tuesday	6 pm - 7 pm
8259	April 27	Friday	6 pm - 7 pm
8260	May 8	Tuesday	6 pm - 7 pm
8261	May 25	Friday	6 pm - 7 pm

Film Making

Don't just consume media, reality TV and shows! Here's your chance to learn how to tell your own story through audio, video, and design using standard equipment and software in a supportive, collaborative environment.

8262		Thursdays	4 pm - 5:30 pm
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St. Patrick's Day

Looking for a pot of gold? Then the Teen Center is the place to be on St. Patty's Day. There will be food, music, dancing, and some lucky prize winners! Don't forget to wear green!

8162	March 17	Saturday	2 pm - 6 pm
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Teen Team Challenge

Bring your A-Team and be prepared to be challenged. The Teen Center will plan an evening of team challenges, games, and activities. Medals will be awarded.

8164	March 22	Thursday	4 pm - 6 pm
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5th Annual Kids Got Talent

Hosted by the Los Angeles County Sheriff's Youth Activity League (YAL), youth and teens from all Los Angeles County YAL programs will meet in West Hollywood on to compete in the 5th Annual "Kids Got Talent" contest. Youth and teens ages 7 to 18 are eligible to compete. Visit the West Hollywood Teen Center at Plummer Park to learn how you can participate in this year's event.

8163 TBA

Scavenger Hunt

This scavenger hunt is an awesome challenge that allows you and your friends to compete in an ultimate race against time. Bring a friend and team up for a competition like no other!

8263	April 7	Saturday	2 pm - 6 pm
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Cinco de Mayo

Ole, Ole, Ole! Join us for a celebration of Mexican and American culture through food, music, and dancing.

8165	May 5	Saturday	2 pm - 6 pm
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The Poet's Corner at the Teen Center

NEW!

The spotlight's on you! Learn methods to combine the musicality of language and emotion into a tangible piece of self-expression. We will learn the craft of writing as well as crating a community of writers who can share and critique each other's work. All of this will culminate into a Slam Poetry Night, showcasing the work we've done throughout the workshop. Get your snapping-fingers ready!

8278		Tuesdays	4 pm - 5 pm
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Volunteer Opportunities

Providing Activities for City Kids (P.A.C.K.) is our volunteer and leadership program which meets to discuss issues affecting teens, offer workshops and guest speakers and plans special events for teens. 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.

	TBA		Kids Got Talent
8177	April 14	Saturday	Kids Fair
8265	May 20	Sunday	Russian Cultural Festival

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 in the 8 to 17 years age range.

The mission of the YAL program is 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.

ADULTS



Computers and Information Technology for Every Day

As we are steadily progressing 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 wanted to learn how to use all the new technology or become more proficient in what you already know about it, these four-week class series are for you. You will gain all the skills necessary to feel comfortable using personal computers, iPads, Android and Windows tablets, Internet, email and search engines. You will get a chance to explore online social media such as Facebook, Twitter and Instagram. We will cover such important topics as backup, cloud (Google Drive, One Drive, Pix, Picasa), as well as security and privacy.

Ages: 18+ years | **Min:** 5 | **Max:** 20
Location: Plummer Park Community Center, Computer Lab
Instructor: Vladimir Estrin

Cost: \$45 per session or drop in \$15 per class NO CASH!

7915	March 4 – March 25	Sun	1 – 2 pm
7916	April 1 – April 29*	Sun	1 – 2 pm
	*No class on April 22		
7917	May 6 – May 27	Sun	1 – 2 pm

Are You Planning a Trip to Paris?



Learn some of the most frequently used words to help build your French vocabulary. This class is for new French speakers or those looking for a refresher on the language. Classes will include an introduction to French culture as well as useful tips for those planning a trip to France.

Ages: 18+ years | **Min:** 5 | **Max:** 12
Location: Plummer Park Community Center, Art Room 1
Staff: Guille | **Cost:** \$5

8280	March 7 – March 28	Wed	6:30 – 7:30 pm
8281	April 4 – April 25	Wed	6:30 – 7:30 pm
8282	May 5 – May 26	Sat	6:30 – 7:30 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 on knowledge of anatomy to his transformative, detail-oriented classes.

Ages: 18+ years
Location: Kings Road Park | **Instructor:** Mark DeWhitt
Cost: \$65 per 5 week session / \$55 per 4 week session

8130	March 7 – March 28	Wed	12:30 pm – 1:30 pm
8131	April 4 – April 25	Wed	12:30 pm – 1:30 pm
8132	May 2 – May 30	Wed	12:30 pm – 1:30 pm

Creative Planner



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 pages and create fun layouts with stamps, washi tape, stickers and much more!

Ages: 18+ | **Min:** 5 | **Max:** 20
Location: Plummer Park Community Center, Art Room 1
Staff: Dennice | **Cost:** \$12

8291	March 24	Sat	2 pm – 4 pm
8292	April 28	Sat	2 pm – 4 pm
8293	May 12	Sat	2 pm – 4 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+ years | **Max:** 20
Location: West Hollywood Park, Auditorium
Instructor: Mark DeWhitt | **Cost:** \$35 per person

8238	March 24	Saturday	10:30 am – 12:30 pm
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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 Community Center, Room 1 & 2
Staff: Lenny Pro | **Cost:** \$15 (Drop-in) NO CASH!

March – May	Saturdays	3 pm – 4 pm
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Spring Fiesta Senior Dance

Spring is near, so let's all celebrate with a Fiesta this year. What better day to celebrate than on Cinco de Mayo, there'll be music and dancing for all to enjoy. So join in and join all as we transform Great Hall Courtyard into a colorful and vibrant village that will be sure to leave you with a lasting image. Tickets go fast, register ASAP!

Ages: 55+ years | **Max:** 120
Location: Plummer Park, Great Hall Courtyard
Cost: \$5

8286	May 5	Sat	4 pm – 7 pm
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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)

March – May

Fridays

4 pm – 9 pm

Bocce Ball - Open Play

NEW!

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

Staff: Daniel | **Cost:** Free! (Drop-in)

March – May

Wednesdays 5:30 pm – 6:30 pm

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 7:00, 8:00 & 9:00 pm.

Registration opens up January 26 & January 31

Thursdays kick off: February 8

Tuesdays kick off: February 13

Visit wehododgeball.com for more information!



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 playlavo.org.

Open Play Schedule at West Hollywood Park

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

be WellWeHo

Healthier Living

Do you have health fitness goals that you just can't seem to kick-start? Are health issues causing you to miss out on opportunities with friends and family? It's time to take charge of your life with Healthier Living! Developed by Stanford University, the Healthier Living course is designed to help people understand and manage a range of health conditions – large and small. The program includes techniques to deal with lack of sleep, pain, stress, fitness, and more!

Ages: 18+ years | **Cost:** \$3 per class (6 weeks)

Location: Plummer Park, Art Room 1 | **Min:** 5 | **Max:** 20

Staff: Dyanna and Daniel

8143 April 13 – May 18

Fri

10 am – 12 pm

Location: West Hollywood Park, Skyroom | **Min:** 5 | **Max:** 20

Staff: Dominique and Angelina

8145 April 3 – May 8

Tue

2 pm – 4 pm

Matter of Balance

Are you concerned about falling? Does the fear of getting hurt cause you to restrict your activities? Don't give in! Developed by Boston University, Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. This is not an exercise class (although there is a small exercise component). It is a class that will help you feel confident, strong and able to continue your favorite activities safely!

Ages: 18+ years | **Cost:** \$3 per class (8 weeks)

Location: Plummer Park, Art Room 1 | **Min:** 5 | **Max:** 20

Staff: Dennice and Daniel

8148 March 7 – April 25

Wed

2 pm – 4 pm

Location: West Hollywood Park, Skyroom | **Min:** 5 | **Max:** 20

Staff: Dominique and Daniel

8150 March 8 – April 26

Thur

10 am – 12 pm

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:

NEW!

- 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+ years | **Cost:** \$3 per class (4 weeks)

Location: Plummer Park, Art Room 1 | **Min:** 5 | **Max:** 20

8288 March 15 – April 5

Thur

7 pm – 9 pm

Location: West Hollywood Park, Skyroom | **Min:** 5 | **Max:** 20

8289 April 3 – April 24

Tue

2 pm – 4 pm

be WellWeHo

SERIES: MINDFULNESS AND WELL-BEING

Forgiving Mindfully

Mindfully forgiving ourselves and others have been proven to increase mental and physical wellbeing among all ages. The power of forgiveness will set you free from the chain of yesteryears and it will offer you joy of living mindfully and heartfully. When you choose forgiveness, you shall experience more creativity and zest for life. A very special ceremony will be performed for you to experience amazing power of forgiveness.

Ages: 18+ years | **Cost:** \$3 per workshop

Location: Plummer Park Community Center, Rooms 5 & 6

8157	March 7	Wed	3 pm – 4:30 pm
8271	March 7	Wed	6:30 pm – 8 pm

Mindfulness and Daily Living

Daily Mindfulness and heartfulness will bring us physical and mental health. Remembering that every day is special and unique would be the starting point regardless of how unfortunate past experiences may have affected you. However, new techniques and tools will offer you to look at your life as an amazing opportunity to grow and to learn your life long lessons and as a result to assist others to do the same. Mindfulness promises to help you to mind your life, as it is a precious gift.

Ages: 18+ years | **Cost:** \$3 per workshop

Location: Plummer Park Community Center, Rooms 5 & 6

8156	April 4	Wed	3 pm – 4:30 pm
8272	April 4	Wed	6:30 pm – 8 pm

Self-Acceptance

Yes, you need to mind yourself by using self-acceptance to live your life mindfully and heartfully. If you deny yourself from your own loving kindness, how do you think that would affect you mentally, emotionally, and physically. Mindfully, loving you and allowing yourself to be who you are meant to be, would be our focus. You will learn tools to pay attention to your body and how it communicates with you to know if you are walking the path of self-acceptance.

Ages: 18+ years | **Cost:** \$3 per workshop

Location: Plummer Park Community Center, Rooms 5 & 6

8154	May 2	Wed	3 pm – 4:30 pm
8273	May 2	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, 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, Room 1 & 2

Monday	2 pm – 3 pm
Wednesday	11 am – 12 pm
Friday	2 pm – 3 pm

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, Art Room 2

Tuesday & Thursday 10:15 am – 11 am

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

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, Room 1 & 2

Monday, Thursday, Friday 10:30 am – 11:30 am

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 W.H. Resident	\$18 Non-Resident
Couple:	\$25 W.H. Residents	\$30 Non-Residents

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

EXCURSIONS

Santa Anita Race Track

Ages: All Ages | **Cost:** \$35 | **Staff:** Michelle
Location: Meet at Plummer Park South Parking Lot
Depart at: 8 am | **Return at:** 5 pm | **Min:** 30 | **Max:** 47
7924 March 10 Saturday 8 am – 5 pm



Enjoy a day at the Santa Anita Racetrack in Arcadia. Check in by 9:15 am for a 9:30 am tram ride. You'll be taken on the parks Sea-Biscuit tour. This is a guided tour that takes you behind the scenes and includes extensive walking throughout special areas of the park: stable area, receiving barn, the jockey's room, silks room, saddling padlock along with walking ring. Tour lasts approximately 75 minutes long. Groups will be on their own to eat at the track and have clubhouse seating (included) to watch the races. Everyone will receive a racing program. First post is at 1 pm. We will stay for a few of the races and depart for home by 3:45 pm.

Solvang

Ages: All Ages
Cost: \$25
Staff: Michelle
Location: Meet at Plummer Park South Parking Lot
Depart at: 8 am
Return at: 8 pm
Min: 30 | **Max:** 47
7922 April 7
Saturday 8 am – 8 pm

Spend the day in the quaint little town of Solvang. Filled with Danish heritage, customs and atmosphere, Solvang features bakeries, boutiques, novelty shops, art gallery, restaurants and more. You will have all day to explore, shop, and have lunch on your own.



Catalina Island

Ages: All Ages | **Cost:** \$75 | **Staff:** Michelle
Location: Meet at Plummer Park South Parking Lot
Depart at: 7:45 am | **Return at:** 8:30 pm | **Min:** 30 | **Max:** 47
7923 May 19 Saturday 7:45 am – 8:30 pm

We're off to Catalina! We will check in at the Catalina Express boat at 8:50 am and our boat will depart from Long Beach port at 9:50 am. Everyone will spend the day on their own for lunch and shopping at Catalina Island. The boat will depart for Long Beach at approximately 6:15 pm and the bus will meet us back in Long Beach to return back home.

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 weho.org/recreation or at Plummer Park office, West Hollywood Park Office, and City Hall. **Reservations will not be taken by phone.**
- Full payment for trips is required at the time of registration by 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 climate change.

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 & overheads. 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
Cost: \$22 / class | **Class length:** 8-12 weeks

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
Cost: \$33 / class | **Class length:** 8-12 weeks

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
Cost: \$33 / class | **Class length:** 8-12 weeks

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
Cost: \$33 / class | **Class length:** 8-12 weeks

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
Cost: \$33 / class | **Class length:** 8-12 weeks

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
Cost: \$44 / class | **Class length:** 8-12 weeks



Cardio Tennis – 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 WORKOUT!
Cost: \$16.50 / workout | **Class length:** 8-12 weeks



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

Cost: \$33 / class | **Class length:** 8-12 weeks

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

Cost: \$33 / class | **Class length:** 8-12 weeks

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

Cost: \$22 / class | **Class length:** 8 weeks

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

Cost: \$22 / class | **Class length:** 8 weeks

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

Cost: \$22 / class | **Class length:** 8 weeks

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

Cost: \$22 / class | **Class length:** 8 weeks

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

Cost: \$22 / class | **Class length:** 8 weeks



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

Cost: \$22 / class | **Class length:** 8 weeks



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



AQUATICS

The West Hollywood Aquatics Center strives to offer affordable and safe Aquatics Programs for the entire community. These aquatic 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

VISIT OUR WEBSITE FOR CLASS DESCRIPTIONS: weho.org/recreation

weSwim 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:
March 10 - 17	Sat	8096	8097	8098	8099	8100	8101	\$25.00
April 7 - 21	Sat	8082	8083	8084	8085	8086	8087	\$37.50
April 8 - 22	Sun	8089	8090	8091	8092	8093	8094	\$37.50
May 5 - 19	Sat	8116	8117	8118	8119	8120	8121	\$37.50
May 6 - 20	Sun	8123	8124	8125	8126	8127	8128	\$37.50



weSwim Swim Lessons PARENT / CHILD

Ages: 6 months - 3 years | **Min:** 2 | **Max:** 20

Introducing your young one to an aquatic environment as early as possible sets the groundwork for a future of comfortably enjoying water. These classes focus specifically on water acclimation and basic safety for you and your child around water. Classes focus on getting your little one comfortable in a pool setting. Songs and games accompany information about general aquatic safety for your youngster. Instruction on cued entries, kicks, floats, and bubbles will give them a chance to play and feel safe with you and others in the water. For the health and safety of all of our pool users, reusable waterproof diapers are required for children younger than three.

Session Dates:	Days:	Times: 10:05am	10:35am	Cost:
April 7 - 21	Sat	8076	8077	\$15
April 8 - 22	Sun	8079	8080	\$15
May 5 - 19	Sat	8110	8111	\$15
May 6 - 20	Sun	8113	8114	\$15

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: weho.org/teamblast

Practice Times: 4 pm - 6 pm



Water Fitness Classes

Our water fitness instructors are here to work with you to meet your current fitness needs. Water allows the body to move in ways it is unable to on land. It supports you throughout full ranges of motion and lets you focus on specific muscles for strengthening or rehabilitating. Water Fitness is an excellent way to strengthen your core muscles and improve your flexibility and cardio vascular health while reducing impact to your joints.

Class Times: Monday - Friday 10:05 am - 11:05 am

WATER FITNESS CLASS DROP-IN FEES:

Residents: \$4 per class | **Non-Residents:** \$6 per class
Senior (55+)/Disabled: \$3 per class

WATER FITNESS 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.

Star Guard Lifeguard Training Crossover Course

The demographics of the typical Star Guard student demand a training course delivery that is concise, fast-paced, and challenging enough to get results and develop high-quality skills and competence. The curriculum has been carefully designed to meet these goals. The Star Guard curriculum is based on experiential learning concepts and an integrated, context-based approach. Students learn by doing, in situations and environment as similar as possible to those where they will work. Active learning, rather than passive learning by watching videos or listening to lectures, is a hallmark of the Star Guard program. The focus of a Star Guard course is on gaining practical skills and an understanding of the best practices to build confidence to handle an emergency situation. Skill sets are best learned and retained by repeat practice in realistic circumstances. Instructors can make the most of class time by limiting lectures to essential knowledge, and focusing on hands-on skill practice.

Cost: \$90

Course Length: Crossover training: about 18 hours (Blended course format includes online component of about 2 hours) followed by a face-to-face component of about 16 hours.

Course Dates & Times:

8285 {	March 23	Friday	4 pm – 10 pm
	March 24	Saturday	9 am – 7 pm

Age and Water Skill Prerequisites:

- Candidates must be a minimum age of 16 to enter the course. Candidates that are the age of 15 may enter the course upon the approval of the West Hollywood Aquatics Supervisor.
- Candidates must pass water skills screening to validate swimming ability and endurance at a level that is appropriate for the in-water course work required of the candidate:
 - Swim 50 yards/meters without stopping
 - Swim 50 yards/meters with a rescue tube across the chest
 - Tread water for one (1) minute without use of the hands
 - Retrieve weighted object off the bottom (minimum 10 lbs./4.5 kg)

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:

Residents: \$15 [10 SWIMS]
Residents: \$35 [25 SWIMS]
Non-Residents: \$25 [10 SWIMS]
Non-Residents: \$60 [25 SWIMS]

Recreation Swim Hours

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

Aquatics Center Closures Dates:

Sunday - March 4
 Sunday - March 18
 Monday - March 26 (Cesar Chavez Day)
 Monday - May 28 (Memorial Day)

Aquatics Center Early Closure Dates:

Lifeguard In-Service Training

Wednesday - March 7 (Facility closes at 6 pm)
 Saturday - March 10 (Facility closes at 12 pm)
 Wednesday - April 4 (Facility closes at 6 pm)
 Saturday - April 7 (Facility closes at 12 pm)
 Wednesday - May 2 (Facility closes at 6 pm)
 Saturday - May 5 (Facility closes at 12 pm)

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.

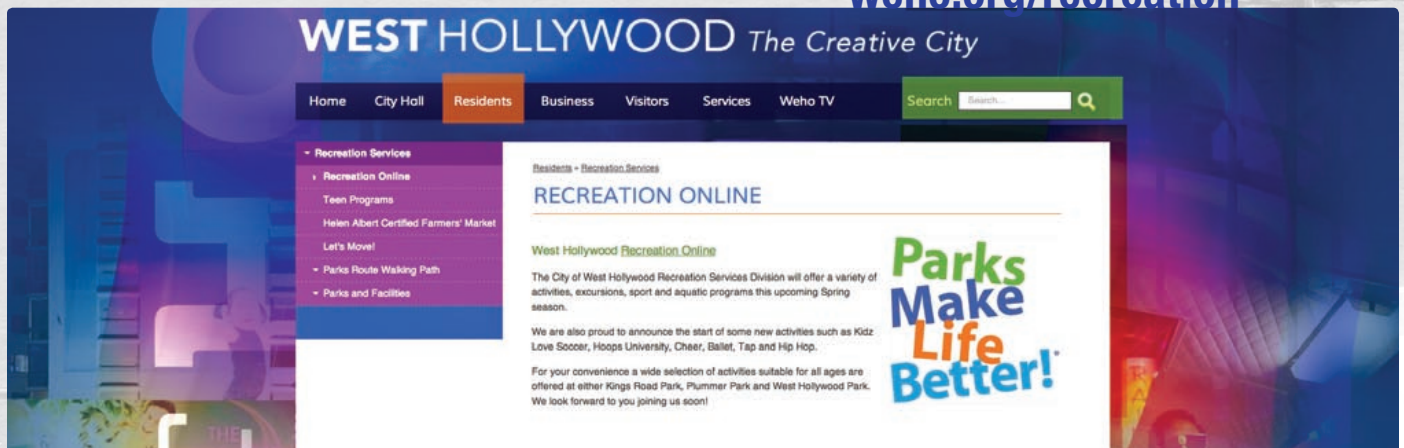
Reservation Information

- 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



PARK FACILITIES



The City of West Hollywood has a variety of parks, an Aquatics 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 - March 26 (Cesar Chavez Day)
Monday - May 28 (Memorial Day)

West Hollywood Park Closures

Monday - March 26 (Cesar Chavez Day)
Monday - May 28 (Memorial Day)

Aquatics Center Closures

Sunday - March 4
Sunday - March 18
Monday - March 26 (Cesar Chavez Day)
Monday - May 28 (Memorial Day)

Aquatics Center Early Closures

LIFEGUARD IN-SERVICE TRAINING
Wednesday - March 7 (Facility closes at 6 pm)
Saturday - March 10 (Facility closes at 12 pm)
Wednesday - April 4 (Facility closes at 6 pm)
Saturday - April 7 (Facility closes at 12 pm)
Wednesday - May 2 (Facility closes at 6 pm)
Saturday - May 5 (Facility closes at 12 pm)

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

Aquatics 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 Kings Road, West Hollywood

**City of West Hollywood
Recreation Services**

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



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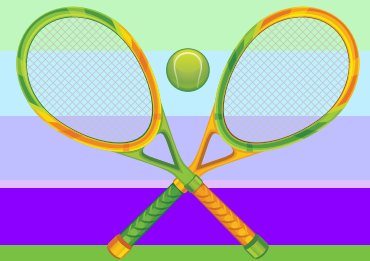
RESIDENTIAL CUSTOMER

WeHo Pride Tennis Tournament presented by iTennis

June 1-3 | Plummer Park Tennis Courts, 1200 N. Vista St.

Family Festival | Demonstrations | Exhibitions

For more information please visit iTennisweho.com



**Sunny With
a Chance
of Puppies.**

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alerts on local freebies from
pet care to bike share.



Low-Cost Pet Vaccination & Microchip Clinic

