

Virtual

Rec Reader



SUMMER 2020



City of West Hollywood
California 1984

City of West Hollywood

**Programs designed for online
enrollment and participation**



Register Online! It's Easy! WEHO.ORG/RECREATION



WELCOME



City of West Hollywood Recreation Services Division

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

West Hollywood City Council

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

Facilities and Recreation Services Department

Director Steve Campbell

Recreation Services

Manager
Stephanie Martinez
Recreation Supervisors
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.
4. We recommend you set up your account before the registration date of programs to help speed up the process for you.

SUMMER REGISTRATION BEGINS

June 16, 2020 at 10 am for residents
June 18, 2020 at 10 am for non-residents

MARK YOUR CALENDAR!

FALL REGISTRATION BEGINS

August 11, 2020 at 10 am for residents
August 13, 2020 at 10 am for non-residents



MESSAGE FROM THE DIRECTOR

Hey WeHo - We miss you!

Staying engaged with the West Hollywood community is essential during this unprecedented time, which is why the #WeHoRec team is excited to announce that summer programming will be available virtually. That means that you are invited to participate in the same fun programming that you know and love, but now at home! This virtual edition of the summer Rec Reader is the first of its kind and with the click of a button, customers are directly linked to the activity registration information.

"#WeHoRec team is excited to announce that summer programming will be available virtually"



The Summer Rec Reader has virtual activities for people of all ages. We are thrilled to announce the very first ever weCAMP@Home virtual day camp! Seven weeks of our favorite camp songs, art projects, games, educational activities, and social interactions sure to make your child have an awesome summer. Camp content will be delivered live and pre-recorded to allow the flexibility for campers and parents. Each registered camper will be provided with all the necessary supplies and materials to follow along and complete the activities planned for

each specific week. The camper supplies backpack is available for pick up the week prior at Plummer Park.

Additionally, the #WeRecAtHome FREE online series will provide access to programs and resources created by Recreation Services Staff. The virtual Recreation Center provides fun activities such as scavenger hunts, art tutorials, self-care tips, sports drills, cooking tutorials, and virtual fitness programs for people of all ages who can participate from the comfort of their own homes. The content fits in a variety of categories, including WeFitness, WeSports, WeCreate, WePlay, WeCare, WeEducate, WeRecreate, and WeCook. We are WeHoStrong!

Now let's gear up for a ton of summer fun... and join us as #WeRecAtHome!

FOLLOW US! #WeRecAtHome
www.weho.org/recreation
www.instagram.com/wehorec
www.facebook.com/westhollywoodrec

Sincerely,
Steve Campbell
Director of Facilities & Recreation Services



RECREATION EVENTS



Virtual Rec Expo

SATURDAY, AUGUST 22 11 AM TO 1 PM FREE for all ages

Want to learn more about the City of West Hollywood’s Recreation Services Division? Join us on a virtual tour of the various virtual recreation programs the division has to offer. Connect with us from the comfort of your own home to experience a variety of virtual activities developed by Recreation Staff. Try out virtual fitness, virtual art lessons, learn about virtual day camp, and much more! There will be plenty of activities and fun for the entire family. See you there!

More information will be available in late July on weho.org/recreation.

July is Park and Recreation Month

Each year, the Recreation Services Division celebrates July is Park and Recreation Month and this year’s theme is **“We Are Parks and Recreation”**. Every day, Recreation staff work hard to develop programs and events to enhance the quality of life for the community. This summer, staff are developing great virtual programs and events, which will allow the community to join us and stay active and healthy.

During the month of July, we will highlight and showcase the diversity of Recreation professionals and their contribution to **#WeHoRec**. Stay tuned!

#WeAreParksAndRec

WE ARE PARKS AND RECREATION



Virtual



TINY TOTS / TOT TIME



Virtual Tiny Tots Parent & Me Class

Tiny Tots is a developmental program in a virtual recreation setting. Our program goals include socialization and exploration through stories, art projects, music and movement, and more.

Parent participation is required. Each child will receive a summer starter pack which includes ready-to-go arts & craft materials. Information to get your child's virtual class environment ready will be emailed upon registration. Please enroll in either the 10 am or 11 am session.

Ages: 1½ – 3½ years

Staff: Mr. Chris and Ms. Dyanna

Cost: \$25 per each 4 week session

Min: 5 | **Max:** 9

11534	July 6 – July 30	M/Th	10 am - 10:20 am*
11557	July 6 – July 30	M/Th	11 am - 11:20 am*

* Please enroll in either the 10 am or 11 am session (content is same for both class times)

11535	August 3 – August 27	M/Th	10 am - 10:20 am*
11558	August 3 – August 27	M/Th	11 am - 11:20 am*

* Please enroll in either the 10 am or 11 am session (content is same for both class times)

Virtual Tot Time Class

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 is explored daily and promoted in a developmental setting.

Tot Time is a small beginning to preparing a child for school. Each child will receive a summer starter pack which includes ready to go arts & craft materials. Information to get your child's virtual class environment ready will be emailed upon registration. Please enroll in either the 1 pm or 2 pm session.

Ages: 3½ – 5 years

Staff: Mr. Chris and Ms. Dyanna

Cost: \$25 per each 4 week session

Min: 5 | **Max:** 9

11560	July 6 – July 30	M/Th	1 pm - 1:20 pm*
11561	July 6 – July 30	M/Th	2 pm - 2:20 pm*

* Please enroll in either the 1 pm or 2 pm session (content is same for both class times)

11562	August 3 – August 27	M/Th	1 pm - 1:20 pm*
11563	August 3 – August 27	M/Th	2 pm - 2:20 pm*

* Please enroll in either the 1 pm or 2 pm session (content is same for both class times)

Virtual



TINY TOTS / TOT TIME



Virtual Baby Boogie

Let's boogie in our new virtual Baby Boogie class! Join us as we dance, sing, play the instruments we create, and continue to socialize with our friends in the comfort of our own home!

**Information to get your child's virtual class environment ready will be emailed upon registration.*

Staff: Ms. Cecilia

Cost: \$20 per each 4 week session

Min: 5 | **Max:** 12

Ages: 1½ years to 3½ years

11588	July 9 – July 30	Th	11:45 am - 12:00 pm
11589	August 6 – August 27	Th	11:45 am - 12:00 pm

Virtual Ooey Goey

Let's get messy in our new virtual Ooey, Goey, Messy Fun class. We'll make different kinds of doughs, explore art materials, and have fun with simple kitchen items like cornstarch, flour, and baking soda. Before we get messy, we'll sing and dance a bit to get us ready!

***Rec Box with most of the supplies you will need for the session and instructions for each week's activity will be available for pick up at Plummer Park beginning the THURSDAY before the start of the session. Directions on picking up your box will be emailed to you ahead of the pick-up date to explain the no-contact pick up process.**

**Information to get your child's virtual class environment ready will be emailed upon registration.*

Staff: Ms. Guille

Cost: \$28 per 4 week session

Min: 5 | **Max:** 12

Ages: 2 years to 3½ years

11591	July 10 – July 31	Fri	11:15 am - 11:35 am
11592	August 7 – August 28	Fri	11:15 am - 11:35 am

Virtual YOUTH PROGRAMMING



Virtual Mindfulness and Meditation Workshop

Join for a 4-week long virtual mindfulness and meditation course for kids. Basic mindfulness and meditation tools can help children to navigate their emotions, challenges and relationships in a healthy way. Workshops will consist of short meditations, discussion, sharing and activities as a class, and individual writing and drawing activities. *Zoom info will be emailed upon registration.*

Staff: Ms. Sara

Cost: \$25 for 4 weeks of classes

Min: 5 | **Max:** 10

AGES: 6 TO 8 YEARS

11577 July 7 – July 28
11578 July 11 – August 1

Tuesdays
Saturdays

5 pm - 6 pm
12 pm - 1 pm

AGES: 9 TO 12 YEARS

11580 July 1 – July 28
11581 July 11 – August 1

Tuesdays
Saturdays

6:30 pm - 7:30 pm
1:30 pm - 2:30 pm



WECAMP @ HOME

Welcome

to 7 Weeks of Virtual Summer Day Camp!

City of West Hollywood Recreation Services Division is offering a variety of weekly themed virtual camps to explore the interest of your child between the ages of 6 – 13 years old. We invite campers to be part of a daily virtual group and experience live and pre-recorded original streaming content with camp staff from the Recreation Services Division. Each week is action packed with unique and exciting guided activities that promotes creativity, safety and wellness, physical activities, building positive relationships, and creating new memories.

Each camper will receive the **weCAMP@Home** backpack full of supplies and materials for the week that can be picked up the week before at Plummer Park.

Registration Dates

- June 16 (Residents) at 10:00 am
- June 18 (Non-Residents) at 10:00 am

Visit weho.org/recreation to register. You may sign up for one or all seven weeks at the same time. Spaces are limited.

Camp Payments & Refund Policy

Requests for withdrawals and refunds for all Recreation Programs require written notice via email to recreation@weho.org ten days prior to start date of the program for a full refund minus a \$5 administration fee. Submitting a refund request does not ensure the refund will be granted.

- Make-up classes, credit or refund will NOT be given for any dates missed by patron for any reason.
- Full refunds/credits are available for camps cancelled by the City.
- Credit card transactions will be refunded to the same credit card within five business days.
- A \$5 administration fee will be charged per transaction per participant.

What Does Your Camper Need To Connect?

- A valid parent/guardian email address that is checked regularly.
- A laptop or a desktop will work best; however, a tablet will work as well. As a last resort, you could use a phone, but we recommend a larger screen for a better experience.
- A working webcam, audio, microphone, and stable Wi-Fi.
- A comfortable and quiet work area. Some of our virtual camp sessions do include physical activity, so space to move around is highly encouraged.



weCAMP@Home: Kids Edition!

Ages: 6 – 9 years old

Min: 10 | **Max:** 30

Lead Counselor: Dennice & Maria

Cost: \$40 per week (Includes program materials)

Time:

Morning Zoom check in at 10 am - 11 am (1 hour)

Afternoon Zoom check in at 4 pm - 4:30 pm (30 minutes)



WECAMP @ HOME

Week 1: Goodbye School, Hello Sunshine

School is out and we are excited Summer weCAMP@Home 2020 is finally here! Together, we are saying goodbye to our school friends and saying hello to our virtual camp friends. Show us your enthusiastic weCAMP@Home spirit through cheers, exploration, being creative, making friends, soaking in the sunshine, and much more. Don't miss out on making memories that will last forever.

11538 weCAMP@Home: Kids June 29 - July 2* M - Th

*No camp Friday, July 3

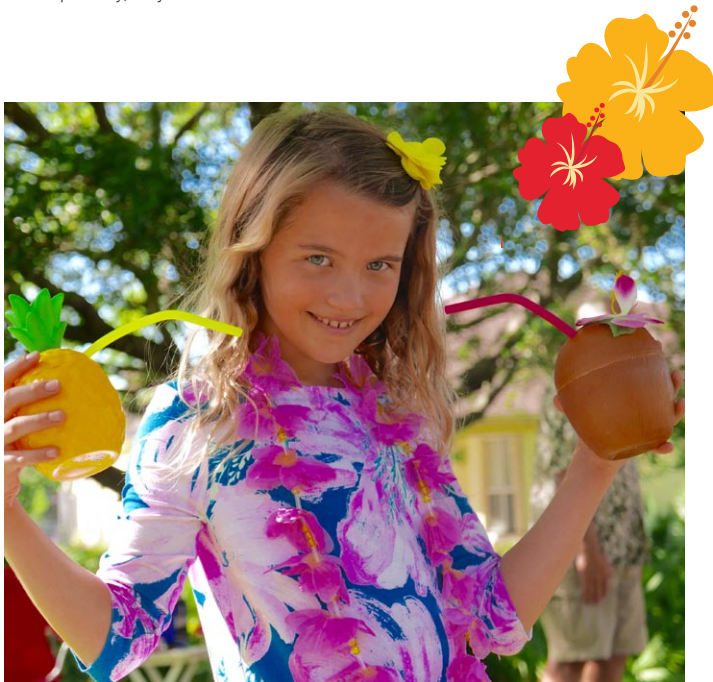


Week 3: Soar Like a



Calling all superheroes, to help us save the world! Get ready for a week of superhero action where your awesome powers will be put to the test! Superheroes, this is your most important mission yet. Turn on your virtual experience in a flash and be prepared for our POW! BOOM! KAZAAM-tastic of a weCAMP@Home week!

11541 weCAMP@Home: Kids July 13 - July 17 M - F



Week 2: Aloha, Let's Luau

Aloha campers! Welcome to your very own tropical paradise at home! For this week weCamp@Home, we will be enjoying the sweet summer sun, virtual games, themed crafts, and celebrating our time together with a tropical virtual luau. Get your grass skirts, Hawaiian shirts, sunglasses, and hula on down for some cool, island fun in the sun.

11540 weCAMP@Home: Kids July 6 - July 10 M - F



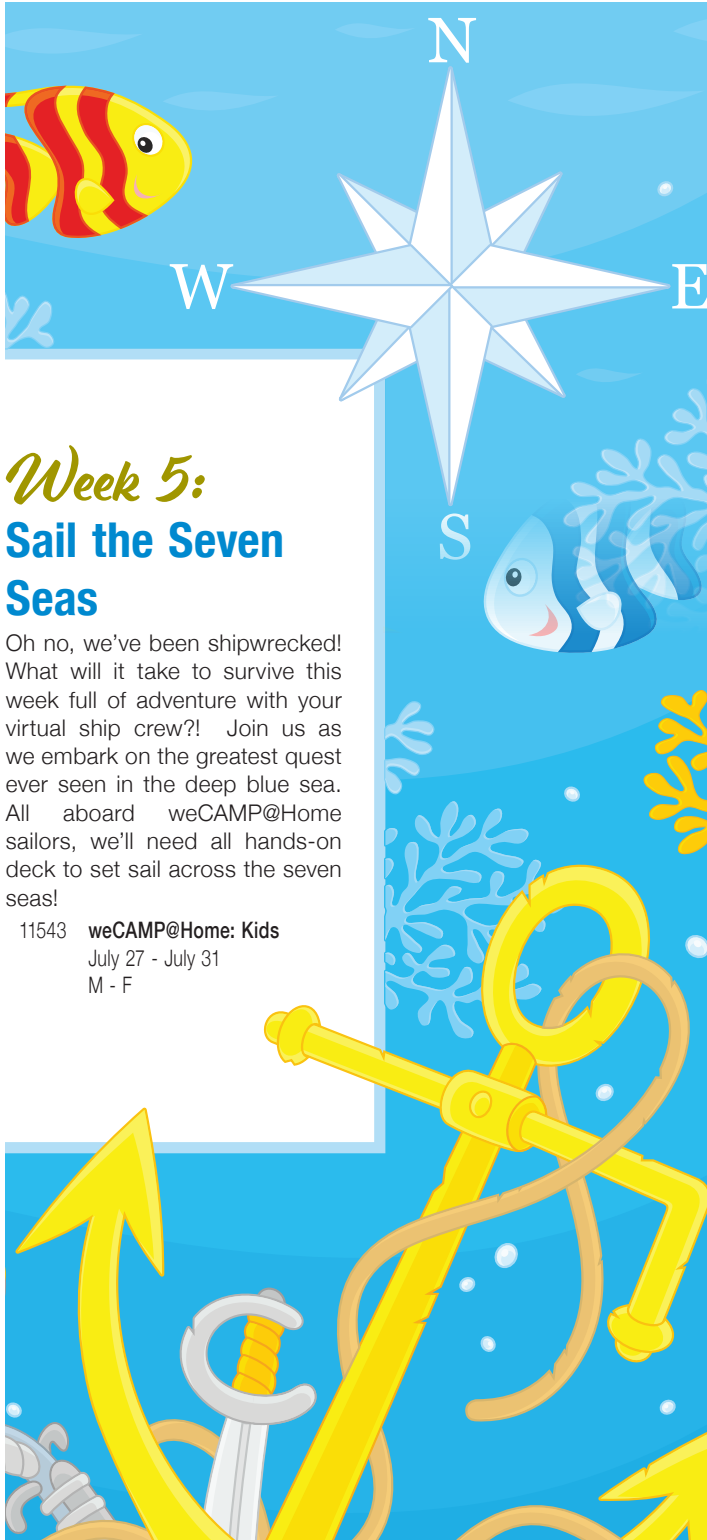
Week 4: Blast from the Past

It's time to get retro, we are rockin' it old school! This week weCAMP@Home will take a far-out journey exploring different decades and learning about popular trends, games, and music! We will like totally have something for everyone and plenty of dancing and karaoke! Join us for a groovy time through the decades.

11542 weCAMP@Home: Kids July 20 - July 24 M - F



WECAMP @ HOME



Week 5: Sail the Seven Seas

Oh no, we've been shipwrecked! What will it take to survive this week full of adventure with your virtual ship crew?! Join us as we embark on the greatest quest ever seen in the deep blue sea. All aboard weCAMP@Home sailors, we'll need all hands-on-deck to set sail across the seven seas!

11543 weCAMP@Home: Kids
July 27 - July 31
M - F



11544 weCAMP@Home: Kids

Week 6: WeHo Summer Olympics

Get ready... set... GO! It's sports week! We'll be enjoying a variety of Olympic-style sports and virtual fitness designed to build concentration, strength, speed, and skill! So, come have a ball with weCAMP@Home and remember teamwork makes the dream work! This week campers will learn the importance of good sportsmanship, positive motivation, and teamwork.

August 3 - August 7 M - F

Week 7: Fun Camp Circus

Hurry, hurry step right up to the greatest, most exciting, and most fun camp on earth! We will close our final week of weCAMP@Home with a memorable finale. Get ready for a juggling, tumbling, and clowning fun-tastic week full of games, fun and laughter. This carnival party will sure be the best one yet!

11545 weCAMP@Home: Kids
August 10 - August 14
M - F



Virtual



TEEN PROGRAMMING

TEEN CENTER



Teen virtual summer programming is designed to develop the social and cognitive abilities of teen participants, as well as experience fun and organized virtual activities that encourage leadership and build confidence. Teen participants are invited to join the Leadership Crew and VolunTEEN program, which provides community service opportunities and teaches important life skills.

Teen Center Staff: Michelle and Aldin | **Ages:** 13 – 18* years (if 18 years, must be enrolled in High School)
Cost: FREE* Registration required | **Communication Platform:** ZOOM | **Summer Dates:** July 1 - August 31

Virtual Teen Leadership Crew

During this time of social distancing, reconnect with your Teen Center family with our Zoom Leadership Meetings. Get weekly check-ins and updates about virtual programming. Use this time being at home as an opportunity to brainstorm with your peers about how to build the community up during this crucial time. Plan and develop activities such as Teen Chef recipes, weekly art projects, and Friday Fun Day Events.

11554

Tuesdays

5 pm – 6 pm

Free



Virtual



CLASSES FOR ADULTS



Virtual Yoga Basics

Yoga Basics is an introductory level class that helps you reduce stress and anxiety while building flexibility and strength. With in-depth instruction, you'll learn how to safely practice the fundamental poses of yoga. Borrowing from the Iyengar, Viniyoga and Anusara traditions, this class is suitable for beginning yoga students, those with injuries, and ongoing students interested in deepening understanding of their body and mind in practice. No experience necessary. Participants will receive the Zoom code and password once registered.

Mark DeWhitt has taught yoga for 17 years at studios and corporations throughout Los Angeles. As a Licensed Certified Massage Therapist, he brings a depth of knowledge of anatomy to his transformative, detail-oriented classes.

What's needed for the class: Students are encouraged to have their own yoga mat. Yoga straps and blocks are also helpful but not required.

11498	July 1 – 29	\$65 for 5 week	Wednesday	12:30 pm - 1:30 pm
11499	August 5 – 26	\$55 for 4 week	Wednesday	12:30 pm - 1:30 pm
11501	July 5 – 26	\$55 for 4 week	Sunday	11 am - 12:15 pm
11502	August 2 – 30	\$65 for 5 week	Sunday	11 am - 12:15 pm

Virtual Yin Yoga

It's time to de-stress and unwind! Yin yoga is a relaxing, passive style of yoga that incorporates principles of traditional Chinese medicine. Class consists of a series of seated and reclining poses that are held for up to 5 minutes each. Designed to free up the flow of Qi (life force energy) and safely stretch connective tissue around the joints, Yin Yoga calms the nervous system and promotes flexibility in the lower part of the body - the hips, pelvis, inner thighs and lower spine - as well as the neck and shoulders.

This class is suitable for beginning yoga students, those with injuries, and ongoing students interested in deepening understanding of their body and mind in practice. No experience necessary. Participants will receive the Zoom code and password once registered.

See instructor's bio under "Yoga Basics" class.

What's needed for the class: Students are encouraged to have their own yoga mat. Yoga straps and blocks are also helpful but not required.

11571	July 7 – 28	\$55 for 4 week	Tuesday	10:30 am - 11:45 am
11572	August 4 – 25	\$55 for 4 week	Tuesday	10:30 am - 11:45 am
11574	July 2 – 30	\$65 for 5 week	Thursday	7:30 pm - 8:30 pm
11575	August 6 – 27	\$55 for 4 week	Thursday	7:30 pm - 8:30 pm

Virtual CLASSES FOR ADULTS



Virtual Self-Care 101: Learn Trigger Point Self-Massage

Are you missing receiving massages? You can take care of some of your aches and pains yourself! Trigger Points are knots in the muscles that can restrict your flexibility and send pain to seemingly unrelated parts of the body. For instance, back pain can start from a trigger point found in your calf. Who knew?! In this workshop, you'll learn how to manage common trigger points that may cause pain and stiffness in your neck, shoulders, back, hips, knees and feet. You'll learn how to identify trigger points, apply self-massage safely and effectively, and expand your knowledge of anatomy. No prior experience necessary. Participants will receive the Zoom code and password once registered.

*Wear comfortable clothes and bring an exercise mat if you have one. *A lacrosse ball or similar dense massage ball is necessary for this course.*

11495 July 21 – 28 Tuesday 7 pm - 8:30 pm
\$55 includes instructional visual aids and a recording of the Zoom session.

Virtual Mindfulness and Meditation Workshop

Please join for a 4-week long virtual mindfulness and meditation course designed to teach you tools to use while you are meditating and in everyday life. Meditation can help adults with finding safety, getting in touch with their intuition and who they are, developing healthy boundaries with others, and much more! The course will not be an entire hour of sitting with your eyes closed! It will include discussion and questions as a group and individual activities such as journaling, visualizing strategies, goal planning and more. *Zoom info will be emailed upon registration.*

Staff: Ms. Sara
Cost: \$25 for 4 weeks of classes
Min: 5 | **Max:** 15
Ages: Adults

11583 July 9 – 30 Thursday 7 pm - 8 pm
11584 July 12 – August 2 Sunday 12 pm - 1 pm



Virtual How to Make a Piñata Class

In this 4 week class, we will guide you virtually in how to make your own piñata. Throughout the weeks you will create your own base, paper mâché, and decorate your very own piñata. You will also learn how to make your own glue by using common household items. Piñatas can be used as decorations, given as gifts or a fun activity for both children and adults!

Ages: 18+
Staff: Ms. Diane
Cost: \$12 per 4 week session
Min: 5 | **Max:** 12

11594 August 6 – August 27 Thursday 6:00 pm - 6:45 pm
11595 August 5 – August 26 Wednesday 6:00 pm - 6:45 pm



Virtual



CLASSES FOR ADULTS

be WellWeHo

The Mindfulness Series:

Virtual

“How to Create Peace of Mind”

11597 Wednesday June 24 10 am - 11:30 am

Today, we are all so busy dealing with unexpected situations that we do not have time to think about ourselves. Therefore, we suffer from having a chaotic state of mind. Here are some questions to ask yourself - Do you sleep well? Do you eat well? Do you attend to your emotional needs? If your answer is no to either of these questions, then this discussion will be helpful to you. During class you will learn how to let go of your negative thoughts and discuss on finding ways to be at peace each day.

Everyone over 18 is welcome. Free Virtual Class.

Virtual

“Taking the Risk of Making Changes and Overcoming Fear”

11599 Wednesday August 5 10 am - 11:30 am

Let's look at the familiar patterns of how we deal with change. Are you happy the way your life has unfolded? Do you suffer from shame, guilt and disappointment? Do you obsess about what should, would, could have happened but you cannot get out of certain pattern behaviors? Change is an inevitable part of our lives, but the fear of making any changes can be suffocating and leaving us unhappy. In class we will discuss overcoming fear of taking new steps to create lasting change.

Everyone over 18 is welcome. Free Virtual Class.

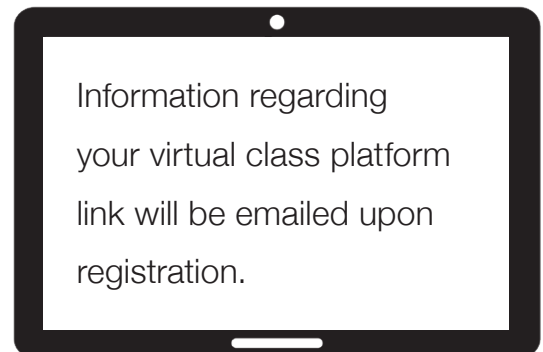
Virtual

“No One Is Perfect”

11598 Wednesday July 1 3 pm - 4:30 pm

Here are some questions to ask yourself; Do you criticize yourself? Do you accept criticism from others gracefully? Do you obsess about making mistakes? Do your feelings get easily hurt? Our own negative internal dialogue decreases our self-esteem and increases our self-doubt. We become our own worst critics, as we have a hard time in accepting our imperfections. In a group setting we will discuss how to not take criticism personally and accept yourself as you are.

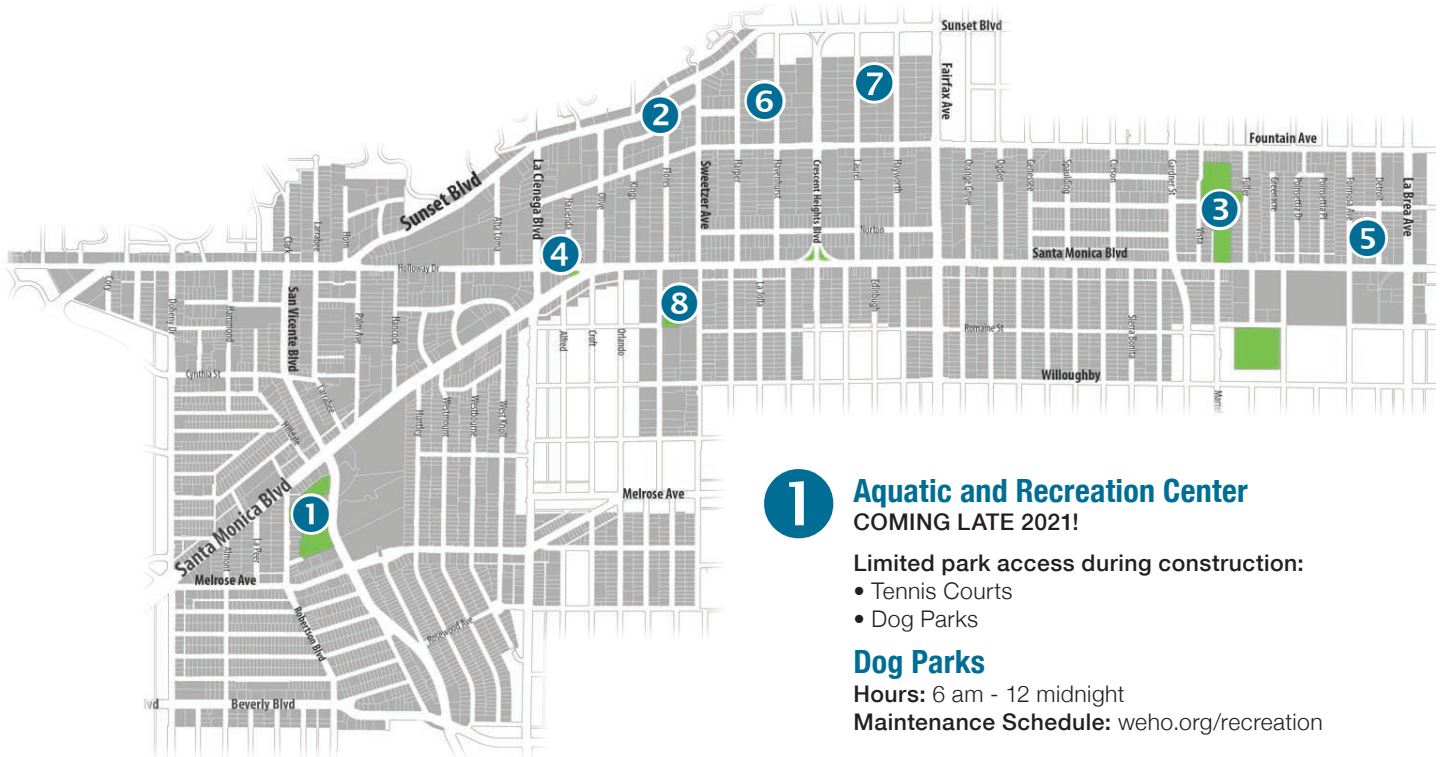
Everyone over 18 is welcome. Free Virtual Class.



About the Instructor: Maggie Thomas is a Licensed Clinical Social Worker and has a private therapy practice. She is also a Reiki Master and Shamanic Practitioner.



REGISTRATION / PARK FACILITIES



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.
- Credit/debit card are accepted forms of payment.
- 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.

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.

1 Aquatic and Recreation Center COMING LATE 2021!

Limited park access during construction:

- Tennis Courts
- Dog Parks

Dog Parks

Hours: 6 am - 12 midnight

Maintenance Schedule: weho.org/recreation

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

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



**Parks
Make
Life
Better!**

***“City of West Hollywood
Recreation Services
Division Staff misses
all of you!
We hope you are well.
We can't wait to see
you!”***