

CITY OF **HAWTHORNE**

RECREATION AND COMMUNITY SERVICES

CLASSES BEGIN:
August 29, 2016

Fall
2016

*Fall for our
great activities!*

**Parks
Make
Life
Better!**SM

Online Registration Available <https://apm.activecommunities.com/hawthornerecreation>

City of Hawthorne - CITY HALL

4455 W. 126th Street,
Hawthorne, CA 90250
www.cityofhawthorne.com
(310) 349-2900



City of Hawthorne - RECREATION & COMMUNITY SERVICES

3901 W. El Segundo Blvd., Hawthorne, CA 90250
www.cityofhawthorne.org/parks-and-recs-home-page
(310) 349-1640

Online Registration

<https://apm.activecommunities.com/hawthornerecreation>

Hours of Operation

Monday-Thursday 7:30 am-5:30 pm
Friday 7:30 am-4:30 pm

Closed Alternate Fridays: September 2, 16, 30;
October 14, 28; November 11, 25; December 9, 23;

Holidays

September 5; November 10, 23, 24; December 24, 25, 26, 27

City of Hawthorne City Council

Mayor: Alex Vargas

Mayor Pro Tem: Angie English

Council Members: Haidar Awad, Nilo Michelin,
Olivia Valentine

City Manager: Arnold Shadbeh (Interim)

City Clerk: Norb Huber

City Treasurer: L. David Patterson

City Council meetings are held the 2nd and 4th Tuesday of the month at 6 pm in the City Hall Council Chambers. *For more information please call (310) 349-2908.*

Parks & Recreation and Fine Arts Commission

Chairperson: Richard Huhn

Vice Chairperson: Ronald Yates

Commissioners: Herminia Balboa, Charles Bowie Jr.,
David Hughes, Gloria Plascencia, Kevin Posey

Meetings are held on the 1st Tuesday of every month at 6 pm in the City Hall Council Chambers. *For more information please call (310) 349-1640.*

Senior Citizens Commission

Chairperson: Juanita Y. Douse

Vice Chairperson: Darlene Love

Commissioners: WD McCoy, Dr. Joseph N. Jackson,
Darvis J. Johnson

Meetings are held on the 1st Wednesday of every month at 3 pm in the City Hall Council Chambers. *For more information please call (310) 349-1640.*

FALL 2016 Recreation Programs

Sessions Begin: August 29, 2016

Table of Contents

Adult Classes	8-9
Aerotone (Adult)	9
Aquatics	10
Ballet, Tap, Jazz, Hip Hop Classes (Youth)	5-6
Basketball League (Adult)	9
Basketball League (Youth)	6
Camping Facilities	14
Cardiokickboxing & Powertone (Adult)	9
Clogging Dance (Adult)	8
Dance Classes (Youth)	4-5
Dance/Exercise Classes (Adult)	8-9
Facility Rental/Park Permit Information	14
Facility and Class Location Addresses	14
Fun & Fit Gymnastics (Youth)	4
Futsal Leagues (Adult) NEW!	3
Futsal Leagues (Youth) NEW!	3
Gymnastics Exploration (Youth)	4
Halloween	Back Cover
Holiday Home Decoration Contest	15
Ice Hockey (Youth)	3
Ice Skating (Youth)	3
Intense Fitness Challenge NEW!	9
Mexican Folklore Dance (Adult)	8
Phone Numbers to Keep Handy	11
Registration Procedures	3, 14
School of Safety Awareness (Youth)	4
Senior Center Programs	12-13
Teen Center	7
Tennis (Youth)	6
Yoga for Kids	6
Youth Classes & Sports	3-6
Zumba Classes (Adult)	8

HOW TO READ THE CLASS SCHEDULE

Class #:	Class Code
6-13:	Age Group Class Offered To
Sept. 3 - Sept. 24:	Length of Class
Sat.:	Day(s) Class Offered
11:00 - 11:55 am:	Time(s) Class Offered

See Registration Information on page 3.
See Addresses of Locations on page 14.

FUTSAL LEAGUES

New!

Youth Futsal League

Registration Dates: August 23 - October 1

League Draft: October 8

First Practice: October 10

Opening Game: October 15 | **Fee:** \$60
Boys and Girls, Ages 6-12 (4 Leagues)

Volunteer coaches needed!!! *For more information please contact: Hawthorne Recreation & Community Services Department: (310) 349-1640.*

Adult Futsal League

Registration Dates: August 23 - October 1

Team Fee: \$350 / team

Where: Memorial Park Futsal Courts

8 Game Schedule, Playoffs for qualifying teams. Games will be played on Sundays starting October 8. CALL (310) 349-1645 FOR MORE INFO! *League fees must be paid in full when signing up.*



Reservations Now Available!

City of Hawthorne Futsal Court Reservations are now available!

Please secure your reservation online or inside the Betty Ainsworth Sports Center. \$25 per hour/per court. Contact phone: (310) 349-1640. Reservations can be made up to 10 days in advance, minimum 3 day notice.

Registration Information

1. ONLINE

1. Go to www.cityofhawthorne.org
2. Click on Recreation & Community Services
3. Click on Recreation Classes Schedule
4. Click on Register for Activities
5. Click on Create an Account
(Only if this is your first time registering online. Follow the steps listed.)
6. Enter Username & Password
7. Sort by Location, Activity Name, Class Number
8. Click on Name of Activity
9. If this is the class, click Add to My Cart
10. Follow the steps for payment

2. WALK-IN

Recreation & Community Services Department
3901 W. El Segundo Blvd.
Hawthorne, CA 90250

3. REGISTER WITH INSTRUCTOR

You register the first day of class with the instructor unless noted. You must fill out a registration form for each activity the first day of class.

Ice Skating

Ice skating class will teach you how to skate, be safe and enjoy this great pastime. Wear warm, flexible clothing and bring your mittens. Added value includes four public session passes, two guests passes and skate rental (\$73.50 value). Students will need to check in with CLASS CONFIRMATION at the first class. To sign up for the following classes at the Toyota Sports Center, pre-registration is required online or at the Hawthorne Memorial Center. Classes meet at 555 North Nash Street, just north of El Segundo Blvd. Call (310) 535-4510 for further directions. *Parent participation required for Beach Babies on Ice classes.*

Instructor: Toyota Sports Center staff **Fee:** \$67/4 classes

Location: Toyota Sports Center

Beach Babies on Ice

Class # 5562	2-3	Sept. 3 - Sept. 24	Sat	10:45-11:15 am
Class # 5563	2-3	Sept. 4 - Sept. 25	Sun	12:20-12:50 pm

Ice Skating for Tots

Class # 5564	4-6	Aug. 30 - Sept. 20	Tue	4:00-4:30 pm
Class # 5565	4-6	Sept. 3 - Sept. 24	Sat	12:15-12:45 pm
Class # 5566	4-6	Sept. 4 - Sept. 25	Sun	12:20-12:50 pm

Ice Skating for Youth

Class # 5567	6-12	Aug. 30 - Sept. 20	Tue	4:30-5:00 pm
Class # 5568	6-12	Sept. 3 - Sept. 24	Sat	12:15-12:45 pm
Class # 5569	6-12	Sept. 4 - Sept. 25	Sun	12:20-12:50 pm



Ice Hockey

During the 4 weeks of instruction, your child will be introduced to ice hockey. They will be taught the basic safety and skating skills such as backward and forward skating, balance and edges. Protective equipment is recommended, but not provided. This class includes ice skate rental, four public sessions and two guest passes. Students will need to check in the first day of class with CLASS CONFIRMATION. To sign up for the following classes at the Toyota Sports Center, pre-registration is required online or at the Hawthorne Memorial Center. Classes meet at 555 North Nash Street, just north of El Segundo Blvd. Call (310) 535-4510 for further directions.

Instructor: Toyota Sports Center staff **Fee:** \$67/4 classes

Location: Toyota Sports Center

Ice Hockey for Tots

Class # 5570	4-6	Sept. 3 - Sept. 24	Sat	10:45-11:15 am
Class # 5571	4-6	Sept. 4 - Sept. 25	Sun	12:20-12:50 pm

Ice Hockey for Youth

Class # 5572	6-12	Sept. 3 - Sept. 24	Sat	11:15-11:45 am
Class # 5573	6-12	Sept. 4 - Sept. 25	Sun	12:20-12:50 pm

School of Safety Awareness

Children (ages 5-15) learn how to communicate and defend themselves in real life situations involving Stranger Abduction and Bully Intimidation. Escape techniques are learned to defend against being grabbed and communication skills are used to diffuse problems. Safety information is discussed each week. This program focuses on Safety Awareness, Self-Defense & Discipline, not aggressiveness. All classes are taught in a fun, yet structured environment. Please arrive 20 minutes prior to 5:30 pm. For additional information please call (310) 223-6899.

Instructor: Sensei Bob *Registration Fee:* \$10 per person
Fee: \$7 weekly *Location:* Memorial Center

New Students
Class # 5545 5-15 Sept. 14 – Dec. 14 W 5:30-6:10 pm



Rhythmic Gymnastics Basics

Rhythmic Gymnastics is a sport where the competitors manipulate apparatuses like balls, ropes, hoops, and ribbon. It combines some elements of gymnastics, ballet and dance. During this 45 minutes class we will teach the basic elements of Rhythmic Gymnastics that includes flexibility, coordination of movements and at the end of the season the students will be able to perform a routine and show their accomplishments.

Instructor: LA Latin Aerobics staff *Fee:* \$50/8 classes
Location: Sports Center, Fitness Room

Class #5533 5-12 Aug. 31 - Oct. 19 W 5:30-6:30 pm
Class #5534 5-12 Oct. 26 - Dec. 14 W 5:30-6:30 pm

Online Registration Available

<https://apm.activecommunities.com/hawthornerecreation>

SuperKids Gymnastics Exploration

Cartwheels, rolls of all kinds, stunts on bar, vaulting and balance beam skills are taught in this fun class! Enhances balance, flexibility, and confidence. SuperKids Gymnastics builds coordination and confidence. Parents are asked to sit in waiting area outside of the class while it is in session. On the last day, parents, relatives, and friends are invited inside to see our end of session performance class.

SuperKids Office: (310) 378-4800 www.superkidsfun.com
Online registration available <https://apm.activecommunities.com/hawthornerecreation>.

No Class on 11/26.

Instructor: SuperKids staff

Fee: \$88/7 classes (Saturday and Monday Session I)
\$75/6 classes (Monday Session II)

Location: Sports Center, Fitness Room

Class # 5558	3-5	Sept. 12 – Oct. 24	M	4:30-5:20 pm
Class # 5559	3-5	Nov. 7 – Dec. 12	M	4:30-5:20 pm
Class # 5549	3-5	Sept. 10 – Oct. 22	Sat	10:30-11:20 am
Class # 5551	3-5	Oct. 29 – Dec. 17	Sat	10:30-11:20 am



SuperKids Fun & Fit Gymnastics

Class starts with fun aerobic exercises to music as well as exercises to build strength and flexibility. We group children by ability and teach basic tumbling skills such as cartwheels, round offs, rolls, handstands, front and back handsprings (when ready). We also teach skills on bar, balance beam, spring board, and vault. SuperKids Gymnastics builds coordination and confidence! Parents are asked to sit in waiting area outside of the class while it is in session. On the last day, parents, relatives, and friends are invited inside to see our end of session. *No Class on 11/26.*

SuperKids Office: (310)378-4800 www.superkidsfun.com
Online registration available <https://apm.activecommunities.com/hawthornerecreation>.

Instructor: SuperKids staff

Fee: \$88/7 classes (Saturday and Monday Session I)
\$75/6 classes (Monday Session II)

Location: Sports Center, Fitness Room

Class # 5556	6-11	Sept. 12 – Oct. 24	M	5:30-6:20 pm
Class # 5557	6-11	Nov. 7 – Dec. 12	M	5:30-6:20 pm
Class # 5552	5-8	Sept. 10 – Oct. 22	Sat	11:30 am-12:20 pm
Class # 5553	5-8	Oct. 29 – Dec. 17	Sat	11:30 am-12:20 pm
Class # 5554	8-11	Sept. 10 – Oct. 22	Sat	12:30-1:20 pm
Class # 5555	8-11	Oct. 29 – Dec. 17	Sat	12:30-1:20 pm





SuperKids Creative Ballet

Learn ballet basics in a fun way. In addition to traditional technique, every class features creative problem solving challenges to inspire original self expression. Traveling patterns across the floor as well. Parents are not allowed in dance room until last class of the session.

SuperKids Office: (310) 378-4800 www.superkidsfun.com
 Online registration available <https://apm.activecommunities.com/hawthornerecreation>.

Instructor: SuperKids staff

Fee: \$88/7 classes (Saturday and Monday Session I)
 \$75/6 classes (Monday Session II)



Location: Sports Center, Dance Room

Class # 5560	3-5	Sept. 12 – Oct. 24	M	6:45-7:30 pm
Class # 5561	3-5	Nov. 7 – Dec. 12	M	6:45-7:30 pm

SuperKids Ballet and Tap Combo

Ballet enhances grace and flexibility; tap enhances rhythm awareness and showmanship. Fun music, combinations, and traveling across the floor. Parents are not allowed in dance room until the last class of the session.

SuperKids Office: (310) 378-4800 www.superkidsfun.com
 Online registration available <https://apm.activecommunities.com/hawthornerecreation>.

Instructor: SuperKids staff *Fee:* \$88/7 classes
Location: Sports Center, Dance Room



Class # 5547	4-8	Sept. 6 – Oct. 18	T	5:45-6:30 pm
Class # 5548	4-8	Oct. 25 – Dec. 6	T	5:45-6:30 pm

Fantasia Dance Ensemble Jazz & Hip Hop Mix

Learn to be expressive, creative, and smooth through jazz lessons and hip hop enhancing self-expression, while learning moves that enhance body tone and stamina! Be sure to ask the instructor about the seasonal community recital as well!

Instructor: Alicia L. *Fee:* \$50/8 classes

Location: Sports Center, Dance Room

Class # 5541	5-15	Sept. 1 - Oct. 20	Th	7:00-8:00 pm
Class # 5542	5-15	Oct. 27 - Dec. 15	Th	7:00-8:00 pm

Fantasia Dance Ensemble Triple Threat

Beginning acting, singing, and modeling - Triple Threat is a term used in show business when a performer is talented in three disciplines. In this case our class will focus on modeling, vocals and acting.

Instructor: Alicia L. *Fee:* \$50/8 classes

Location: Sports Center, Dance Room

Class # 5543	5-12	Sept. 3 - Oct. 22	Sat	12:00-1:00 pm
Class # 5544	5-12	Oct. 29 - Dec. 17	Sat	12:00-1:00 pm



Fantasia Dance Ensemble Ballet & Tap Combo

Focus on poise, grace, balance, beauty of ballet and learn rhythm, pizzazz, and movements in tap. Members look forward to participation in the community recital as well as having fun!

Instructor: Alicia L. *Fee:* \$50/8 classes

Location: Sports Center, Dance Room

Class # 5539	5-12	Sept. 1 - Oct. 20	Th	6:00-6:55 pm
Class # 5540	5-12	Oct. 27 - Dec. 15	Th	6:00-6:55 pm
Class # 5535	2-5	Sept. 3 - Oct. 22	Sat	10:00-10:55 am
Class # 5536	2-5	Oct. 29 - Dec. 17	Sat	10:00-10:55 am
Class # 5537	6-13	Sept. 3 - Oct. 22	Sat	11:00-11:55 am
Class # 5538	6-13	Oct. 29 - Dec. 17	Sat	11:00-11:55 am

Ballet I by Dance 1

This wonderful world is the start of a life-long passion for this art form. Our goal is to guide your dancer in a syllabus that makes sense to their bodies. This serves as the foundational building block to create a strong versatile dancer. The curriculum allows steps to be introduced as the body is ready, making the dancer successful. Correct terminology is used and correct body placement is emphasized for creating both beautiful lines and keeping injury free. Your dancer will keep a dance journal which they will bring to each class. The journal allows them to keep track of steps that have made them proud.

Fee: 8 week classes \$135

Location: Dance 1 Redondo Beach is located at
2228 Artesia Blvd., Redondo Beach, CA 90278
(310) 371-2141 frontdesk@dance1redondo.com

Class # 5574	10-17	August 29 - Dec. 12	M	4-5 pm
Class # 5575	10-17	August 30 - Dec. 13	T	5:30-6:30 pm



Yoga for Kids by Dance 1

Through breath and body awareness, kids will learn how to consciously relax their bodies and calm their minds in stressful and challenging situations. Your children will learn how to use yoga as a tool to meet his/her personal everyday challenges while having fun and tapping into their creative and imaginary selves.

Fee: 8 week classes \$135

Location: Dance 1 Redondo Beach is located at
2228 Artesia Blvd., Redondo Beach, CA 90278
(310) 371-2141 frontdesk@dance1redondo.com

Class # 5576	5-10	August 29 - Dec. 12	M	4-5 pm
--------------	------	---------------------	---	--------

Tennis Lessons

Kids of the LA84 Foundation

SCTA/NJTL (National Junior Tennis League)

The primary purpose of this program, with the help of many individuals and friends of the LA84 Foundation, is to provide an atmosphere in which Juniors can gain tennis experience and growth. The program features instruction with an emphasis on competition and sportsmanship. The Southern California Tennis Association is one of 17 sections on the United States Tennis Association.



Each student will receive a free t-shirt, 24 hours of tennis instruction, the chance to qualify for further tennis instruction scholarships, various special activities with awarded prizes, and have opportunities to attend professional tennis tournaments. Tennis rackets will be provided for the class.

Instructor: Queen Jones, USPTA Developmental Coach

Fee: \$10 Location: Holly Glen Park, Tennis Courts

Class # 5546	8-17	Oct. 3 - Nov. 9	M/W	3:30-5:30 pm
--------------	------	-----------------	-----	--------------

YOUTH BASKETBALL LEAGUE

for Boys and Girls ages 6-15

Registration Dates: October 24 – December 30, 2016
(or until league is full).

Birth certificate is **REQUIRED** at the time of registration.

Betty Ainsworth Sports Center: (310) 349-1655
3851 W. El Segundo Blvd. Hawthorne 90250

For more information please call (310) 349-1640.

Fee: \$60 per child

League Draft:	January 14, 2017
Practice Begin:	January 16, 2017
Games Begin:	January 28, 2017
Picture Day:	TBA



VOLUNTEER COACHES NEEDED!

If you are interested in being a volunteer coach, please fill out a Coach's Volunteer Application (available at the Sports Center). All volunteers are required to be fingerprinted before the season starts. Please join us in helping the kids in our community learn, enjoy and appreciate the game of basketball.

Online Registration Available

<https://apm.activecommunities.com/hawthornerecreation>

HAWTHORNE TEEN CENTER

3901 El Segundo Blvd., Hawthorne, CA 90250

(Next to the Hawthorne Sports Center)

Facility Hours: Monday - Friday 2-6 pm

(Closed on September 5, November 24 & 25, 2016)

(310) 970-7001

FACILITY OFFERS:

- › Pool Table
- › Ping Pong
- › Xbox and PS3 Video Game Stations
- › Computers with Free Internet Access
- › Big Screen TV
- › Board Games
- › Foosball Games
- › Air Hockey Table
- › Mini Basketball Court
- › Tutoring (M - Th)
- › Job Training
- › Recreation Tournaments (Th)
- › Movies (F)
- › Arts & Crafts
- › Life Skills & Youth Council

In partnership with South Bay One-Stop Youth Services and Business Center. An equal opportunity program employer. / Auxiliary aides available upon request for persons with disabilities.

Everything is Free!

FITNESS PROGRAMS:

- › Volleyball
- › Handball
- › Flag Football
- › Yoga (T 4-5 pm)
- › Basketball Clinics

ATTENTION ALL TEENS!

The Hawthorne Teen Center offers opportunities for teens to develop their physical, social, emotional and cognitive abilities and to experience achievement, leadership, enjoyment, friendship and respect. Our daily program activities are diverse, engaging, and appealing to teens of all ages and backgrounds. **Stop in and check it out for yourself!**

All activities at the Teen Center are free and are at no cost to any of the teen residents of the City of Hawthorne. **The Teen Center provides a supervised, safe and drug-free place for Hawthorne's teenagers to "have fun & learn" after school and during the summer months.**

ENRICHMENT:

- › International Cooking
- › Leadership Board (M & W 4-5 pm)
- › Peer Meditation
- › Job Club (M & W 3-6 pm)
 - › Are you ready to get a job?
 - › Do you know how to properly complete an application?
 - › What do you wear to an interview?
- › Arts 'n Crafts (Thursday, 4:30-5 pm)
- › Guitar (Thursday, 4:30-5:30 pm)
- › Volunteer Hours

EDUCATION:

- › Scholarship Assistance
- › Homework Help (M - F)
- › SAT & CAHSEE Prep
- › Tutoring / Spanish Tutoring (M - Th)





Zumba In The Park

Come join the dance party! Burn calories and have fun while working out. This combination of latin rhythms will have your smiling and sweating at the same time. The 1st hour is cardio and the last ½ hour is body toning & sculpting. Please bring a mat or towel. 5 lbs. weights are optional.

Instructor: Angelina Long *Fee:* Free
Location: Jim Thorpe Park

18-Adults August 29 - Dec. 16 M/W/F 8:30-10:00 am



Zumba Fitness

Zumba is an aerobic workout which incorporates cardio, latin music and a lot of motivation. We will also add Zumba toning combinations to help maximize fat burning. Zumba is the type of exercise you'll want to do everyday and feel good about doing it. You will see results while burning calories and getting into shape. If you enjoy high energy, motivating music and like to try unique moves Zumba fitness is the class for you. **Please see instructor for details regarding fees. NEW: Mix and match 4 classes with a pass for \$20.**

Instructor: LA Latin Aerobics staff *Fee:* \$35/8 classes
Location: Sports Center, Fitness Room

Class #5529 12-Adults August 31 - Oct. 19 W 7:30-8:30 pm
Class #5530 12-Adults Oct. 26 - Dec. 14 W 7:30-8:30 pm



Clogging

Clog dancing is a lively folk dance gaining popularity nationwide. It's related to the Irish Jig and to tap dancing. It's foot stomping, hand clapping, old-fashioned fun that offers both exercise and entertainment for all ages. Continuation of all levels: beginning and advanced.

Instructor: Shannon Harding & Pioneer 8's staff *Fee:* \$7/class
Location: Memorial Center

Teens-Adults Continuous T Beginners: 7:30-8:30 pm
Intermediate: 8:30-9:30 pm
Advanced: 6:45-7:30 pm

Online Registration Available

<https://apm.activecommunities.com/hawthornerecreation>

Mexican Folklore

Step by step class instruction learning the beautiful steps and creative movements while exploring the background and history of the Mexican Folk Dance. Instructor provides instruction in both English and Spanish.

Instructor: Eleazar R. *Fee:* \$65/16 classes
Location: Sports Center, Dance Room

Class #5517 10-Adults August 31 - Oct. 21 W/F 6:30-7:20 pm
Class #5518 10-Adults Oct. 26 - Dec. 16 W/F 6:30-7:20 pm

Advanced Mexican Folklore

Join the intermediate or advanced classes and indulge in the beautiful form of Mexican Folklore dance that you love so much. This class is a great opportunity to build upon the skills you may already have or give you a great challenge to learn new routines. Many opportunities to perform as well!

Instructor: Eleazar R.
Fee: \$65/16 classes

Location: Sports Center, Dance Room

Intermediate

Class #5519 10-Adults August 31 - Oct. 21 W/F 7:30-8:30 pm
Class #5520 10-Adults Oct. 26 - Dec. 16 W/F 7:30-8:30 pm

Advanced

Class #5515 10-Adults August 31 - Oct. 21 W/F 8:30-9:45 pm
Class #5516 10-Adults Oct. 26 - Dec. 16 W/F 8:30-9:45 pm



Pilate's & Yoga Fusion

This is a great combination of Pilate's and Yoga Fusion. This workout is for beginners and experts. Pilate's is great for burning calories and it helps you get rid of excess fat while you strengthen your muscles. The Pilate's class will teach you how to align your spine, strengthening the muscles and ligaments that hold it in place. This will help you avoid back aches and neck pain associated with poor posture. In yoga you practice postures, breathing exercises and meditation which helps your body, mind and spirit.

Instructor: LA Latin Aerobics *Fee:* \$35/8 classes
Location: Sports Center, Fitness Room

Class #5525 12-Adults Aug. 29 - Oct. 17 M 7:30-8:30 pm
Class #5526 12-Adults Oct. 24 - Dec. 12 M 7:30-8:30 pm

Aerotone

This class is a no-nonsense fat burning aerobics program filled with high and low impact exercises with a variety of uncomplicated dance steps. Includes a variety of aerobics and a toning workout, with a little of everything: marches, lunges, kicks, knee lifts, and some African dance steps! Light dumb-bell or rubber band routines for shaping the upper body, and a lot of aerobics for burning the fat. Lots of fun while getting closer to toning those bodies! **NEW: Mix and match 4 classes with a pass for \$20.**

Instructor: LA Latin Aerobics staff *Fee:* \$55/16 classes

Location: Sports Center, Fitness Room

Class #5521	12-Adults	Aug. 30 - Oct. 20	T/Th	6:00-7:00 pm
Class #5522	12-Adults	Oct. 25 - Dec. 15	T/Th	6:00-7:00 pm

Cardiokickboxing & Powertone

A total body workout that blends your own strength with the arts of self defense, dance, boxing, and aerobics. A high calorie burner that introduces you to more than just the basics. Burn calories, tone your body, and learn the technique behind the workout. **NEW: Mix and match 4 classes with a pass for \$20.**

Instructor: LA Latin Aerobics staff *Fee:* \$55/16 classes

Location: Sports Center, Fitness Room

Class #5523	12-Adults	Aug. 29 - Oct. 19	M/W	6:30-7:30 pm
Class #5524	12-Adults	Oct. 24 - Dec. 14	M/W	6:30-7:30 pm

Core Strength & Flexibility

This is a unique opportunity to enjoy a class that helps target the difficult area of your body such as abs, thighs, hips and back. We will mix strength and core exercises using the exercise balls, mats and your own body resistance.

Instructor: LA Latin Aerobics staff *Fee:* \$35/8 classes

Location: Sports Center, Dance Room

Class #5531	12-Adults	Sept. 1 - Oct. 20	Th	7:00-8:00 pm
Class #5532	12-Adults	Oct. 27 - Dec. 15	Th	7:00-8:00 pm

Jazz Funk

Learn fun dance moves while getting a great cardio workout. All levels welcome. Studio shoes required or bare feet.

Instructor: Dance 1 *Fee:* \$135/8 classes

Location: Dance 1 Redondo Beach is located at
2228 Artesia Blvd., Redondo Beach, CA 90278
(310) 371-2141 frontdesk@danceredondo.com

Class #5577	12-Adults	August 31 - Dec. 15	Th	7:00-8:00 pm
-------------	-----------	---------------------	----	--------------

Intense Fitness Challenge

This workout will help you achieve your weight loss and fitness goal. This class is the key to transforming your body and maintaining a slimmer, healthier and more energetic body in record time. Workout bench dumbbells and rubber bands are some of the elements that we will use to create this effective workout. The energetic music will push you during every minute of class. This workout will focus on the entire body. Don't give up! Come out and enjoy! **NEW: Mix and match 4 classes with a pass for \$20.**



Instructor: LA Latin Aerobics staff *Fee:* \$35/8 classes

Location: Sports Center, Fitness Room

Class #5527	12-Adults	August 30 - Oct. 18	T	7:00-8:00 pm
Class #5528	12-Adults	Oct. 25 - Dec. 13	T	7:00-8:00 pm

BETTY AINSWORTH SPORTS CENTER OPEN PLAY HOURS

3851 W. El Segundo Blvd. (310) 349-1655

Basketball:

Monday - Friday, 3-5 pm
Saturday, 8 am-3 pm

Volleyball:

Every Friday, 6-10 pm

Adults (18 and over): \$1; Youth (17 and under): \$0.50

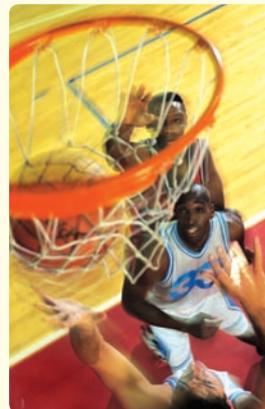


Racquetball:

Monday - Friday, 3-9 pm
Saturday, 8 am-3 pm
Fee: \$6/hour

(Schedule subject to change!)

ADULT BASKETBALL LEAGUE



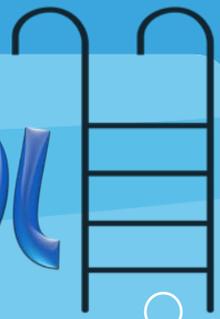
Games will be played on Sunday evenings beginning at 3 pm at the Betty Ainsworth Sports Center (3851 W. El Segundo Blvd.) First come first serve.
Fee: \$350 per team + \$30 referee fees.
League Fees must be paid in full when signing up.

For more information please call: (310) 349-1655 or (310) 349-1640.

Got a skill? Teach in Hawthorne!

The Recreation & Community Services Department is always looking for new teachers to contract with the city! If you have a special skill, athletic ability, or hobby that you would like to share and teach to others in the community, we would like to hear from you! Contact the department at (310) 349-1640.

HAWTHORNE POOL



Hawthorne Pool is an outdoor heated pool. Locker rooms have heated showers. Swim attire is required. No t-shirts, shorts, tank top or street clothes allowed. Take advantage of this great facility and make swimming a daily part of your life!

Hawthorne Pool is located at 12501 W. Inglewood Ave. (north of El Segundo Blvd.) For more information call: (310) 970-7228.



h2O AEROBICS

Water Aerobics is offered for adults (17 years and up) of all ages that are interested in enhancing their cardiovascular output while having fun in the water. Workouts are varied daily using noodles, weights, and water resistance.

Cost: \$4/per person
\$2/seniors 55+

Passes: \$47/15 passes
\$24/15 passes for seniors 55+

Instructor Guided: August 22 - October 15
Monday - Friday 5:30-6:30 pm
Saturday 9-10 am

Student Guided:
Monday - Wednesday / Friday: 9-10 am
Thursday: 12-2 pm
Thursday: 3:30-6 pm
Saturday: 9-10 am

LAP SWIMMING

Participants must be 17 years or older. Participants swim under the supervision of a lifeguard. No instruction is provided. All levels are welcome.

Cost: \$4/per person 17+
\$2/seniors 55+

Passes: \$27/15 passes for seniors 55+
\$33/15 passes
\$71/35 passes

Monday - Wednesday / Friday: 6-10 am
Monday - Friday: 12-2 pm, 3:30-5:30 pm
Saturday - Sunday: 9 am-12 pm (2 lanes)



SOUTH BAY SWIM TEAM



Youth and Adult Swim Teams

South Bay Swim Team offers coached swim workouts in a team environment for both youth and adult swimmers at the Hawthorne Pool.

Kids/Age Group: Take the opportunity to improve swimming skills beyond the basic training in swim schools and lessons. If you love to swim and are ready to take it to the next level, please join us for a fun and challenging swim experience. Get fit, improve technique, get ready for swim meets, and have fun!

Adults/Masters: Adult swimmers of all ages and skill level are welcome – recreation & fitness swimmers, triathletes, competitive pool and ocean swimmers, who want to improve their fitness through swimming.

South Bay Swim Team Members have the opportunity to learn stroke techniques, conditioning, teamwork, competitive strategies, cooperation, goal-setting, and the benefits of dedication & hard work.

For more information contact Coach Kathy Gore: www.SouthBaySwimTeam.org or SouthBaySwimTeam@socal.rr.com

CITY HALL DEPARTMENTS

Airport	(310) 349-1635
Building & Safety	(310) 349-2990
Business License	(310) 349-2935
Cable TV (Channel 22)	(310) 349-1630
Code Enforcement	(310) 349-2945
City Attorney	(310) 349-2960
City Clerk	(310) 349-2915
City Hall (Information)	(310) 349-2900
City Manager	(310) 349-2910
City Finance	(310) 349-2920
Graffiti Removal	(310) 349-1632
Housing	(310) 349-1600
Human Resources	(310) 349-2950
Job Hotline	(310) 349-1633
Mayor & City Council	(310) 349-2908
Planning/Community Development	(310) 349-2970
Police Department	(310) 349-2700
Public Information	(310) 349-2902
Recreation & Community Services	(310) 349-1640
Senior Center	(310) 349-1650
Sports Center	(310) 349-1655
Street Maintenance	(310) 349-1660
Tree Trimming	(310) 349-1664

SCHOOLS & LIBRARIES

Hawthorne School District	(310) 676-2276
Wiseburn School District	(310) 643-3025
Centinela Valley Adult School	(310) 263-3200
Hawthorne High School	(310) 263-4400
Leuzinger High School	(310) 263-2200
Hawthorne Library	(310) 679-8193
Wiseburn Library	(310) 643-8880

NEIGHBORING LOS ANGELES COUNTY PARKS

Alondra Park	(310) 217-8366	3850 Manhattan Beach Boulevard, Lawndale, CA
Bodger Park	(310) 676-2085	14900 S. Yukon Avenue, Hawthorne, CA
Del Aire Park	(310) 643-4976	12601 S. Isis Avenue, Hawthorne, CA

COMMUNITY SERVICES

AT&T	(800) 310-2355
Animal Control/Licensing	(310) 349-2948
Animal Complaints/Pick-up	(310) 675-4443
California Water Service	(800) 758-6790
Chamber of Commerce	(310) 676-1163
Dial-A-Ride	(310) 965-8888
Health Department	(310) 419-5358
LA County Alondra Park	(310) 217-8366
LA County Bodger Park	(310) 676-2085
LA County Del Aire Park	(310) 643-4976
MTA Transit	(800) 266-6883
Shopping Carts	(800) 252-4613
So. Calif. Edison	(800) 655-4555
So. Calif. Gas Co.	(800) 427-2200
So. Calif. Water Co.	(800) 758-6790
Street Light Problems	(800) 655-4555
Traffic Signal Lights	(626) 458-4357
Time Warner Cable	(800) 892-4357
Union Pacific Rail Road	(800) 767-3884

COMMUNITY ORGANIZATIONS

American Youth Soccer Organization	(310) 643-6455
Boys & Girls Club - Carson	(310) 549-7311
Boy Scouts of America	(213) 413-4400
District 37 Little League	(310) 644-9360
Gardena YMCA	(310) 523-3470
Girls Scouts Council	(310) 328-2312
Holly Park Little League	(424) 901-3313
South Bay Youth Service Center	(310) 549-7311
Teen Challenge	(310) 644-3695
Teen Hotline (24 hr. Hotline)	(800) 448-3000
Tri Park Little League	(310) 675-1609
Wiseburn Little League	(310) 289-4113

**City of
Hawthorne**
CITY HALL
4455 W. 126th Street,
Hawthorne, CA 90250
www.cityofhawthorne.com
(310) 349-2900

**RECREATION &
COMMUNITY SERVICES**
3901 W. El Segundo Blvd.
[www.cityofhawthorne.org/
parks-and-recs-home-page](http://www.cityofhawthorne.org/parks-and-recs-home-page)
(310) 349-1640

Hawthorne Senior Center *The Place Where Fun Begins!*

The Hawthorne Senior Center is located directly behind the Hawthorne Memorial Center at 3901 El Segundo Boulevard, Hawthorne Parking in the Rear. Entrance on Prairie Avenue. (310) 349-1650

Hours of operation are Mondays through Fridays from 9:00 am to 4:00 pm.

Senior Center Benefits

If you are at least 55 years old and looking for something new in your life, you should come to the Hawthorne Senior Center. The Hawthorne Senior Center offers a wide variety of programs and activities. **Regular programs include dances, field trips, billiards, bingo, health & fitness classes, computer room, sewing, knitting, crafts, movies, and a variety of other programs.** Coming soon: wii, ping pong, karaoke much more. The Hawthorne Senior Center also serves **lunch (60+ years) everyday at noon** so if you interested stop by and inquire.



AARP Driving Class

Once you make your appointment, you attend a 2 day course. After completing the class, you will receive a CA DMV certificate which will qualify you for a discount on auto insurance with a good driving record. Be sure to come in or call (310) 349-1650 for an appointment.

Hawthorne Gad-A-Bouts

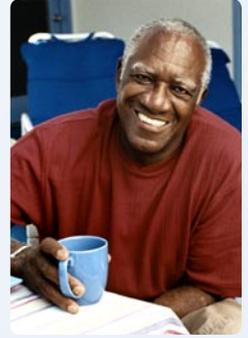
The **Gad-A-Bouts** meet each Friday from 9:00 am to 12:00 noon in the Hawthorne Memorial Center Polaris Room. Membership is \$3 per year. **Birthdays** are celebrated the first Friday of each month with a cake. Anyone interested can also play **bingo** the first Friday of the month as well. Players are to bring a gift that is not less than \$1. **Cards** are played each week for those who enjoy this activity. **Board meetings** are held every other month; usually on the third Friday of the month.

Bet Tzedek Legal Services

By appointment only! FREE legal services are available to you! You must call in advance to make sure you can be seen! Call: the Senior Center at (310) 349-1650!

Nutrition Program

Lunch is served Monday - Friday at 12:00 noon in the Hawthorne Senior Center. The project is funded in part by the LA County Area on Aging of 1965. You must come into the Senior Center to register for the lunch program. A suggested \$2 donation for seniors is appreciated but not mandatory!



Dial-A-Ride Transportation

Dial-a-ride is for persons 62 years of age or disabled. Tokens may be purchased at the Memorial Center after you have registered in the Senior Center and received your ID card! Transportation is available M-F 8:30 am-5:30 pm. Call (310) 965-8848 for reservation pick-up at least 24 hours in advance!

Braille Institute

Braille Institute's community outreach program is designed to help the blind and visually impaired people to live with dignity in a sighted world. These community-based programs are located conveniently throughout Los Angeles County and offered free of charge. For information about class registration, counseling, visual aids, adaptive technology and other services provided by Braille Institute, please call: (323) 663-1111 ext. 1252.



Community Gardens

The Division of Recreation and Community Services also sponsors a Community Garden at 12625 Grevillea Avenue. The City-owned land has been converted in 24 garden plots. 10'X25' each. The plots are leased on a "first-come, first-serve" basis for a one year period. The cost is \$30 per year. Each gardener is responsible for the upkeep of their own plot. For information and availability call (310) 349-1640.

Senior Center WEEKLY EVENTS

Monday		Tuesday		Wednesday		Thursday		Friday	
9 am	Billiards	9 am	Billiards	9 am	Billiards	9 am	Billiards	9 am	Billiards
9 am	Computer Lab	9 am	Computer Lab	9 am	Computer Lab	9 am	Computer Lab	9 am	Computer Lab
9 am	Knitting & Crocheting					9 am	Knitting & Crocheting		
9 am	Sewing					9 am	Sewing		
9:30 am	Be Well Program			10 am	Tai Chi	9:30 am	Line Dancing		
12 pm	Lunch	12 pm	Lunch	12 pm	Lunch	12 pm	Lunch	12 pm	Lunch
		12:45 pm	Bingo			12:45 pm	Bingo		

Important Phone Numbers

Hawthorne Senior Center 310-349-1650
 Inglewood Senior Center 310-412-5338
 South Bay Senior Services 310-325-2141
 Little Co. of Mary Home Health . . . 310-370-5895
 Torrance Memorial Home Health . . 310-784-3739
 Housing 310-349-1600
 Senior Employment 310-680-4040
 Home Delivered Meals 310-412-4380
 MTA Bus Passes 310-349-1640
 Dial-A-Ride Transportation 310-965-8888
 Volunteer Opportunities 310-412-5338
 Information & Assistance 310-412-4346
 LA County Area on Aging 800-510-2020
 Elder Abuse Hotline 800-738-2631
 Employment Programs 213-738-2631
 Alzheimer's Association 323-938-1036
 Elder Care Locator 800-677-1116
 Center for Health Care Rights 800-824-0780

Hawthorne Senior Center's SPECIAL EVENTS

SEPTEMBER:

LA COUNTY FAIR TRIP

Wednesday, September 21
 11 am - 5 pm

MEDICARE 101

Tuesdays, September 27,
 October 4, October 18 and
 November 15.
 11 am - 12 pm

AARP DRIVING COURSE

Tuesday, September 27 & Wednesday, September 28
 Come in or call in to sign up and get cost.



Volunteers Needed!

GIVE A HELPING HAND!

We need your support! The Hawthorne Senior Center is run by a very small staff and a handful of volunteers. If you would like to give back to your community and feel you have an interest in working with seniors, please contact the Senior Center to find out how you can assist! We are always looking for help with the nutrition program, computer lab, and special events. Call (310) 349-1650 for more information!



OCTOBER:

LONG BEACH AQUARIUM

Wednesday, October 5 9 am - 2 pm

Senior Center closed: Monday, September 5; Friday, November 11; Thursday and Friday, November 24 & 25; Monday and Tuesday, December 26 & 27

For more information regarding upcoming events please call the Hawthorne Senior Center (310) 349-1650.

REGISTRATION

REGISTRATION FOR CLASSES IS EASY!

- See page 3 for additional Registration Information.

Payment

- Only cash, checks, or money orders are accepted.
- Checks are to be made payable to the **City of Hawthorne**, and must have a drivers license number written on check.
- VISA & MasterCard are accepted for preregistration activities only (ie. Dog Obedience, Special Events, Clinics, etc)
- Insufficient checks will be charged a \$25.00 processing fee.

Refunds

- No refunds will be granted (providing the class does not get canceled).
- If a refund is necessary due to a medical emergency, please visit the Recreation & Community Services Department M-Th between the hours of 7:30 am-5:30 pm and fill out a refund request form and attach a copy of the medical release provided by your physician.
- Refunds or exchanges for classes due to summer school, vacations, etc are not granted. Please be sure to register for the correct time and level when signing up for classes.



Recreational Facilities

Recreation & Community

- Services Department**3901 W. El Segundo Blvd.
Betty Ainsworth Sports Center . . 3851 El Segundo Blvd.
Senior Citizens Center3901 W. El Segundo Blvd.
Thorpe Building. 14100 S. Prairie Ave.
Thorpe Castle 14025 S. Cordary Ave.
Bicentennial Park 13110 S. Doty Ave.
Eucalyptus Park 12100 S. Inglewood Ave.
Eucalyptus Park Skate Plaza . . 12100 S. Inglewood Ave.
Glasgow ParkGlasgow Place & 135th St.
Holly Park2058 W. 120th St.
Holly Glen Park5255 W. 137th St.
Memorial Park.3901 W. El Segundo Blvd.
Ramona Park.4662 W. 136th St.
Jim Thorpe Park 14100 S. Prairie Ave.
Zela Davis Park.Kornblum & 133rd St.
Hawthorne Pool 12501 Inglewood Ave.
Good Neighbors Park.3839 W. 118th St.

Photo Release:

At times, the Hawthorne Cable Department or the Recreation & Community Services Department may visit during the various activities offered in the brochure for sole purpose of advertising the classes. If you do not want your child to be photographed or videotaped, please be sure to talk to your instructor.



Park Permits & Fees

Groups of 15 or more that wish to use a Hawthorne Park, must have a permit. Please be prepared to give the date and time of the activity, the portion of the park to be used, and the number of people in attendance. Please note that rented amusements, (i.e. bouncers, trains, trampolines, amplified music, etc.) are NOT permitted at any of the parks. You must request a park permit at least 1 week prior to the day of the event/activity! To find out more information or to book a park permit, please call the Recreation & Community Services Department.

Resident Groups		Non-Residents Groups	
15-50 people	\$20	15-50 people	\$33
51-100 people	\$33	51-100 people	\$45
101 & over	\$51	101 & over	\$65

Formal Picnic Areas:

Memorial Park, Eucalyptus Park and Holly Park have formal picnic shelters. Memorial Park and Eucalyptus Park have outlets, gas grills, sinks, and counter tops. There are no outlets or sinks at Holly Park. When booking the park, you must request usage of the covered shelter areas and check out a key. The fee is an additional \$19 - \$31 for use of the formal picnic area.



Mountain Camping Facilities

The City of Hawthorne makes available a 20-acre camp facility in the Angeles National Forest of the San Bernardino Mountains in Wrightwood. A two hour drive from Hawthorne, which can be reached without driving on any narrow, twisting mountain roads. Adjacent to Jackson Lake, a short drive from the Mountain High Ski Facility. This facility is available for rental for families or large groups. Enclosed cabins are used for sleeping areas, while cooking & dining is held in a main lodge area. Group provide there own transportation, food & bedding. Camp is available for use in year round. Maximum usage 100 persons.



The New Journey Ministries Church operates the facility on the City's behalf. For reservations & fee information, please contact the New Journey Ministries Church at pastorjm3@msn.com (John Richardson).

City of Hawthorne Recreation & Community Services Department Presents:



2016 HOLIDAY HOME DECORATING CONTEST

CONTEST RULES:

ELIGIBILITY: The contest is free and open to all 'City of Hawthorne' Residents. All participants are required to have their lights and animation in operation between 6 pm and 9 pm on December 15th, 2016 for judging purposes.

AWARDS: Awards will be given out to the first, second and third place winners.

HOW TO ENTER: Complete the attached registration form and return it to the Recreation Department, located at 3901 W. El Segundo Blvd., Hawthorne, CA 90250. (310) 349-1640.

DEADLINE FOR ENTRY: Tuesday, December 13, 2016.



2016 Holiday Home Decorating Contest Entry Form



Name (Nombre): _____

Address (Domicilio): _____

Cross Street: _____

Telephone (Telefono): Day: _____ Night: _____

To be judged (Circle one): House Multi-Unit Dwelling

Additional information about decoration (#of lights, hours involved, creator, etc):





**City of Hawthorne
Recreation & Community Services**

3901 W. El Segundo Blvd., Hawthorne, CA 90250
(310) 349-1640

PRSRT STD
U.S. POSTAGE
PAID
PERMIT # 288
ANAHEIM, CA

ECRWSS

RESIDENTIAL CUSTOMER

City of Hawthorne Presents...

**HAWTHORNE'S
'SPOOKTACKULAR'
HALLOWEEN CARNIVAL**

WHEN: Saturday, October 29 **TIME:** 5-8 pm

WHERE: Hawthorne Memorial Center, 3901 W. El Segundo Blvd.

COST: 50¢ for children 12 years and under; \$1 for everyone over 12 years of age

**Wear your scariest, funniest, or most creative costume!
Enter the costume contest, play games, win prizes, and have fun!**

Kids, don't forget to bring an adult with you!

Sponsored by: City of Hawthorne, Recreation & Community Services
For more info call: (310) 349-1640