



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

**CHEVIOT HILLS RECREATION CENTER**

(310) 837-5186 CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG



@CHEVIOTHILLSRC

CHEVIOT HILLS RECREATION CENTER

FALL 2024



[BIT.LY/CHEVIOTHILLSRC](https://bit.ly/CHEVIOTHILLSRC)



# WELCOME



**Welcome to Fall 2024 at Cheviot Hills RC!**

**We have lots of great class programming for you this fall. From music lessons to martial arts, from Early Learning to tutoring to adult clubs and more - we are here for all your recreation needs!**

**Check out our classes and see what events are on the horizon for our park.**

**The fire is burning bright here at CHRC!**

**All our best,  
Cheviot Hills Recreation Center Staff**



## HOURS OF OPERATION

**MON-FRI 9AM-9PM**

**SATURDAY 9AM-5PM**

**SUNDAY CLOSED**

**Subject to change depending on programming**

**ALL PROGRAMS SUBJECT TO CHANGE  
OR CANCELLATION WITHOUT NOTICE**

**PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.**

# 1-ON-1 TUTORING

## 1-ON-1 MATH & SCIENCE TUTORING

Ages 5-17

Instructor Josef is a UCLA graduate who has tutored all ages and all levels of math and science for 16 years. In these one-on-one tutoring sessions, participants can request which topics to cover, or the instructor can create lesson plans. Students can get help with subject review, homework, and preparing for upcoming tests.

1-on-1 25-minute sessions.

*\*Limit of one time slot per student.*

**Instructor:** Josef

Thu	3:15pm, 3:45pm, 4:15pm, 6:45pm, 7:15pm, 7:45pm	10/3 - 11/21	\$114/8 wks
Fri	3:15pm, 3:45pm, 4:15pm	10/4 - 11/22	\$114/8 wks
Sat	10:30am, 11am, 11:30am, 12pm, 12:30pm, 1pm, 1:30pm	10/5 - 11/23	\$114/8 wks
Sun	10:30am, 11am, 11:30am, 12pm, 12:30pm, 1pm, 1:30pm, 2pm, 2:30pm	10/6 - 11/24	\$114/8 wks



## 1-ON-1 TUTORING: READING & WRITING

Ages 5-13

Want to improve reading and writing, work on phonics, grammar? Need help with homework? Vicki is a credentialed elementary school teacher and a great resource for reading and writing help! 1-on-1 25-minute sessions.

**Instructor:** Vicki

Wed	4:15pm, 4:45pm, 5:15pm, 5:45pm, 6:15pm, 6:45pm, 7:15pm	10/2 - 11/20	\$114/8 wks
Thu	3:30pm, 4pm, 7pm, 7:30pm	10/3 - 11/21	\$114/8 wks
Fri	3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm, 6pm	10/4 - 11/22	\$114/8 wks
Sat	10:30am, 11am, 11:30am, 12pm, 2pm, 2:30pm, 3pm	10/5 - 11/23	\$114/8 wks



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TUESDAY AUGUST 27, 2024 AT 9:30AM



# MUSIC

## PIANO OR VOICE MUSIC LESSONS

Ages 7+

45-minute one-on-one music lessons.

### Piano/Music Theory:

Levels for beginner through early intermediate. Learn how to play piano & understand how to read & comprehend music!

### Voice & Music/Theory:

For levels Beginner through advanced. Learn how to sing & vocal technique! Learn how to understand & comprehend music so you can feel confident in having all the tools you need to become great! Sing in whatever style you choose but with great technique! Best suited & highly encouraged for ages 13 & up.

### **Instructor:** Pharron

Wed 12-6:45pm 10/2 - 11/20 \$216/8 wks  
Thu 12-6:45pm 10/3 - 11/21 \$216/8 wks  
Fri 12-6:45pm 10/4 - 11/22 \$216/8 wks

## GUITAR LESSONS

Ages 7+

25-minute one-on-one guitar lessons. Learn the basics or fine-tune your skills. All levels welcome.

### **Instructor:** Russell

Mon 4-7:00pm 9/30 - 11/25 \*\$147/7 wks  
Tue 4-6:25pm 10/1 - 11/19 \$168/8 wks  
Wed 4-7:00pm 10/2 - 11/20 \$168/8 wks  
Thu 4-6:25pm 10/3 - 11/21 \$168/8 wks

\*no class Mon 10/14 or 11/11



## SCHOOL OF ROCK-REATION ROCK BAND

Ages 8-13

Playing music with others is a great form of music education. Participants will grow as individuals by practicing and taking the stage together. Working with a band is key to learning skills like collaboration, team-building and compromise. Participants must have taken music lessons prior. There will be a performance at the end of this class.

### **Instructor:** Russell

Tue 6:30-7:45pm 10/1 - 11/19 \$70/8 wks  
Thu 6:30-7:45pm 10/3 - 11/21 \$70/8 wks



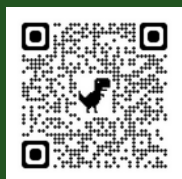
## VIRTUAL PIANO

Ages 5+

25-minute one-on-one virtual piano lessons. All levels welcome.

### **Instructor:** Christina

Tue 3pm-6pm 10/1 - 11/19 \$128/8 wks



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NEW!

# EARLY LEARNING



## LITTLE EXPLORERS BYOG (BRING YOUR OWN GROWN-UP)

Ages 3-5

Join us for an enriching experience where young children can play and learn alongside their loved ones! Our activities include storytime, arts and crafts, sensory play, STEM projects, and much more. Led by Vicki, a certified teacher with a passion for education, this class offers a wonderful opportunity for both kids and grown-ups to discover the joy of learning together.

**Instructor:** Vicki

Wed 1:30-2:15pm 10/2 - 11/20 \$72/8 wks



## PRE-BALLET

Ages 3-4

This class will introduce the basics of ballet with an emphasis on moving to the music, having fun, and practicing simple skills.

**Instructor:** Janice

Fri 3:00-3:45pm 10/4 - 11/22 \$64/8 wks



## HOOP HOOP HOORAY!

Ages 3-4

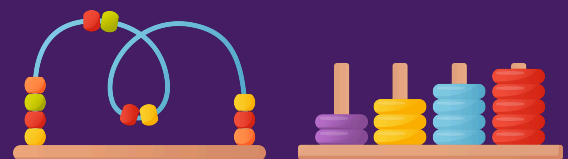
This class is a fun introduction to basketball! This class teaches basic skills like dribbling, passing and shooting through playful activities. With a focus on motor skills, teamwork, and confidence, our experienced coaches ensure every child has a blast in a safe and supportive environment.

**Instructor:** Dream

Wed 3:00-3:45pm 10/2 - 11/20 \$64/8 wks



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# ENRICHMENT

FEATURED  
CLASS

**MAGIC THE GATHERING**  
FOR BEGINNING & CONTINUING PLAYERS

Ages 8-17

Magic the Gathering is a math-based card game with over 50 million players worldwide. Both beginners and continuing players are welcome. Cards will be provided for participants. Formats include Commander, Modern, Limited, & more!

**Instructor:** Josef

Sun 3:15-4:45pm 10/6 - 11/24 \$96/8 wks



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# ART CLASSES



## PAINTING & MIXED MEDIA

Incorporate painting, printing, collage, drawing and design in this all-encompassing art class. Perfect for creative minds and budding artists!

**Instructor:** Vicki

Ages 5-6	Wed	3:15-4:00pm	10/2 - 11/20	\$72/8 wks
Ages 7-9	Thu	4:45-5:30pm	10/3 - 11/21	\$72/8 wks

## FABRIC DOLLS & FUNNY CREATURES KIDS HAND-SEWING

Ages 7-12

Ignite your creativity with our "Fabric Dolls & Funny Creatures" hand sewing class! Participants will learn basic stitching techniques while crafting fun projects like felt animals and personalized pouches. This class is the perfect environment for young crafters to explore their imagination and master a timeless skill.

**Instructor:** Vicki

Thu 5:45-6:45pm 10/3 - 11/21 \$80/8 wks



## DRAWING

Ages 7-9

Young artists will embark on a colorful journey of creativity through drawing! Unleash your imagination and discover the magic of lines, shapes and colors.

**Instructor:** Vicki

Sat 1:00-1:45pm 10/5 - 11/23 \$72/8 wks



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# PERFORMING ARTS



## BALLET CLASSES

These ballet class will teach participants the basics of ballet with an emphasis on moving to the music, having fun, and getting comfortable with ballet.

**Instructor:** Janice

Pre-Ballet	Ages 3-4	Fri	3:00-3:45pm	10/4 - 11/22	\$64/8 wks
Ballet Basics	Ages 5-6	Fri	4:00-4:45pm	10/4 - 11/22	\$64/8 wks
Ballet Basics	Ages 7-9	Fri	5:00-5:45pm	10/4 - 11/22	\$64/8 wks



## CHRC GLEE CLUB

Ages 5-17

CHRC Glee Club is a dynamic and vibrant program for students who love to sing, perform, and express themselves through music. This club focuses on vocal techniques, harmonization, and stage presence while encouraging creativity, teamwork, and self-confidence.

**Instructor:** Rena

Sun 11:30am-12:30pm 10/6 - 11/24 \$70/8 wks

## HIP-HOP DON'T STOP!

Ages 5-8

This class will introduce young dancers to the energetic world of hip hop and the expressive style of jazz. This class focuses on basic dance techniques, rhythm, and creativity, providing a fun and engaging environment for children to explore movement and music.

**Instructor:** Rena

Sun 12:45-1:45pm 10/6 - 11/24 \$70/8 wks



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# SPORTS & FITNESS

## YOUTH RUN/FIT CLUB

Support, sharpen and strengthen your athletic abilities. This run club has a strong emphasis on fitness, cardio and endurance training. It is a great way to lessen stress and build stamina. Find the joy in fitness and running!

**Instructor:** Jennifer

Ages 10-11	Sat	9-9:45am	10/5 - 11/23	\$64/8 wks
Ages 8-9	Sat	10-10:45am	10/5 - 11/23	\$64/8 wks
Ages 12-15	Sat	11-11:45am	10/5 - 11/23	\$64/8 wks



## POKEMON GO! OUTDOOR FITNESS

Ages 6-17

Gotta catch 'em all! Join Josef in this Pokemon Go adventure. This is a great way to have fun, meet friends, and get some fresh air and outdoor exercise! Join us for an outdoor adventure combined with Pokemon Go strategy! Bring your own phone!

**Instructor:** Josef

Thu	5:00-6:30pm	10/3 - 11/21	\$96/8 wks
Fri	5:00-6:30pm	10/4 - 11/22	\$96/8 wks
Sat	2:15-3:45pm	10/5 - 11/23	\$96/8 wks



## HOOP DREAMS

Whether you're a beginner or looking to practice skills, this class offers coaching, fun drills, and interactive games to enhance your abilities on the court. Learn techniques, improve teamwork, and boost confidence while enjoying the sport.

**Instructor:** Dream

Ages 5-6	Wed	4:00-4:45pm	10/2 - 11/20	\$64/8 wks
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PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.



# ADULT FITNESS

## HAPKIDO SELF-DEFENSE

Ages 18+

Join our Adult Hapkido class for an exhilarating journey through the dynamic martial art of Hapkido. Learn powerful self-defense techniques, hone your agility, and cultivate mental focus in a supportive and energizing environment. Whether you're a beginner or experienced practitioner, discover the art of Hapkido and unlock your full potential with us.

**Instructor:** Mohammad

Tue 7-8pm 10/1 - 11/19 \$70/8 wks  
Tue 8-9pm 10/1 - 11/19 \$70/8 wks



## MUAY THAI

Ages 18+

Muay Thai is a martial art and combat sport that uses stand-up striking along with various clinching techniques. Learn the "art of eight limbs" while getting a great workout! Bring your boxing gloves and we provide the rest.

**Instructor:** Michael

Sun 10-11am 9/29 - 11/24 \*\$70/8 wks

\*no class Sun 11/3



## GENTLE YOGA

Ages 15+

This class is great for beginners and those familiar with yoga who are looking to practice at a slower pace to allow for a meaningful mind, body, breath connection. Wear clothing you can move in and bring a mat, a blanket or cushion, and your water. Prepare to listen to your body, release some tension, and feel good doing it.

**Instructor:** Tracy

Mon 7-8pm 9/30 - 11/25 \*\$70/7 wks

\*no class Mon 10/14 or 11/11



## VIRTUAL GENTLE YOGA

Ages 18+

This gentle practice teaches yoga fundamentals: movement, breath, and relaxation. Students will learn tools for maintaining everyday functional movement and for enjoying stress relief. This beginner-friendly class is safe for all bodies and all abilities. It is ideal for seniors, those working with injuries, and anyone looking for a low-impact entry into fitness.

**Instructor:** Zara

Tue 6-7pm 10/1 - 11/19 \$70/8 wks



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# CLUBS FOR ADULTS



## ADULT VOLLEYBALL CLUB

Ages 18+

Bump, set, spike, block, cover, dig, and dive!

**Lead:** Paul

Thu 8-9:50pm 10/3 - 11/21 \$70/8 wks



## ADULT BASKETBALL CLUB

Ages 18+

Open Gym basketball for adults.

**Lead:** Arish

Thu 12:30-2:30pm 10/3 - 11/21 \$50/8 wks



## ADULT PING-PONG CLUB

Ages 18+

Join our Ping Pong Club for fun, friendly competition, and skill-building in a welcoming environment. All levels welcome.

**Lead:** Staff

Tue 12pm-2pm 10/1 - 11/19 \$50/8 wks

Thu 12pm-2pm 10/3 - 11/21 \$50/8 wks



## ADULT KNITTING CLUB

Ages 18+

Bring your knitting and join us! All ages & levels welcome.

**Lead:** Edie

Wed 1-3pm 10/2 - 11/20 FREE/8 wks



## PICKLEBALL CLUB

Ages 18+

Join our thriving adult pickleball club for fun, fitness, and friendly competition on the court! Class located in the small gym.

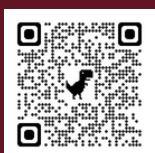
**Lead:** Staff

Tue 10am-12pm 10/1 - 11/19 \$70/8 wks

Tue 12:15pm-2:15pm 10/1 - 11/19 \$70/8 wks

Thu 10am-12pm 10/3 - 11/21 \$70/8 wks

Thu 12:15pm-2:15pm 10/3 - 11/21 \$70/8 wks



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*Join  
the club!*

# SPORTS LEAGUES

CHEVIOT HILLS RECREATION CENTER PRESENTS

**FALL 2024 VOLLEYBALL LEAGUE**

CO-REC & GIRLS DIVISIONS

AGES 7-15  
AGE AS OF JANUARY 1, 2024

REGISTER ONLINE ONLY  
WEDNESDAY JULY 31ST  
9:30AM AT  
BIT.LJ/CHEVIOTHILLSRC

**PER PLAYER Registration Fee \$200**

**WHAT TO EXPECT**

- All players must attend evaluations to be placed on a team and to ensure balanced teams.
- Team practices beginning the week of Sept. 16
- Games played Saturdays starting Sept. 28
- Season Ends: Nov. 16
- Playoffs: Nov. 18 - Nov. 23
- See Page 2 for more information

CHEVIOT HILLS | 2551 Motor Ave., Los Angeles 90064 | REGISTRATION | bit.ly/cheviotillsrc

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CHEVIOT HILLS RECREATION CENTER PRESENTS

**FALL 2024 SOCCER LEAGUES**

CO-REC & GIRLS DIVISIONS

AGES 3-8  
AGE AS OF JANUARY 1, 2024

REGISTER ONLINE ONLY  
REGISTER TODAY!  
AT  
BIT.LJ/CHEVIOTHILLSRC

**PER PLAYER Registration Fee \$200**

**WHAT TO EXPECT**

- All players must attend evaluations to be placed on a team and ensure balanced teams
- Team practices begin the week of Sept. 23
- Games played Saturdays starting Sept. 28
- Season Ends: Nov. 23
- See Page 2 for more information

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CHEVIOT HILLS RECREATION CENTER PRESENTS

**FALL 2024 FLAG FOOTBALL LEAGUE**

CO-REC & GIRLS DIVISIONS

AGES 5-12  
AGE AS OF JANUARY 1, 2024

REGISTER ONLINE ONLY  
WEDNESDAY JULY 31ST  
9:30AM AT  
BIT.LJ/CHEVIOTHILLSRC

**PER PLAYER Registration Fee \$200**

**WHAT TO EXPECT**

- All players must attend evaluations to be placed on a team and to ensure balanced teams.
- Team practices beginning the week of Sept. 16
- Games played Saturdays starting Sept. 28
- Season Ends: Nov. 16
- Final Mini-Tournament: Nov. 23
- See Page 2 for more information

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# SAVE THE DATES



FALL CLASS REGISTRATION BEGINS	TUES	AUGUST 27
FALL SPORTS SEASON	SAT	SEPT 20-NOV 24
HALLOWEEN EVENT	SAT	OCTOBER 26
TURKEY JAM	M-W	NOV 25-27
WINTER EXPERIENCE	TUE	DECEMBER 3
WINTER CAMP SESSION 1	M-F	DEC 16-20
WINTER CAMP SESSION 2	M-F NO W	DEC 23-27
WINTER CAMP SESSION 3	M-F NO W	DEC 30-JAN 3

## Independently run programs at Cheviot Hills Recreation Center

Archery	ranchoparkarchers.org rparchers@gmail.com
Rancho Park Golf Course	(310) 838-7373
Aquatics	(323) 906-7953
Pool (Summer Only)	(310) 202-2844
Petanque	LosAngelesPetanqueClub@gmail.com
Tennis Reservations	(310) 836-8879
Municipal Sports (Adult Baseball/Softball)	(818) 765-0284
Municipal Sports (Add'l Adult Leagues)	(818) 246-5613

## REFUND POLICY

- ALL REFUND REQUESTS MUST BE SUBMITTED VIA EMAIL ON A CHRC REFUND REQUEST FORM.
- REFUND REQUESTS FOR CLASSES & SPORTS MUST BE SUBMITTED ONE WEEK (7 DAYS) PRIOR TO THE CLASS BEGINNING.
- THERE ARE NO REFUNDS OR CREDITS FOR MISSED DAYS.
- A 15% ADMINISTRATIVE FEE WILL BE ASSESSED BY THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS FOR ANY PATRON GRANTED A REFUND FOR A CLASS/LEAGUE.
- NO FULL REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE RECREATION CENTER.



JOIN OUR MAILING LIST - EMAIL [CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG](mailto:CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG)

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