

# CITY OF HAWTHORNE

RECREATION AND COMMUNITY SERVICES

*Winter  
Spring  
2014*

**CLASSES BEGIN:  
January 6, 2014**



**Hawthorne  
Senior Center**

*The Place Where  
Fun Begins!*

NEW hours of operation.  
See pages 12-13.



**Parks  
Make  
Life  
Better!**<sup>SM</sup>

## City of Hawthorne - CITY HALL

4455 W. 126<sup>th</sup> 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.com/depts/publicworks/commservices  
(310) 349-1640

### Hours of Operation

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

#### Closed Alternate Fridays:

January 10, 24; February 7, 21; March 7, 21; April 4, 18;  
May 2, 16, 30, 2014

### Holidays

January 20; March 31; May 26, 2014

## City of Hawthorne City Council

**Mayor:** Chris Brown

**Mayor Pro Tem:** Angie English

**Council Members:** Nilo Michelin, Olivia Valentine, Alex Vargas

**City Manager:** Michael Goodson

**City Clerk:** Norb Huber

**City Treasurer:** L. David Patterson

City Council meetings are held the 2<sup>nd</sup> and 4<sup>th</sup> 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:** Norman Morton

**Commissioners:** Herminia Balboa, Charles Bowie Jr., Viviana Franco, David Hughes, Kevin Posey

Meetings are held on the 1<sup>st</sup> Tuesday of every month at 6 pm in the City Hall Council Chambers. *For more information please call (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.



## Winter-Spring 2014 Recreation Programs

Sessions Begin: January 6, 2014

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## HOW TO READ THE CLASS SCHEDULE

**10-13:** Age Group Class Offered To  
**Jan 10 - Jan 31:** Length of Class  
**F:** Day(s) Class Offered  
**5:00 - 6:00 pm:** Time(s) Class Offered

See Addresses of Locations and Registration Information on page 14.

## Challenger MiniKickers Sports

An innovative program devised by the nation's leading soccer provider - Challenger Sports. The world renowned experts devised the curriculum after witnessing growth in youth soccer and the increasing need for organized sports-coaching for players of all ages. The Minikickers curriculum makes learning soccer fun! From storytelling, creative games and even music your child will learn from British Soccer professionals, returning home with feeling of excitement and passion for soccer! All children receive a Minikicker jersey, shorts and specially designed soccer ball. Returning players can also choose a backpack instead of the jersey, shorts package. All players also receive a certificate upon graduation. **There will be a \$15 material fee due the first day of class.**



*Instructor:* Challenger Soccer Academy staff  
*Fee:* \$80/8 classes  
*Location:* Memorial Park

2-3	Feb. 10 - Mar. 31	M	2:00-2:45 pm
4-5	Feb. 10 - Mar. 31	M	3:00-3:45 pm

## Challenger Soccer Academy

Challenger Sports British Soccer coaches will take each player through the famous 8 week 1,000 touch curriculum of moves, tricks and turns with a focus on technical improvement to improve players for future games. All players receive a ball and T-shirt. **There will be a \$15 material fee due the first day of class.**



*New!*

*Instructor:* Challenger Soccer Academy staff  
*Fee:* \$80/8 classes  
*Location:* Memorial Park

6-8	Feb. 10 - Mar. 31	M	4:00-5:00 pm
9-11	Feb. 10 - Mar. 31	M	6:00-7:00 pm



## Youth Basketball League

See page 6.

## Ice Skating

During the 4 weeks of instruction, your child will learn the proper way to fall, get up, and balance while controlling their movements forwards and backwards. Be sure to wear warm-winter like clothing, including gloves. Each class also includes an additional half hour of personal practice time that is arranged with Toyota Sports Center. To sign up for the following classes at the Toyota Sports Center, pre-registration is required 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:* \$63/4 classes  
*Location:* Toyota Sports Center

Beach Babies on Ice	2-3	Jan. 9 - Jan. 30	Th	4:00-4:30 pm
	2-3	Jan. 11 - Feb. 1	Sat	10:45-11:15 am
	2-3	Mar. 6 - Mar. 27	Th	4:00-4:30 pm
	2-3	Mar. 8 - Mar. 29	Sat	12:15-12:45 pm
Ice Skating for Tots	4-6	Jan. 9 - Jan. 30	Th	4:00-4:30 pm
	4-6	Jan. 11 - Feb. 1	Sat	10:45-11:15 am
	4-6	Mar. 6 - Mar. 27	Th	4:00-4:30 pm
	4-6	Mar. 8 - Mar. 29	Sat	12:15-12:45 pm
Ice Skating for Youth	6-12	Jan. 11 - Feb. 1	Sat	12:15-12:45 pm
	6-12	Jan. 12 - Feb. 2	Sun	11:15-11:45 am
	6-12	Mar. 8 - Mar. 29	Sat	12:15-12:45 pm
	6-12	Mar. 9 - Mar. 30	Sun	11:15-11:45 am

## Ice Hockey

During the 4 weeks of instruction, your child will learn the proper way to fall, get up, and balance while controlling their movements forwards and backwards. Be sure to wear warm-winter like clothing, including gloves. Each class also includes an additional half hour of personal practice time that is arranged with Toyota Sports Center. To sign up for the following classes at the Toyota Sports Center, pre-registration is required 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:* \$63/4 classes  
*Location:* Toyota Sports Center

Ice Hockey for Tots	4-6	Jan. 11 - Feb. 1	Sat.	10:45-11:15 am
	4-6	Jan. 12 - Feb. 2	Sun.	11:45 am-12:15 pm
	4-6	Mar. 8 - Mar. 29	Sat.	12:15-12:45 pm
	4-6	Mar. 9 - Mar. 30	Sun.	11:45 am-12:15 pm
Ice Skating for Youth	7-14	Jan. 11 - Feb. 1	Sat.	11:15-11:45 am
	7-14	Jan. 12 - Feb. 2	Sun.	11:15-11:45 am
	7-14	Mar. 8 - Mar. 29	Sat.	12:15-12:45 pm
	7-14	Mar. 9 - Mar. 30	Sun.	11:15-11:45 am

## 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 focusses 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 (800) 775-3345.



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

New Students	Jan. 15 - Mar. 19	W	5:30-6:10 pm
Returning Students	Jan. 15 - Mar. 19	W	6:15-6:55 pm
New Students	Mar. 26 - June 11	W	5:30-6:10 pm
Returning Students	Mar. 26 - June 11	W	6:15-6:55 pm



## 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

5-15	Jan. 9 - Feb. 27	Th	7:00-8:00 pm
5-15	Mar. 6 - Apr. 24	Th	7:00-8:00 pm
5-15	Jan. 11 - Mar. 1	Sat	1:00-2:00 pm
5-15	Mar. 8 - Apr. 26	Sat	1:00-2:00 pm

## Superkids Fun & Fit Gymnastics

In addition to basic tumbling skills (cartwheels, round offs rolls of all kinds) we teach aerobics, strength and flexibility conditioning. We also teach skills on bar, balance beams, vaulting and confidence! For information please call (310) 378-4800 or www.superkidsfun.com. **Please make checks payable to City of Hawthorne. If paying by cash, please bring exact change.** (No Class 1/20/14).

Instructor: SuperKids staff  
 Fee: \$70/8 classes  
 Location: Sports Center, Fitness Room

	6-11	Jan. 6 - Mar. 3	M	5:30-6:20 pm
	6-11	Mar. 10 - Apr. 28	M	5:30-6:20 pm
	6-11	Jan. 11 - Mar. 1	Sat	12:30-1:20 pm
	6-11	Mar. 15 - May 3	Sat	12:30-1:20 pm

## Gymnastics Exploration

Cartwheels, rolls of all kinds, bar stunts, vaulting, and balance beam skills are taught in this fun class! Superkids gymnastics enhances coordination, balance, flexibility and confidence! For information please call (310) 378-4800 or www.superkidsfun.com.



**Please make checks payable to City of Hawthorne. If paying by cash, please bring exact change.** (No Class 1/20/14).

Instructor: SuperKids staff Fee: \$70/8 classes  
 Location: Sports Center, Fitness Room



3-5	Jan. 6 - Mar. 3	M	4:30-5:20 pm
3-5	Mar. 10 - Apr. 28	M	4:30-5:20 pm
3-5	Jan. 11 - Mar. 1	Sat	11:30 am-12:20 pm
3-5	Mar. 15 - May 3	Sat	11:30 am-12:20 pm

## Parent & Me Gymnastics

Parents learn how to assist child in basic gymnastics skills on mats, stunt bars, springboard and more. Superkids parents and me gymnastics class enhances coordination, balance, flexibility and confidence. Have fun with your child! For more information please call (310) 378-4800 or www.superkidsfun.com.



**Please make checks payable to City of Hawthorne. If paying by cash, please bring exact change.**

Instructor: SuperKids staff Fee: \$70/8 classes  
 Location: Sports Center, Fitness Room



2-3	Jan. 11 - Mar. 1	Sat	10:30-11:20 am
2-3	Mar. 15 - May 3	Sat	10:30-11:20 am

## Beginning Ballet I

Learn the basics of ballet in a fun and imaginative way. In addition to traditional techniques every class has creative problem solving challenges to inspire original self expression and to exercise the brain. Superkids ballet develops grace, flexibility, balance and confidence. For information please call (310) 378-4800 or www.superkidsfun.com. **Please make checks payable to City of Hawthorne. If paying by cash, please bring exact change.** Parents are not allowed in dance room until last class. (No Class 1/20/14).

Instructor: SuperKids staff Fee: \$70/8 classes  
 Location: Sports Center, Dance Room



3-5	Jan. 6 - Mar. 3	M	6:45-7:35 pm
3-5	Mar. 10 - Apr. 28	M	6:45-7:35 pm
4-6	Jan. 7 - Feb. 25	T	6:45-7:30 pm
4-6	Mar. 11 - Apr. 29	T	6:45-7:30 pm

## Beginning Ballet II

Learn the basics of ballet in a fun and imaginative way. In addition to traditional techniques every class has creative problem solving challenges to inspire original self expression and to exercise the brain. SuperKids ballet develops grace, flexibility, balance and confidence.

**Prerequisite: Completion of Ballet I and age 4 years old.** Eligible

to perform in dance recital. For information please call (310) 378-4800 or www.superkidsfun.com. **Please make checks payable to City of Hawthorne. If paying by cash, please bring exact change.**

**Instructor:** SuperKids staff **Fee:** \$70/8 classes

**Location:** Sports Center, Dance Room

6-11	Jan. 7 - Feb. 25	T	5:45-6:30 pm
6-11	Mar. 11 - Apr. 29	T	5:45-6:30 pm



## “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. / Darina L.

**Fee:** \$50/8 classes

**Location:** Sports Center, Dance Room

5-13	Jan. 11 - Mar. 1	Sat	12:00-1:00 pm
5-13	Mar. 8 - Apr. 26	Sat	12:00-1:00 pm



## Ballet & Tap by SuperKids

Students learn beginning ballet & tap technique to apply to the fun dance combinations. Ballet enhances grace and flexibility; tap enhances rhythm awareness and showmanship. Parents and unpaid siblings are not allowed inside dance room except on the last day of class. Proper ballet and tap shoes are required. For information please call (310) 378-4800 or www.superkidsfun.com. **Please make checks payable to City of Hawthorne. If paying by cash, please bring exact change.**

**Instructor:** SuperKids staff **Fee:** \$70/7 classes

**Location:** Sports Center, Dance Room



4-6	Jan. 10 - Feb. 28	F	4:40-5:25 pm
4-6	Mar. 14 - May 2	F	4:40-5:25 pm
6-11	Jan. 10 - Feb. 28	F	5:30-6:15 pm
6-11	Mar. 14 - May 2	F	5:30-6:15 pm

## 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

5-12	Jan. 9 - Feb. 27	Th	6:00-6:55 pm
5-12	Mar. 6 - Apr. 24	Th	6:00-6:55 pm
2-5	Jan. 11 - Mar. 1	Sat	10:00-10:55 am
2-5	Mar. 8 - Apr. 26	Sat	10:00-10:55 am
6-13	Jan. 11 - Mar. 1	Sat	11:00-11:55 am
6-13	Mar. 8 - Apr. 26	Sat	11:00-11:55 am



## Dance Fitness

Learn techniques that improve physical strength & flexibility. You will also learn fun dance choreography in ballet, modern jazz and hip hop. This is a fun class for everyone.

**Instructor:** Danette S. **Fee:** \$30/17 classes

**Location:** Sports Center, Dance Room

8-13	Jan. 7 - Apr. 29	T	4:30-5:30 pm
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## Sampson’s Etiquette Academy 101



The Sampson’s Etiquette Academy will be offering a 4 week class on etiquette for pre-teen girls/boys and young adults. We will focus on subjects such as: first impressions, posture, grooming and attire, hygiene, handshaking, eye contact and smiling, table setting manners, attitude, respect, consideration and common courtesy, wardrobe and personal style, social media (Facebook, Twitter, Instagram etc.) poise, posture and confidence, self respect, morals in courting. Scholarships are available.

**Instructor:** D. Sampson **Fee:** \$20/4 classes

**Location:** Sports Center, Class Room

10-13	Jan. 10 - Jan. 31	F	5:00-6:00 pm
14-18	Jan. 10 - Jan. 31	F	6:00-7:00 pm

## Tennis Lessons

### Kids of the AAF SCTA/NJTL (National Junior Tennis League)

The primary purpose of this program, with the help of many individuals and friends of the AAF of Los Angeles, 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:** NJTL staff **Fee:** \$10

**Location:** Memorial Park, Tennis Courts

8-17	Jan. 13 - Feb. 19	M/W	3:30-5:30 pm
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# 2014 YOUTH BASKETBALL LEAGUE

for Boys and Girls ages 6-15



### Registration Dates:

March 3 - May 16, 2014 (or until league is full)  
 Birth Certificate is **REQUIRED** at the time of registration.

### Betty Ainsworth Sports Center:

3851 W. El Segundo Blvd. Hawthorne 90250 (310) 349-1655

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

Fee: \$55 per child

League Draft: June 7, 2014  
 Practice Begins: June 16, 2014  
 Games Begin: June 21, 2014  
 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.



## Basketball Parent Permission Slip



\_\_\_\_\_ has my permission to participate in the City of Hawthorne Recreation & Community Services Youth Basketball League. I affirm that he/she is in the \_\_\_\_\_ grade, and that his/her birthday is \_\_\_\_\_ and that he/she attends \_\_\_\_\_ school. I hereby release and discharge the City of Hawthorne and each and all of their agents and employees from any liability whatsoever, resulting from or any manner arising out of any injury or damage which may be sustained on account of his/her participation in said activity.

Parent's Name (please print): \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Evening Phone (\_\_\_\_\_) \_\_\_\_\_

Day Phone (\_\_\_\_\_) \_\_\_\_\_



## 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: \$325 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.

## HAWTHORNE CO-ED ADULT VOLLEYBALL LEAGUE

8 regular season matches plus playoffs for qualifying teams. Games will be played on Saturdays.

First come first serve.

Where: Betty Ainsworth Sports Center

Fee: \$275 per team

Referee fee: \$15 per game per team

League Fees must be paid in full when signing up.

For more information please call: (310) 345-1645.



# HAWTHORNE TEEN CENTER

3901 El Segundo Blvd., Hawthorne, CA 90250  
(Next to the Hawthorne Sports Center)

Facility Hours: Monday - Friday 3-6 pm during the school year  
(Closed on January 1, 20; March 31, 2014)  
(310) 970-7001

## 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.**

*Everything  
is Free!*

## FACILITY OFFERS:

- › Pool Table
- › Ping Pong
- › Wii 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

## EDUCATION:

- › Destination College (F 4-5 pm)
- › Homework Help (M - F)
- › SAT & CAHSEE Prep
- › Tutoring / Spanish Tutoring (M - Th)

## ENRICHMENT:

- › International Cooking
- › Leadership Board (M & W 4-5 pm)
- › Peer Meditation
- › Job Club (M - Th 3-5 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)

## FITNESS PROGRAMS:

- › Jiu-Jitsu (M & F 5-6 pm)
- › Volleyball
- › Handball
- › Flag Football
- › Dance (M & W 4-5 pm)
- › Basketball Clinics

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



TEEN CENTER

CALL US! (310) 349-1640

## Zumba Dance "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 1<sup>st</sup> hour is cardio and the last 1/2 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 yrs & up Jan. 6 - May 2 M/W/F 8:30-10:00 am



## Zumba Fitness

Zumba is an aerobic workout which incorporates cardio, latin music and motivation. It 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 in shape. **Please see instructor for details regarding fees. NEW: Mix and match 4 classes with a pass for \$20.**

*Instructor:* LA Latin Aerobics staff  
*Fee:* \$32/8 classes; \$55/16 classes; \$95/32 classes  
*Location:* Sports Center, Fitness Room

12-Adults	Jan. 6 - Feb. 24	M	7:30-8:30 pm
12-Adults	Mar. 3 - Apr. 21	M	7:30-8:30 pm
12-Adults	Jan. 9 - Feb. 27	Th	7:00-8:00 pm
12-Adults	Mar. 6 - Apr. 24	Th	7:00-8:00 pm



## 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

10 yrs-Adults	Jan. 8 - Feb. 28	W/F	6:30-7:15 pm
10 yrs-Adults	Mar. 5 - May 2	W/F	6:30-7:15 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

10 yrs-Adults	Jan. 8 - Feb. 28	W/F	Intermediate: 7:15-8:00 pm
10 yrs-Adults	Mar. 5 - May 2	W/F	Advanced: 8:00-9:50 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:* Julie Morris & 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

## Pilate's Weight Loss

We blend the best exercise combination just for you. Learn how to control your "power house" and concentrate all your energy to improve your body. This class is designed to improve and increase flexibility, work with your joints in a full range of motions and make your muscles longer and stronger. During the class you can learn many exercises for your arms, back, abdominal, thighs and legs. Balance and coordination are another physical quality you will learn. All the exercises are designed to be practice safely by beginners. **NEW: Mix and match 4 classes with a pass for \$20.**

*Instructor:* LA Latin Aerobics staff  
*Fee:* \$32/8 classes; \$55/16 classes  
*Location:* Sports Center, Fitness Room

12-Adults	Jan. 7 - Feb. 25	T	7:00-8:00 pm
12-Adults	Mar. 4 - Apr. 22	T	7:00-8:00 pm



## Smart Yoga

Smart Yoga routine is a mind and body booster. This workout is designed to use Hattta Yoga poses, Whit Challenging Core and upper & lower body exercises for a fat burning workout. During this exciting 60 minute workout we will teach you the perfect way to control your mind and improve your physical fitness level. Each Yoga posse helps you increase your mobility and flexibility. The Core exercises helps you tone your middle area while strengthening your back & gluts. **NEW: Mix and match 4 classes with a pass for \$20.**

*Instructor:* LA Latin Aerobics staff  
*Fee:* \$32/8 classes; \$55/16 classes  
*Location:* Sports Center, Dance Room

12-Adults	Jan. 9 - Feb. 27	Th	5:00-6:00 pm
12-Adults	Mar. 6 - Apr. 24	Th	5:00-6:00 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 dumbbell 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; \$95/32 classes

*Location:* Sports Center, Fitness Room

12-Adults	Jan. 7 - Feb. 27	T/Th	6:00-7:00 pm
12-Adults	Mar. 6 - Apr. 24	T/Th	6:00-7:00 pm

## Dance Party Workout

Come join the high energy PARTY experience and develop effective training routines through dance. This class focuses on targeting muscles, kicking up heart rate while having fun dancing to the latest music. This class is open to all fitness and dance levels. Let's get the party started with these heart pounding, high energy moves that will get your body moving and the calories melting away. **NEW: Mix and match 4 classes with a pass for \$20.**

*Instructor:* LA Latin Aerobics staff

*Fee:* \$32/8 classes; \$55/16 classes

*Location:* Sports Center, Dance Room

12-Adults	Jan. 10 - Feb. 28	F	6:00-7:00 pm
12-Adults	Mar. 7 - Apr. 25	F	6:00-7:00 pm

## Cardio Step

Cardio Step workout is designed for all levels of steppers who are looking for a challenge. Cardio Step is a class that pushes all ages past their usual limitations and help you reach your highest fitness levels. During the 60 minutes we will combine the most challenging steps and create a routine to burn calories and target problem areas such as gluts, thighs, arms and legs. Come and enjoy this tough workout and melt away unwanted pounds. **NEW: Mix and match 4 classes with a pass for \$20.**

*Instructor:* LA Latin Aerobics staff

*Fee:* \$32/8 classes; \$55/16 classes

*Location:* Sports Center, Fitness Room

16-Adults	Jan. 8 - Feb. 26	W	7:30-8:30 pm
16-Adults	Mar. 5 - Apr. 23	W	7:30-8:30 pm



## Extreme Results

Whether you have a lot of weight to lose or just a few spare pounds this workout will help you get fit and achieve the body transformation of your dreams. This workout program promise extreme results. A loss of one or two pounds per week is a perfectly healthy and sustainable amount to lose. Several exercises techniques can accelerate weight loss without it becoming dangerous.

The key to faster weight loss and more noticeable results is to gradually increase the difficulty of your workout. Building up your intensity is a more effective method. Each session aim to lift a little more weight, perform more reps and increase the intensity or duration of your workout. This program will give you the extreme results you desire in a safe sustainable manner. **NEW: Mix and match 4 classes with a pass for \$20.**

*Instructor:* LA Latin Aerobics staff

*Fee:* \$32/8 classes; \$55/16 classes

*Location:* Sports Center, Dance Room

*New!*

12-Adults	Jan. 6 - Feb. 24	M	5:30-6:30 pm
12-Adults	Mar. 3 - April 28	M	5:30-6:30 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; \$95/32 classes

*Location:* Sports Center, Fitness Room

12-Adults	Jan. 6 - Feb. 26	M/W	6:30-7:30 pm
12-Adults	Mar. 3 - Apr. 23	M/W	6:30-7:30 pm

## Hawthorne Certified Farmers' Market

*Check it out!*

At our Certified Farmers' Market, you can buy **fresh and seasonal produce** directly from the farmer who grows it! We're here to provide your family with the  **freshest, most wholesome fruits and vegetables** available directly from California farmers. Our growers take pride in offering a variety of **top quality produce, friendly service and fair prices!**

Saturdays, 9 am - 1 pm  
DaVinci Charter School  
(old Dana School)  
135<sup>th</sup> & Aviation

**Year Round...  
Rain or Shine!**



# 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.



## 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)

## INDEPENDENT WORKOUT

Independent workouts are offered to adults of all ages that are interested in enhancing their cardiovascular output while having fun in the water. Workout using noodles, weights, and water resistance equipment. The Hawthorne Pool is a heated (80 F) outdoor pool, fully equipped with heated showers, changing room and lockers. 17+ years and older.

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

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

Monday - Friday: 5:30-6:30 pm  
Saturday - Sunday: 9-10 am

## 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](http://www.SouthBaySwimTeam.org) or  
[SouthBaySwimTeam@socal.rr.com](mailto:SouthBaySwimTeam@socal.rr.com)

# 2014 Parks & Recreation Foundation Golf Tournament

## **When**

March 24, 2014

## **Where**

Coyote Hills Golf Course  
1440 East Bastanchury Road  
Fullerton, CA 92835

Shotgun start at 11 am  
Banquet at 4:30 pm

## **Player Fees**

\$700 per Foursome  
\$200 per Single Player

## **Fees Include**

Green Fees, Cart, Lunch, Dinner & Drawing,  
Complimentary Beer, Water and Soft Drinks on the Course

## **Tournament Sponsorships**

*Ace: \$4500*

12 Players, Organizational Banner, Hole Sponsor & Memorabilia

*Eagle: \$3000*

8 Players, Organizational Banner, Hole Sponsor & Memorabilia

*Birdie: \$1500*

4 Players, Two Hole Sponsor Signs & Memorabilia

*Par: \$700*

2 Players & Hole Sponsor

*Bogey: Any amount*  
Program Recognition

The Tournament proceeds will benefit the children of Hawthorne  
with swim lesson or similar scholarships.

## **Contact**

Dick Miller, Tournament Chairman  
(818) 367-4177  
(310) 629-7602

OR

Dick Huhn, Foundation President  
(310) 643-9157

### 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. *New hours!*

### 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) 715-6646 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.

### Social Security

Social Security is here to help fill out forms: please contact Senior Center for dates and times.

### 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		
				10 am	Tai Chi				
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 . . . . .349-1650  
 Inglewood Senior Center . . . . .412-5338  
 South Bay Senior Services . . . . .325-2141  
 Little Co. of Mary Home Health . . . . .370-5895  
 Torrance Memorial Home Health . . . . .784-3739  
 Housing . . . . .349-1600  
 Senior Employment . . . . .680-4040  
 Home Delivered Meals . . . . .412-4380  
 MTA Bus Passes . . . . .349-1640  
 Dial-A-Ride Transportation . . . . .715-6646  
 Volunteer Opportunities . . . . .412-5338  
 Information & Assistance . . . . .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  
 RSVP . . . . .562-492-6555  
 Elder Care Locator . . . . .800-677-1116  
 Center for Health Care Rights . . . . .800-824-0780

## Hawthorne Senior Center's SPECIAL EVENTS

**Parks  
Make  
Life  
Better!**

### ZUMBA CLASS

Tuesday Call for dates & times.

### JANUARY:

#### Nethercutt Museum

Friday, January 10

### FEBRUARY:

#### Skirball Museum

Tuesday, February 11

#### Valentines Day Dance

Friday, February 14



### MARCH:

#### Descanso Gardens

Tuesday, March 18

### APRIL:

#### Huntington Library

Thursday, April 3

#### Spring Dance

Friday, April 25



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

## 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!



# REGISTRATION

## REGISTRATION FOR CLASSES IS EASY!

### Procedures

- You register the first day of class with the instructor unless noted. You must fill out a new registration form for each activity the first day of class.
- Registration for classes offered in the sports center are not accepted after the 3<sup>rd</sup> week of classes.
- The City of Hawthorne intends to comply with the Americans with Disabilities Act. If you are disabled and need special accommodations, please notify the Department ahead of time and we will attempt to reasonably respond to your needs.

### 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.

### 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	\$19	15-50 people	\$31
51-100 people	\$31	51-100 people	\$42
101 & over	\$48	101 & over	\$61

### 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 \$18 - \$29 for use of the formal picnic area.



### Recreational Facilities

#### Recreation & Community

- Services Department** . . . . .3901 W. El Segundo Blvd.  
**Betty Ainsworth Sports Center** . . 3851 El Segundo Blvd.  
**Senior Citizens Center** . . . . .3901 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 Park** . . . . .Glasgow Place & 135<sup>th</sup> St.  
**Holly Park** . . . . .2058 W. 120<sup>th</sup> St.  
**Holly Glen Park** . . . . .5255 W. 137<sup>th</sup> St.  
**Memorial Park** . . . . .3901 W. El Segundo Blvd.  
**Ramona Park** . . . . .4662 W. 136<sup>th</sup> St.  
**Jim Thorpe Park** . . . . . 14100 S. Prairie Ave.  
**Zela Davis Park** . . . . .Kornblum & 133<sup>rd</sup> St.  
**Hawthorne Pool** . . . . .12501 Inglewood Ave.  
**118<sup>th</sup> St. / Doty Ave. Pocket Park** . . . .3839 W. 118<sup>th</sup> St.

### 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 their 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 (310) 676-9042.

## CITY HALL DEPARTMENTS

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

## SCHOOLS & LIBRARIES

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

## NEIGHBORING LOS ANGELES COUNTY PARKS

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

## COMMUNITY SERVICES

AT&T . . . . .	(800) 310-2355
Animal Control/Licensing . . . . .	349-2948
Animal Complaints/Pick-up . . . . .	675-4443
California Water Service. . . . .	(800) 758-6790
Chamber of Commerce . . . . .	676-1163
Dial-A-Ride . . . . .	965-8888 or 965-8848
Health Department . . . . .	419-5358
LA County Alondra Park . . . . .	217-8366
LA County Bodger Park . . . . .	676-2085
LA County Del Aire Park . . . . .	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
Union Pacific Rail Road . . . . .	(800) 767-3884

## COMMUNITY ORGANIZATIONS

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

**City of  
Hawthorne**  
**CITY HALL**  
4455 W. 126<sup>th</sup> Street,  
Hawthorne, CA 90250  
[www.cityofhawthorne.com](http://www.cityofhawthorne.com)  
**(310) 349-2900**

**RECREATION &  
COMMUNITY SERVICES**  
3901 W. El Segundo Blvd.  
**(310) 349-1640**



**City of Hawthorne  
Recreation & Community Services**

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

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**Hawthorne  
Memorial Center**  
3901 W. El Segundo Blvd.  
(Just East of Prairie Ave.)  
(310) 349-1640  
An equal opportunity  
service provider.

*Happy Easter!*

*City of Hawthorne Recreation  
and Community Services Invites you to a:*

# **BUNNY BREAKFAST**

**Saturday, April 12, 2014 9-11 am @ Hawthorne Memorial Center**

**Continental Bunny Breakfast, Entertainment, Treats, Egg Hunt,  
Fun and More. Join us for Breakfast with the Bunny!**

Event is for the whole family! All children must be accompanied by an adult!

Early registration is suggested because seating is limited!

Register at the Hawthorne Memorial Center Monday-Thursday, 7:30 am-5:30 pm beginning March 17<sup>th</sup>.  
(3901 W. El Segundo Blvd., just east of Prairie Ave. 310-349-1640)

The fee is \$3 per child and \$5 per adult. Checks will only be accepted before Tuesday, April 1.  
Credit cards will not be accepted the day of the event.