

RECREATION & ENRICHMENT PROGRAMMING

LIVE HERMOSA



City of Hermosa Beach
Community Resources Department

CLASSES STARTING FROM SEPTEMBER 5, 2022 TO MARCH 19, 2023

(310) 318-0280 • WWW.HERMOSABEACH.GOV • HBCONNECT@HERMOSABEACH.GOV

YOUTH RECREATION

BEACH KIDS YOGA

BABY WEARING BARRE (AGES 0-6 MONTHS)

Tone body, calm mind and happy baby. This class combines prenatal yoga & pilates conditioning with barre fitness for a low impact strengthening and toning workout. Feeding & diaper changing is welcome. Open to expecting mothers, mothers wearing children (birth to pre-crawlers) and postnatal women. Bring a comfortable carrier for you and baby. Barefoot, socks, ballet shoes or sneakers are welcome. Water and a small hand towel are recommended.

\$170/\$160 Hermosa Beach Resident Discount

6 classes

Community Center—Room 10

Tu	8-8:45am	10/4-11/8	0-6mo	10408
Tu	8-8:45am	2/7-3/14	0-6mo	10409

MOM & ME (AGES 6-12 MONTHS)

This is a fun class that focuses on bonding and lots of interaction with your baby. We incorporate gentle massage, stretching, singing and noise making. We introduce your baby to new shapes, movements and rhythms while moving through gentle yoga asana (postures). This class helps relieve stress, improve motor skills, increase bonding, and allows parents to make new connections within the community!

\$160/\$150 Hermosa Beach Resident Discount

6 classes

Community Center—Room 10

Tu	9-9:30am	10/4-11/8	6-12mo	10410
Tu	9-9:30am	2/7-3/14	6-12mo	10411



TODDLER TIME (AGES 13-24 MONTHS)

In Toddler Time we introduce our friends to new shapes, movements and rhythms while also moving through gentle yoga asana (postures). We use our imagination and introduce emotional awareness, prana (breath), movement, new shapes, play and the use of props. This class provides increased body awareness, coordination, helps build strength, improve motor skills and independence.

\$160/\$150 Hermosa Beach Resident Discount

6 classes

Community Center—Room 10

Tu	11:15-11:45am	10/4-11/8	13-24mo	10412
Tu	11:15-11:45am	2/7-3/14	13-24mo	10413

LITTLE WIGGLERS (AGES 2-3 YEARS)

In Little Wigglers we use lots of playful ways of introducing mindfulness, meditation, yoga asana (postures) and pranayama (breathwork). Simple and encouraging instructions, props, play, and imagination built around weekly themes are the cornerstone of this class.

\$160/\$150 Hermosa Beach Resident Discount

6 classes

Community Center—Room 10

Tu	9:45-10:15am	10/4-11/8	2-3yrs	10414
Tu	9:45-10:15am	2/7-3/14	2-3yrs	10415



FUTURE STARS TENNIS

BY PATRICK BARROWS

Future Stars is a tennis class for juniors between the ages of 5 and 8 who are developing motor skills and being introduced to tennis. Basic fundamentals are learned, including all strokes, scoring, and sportsmanship. Young players learn the game in a fun and enjoyable atmosphere.

\$122.20/\$112.20 Hermosa Beach Resident Discount

6 classes (No class 9/2)

Community Center—Tennis Court 1

Tu	3:00-4:00pm	9/6-10/18	5-8yrs	10216
W	2:30-3:30pm	9/7-10/19	5-8yrs	10217
W	3:40-4:30pm	9/7-10/19	5-8yrs	10218
F	3:30-4:30pm	9/9-10/21	5-8yrs	10219

\$161.80/\$151.80 Hermosa Beach Resident Discount

6 classes (No class 9/24)

Community Center—Tennis Court 1

Sa	9-10:30am		5-8yrs	10220
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CHALLENGER TRAINING TENNIS

BY PATRICK BARROWS

Challenger Training is a tennis class for beginning to intermediate level juniors generally between the ages of 9 and 13. Emphasis on juniors development in this program involves detailed stroke production including technique, spins, and grips; specifies an importance of footwork; introduction and advancement of tactics, strategy; and continued stress of character building and sportsmanship

\$161.80/\$151.80 Hermosa Beach Resident Discount

6 classes (No class 9/20 + 9/21)

Community Center—Tennis Court 1 & 3

Tu	4-5:30pm	9/6-10/18	9-13yrs	10221
F	4:30-6:00pm	9/9-10/21	9-13yrs	10222



BASKETBALL SKILLS - 3V3

BY FAMILY THEATRE INC.

Hone your skills and improve your game with A6 Academy basketball skills. The perfect preparation for tryouts!

\$175/\$165 Hermosa Beach Resident Discount

6 classes

Community Center Gymnasium

M	3:15-4:15pm	9/19-10/24	7-11 GIRLS	10206
Tu	3:15-4:15pm	9/20-10/25	7-8yrs	10204
Th	3:15-4:15pm	9/22-10/27	9-11yrs	10205
M	3:15-4:15pm	1/9-2/13	7-11 GIRLS	10209
Tu	3:15-4:15pm	1/10-2/14	7-8yrs	10207
Th	3:15-4:15pm	1/12-2/16	9-11yrs	10208

SKATEBOARDING CLASS

BY PCH SKATE CAMPS

Learn to skateboard or take your skating to the next level at our Skate Class at the Hermosa Beach Skatepark! Our Class is open to boys and girls, with or without skating experience, from age 5 to 12. Campers will have exclusive use of the Skatepark to learn and practice their skills! Our coaches will provide beginner to advanced level instruction starting from the very basic, getting from A to B, to intermediate and advanced tricks including ollies, flip tricks, grinds, ramp skating and much more!

\$75/\$70 Hermosa Beach Resident Discount

1 class

Skate Park (710 Pier Ave)

Sa	9am-12pm	9/10	5-12yrs	10244
Sa	9am-12pm	9/17	5-12yrs	10245
Sa	9am-12pm	9/24	5-12yrs	10246
Sa	9am-12pm	10/1	5-12yrs	10247
Sa	9am-12pm	10/8	5-12yrs	10248
Sa	9am-12pm	10/15	5-12yrs	10249
Sa	9am-12pm	10/22	5-12yrs	10250
Sa	9am-12pm	10/29	5-12yrs	10251
Sa	9am-12pm	11/5	5-12yrs	10252
Sa	9am-12pm	11/12	5-12yrs	10253
Sa	9am-12pm	11/19	5-12yrs	10254
Sa	9am-12pm	11/26	5-12yrs	10255
Sa	9am-12pm	12/3	5-12yrs	10256
Sa	9am-12pm	12/10	5-12yrs	10257
Sa	9am-12pm	12/17	5-12yrs	10258
Sa	9am-12pm	1/7	5-12yrs	10259
Sa	9am-12pm	1/14	5-12yrs	10260
Sa	9am-12pm	1/21	5-12yrs	10261
Sa	9am-12pm	1/28	5-12yrs	10262
Sa	9am-12pm	2/4	5-12yrs	10263
Sa	9am-12pm	2/11	5-12yrs	10264
Sa	9am-12pm	2/18	5-12yrs	10265
Sa	9am-12pm	2/25	5-12yrs	10266
Sa	9am-12pm	3/4	5-12yrs	10267
Sa	9am-12pm	3/11	5-12yrs	10268
Sa	9am-12pm	3/18	5-12yrs	10269

BASICS IN ART

MARLIN EVANS

This class is designed to teach the fundamentals of art while having fun using basic shapes. Chalk pastel, watercolor and charcoal will be used as mediums.

A \$15 supply fee (cash only, no checks please) is due to instructor on the first day of class.

\$140/\$130 Hermosa Beach Resident Discount
10 classes

Community Center—Room 7				
Th	3:30-4:30pm	8/25-10/27	6+ yrs	9938
Th	3:30-4:30pm	1/5-3/9	6+ yrs	10195

BASICS IN ART (MIXED)

MARLIN EVANS

This class is designed to teach the fundamentals of art while having fun using basic shapes. Chalk pastel, watercolor, pencil and charcoal will be used as mediums.

A \$15 supply fee (cash only, no checks please) is due to instructor on the first day of class.

\$140/\$130 Hermosa Beach Resident Discount
10 classes

Community Center—Room 7				
Sa	11am-12pm	8/13-10/15	10+ yrs	9944
Sa	11am-12pm	1/7-3/11	10+ yrs	10197

BASICS IN PAINTING

MARLIN EVANS

This class is a basic step-by-step system for painting in oils, oil pastel, or acrylic. Students work at their own pace. Topics include various techniques for starting a painting.

A \$15 supply fee (cash only, no checks please) is due to instructor on the first day of class.

\$240/\$230 Hermosa Beach Resident Discount
10 classes

Community Center—Room 9				
F	3:30-4:30pm	3/24-6/9	13+ yrs	9941
F	3:30-4:30pm	1/6-3/10	13+ yrs	10196

ACTING FOR STAGE & SCREEN

BY FAMILY THEATRE INC

In this class, participants learn to "Act, Sing, Dance" students will learn songs, dances and scenes from popular Family Theatre shows. This class also focuses on improv, theatre games and confidence building skills.

\$230/\$220 Hermosa Beach Resident Discount
8 classes

Community Center—Room 10				
W	5:15-6:15pm	9/21-11/7	11-18 yrs	10212
W	5:15-6:15pm	1/9-3/1	11-18 yrs	10213

SOUTH BAY MUSIC TOGETHER

SOUTH BAY MUSIC TOGETHER STAFF

Come experience this research based program packed with songs, chants, dance and instrumental jam sessions! Music Together is an internationally recognized childhood music program for infants, toddlers, preschoolers, kindergarteners and the adults who love them. Every child's development benefits from early exposure to music and movement. The teachers at SBMT are registered and trained with Music Together LLC and have early childhood and music skills. A parent or guardian who will participate in the class must accompany children.

Valley Park Amphitheatre - 2515 Valley Drive				
M	9:30-10:15am	9/12-11/14	0-5yrs	10223
M	10:30-11:15am	9/12-11/14	0-5yrs	10224
M	11:30am-12:15pm	9/12-11/14	0-12mos Babies	10225
Tu	9:30-10:15am	9/13-11/15	0-5yrs	10227
Tu	10:30-11:15am	9/13-11/15	0-5yrs	10228
W	4:30-5:15pm	9/14-11/16	0-5yrs	10229
Th	9:30-10:15am	9/15-11/17	0-5yrs	10230
Th	10:30-11:15am	9/15-11/17	0-5yrs	10231
Th	11:30am-12:15pm	9/15-11/17	0-12mos Babies	10232

Edith Rodaway Park—350 Prospect Ave				
Sa	10-10:45am	9/17-11/19	0-5yrs	10233

Valley Park Amphitheatre - 2515 Valley Drive				
M	9:30-10:15am	1/9-3/13	0-5yrs	10235
M	10:30-11:15am	1/9-3/13	0-5yrs	10236
M	11:30am-12:15pm	1/9-3/13	0-12mos Babies	10237
Tu	9:30-10:15am	1/10-3/14	0-5yrs	10238
Tu	10:30-11:15am	1/10-3/14	0-5yrs	10239
W	4:30-5:15pm	1/11-3/15	0-5yrs	10240
Th	9:30-10:15am	1/12-3/16	0-5yrs	10241
Th	10:30-11:15am	1/12-3/16	0-5yrs	10242
Th	11:30am-12:15pm	1/12-3/16	0-12mos Babies	10243

Edith Rodaway Park—350 Prospect Ave				
Sa	10-10:45am	1/14-3/18	0-5yrs	10234