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BIT.LY/CHEVIOTHILLSRC

WELCOME

Welcome to Winter at Cheviot Hills Recreation Center!

As the winter season sets in, we're excited to offer a variety of programs and activities to keep you and your family active, engaged, and having fun! From basketball leagues for all ages to our popular Winter Camp filled with adventure and creativity, there's something for everyone. We're also rolling out new pop-up and quarterly classes designed to enhance your winter experience —whether you're looking to stay fit, learn a new skill, or explore your artistic side.

See Page 15 for How To Register.

We look forward to seeing you soon at Cheviot Hills Recreation Center!

Sincerely, The Cheviot Hills Recreation Center Team

SPORTS INFORMATION

FOR INFORMATION ON CHRC SPORTS LEAGUES: CHEVIOTHILLS.SPORTS@LACITY.ORG

RESERVATIONS & PERMITS

NO INDOOR RENTALS AVAILABLE. FOR INFORMATION ON RESERVING A PICNIC AREA OR GRASS FIELD. PLEASE CONTACT THE CHRC PERMIT COORDINATOR AT AMY.FARKAS@LACITY.ORG

HOURS OF OPERATION MON-FRI 9AM-9PM

WINTER STORM

SATURDAY

9AM-9PM 9AM-5PM 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 ACOMMODATIONS 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.

1-0N-1 TUTORING

1-ON-1 TUTORING: READING & WRITING

Ages 5-15

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. *Limit of one time slot per student.

Instructor: Vicki

Wed	4:15pm, 4:45pm, 5:15pm, 5:45pm, 6:15pm, 6:45pm, 7:15pm	1/15 - 3/5	\$114/8 wks
Thu	3:30pm, 4pm, 7pm, 7:30pm	1/16 - 3/6	\$114/8 wks
Fri	3:30pm, 4pm, 4:30pm, 6:30pm, 7pm, 7:30pm, 8pm	1/17 - 3/7	\$114/8 wks
Sat	10:30am, 11am, 11:30am, 12pm, 2pm, 2:30pm, 3pm	1/18 - 3/8	\$114/8 wks

1-ON-1 MATH & SCIENCE TUTORING

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	1/16 - 3/6	\$114/8 wks
Fri	3:15pm, 3:45pm, 4:15pm, 6:45pm, 7:15pm, 7:45pm, 8:15pm	1/17 - 3/7	\$114/8 wks
Sat	10:30am, 11am, 11:30am, 12pm, 12:30pm, 1pm, 1:30pm	1/18 - 3/8	\$114/8 wks
Sun	10:30am, 11am, 11:30am, 12pm, 12:30pm, 1pm	1/19 - 3/9	\$114/8 wks



REGISTER ONLINE OR IN PERSON AT BIT.LY/CHEVIOTHILLSRE STARTING TUESDAY, DECEMBER 3, 2024 AT 9:30AM



Ages 5-17

MUSIC

IN-PERSON LESSONS

PIANO OR VOICE MUSIC LESSONS

Ages 7+

45-minute one-on-one music lessons.

<u>Piano/Music Theory:</u> 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	1/15 - 3/5	\$216/8 wks
Thu	12-6:45pm	1/16 - 3/6	\$216/8 wks
Fri	12-6:45pm	1/17 - 3/7	\$216/8 wks

VIRTUAL LESSONS

VIRTUAL 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	1/13 - 3/17*	\$136/8 wks
Tue	4-7:00pm	1/14 - 3/4	\$136/8 wks
Wed	4-7:00pm	1/15 - 3/5	\$136/8 wks
Thu	4-7:00pm	1/16-3/6	\$136/8 wks
*no clas	$M_{\rm op} 1/20$ or	2/17	



VIRTUAL PIANO

Ages 5+

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

Instructor: Christina

Tue 3pm-6pm 1/14-3/4

\$128/8 wks



EARLY LEARNING

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 1/15 - 3/5 \$64/8 wks

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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 grownups to discover the joy of learning together.

Instructor: Vicki





ENRICHMENT

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 3:30-5:00pm 1/19 - 1/3/9 \$96/8 wks

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POKEMON TRADING CARD GAME

Ages 6-15

Lightning Bolt deals 3 dan

Collect Pokémon cards? Now is the chance to learn how to play the card game! Win packs of Pokémon cards while battling with cards from 25 years ago! Featuring all 22 of the original theme decks from the first year of Pokémon! Cards will be provided for participants.

Instructor: Josef

Sun 1:45-3:15pm 1/19 - 3/9 \$96/8 wks



ART CLASSES

PAINTING & MIXED MEDIA

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

Instructor: Vicki

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3:15-4:00pm 1/15 - 3/5 \$72/8 wks Aaes 5-6 Wed 4:45-5:30pm 1/16 - 3/6 Ages 7-9 Thu \$72/8 wks

COLOR & THREAD KIDS

Color and Thread Kids is a fun, hands-on art class where kids explore creativity through painting, sewing, and mixed media. Each session, learn techniques to blend colors, textures, and stitches, creating unique, personal masterpieces. Perfect for young artists who love to mix, match, and make!

Instructor: Vicki

Fri 5:15-6:15pm 1/17 - 3/7 \$80/8 wks

FABRIC CREATURES & FUNNY FRIENDS **KIDS HAND-SEWING**

Ignite your creativity with our "Fabric Creatures & Funny Friends" 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 to explore your imagination and master a timeless skill.

Instructor: Vicki

Thu 5:45-6:45pm 1/16 - 3/6 \$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 1/18 - 3/8 \$72/8 wks

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Ages 7-12











& BODY MIND

MINDFUL MOMENTS FOR KIDS Ages 10-12

Come join us for a fun and calming class all about breathing exercises and mindfulness! Kids will learn simple ways to use their breath to feel calm, focused, and relaxed. With easy activities and playful techniques, this class is perfect for kids of all ages to explore how breathing can help them feel happier and more balanced every day.

Instructor: Jaspal

Tue 4:00-4:45pm

1/14 - 3/4 \$64/8 wks



UNWIND & ALIGN FOR TEENS

Ages 13-17

Join us for a fun and relaxing class on Pranayama (breathing exercises) and meditation, where we mix ancient techniques with cool, science-backed benefits! Learn how simple breathing exercises can help you manage stress, boost focus, and feel more grounded. This class is perfect for teens of all experience levels and will give you tools to stay balanced and energized in your everyday life.

Instructor: Jaspal

Tue 5:00-6:00pm

1/14 - 3/4 \$70/8 wks





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	1/18 - 3/8	\$64/8 wks
Ages 8-9	Sat	10-10:45am	1/18 - 3/8	\$64/8 wks
Ages 12-15	Sat	11-11:45am	1/18 - 3/8	\$64/8 wks

POKEMON GO! OUTDOOR FITNESS

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: losef

Thu	5:00-6:30pm	1
Fri	5:00-6:30pm	1
Sat	2:15-3:45pm	1

\$96/8 wks \$96/8 wks \$96/8 wks



Ages 6-17

VOLLEYBALL CLINIC

This clinic will help players learn skills and drills to prepare them for the upcoming season.

Instructor: Darrell

Minors Ages 9-10 Majors/Juniors Ages 11-16 Mon

Mon 8-8:50pm 9-9:50pm

/16 - 3/6

17 - 3/7

18 - 3/8

1/13 - 3/17* 1/13 - 3/17* \$80/8 wks \$80/8 wks

*no class Mon 1/20 or 2/17



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.



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ADULT FITNESS

ZEN WAVES: YOGA & SOUNDBATH

Ages 18+

Experience deep relaxation with our Sound Bath and Yoga session, combining yoga with soothing sound vibrations. Let the calming sounds and mindful movements help release stress, restore balance, and connect to inner peace. Perfect for all levels!

Instructor: Jaspal

Mon 5-6pm 1/13 - 3/17* \$70/8 wks *no class Mon 1/20 or 2/17

BREATH & BEING: A PATH TOWARD HEALTH

Join us for an empowering class on Pranayama (breathing exercises) and meditation, where we blend ancient practices with modern scientific insights. Explore how breath control can improve well-being, relieve stress, and foster mindfulness. Suitable for all levels, this class offers tools to help you embrace these timeless techniques for a healthier, more balanced life.

Instructor: Jaspal

Tue 6:15-7:15pm 1/14 - 3/4 \$70/8 wks



Ages 15+

GENTLE YOGA

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 1/13 - 3/17* \$80/8 wks *no class Mon 1/20 or 2/17

VIRTUAL GENTLE YOGA

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

Instructor: Zara

Tue 6-7pm 1/14 - 3/4 \$70/8 wks







ADULT FITNESS



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 1/19 - 3/9

Ages 18+

3/9 \$70/8 wks

HAPKIDO SELF-DEFENSE

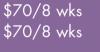
Join our Adult Hapkido class for an exhilarating journey through the dynamic martial art of Hapkido. Learn powerful self-defense techniques, hone your agility, and cultivate mental focus in a supportive and energizing environment. Whether you're a beginner or experienced practitioner, discover the art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



Instructor: Mohammad

Tue	7-8pm	1/14 - 3/4
Tue	8-9pm	1/14 - 3/4







ZUMBA

Ages 18+

Zumba is a Latin-inspired cardio workout - high energy, full bodied, extremely fun dance class! Easy to learn, repetitive moves get the heart pumpin' as the music gets the body jumpin!

Instructor: Myesha

Tue 10-11am 1/14-3/4

\$70/8 wks



CLUBS FOR ADULTS

CHRC CLUBS ARE PARTICIPANT-RUN ACTIVITIES WITH NO INSTRUCTION PROVIDED. CLUBS ARE FOR AGES 18 & UP - ALL LEVELS WELCOME!

ADULT VOLLEYBALL CLUB

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

Lead: Paul

Mon	12-2pm	1/13 - 3/17*	\$50/8 wks
Thu	8-9:50pm	1/16-3/6	\$70/8 wks
*no class	Mon 1/20 or 2/17		



ADULT BASKETBALL CLUB

Open Gym basketball play

Lead: Arish

ue	12:30-2:30pm	1/14 - 3/4	\$50/8 wks
ĥu	12:30-2:30pm	1/16 - 3/6	\$50/8 wks

ADULT PING-PONG CLUB

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

Lead: Staff

	Thu	12pm-2pm	1/16 - 3/6
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\$50/8 wks



ADULT KNITTING CLUB

Bring your knitting and join us! Lead: Edie

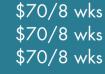
Wed 1-3pm 1/15 - 3/5 FREE/8 wks

PICKLEBALL CLUB

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

Lead: Staff

Tue	Beginner:11:30am-1:30pm	1/14 - 3/4
Thu	Intermediate:10am-12pm	1/16 - 3/6
Thu	Advanced: 12:15pm-2:15pm	1/16 - 3/6







POP-UP CLASSES!







FOR MORE INFORMATION: (310) 837-5186 / CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG

SAVE THE DATES

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TURKEY JAM WINTER EXPERIENCE WINTER POP-UP CLASSES WINTER CAMP WINTER BASKETBALL WINTER CLASSES START SPRING SPORTS REG BEGINS SPRING CLASSES SPRING CAMP SPRING FLING & EGG HUNT NOVEMBER 25-27 DECEMBER 3 DECEMBER & JANUARY DECEMBER 16-JANUARY 3 JANUARY-MARCH JANUARY 13 FEBRUARY 5 APRIL-JUNE APRIL 14-18 APRIL 18

CHEVIOT HILLS RC PRESENTS

AGES 5-13 © 10AM-4PM

REGISTER STARTING TUES OCT 22 30AM AT BIT.LY/CHEVIOTHILLSRC ARECA A



HOW TO REGISTER

CLASS REGISTRATION BEGINS TUE DEC 3 AT 9:30AM TO FULLY REGISTER, YOU MUST COMPLETE THE STEPS BELOW:

1. ENROLLING & PAYMENT

Register Online at LAPARKS.ORG or download the LAPARKS app

- Add classes to your cart that you wish to register for.
 - Please make sure to register each participant for the correct age group.
- Please review Refund Policy below before submitting payment.
- Payment is by Visa or MasterCard only.
- If you are having issues registering and need assistance, you may contact the office at (310) 837-5186 or email cheviothills.recreationcenter@lacity.org
 Please note that we do not take payment over the phone.

2. E-REGISTRATION FORM

You will receive an email from EPACT, our online registration form site. Please follow the link to create an account and fill out all information for participants enrolled in our program.

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.







2025 HOLIDAYS

THE RECREATION CENTER WILL BE CLOSED ON THE FOLLOWING DATES

HOLIDAY	DAY	DATE
NEW YEAR'S DAY	WEDNESDAY	JANUARY 1
MARTIN LUTHER KING JR. DAY	MONDAY	JANUARY 20
PRESIDENT'S DAY	MONDAY	FEBRUARY 17
CESAR CHAVEZ DAY	MONDAY	MARCH 31
MEMORIAL DAY	MONDAY	MAY 26
JUNETEENTH	THURSDAY	JUNE 19
FOURTH OF JULY	FRIDAY	JULY 4
LABOR DAY	MONDAY	SEPTEMBER 1
INDIGENOUS PEOPLE'S DAY	MONDAY	OCTOBER 13
VETERAN'S DAY	TUESDAY	NOVEMBER 11
THANKSGIVING HOLIDAY	THURSDAY & FRIDAY	NOVEMBER 27 & 28
CHRISTMAS DAY	THURSDAY	DECEMBER 25

Independently run programs at Cheviot Hills Recreation Center

ranchoparkarchers.org



Archery

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





JOIN OUR MAILING LIST - EMAIL CHEVIOTHILLS.RECREATIONCENTER@LACITY.ORG

