

SPRING 2019

WeHo REC READER

Parks Make Life Better!

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

It's time for spring cleaning!

JUNK in the TRUNK community market

See page 4 for dates.



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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 Rhodes
Aquatics Supervisor
Cortez Jordan
Recreation Coordinators
Dana Abel
Michael Gasca
Susana Salazar

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 12, 2019 at 10 am for residents
February 14, 2019 at 10 am for non-residents

MARK YOUR CALENDAR!

SUMMER REGISTRATION BEGINS

May 14, 2019 at 10 am for residents
May 16, 2019 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 Aquatic Center (323) 848-6538
647 N. San Vicente Blvd., West Hollywood, CA 90069
Office Hours: M-F 6 am - 7 pm, Sat-Sun 6 am - 2 pm

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

SPRING 2019 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

Welcome to the City of West Hollywood Recreation Services Division's Spring Rec Reader. We are excited to offer diverse and high quality programs at our parks and aquatic center.

West Hollywood Park's Tiny Tots program provides a wide array of fun and educational classes for children ages 6 months – 5 years. Come join the amazing sport of soccer with our **KIDZ LOVE SOCCER** classes, don't forget your cleats! **NACHO AVERAGE MOVIE NIGHT** is a time to hang with your family and friends, watch movies, and eat some amazing NACHOS! It's GAME ON when you join our **POP-UP-PLAY** program which features group activities, games and crafts. Get back to the basics with **FUN-DAMENTALS OF SPORTS** where everyone learns the fun and magic of group sports; this spring, **FUN-DAMENTALS OF TEE-BALL** and **INDOOR SOCCER** are being offered. Hit a home run at our **PLAY BALL EVENT** on March 30th. The **NEW! TWEEN BOOTCAMP** classes are designed to motivate and develop the importance of physical activity for youth!

Plummer Park will be hosting the annual **KIDS FAIR** which is a free day of fun, entertainment, and arts & crafts. Everything is new again at the monthly **JUNK IN TRUNK COMMUNITY MARKET** where you have the choice of being a seller, a buyer, or both. Come and enjoy this year's **SPRING CAMP** where the fun never stops. Let your inner artist free by joining our **ART BLAST** class.

It's time to take a day trip by registering for our **EXCURSIONS**; this spring we will be visiting Santa Barbara, Long Beach, and Big Bear. Please check the Rec Reader for the trip details and registration information but don't wait, this program fills up fast.

Spring is the perfect time to take part in all the activities at the West Hollywood Aquatic Center. The **NEW! CUSTOM PRIVATE SWIM LESSONS** program offers affordable quality one-on-one swim lessons with flexible dates that can accommodate a busy schedule. Check out our **JUST ADD WATER FITNESS CLUB**, lap swim, and swim team programs which provide unique and creative opportunities to enjoy the wide-world of Aquatics!

Our Recreation Services Division staff strives to give you the best customer service and program experience when you visit our facilities. Thank you so much for participating in our programs!

Sincerely, Steve Campbell, Director
Facilities and Recreation Services Department



Yom HaShoah

Holocaust Remembrance Day

Join the City of West Hollywood
as we remember

Wednesday, May 1st 4 – 7pm
Plummer Park Fiesta Hall

WeHo Reads celebrates National Poetry Month and One City One Pride



Richard Blanco and Kim Dower

Date: Wednesday, April 10 | **Time:** 7 pm
Location: City Council Chambers, 625 N. San Vicente Blvd.

Join Inaugural Poet (for President Barack Obama) Richard Blanco and former West Hollywood City Poet Laureate Kim Dower for readings from their new collections of poetry.

Lingua Franca

Date: Tuesday, April 30 | **Time:** 7 pm
Location: City Council Chambers, 625 N. San Vicente Blvd.

Inspired by Adrienne Rich's *Dream of a Common Language*, celebrate National Poetry Month with a reading of international poetry by poets from Mexico, Spain, China, Poland, Russia, among other countries as curated by West Hollywood City Poet Laureate Charles Flowers.

Harvey Milk Day / One City One Pride Kick-Off

Date: Wednesday, May 22 | **Time:** 7 pm | **Location:** City Council Chambers, 625 N. San Vicente Blvd.
 WeHo Reads celebrates Harvey Milk Day with a staged reading of *Dear Harvey* by Patricia Loughrey.

Lambda Lit Finalists Reading

Date: Wednesday, May 29 | **Time:** 7 pm | **Location:** City Council Chambers, 625 N. San Vicente Blvd.
 Join WeHo Reads and One City One Pride for readings from the finalists for the Lambda Lit Awards.

More info at www.weho.org/wehoreads, www.weho.org/pride and @WeHoArts.



CITY OF WEST HOLLYWOOD'S RECREATION SERVICES DIVISION PRESENTS

JUNK in the TRUNK community market



Date: Saturdays
 9753 March 9 Rain Dates
 9754 April 13 March 16
 9755 May 18 May 25
 Will be cancelled in the event of rain.

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 ADMISSION FOR SHOPPERS.

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

KIDS FAIR

24th Annual West Hollywood Kids Fair

The Kids Fair will provide a free day of fun, entertainment, arts & crafts, community services information, environmental and public safety education, local school participation and more for children and their families!

For more information contact (323) 848-6510.

Date: Saturday, April 6 | 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!

AQUATIC AND RECREATION CENTER CONSTRUCTION IS MAKING PROGRESS IN WEST HOLLYWOOD PARK

Construction of the Aquatic and Recreation Center (A&RC) is well underway, and if you've visited West Hollywood Park recently, you've likely noticed many of the improvements. Early demolition of existing concrete benches, walls, and sidewalks in the open space adjacent to the swimming pool building was performed along N. San Vicente Boulevard. An accessible pathway is available for all park patrons visiting the pool.

Structural steel framing at the north section of the A&RC was completed at the end of 2018. Additional work for the area is ongoing. This portion of the building will house the Tiny Tot room, community rooms, and office space for Recreation Services staff. It will also feature the outdoor grand stairs, which will lead up to an open deck and green roof.

The new section of the building, located on the west side of the five-story parking structure, is being prepared for structural steel framing. Approximately 50 percent of the structural walls for four of the five building levels have been formed and concrete has been poured in place. This portion of the new building is where stacker parking, multi-purpose courts, aquatics locker rooms, and two rooftop swimming pools will be located.

View the live webcams! If you can't get to West Hollywood Park during your day, or if you're interested in checking out the construction progress at any time, two live webcams have been set up and can be viewed on the City's website at www.weho.org/whparkproject. Camera 1 provides a view of the El Tovar excavation area and Camera 2 offers a view of steel framing atop the West Hollywood Library parking structure.

All West Hollywood Park facilities and local businesses are open during construction! Please continue to visit the area and encourage community members to do the same!



FAMILY FUN SATURDAYS

Spend some quality time with your family as we host a unique activity for everyone to enjoy.

April 13

SPRING FEST IN THE PARK

It's time to spring into Spring this Family Fun Saturday! Bring your family & friends for a fun day of outdoor games and prizes, music, and more at West Hollywood Park. Registration is not required for this event.

Ages: All

Location: West Hollywood Park, Great Lawn

Staff: Sam and Natalie | **Cost:** Free

9759 April 13 Saturday 1 pm – 4 pm

May 4

NACHO AVERAGE MOVIE NIGHT

Tired of the same ol' weekend? Then come to West Hollywood Park's NACHO AVERAGE MOVIE NIGHT! It's going to be a party so make sure you don't miss out on this Saturday fiesta as we kick off Cinco De Mayo. Come build your own nachos as we watch Ralph Breaks the Internet.

Ages: All | **Min:** 10 | **Max:** 50

Location: West Hollywood Library, Community Meeting Room

Staff: Sam and Avery | **Cost:** \$5

9897 May 4 Saturday 5 pm – 8:30 pm

PLAY BALL EVENT



Enjoy a nice day at the park and bring your family, friends, and kids to play ball. Join in on a Home Run Derby (all-ages welcome), skills clinic, hot dogs, refreshments and more. For more information, please contact the West Hollywood Park Office at (323) 848-6534. Registration is not required for this free event.
Staff: Coach John and Coach Gloria | **Cost:** Free

MARCH 30 SATURDAY 11:30 AM



Fun On the Farm

Oink, Quack, Neigh and Moo. Our farm is not complete without you, so grab your boots and get in gear. Spring Day Camp is finally here!

Ages: 6 – 11 years | **Min:** 10 | **Max:** 30

Cost: \$150 | **Location:** Plummer Park, Great Hall

Camp Lead Counselor: Michelle and Dennice

9757 April 15 – April 19 M-F 8 am – 5:30 pm

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 6 week session

9761	March 4 – April 10*	M/W	10 am – 12 pm
9762	March 5 – April 11	T/Th	10 am – 12 pm
	*No class: 3/25		
	*Spring Break: April 15 – April 19		
9763	April 22 – May 29*	M/W	10 am – 12 pm
9764	April 23 – May 30	T/Th	10 am – 12 pm
	*No class: 5/27		

Baby Sign! (Parent and Me)

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. Unregistered siblings are not allowed in class. 1 to 1 ratio parent to child.

Ages: 9 months – 2½ years | **Min:** 5 | **Max:** 12
Location: Kings Road Park
Staff: Mrs. Dennice | **Cost:** \$24 per 4 week session

9777	March 7 – March 28	Th	11:30 am – 12 pm
9778	April 4 – May 2*	Th	11:30 am – 12 pm
	*No class: 4/18		
9779	May 9 – May 30	Th	11:30 am – 12 pm



Baby Boogie (Parent and Me)

Create warmhearted memories in Baby Boogie! In this parent and me class, children along with parents or caregivers will explore music, dance and song while socializing with playmates. Enjoy interactive playtime with your child while they learn to express themselves through finger play and instruments. This class requires full attention and participation from the parent. Unregistered siblings are not allowed in class. 1 to 1 ratio parent to child.

Min: 5 | **Max:** 12 | **Location:** Kings Road Park
Staff: Mrs. Dennice
Cost: \$64 per 4 week session / \$48 per 3 week session

Ages: 6 months to 1½ years

9766	March 7 – March 28	T/Th	9:30 am – 10:15 am
9767	April 2 – May 2*	T/Th	9:30 am – 10:15 am
	*No class: 4/16 & 4/18		
9768	May 7 – May 30	T/Th	9:30 am – 10:15 am

Ages: 1½ to 3½ years

9769	March 7 – March 28	T/Th	10:30 am – 11:15 am
9770	April 2 – May 2*	T/Th	10:30 am – 11:15 am
	*No class: 4/16 & 4/18		
9771	May 7 – May 30	T/Th	10:30 am – 11:15 am

Ooey, Goey, Messy Fun

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 4 week session

9773	March 8 – March 29	Fri	10 am – 11 am
9774	April 5 – April 26	Fri	10 am – 11 am
9775	May 3 – May 24	Fri	10 am – 11 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 – 3½ years | **Min:** 5 | **Max:** 22
Location: Plummer Park, Vista Lawn
Staff: Kidz Love Soccer | **Cost:** \$98 per 8 week session

9916	April 2 – May 21	T	5:30 pm – 6 pm
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TOTS

TOTS

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 step 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 6 week session

9781 March 4 – April 11* M – Th 1:30 pm – 5 pm

*No class: 3/25 | Spring Break: 4/15 - 4/19

9782 April 22 – May 29* M – Th 1:30 pm – 5 pm

*No class: 5/27

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 child with water and appropriate shoes.

Ages: 4 – 7 years | **Min:** 5 | **Max:** 15

Location: West Hollywood Park Auditorium

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

10045 March 1 – March 29 Friday 3:30 pm – 4:15 pm

10046 April 5 – April 26* Friday 3:30 pm – 4:15 pm

*No class: 4/19

10047 May 3 – May 31 Friday 3:30 pm – 4:15 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 Kidz Love Soccer jersey! Shin guards are required after the first meeting.

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

Location: Plummer Park, Vista Lawn

Staff: Kidz Love Soccer | **Cost:** \$98 per 8 week session

9918 April 2 – May 21 T 4:45 pm – 5:20 pm

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 Kidz Love Soccer jersey! Shin guards are required after the first meeting.

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

Location: Plummer Park, Vista Lawn

Staff: Kidz Love Soccer | **Cost:** \$98 per 8 week session

9917 April 2 – May 21 T 4 pm – 4:45 pm

YOUTH



Pop-Up-Play

Hey kids let's get off the couch, and off your online devices, and come on out to your local park for some fun outdoor **PLAY** Activities. Activities include Corn Hole, Carom board games, hula hoops, arts and crafts, science projects, large-scale games such as Giant Jenga, Connect Four, lawn bowling, putting green, organized games, and so much more.

Ages: 4 – 11 years

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

Location: West Hollywood Park

March 7 – May 31 Thur/Fri 3 pm – 5 pm

Location: Plummer Park

March 5 – May 29 Tue/Wed 3 pm – 5 pm

Rec 'N Roll Mobile Recreation

Enjoy recreation in the great outdoors at Kings Road Park this spring. When the Rec 'N Roll team rolls into your neighborhood park you'll have fun with board games, sidewalk chalk, sports equipment, craft projects and much more. **Please Note:** Parental supervision is required in order to participate.

Ages: 4 – 10 years | **Min:** 5 | **Max:** 20

Location: Kings Road Park, Grass Area

Staff: Mrs. Cecilia

Cost: Free | **Dates:** Saturdays, March 2, April 6, May 4

Time: 10 am – 2 pm

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

9791	March 1 – March 22	Fri	4:30 pm – 5:30 pm
9792	April 5 – April 26	Fri	4:30 pm – 5:30 pm
9793	May 3 – May 24	Fri	4:30 pm – 5:30 pm

Tween Bootcamp

Don't frown, don't pout, you gotta workout!

Are you in need of an exciting way to get your child active and moving? 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 child with water and appropriate shoes.

Ages: 8 – 12 years | **Min:** 5 | **Max:** 15

Location: West Hollywood Park, Auditorium | **Staff:** Mr. Chris

Cost: \$10 per session

9798	March 1 – March 29	Fri	4:45 pm – 5:15 pm
9799	April 5 – April 26	Fri	4:45 pm – 5:15 pm
	*No class: 4/19		
9800	May 3 – May 31	Fri	4:45 pm – 5:15 pm

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 & Auditorium

Staff: Coach Gloria and Coach John

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.

9802	March 2 – March 30	Sat	10:30 am – 11:30 am
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Fun-damentals of Indoor Soccer

Even the best athletes in the world must first master the fundamentals – and with our Fun-damentals of Sports program your child can begin to do just that. New this spring is a five week class in **Indoor Soccer**. With a focus on basic skills and rules in a fun and friendly environment, your child will develop motor skills and hand-eye coordination while learning the essential aspects of the game. Coaches will lead drills in basic dribbling, passing, receiving, trapping, and shooting techniques indispensable to any budding soccer star. The session will end with a modified instructional game.

9803	April 20 – May 18	Sat	10:30 am – 11:30 am
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NEW!

NEW!



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 | **Cost:** \$80 per 5 week session

Location: West Hollywood Park, Basketball Court

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

9902	March 2 – March 30	Sat	10 am – 11:30 am
9903	April 13 – May 11	Sat	10 am – 11:30 am

Play Ball Event

Enjoy a nice day at the park and bring your family, friends, and kids to play ball. Join in on a Home Run Derby (all-ages welcome), skills clinic, hot dogs, refreshments and more. For more information, please contact the West Hollywood Park Office at (323) 848-6534. Registration is not required for this free event.

Staff: Coach Gloria and Coach John | **Cost:** Free

March 30	Sat	11:30 am
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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 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 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

The Teen Center aims to support a healthy lifestyle by teaching the values of nutrition in the food we eat. Learn recipes and document the process throughout the Teen Chef experience with your very own cookbook. Suit up with the proper gear and learn the appropriate methods to make cooking safe and fun.

9805
Wednesdays 5 pm – 6 pm

Life Skills

Develop the skills necessary to be successful in your personal life, educational journey, and your future career. The Teen Center will hold interactive and engaging workshops that will teach participants about job skills, goals, and explore career and college options.

9820	March 12	Tuesday	4 pm – 5 pm
9898	March 19	Tuesday	4 pm – 5 pm
9821	April 2	Tuesday	4 pm – 5 pm
9899	April 23	Tuesday	4 pm – 5 pm
9822	May 14	Tuesday	4 pm – 5 pm
9900	May 21	Tuesday	4 pm – 5 pm

Teen DIY Projects

Get creative and have fun with "Do It Yourself" projects in the Teen Center. There's always more heart when you're the one who made it. Remind yourself that it's not always how much something costs that gives it worth, but the knowledge it takes in making it.

9807	March 14	Thursday	3:30 pm – 5 pm
9808	April 11	Thursday	3:30 pm – 5 pm
9809	May 2	Thursday	3:30 pm – 5 pm

Leadership Crew

Here at the Teen Center, we strive for our teens to grow personally and professionally. It's time to develop your leadership skills and practice your abilities in organization, communication, and project management.

9824	March 5	Tuesday	3 pm – 4:30 pm
9825	March 19	Tuesday	3 pm – 4:30 pm
9826	April 9	Tuesday	3 pm – 4:30 pm
9827	April 23	Tuesday	3 pm – 4:30 pm
9828	May 7	Tuesday	3 pm – 4:30 pm
9829	May 21	Tuesday	3 pm – 4:30 pm

Teen "Me Day"

Nails done, hair done, everything did. Treat yourself to some peace and relaxation. Give yourself some ME-time with skin care, face masks, nose strips, and other self-care tips to make you feel your best inside and out.

9811	March 8	Friday	5 pm – 6 pm
9812	March 22	Friday	5 pm – 6 pm
9813	April 19	Friday	5 pm – 6 pm
9814	May 17	Friday	5 pm – 6 pm

Guitar Lesson Lounge

Be center stage and learn the skills necessary in your path to become a guitar legend. Introduce yourself to the many genres of music such as rock & roll, blues, and jazz. All experience levels are welcome.

Instructor: Daniel Radyuk

9831	March 1	Friday	4 pm – 5 pm
9832	March 15	Friday	4 pm – 5 pm
9833	April 5	Friday	4 pm – 5 pm
9834	May 3	Friday	4 pm – 5 pm
9835	May 24	Friday	4 pm – 5 pm

Teen S.A.S.

It's time to get serious about science. Go step-by-step through many hands-on experiments that involve material mixtures and chemical reactions you can practice safely at home.

9816	March 26	Tuesday	4 pm – 5 pm
9817	April 30	Tuesday	4 pm – 5 pm
9818	May 28	Tuesday	4 pm – 5 pm

Feel the Beat

Find the rhythm in your feet. Impress your friends in the next school dance when you show off choreography to the most popular songs in Hip-Hop, Salsa, Tango, and EDM music. All experiences welcomed.

9837	March 1	Friday	5:30 pm – 6:30 pm
9832	March 15	Friday	5:30 pm – 6:30 pm
9839	April 5	Friday	5:30 pm – 6:30 pm
9840	May 3	Friday	5:30 pm – 6:30 pm
9841	May 24	Friday	5:30 pm – 6:30 pm

Kitchen Cook-off

A team cooking competition in which we provide the recipe and ingredients and your team does the cooking. See who can claim the coveted title of Teen Center's Best Chefs.

9843	March 16	Saturday	4 pm – 6 pm
9844	April 12	Friday	4 pm – 6 pm
9845	May 10	Friday	4 pm – 6 pm

WeHo TC Soccer Drills **NEW!**

The Teen Center believes in promoting the game of soccer to players of all ages and skill levels in a safe and organized environment. From the beginners to the advanced player, we offer a fun environment for all to grow in. We strive to foster camaraderie, friendship, and physical fitness while maintaining a fun, enjoyable and exciting atmosphere.

9847	March 2	Saturday	3 pm – 4 pm
9848	March 23	Saturday	3 pm – 4 pm
9849	April 27	Saturday	3 pm – 4 pm
9850	May 18	Saturday	3 pm – 4 pm

Sports Central **NEW!**

Improve your game and bask in the energy of playing a sport outdoors. It's okay to sweat a little when you put your competitive skills to the test against other teens.

9852	March 29 - Volleyball	Friday	4 pm – 5 pm
9853	April 26 - Football	Friday	4 pm – 5 pm
9854	May 31 - Soccer	Friday	4 pm – 5 pm

WeHike

Need some inspiration in your everyday life? Push yourself through the steepest inclines that lead to the most beautiful views the city has to offer. Reach for your goals and the top of that mountain!

9860	March 7	Thursday	4 pm – 7 pm
9861	April 4	Thursday	4 pm – 7 pm
9862	May 9	Thursday	4 pm – 7 pm

WeHoRun

Running is good for the body and soul. Come join the Teen Center as we run through the city and push our stamina to the next level. Whether you are a beginner or a marathon runner, discover new places and release those natural endorphins.

9864	Tuesdays	5 pm – 6 pm
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Steps

How many steps have you taken today? Join us as we count our steps while taking brisk walks around Plummer Park. Get off the couch towards healthier living, enjoy the fresh air, and keep that heart-rate up while we take "steps" in the right direction.

9866	Thursdays	5 pm – 6 pm
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Special Events

Make the most of your free time and spend it at the Teen Center. Take some downtime from schoolwork and volunteering with fun and unique events catered just for you.

9868	March 9 - Team Teen Challenge	Saturday	3 pm – 5 pm
9870	April 13 - Battle of the Teens	Saturday	3 pm – 5 pm
9871	April 20 - Movie Night	Saturday	4 pm – 6 pm
9872	May 4 - Cinco de Mayo	Saturday	2 pm – 5 pm
9873	May 8 - VolunTeen Awards	Wednesday	5 pm – 6 pm
9874	May 25 - Mission: Impossible	Saturday	3 pm – 5 pm



VolunTEEN Opportunities

Become an active member in the community by joining the VolunTeen program. We provide volunteer opportunities for teens both in and around the City of West Hollywood. Earned hours are applicable for school requirements.

9856	March 7 - Hike Clean-Up	Thursday	4 pm – 7 pm
9857	April 6 - Kids Fair	Saturday	10 am – 2 pm
9858	May 7 - VolunTeen Awards Set-up	Tuesday	2 pm – 6 pm

West Hollywood Sheriff's 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 spring. 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.

ADULTS

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 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 skills necessary to feel comfortable using personal computers, iPads, Android and Windows tablets, 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 (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!

9876	March 3 – March 24	Sunday	1 – 2 pm
9877	March 31 – April 28*	Sunday	1 – 2 pm
	*No class: 4/21		
9878	May 5 – May 26	Sunday	1 – 2 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+ | **Min:** 5 | **Max:** 20

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

Cost: \$65 per 5 week session / \$55 per 4 week session / \$45 per 3 week session

9920	March 6 – March 27	Wednesday	12:30 pm – 1:30 pm
9921	April 3 – April 24	Wednesday	12:30 pm – 1:30 pm
9922	May 1 – May 29	Wednesday	12:30 pm – 1:30 pm



Yoga Basics (Drop-in)

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

Location: Plummer Park Community Center, Art Room 1

Instructor: Mark DeWhitt

Cost: \$55 per 4 week session / \$45 per 3 weeks / \$15 per class drop in

9924	March 10 – March 31	Sunday	10 am – 11 am
9925	April 14 – April 28	Sunday	10 am – 11 am
9926	May 5 – May 19	Sunday	10 am – 11 am

Self-Care 101

“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 Community Center, Room 5 & 6

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

9905	May 18	Saturday	10:30 am – 12:30 pm
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WEHO.ORG/RECREATION

ADULTS

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
	3/8, 4/5, 5/3	Ping Pong will start at 5 pm



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, Art Room 1

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

9881	March 9	Saturday	2 pm – 4 pm
9882	April 13	Saturday	2 pm – 4 pm
9883	May 11	Saturday	2 pm – 4 pm

WeHo Walk and Talk

Explore the city with WeHo 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)

9885	March 2 – March 26	Sat & Tue	5 pm – 6:15 pm
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Plummer Park to Laurel Avenue Park (2.2 miles)

9886	April 6 – April 30	Sat & Tue	5 pm – 6:15 pm
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Plummer Park to Kings Road Park (2.6 miles)

9887	May 4 – May 28	Sat & Tue	5 pm – 6:15 pm
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Beginning French for Fun & Travel

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

Location: Plummer Park, Room 4

Staff: Guille | **Cost:** \$15

9890	March 5 – March 26	Tuesday	6:30 pm – 7:45 pm
9891	May 7 – May 28	Tuesday	6:30 pm – 7:45 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, Community Center, Room 1 & 2

Instructor: Lenny Pro

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

March – May	Wednesdays	12:15 pm – 1:05 pm
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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 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.

Spring season currently in progress.

Registration for Summer Season opens up Mid May!

Full schedule at www.wehododgeball.com

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

9527 April 2 – April 23

Tue 7 pm – 8:30 pm

9907 May 7 – May 28

Tue 10 am – 11:30 am

be WellWeHo

SERIES: MINDFULNESS AND WELL-BEING

Overcoming Guilt & Shame

To clear the path to emotional wellness, it is important to overcome shame and guilt. During this class, participants will hear about the differences between guilt and shame, and learn a variety of tools to support more mindfulness about our thoughts and feelings so we can more easily achieve emotional well-being.

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

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

9909	March 6	Wed	3 pm – 4:30 pm
9910	March 6	Wed	6 pm – 7:30 pm

Power of Acceptance

Acceptance is the key to moving forward and detaching from the past to eliminate suffering. During this class, participants will learn how to mindfully, and joyfully, accept themselves as they are, without giving their power away to others.

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

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

9911	April 10	Wed	3 pm – 4:30 pm
9912	April 10	Wed	6 pm – 7:30 pm

Power of Trust

Trust is the key component to any relationship, which includes our relationship with ourselves. During this class, participants will learn how to begin building trust in themselves, leading to better relationships with others.

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

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

9913	May 1	Wed	3 pm – 4:30 pm
9914	May 1	Wed	6 pm – 7:30 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: \$5 members, \$10 non-members

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

Location: Plummer Park, Community Center, 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!

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

Location: Plummer Park, Community Center, Room 1 & 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: \$2 members, \$4 non-members Drop-in Rate

Location: Plummer Park, Fiesta Hall
Tuesday & Thursday 10 am – 11:15 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: \$2 members, \$4 non-members Drop-in Rate

Location: Plummer Park, Community Center, Room 1 & 2
Monday, 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!
Rooms are subject to change. Please give us a call before coming to the first class.

ANNUAL MEMBERSHIP INFORMATION:

Individual: \$15 Resident/Non-Resident
Couple: \$25 Residents/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

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



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

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

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

EXCURSIONS

International Orchid Show Santa Barbara, CA

Ages: All Ages | **Cost:** \$35 | **Min:** 30 | **Max:** 47
Location: Meet at Plummer Park South Parking Lot
Depart at: 8:30 am | **Return at:** 6:30 pm | **Staff:** Michelle
 9892 March 17 Sunday

At 10:30 am we arrive at the Earl Warren Showgrounds for the 74th annual International Orchid Show in Santa Barbara, admission included. 25,000 species are on display featuring every shape and color, bold and beautiful blooms at one of the largest and oldest orchid show on the West coast. There will be an Art Show and Demonstrations - A juried exhibition of orchid-themed fine art and photography showcases the work of local and regional artists. Art demonstrations by local artists provide an intriguing overview of the artistic process. Floral Arrangements & Corsages - Local floral artisans create unique, themed floral arrangements and corsages using orchid blooms. Orchid Culture Demonstrations - Orchid experts will lead demonstration workshops on raising healthy orchids. The bus will depart by 1:00 pm for a lunch stop on your own in downtown Santa Barbara from 1:30 to 3:45 pm before returning home.

Queen Mary & U.S.S. Battleship Iowa - Long Beach, CA

Ages: All Ages | **Cost:** \$45 | **Min:** 30 | **Max:** 47
Location: Meet at Plummer Park South Parking Lot
Depart at: 9 am | **Return at:** 5:30 pm | **Staff:** Michelle
 9893 April 6 Saturday

At 10:00 am we start the day at the Queen Mary in Long Beach. We check-in upon arrival for a 1-hour guided behind the scenes tour of "The Glory Days" (included). This guided walking tour offers you a deeper look into the ship's history; from her construction and launch to her passenger service and days as a troopship. Next, we'll have lunch on your own near Shoreline Village. Our last stop will be in San Pedro at the Port of Los Angeles for a tour at the U.S.S. Iowa BB-61. This is an interactive tour experience of what life at sea on board the Battleship Iowa was like during active duty. **This 90-minute tour is self-guided and NON-ADA compliant.**

Big Bear Lake - Big Bear, CA

Ages: All Ages | **Cost:** \$40 | **Min:** 30 | **Max:** 47
Location: Meet at Plummer Park South Parking Lot
Depart at: 8:30 am | **Return at:** 7:30 pm | **Staff:** Michelle
 9894 May 11 Saturday

Spend the day in Big Bear Lake located in the San Bernardino National Forest. Spend some time in the quaint village for lunch and shopping on your own before departing on your 90 - minute narrated lake cruise (included) aboard the Miss Liberty Paddlewheel. Points of interests on your scenic cruise includes: China Island, the San Geronio Mountains the solar observatory and the little town of Fawnskin. **NON-ADA compliant.**

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. Please email recreation@weho.org. 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.



HELEN ALBERT CERTIFIED

**FARMERS'
MARKET**

MONDAYS 9 AM - 2 PM

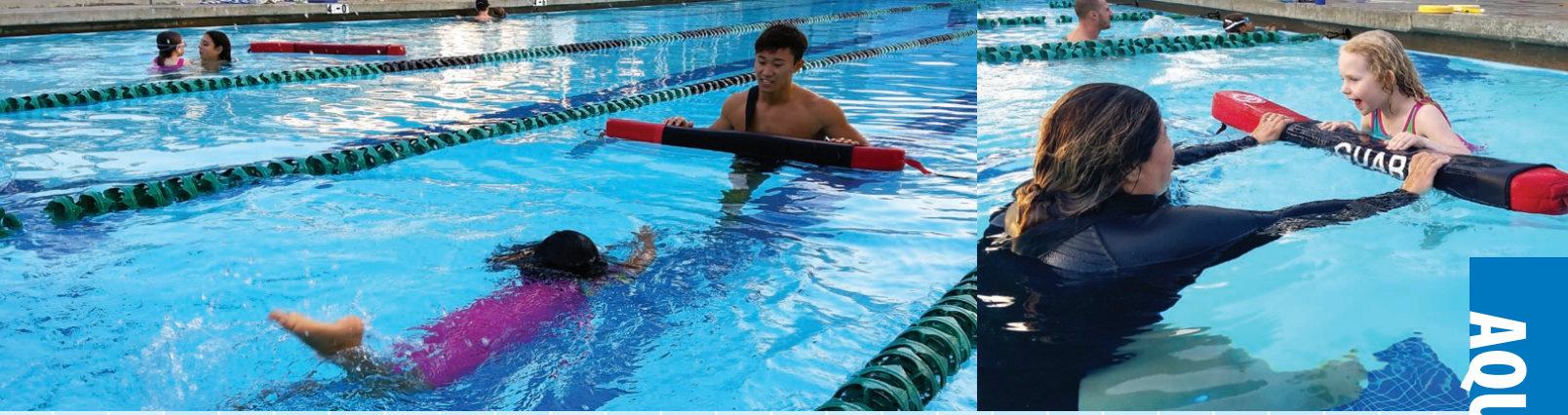
**Plummer Park
1200 North Vista St.
West Hollywood, CA 90046**

No market: May 27, Memorial Day.



**Parks
Make
Life
Better!**

**FOR MORE INFORMATION
(323) 848-6530**



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 6 am - 2 pm.

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

Custom Private Swim Lessons

PRIVATE Ages: 4 years and up

One on one private swim lessons scheduled by individual date. Swim Instructor requests are not available.

Session Dates:	Days:	Times: 10:05am	10:35am	11:05am	11:35am	12:05pm	12:35pm	Cost:
March 9	Sat	9629	9630	9631	9632	9633	9634	\$12.50
March 16	Sat	9636	9637	9638	9639	9640	9641	\$12.50
March 23	Sat	9643	9644	9645	9646	9647	9648	\$12.50
March 10	Sun	9650	9651	9652	9653	9654	9655	\$12.50
March 17	Sun	9657	9658	9659	9660	9661	9662	\$12.50
April 6	Sat	9671	9672	9673	9674	9675	9676	\$12.50
April 13	Sat	9678	9679	9680	9681	9682	9683	\$12.50
April 20	Sat	9685	9686	9687	9688	9689	9690	\$12.50
April 7	Sun	9692	9693	9694	9695	9696	9697	\$12.50
April 14	Sun	9699	9700	9701	9702	9703	9704	\$12.50
April 21	Sun	9706	9707	9708	9709	9710	9711	\$12.50
May 4	Sat	9713	9714	9715	9716	9717	9718	\$12.50
May 11	Sat	9720	9721	9722	9723	9724	9725	\$12.50
May 5	Sun	9727	9728	9729	9730	9731	9732	\$12.50
May 12	Sun	9634	9635	9636	9637	9638	9639	\$12.50

Swim Lessons - Little Fish

PARENT/CHILD

Ages: 6 months - 3 years

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: 11:05am	11:35am	Cost:
April 6-20	Sat	9741	9742	\$15
April 7-21	Sun	9744	9745	\$15
May 4-11	Sat	9747	9748	\$10
May 5-12	Sun	9750	9751	\$10



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

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



Aquatic Center Closures Dates:

Sunday - March 24

Monday - March 25 Cesar Chavez Day

Monday - May 27 Memorial Day

Aquatics Early Closure Dates:

Lifeguard In-Service Training:

Saturday - March 9 (Facility closes at 12 pm)

Wednesday - April 10 (Facility closes at 6 pm)

Saturday - April 13 (Facility closes at 12 pm)

Wednesday - May 8 (Facility closes at 6 pm)

Saturday - May 11 (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

Classes are subject to cancellation due to low attendance or inclement weather.

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.



CLASS SCHEDULE:

Cardio Rock n' Roll

Monday / 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.

Active Balance

Tuesday / 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 full range of motion.



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 | Class Begins: April 6, 2019

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 | Class Begins: April 7, 2019

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.
- Class minimum registration requirements will vary per class and can range from a minimum of 5-10. We reserve the right to cancel any class if minimum enrollment numbers are not met.

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



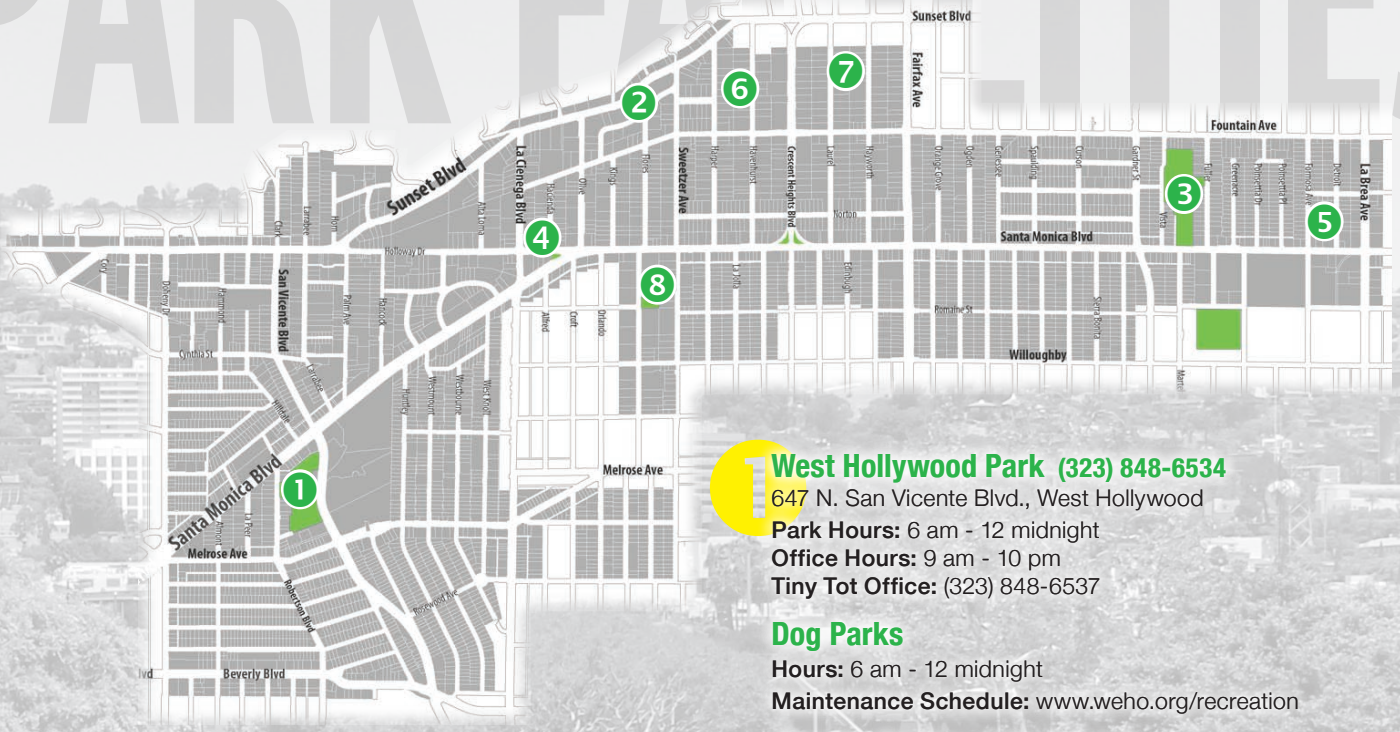
- Recreation Services

Recreation Online

Teen Programs



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 and West Hollywood Park Office Closures

Monday - March 25 Cesar Chavez Day
Monday - May 27 Memorial Day

Aquatic Center Closures

Sunday - March 24
Monday - March 25 Cesar Chavez Day
Monday - May 27 Memorial Day

Aquatic Center Partial Closures

LIFEGUARD IN-SERVICE TRAINING

Saturday - March 9 (Facility closes at 12 pm)
Wednesday - April 10 (Facility closes at 6 pm)
Saturday - April 13 (Facility closes at 12 pm)
Wednesday - May 8 (Facility closes at 6 pm)
Saturday - May 11 (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
Maintenance Schedule: www.weho.org/recreation

Aquatic Center (323) 848-6538

647 N. San Vicente Blvd., West Hollywood
Office Hours:
Monday - Friday 6 am - 7 pm
Saturday & Sunday 6 am - 2 pm

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



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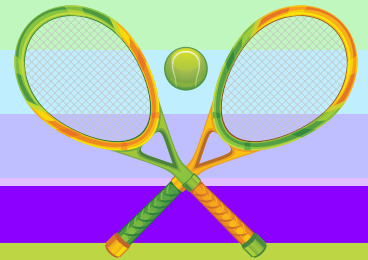
Save the Date!

WeHo Pride Tennis Tournament presented by iTENNIS

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

Family Festival | Demonstrations | Exhibitions

For more information please visit iTennisweho.com



**City Declares
all are Welcome
and Fabulous.**

Follow @WeHoCity for alerts
on news where policies unite
and trends take flight.



#SanctuaryCity

