



City of Los Angeles Department of Recreation and Parks

## Chatsworth Recreation Center

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## Spring Classes, Sports Clinics, & Activities 2018

Classes are 8 weeks and begin the week of April 9, 2018

### Sensory Class (Class will meet: April 10, 17, 24 May 1, 8, 15, 22, 29)

Ages: 12m-3 years old

Tuesday, 3:00pm-4:00pm Fee: \$115

This class is set up for all our movers and shakers on their feet or on their knees! Older Babies about to walk, and Toddlers (young and older), as well as Young Children are invited to this very special "sensory class". This is a HIGH Multi-Sensory class! In this class, we do a few songs, but focus is placed on sensory integration (getting MESSY!). Every week will be packed with heavy sensory activities and exercises to help our brains regulate. Children and parents should always come prepared for messy play. Clothes than can get messy should be worn, and always come with a package of wipes! Messy is Magnificent!

Class Located in the Meeting Room Upstairs



Instructor: Jasmine

### Ballet (Class will meet: April 10, 17, 24 May 1, 8, 15, 22, 29)

Ages: 3-5

Tuesday 5:30pm-6:15pm Fee: \$70

Twinkle Toes: A beginner's introduction to dance and movement while using their imagination. Dancers will move across the floor with basic steps, basic ballet in the center and occasional barre work.

Located in the Dance Room



Instructor: Isabel Landsman

### Little Folks Martial Arts (Class will meet: April 10, 17, 24 May 1, 8, 15, 22, 29)

Ages: 2-4 years old

Tuesday &amp; Thursday 3:15pm-3:45pm Fee: \$50

Our earlier starters program gets kids excited to learn Martial Arts in a fun and nurturing environment.

Located inside the Dance Room

Instructor: Ms. Olmos

### Tumbling (Class will meet on: April 11, 18, 25, May 2, 9, 16, 23, 30)

Ages: 3-5 years old

Wednesday 5:30pm-6:15pm Fee: \$70

Our program teaches kids to tumble, run, jump, twist. Each session promotes movement skills, fine motor skills and gymnastic elements. Children are introduced to equipment and taught in a safe and friendly environment with your child in mind.

Located in the Dance Room

Instructor: Isabel Landsman

### Early Learners (Class meets: April 13, 20, 27, May 4, 11, 18, 25, June 1)

Ages: 18m-3 years old

Friday 10am-12pm Fee: \$140

Perfect class for our little ones who want to become familiar with the Pre-K environment and experience. Kids will sing songs, do crafts, have carpet time and so much more. Parents are welcome to stay and encouraged to slowly and eventually distance themselves from the classroom so that child and parent exercise the "separation" time and learn how to deal with it effectively.

Located in the Pre-Kinder Room.

Instructor: Marisol Norato &amp; Jasmine

## **Basketball** (Class Will Meet: April 9, 16, 23, 30, May 7, 14, 21, June 4)

Ages 3-6 Monday 4:00pm--5:00pm

Ages 7-11 Monday 5:00pm-6:00pm      Fee: \$70

This is an excellent opportunity for youths to learn the fundamentals of basketball and improve their game in a fun and non-competitive environment.

Located inside the Gymnasium



Instructors: Ari & Daniel

## **Flag Football** (Class meets: April 13, 20, 27, May 4, 11, 18, 25, June 1)

Ages: 7-12 years

Fridays 4:30pm-5:30pm      Fee: \$70



Introduction to the fundamentals of flag football is a version of American football where the basic rules of the "tackle football", but instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier.

Located on the grassy area at Chatsworth South

Instructor: Ari and Daniel

## **T-Ball** (Class meets: April 13, 20, 27, May 4, 11, 18, 25, June 1)

Ages: 4-6 years old

Friday 3:30pm-4:15pm      Fee: \$60

A fun introduction to T-Ball. Kids will learn the baseball through fun games and instruction from the coach. Bring your own glove.

Located on the grassy area

Instructor: Thomas & Daniel

## **DIY Crafts** (Class will meet: April 10, 17, 24 May 1, 8, 15, 22, 29)



Ages: 5-12 years

Tuesday, 4:00pm-5:00pm      Fee: \$65

A fun way to promote creativity in kids. Kids will enjoy making their own projects and enjoy sharing them with classmates through interactive play, using games. Crafting builds fine motor skills and encourages a child's creativity and confidence. We make unique and fresh crafts each week.

Located in the Craft Room.

Instructor: Summer & Jasmine

## **Top Chefs** (Class will meet on: Jan. 18, 25, Feb. 1, 8, 15, 22, March 1, 8)

Ages: 5 & up

Thursday, 4:00-5:00pm      Fee: \$70

We are ready to cook up some serious fun in the kitchen. Kids will learn about kitchen safety, work with cool kitchen tools, nutrition and each week receive a recipe page to create a Cook Book by the completion of the classes. Our little chefs also get their own apron. We'll be making some out of the ordinary dishes all with good health in mind.

Located inside the kitchen & Pre-Kinder Room

Instructor: Summer & Jasmine

## **Tae Kwon Do** (Monthly Class)

Ages: 4 years old & up 4:00pm-5:00pm

Tuesday & Thursday (2 classes per week)

Fee: \$80

We keep your child motivated with fun drills, this class will bestow social, mental and life skills. We have Black Belt experienced instruction. Additional fees for uniforms, and testing.

Located in the Dance Room.

Instructor: Rachel Olmos

## **Knitting & Crocheting Club** (Drop In Class)

Adults

Fridays, 1:30pm-2:30pm No Fee

Learn to crochet and knit, or learn new techniques. Meet others with similar interest and share ideas.

Located Please gather in the office at start of class.

Instructor: Marisol Norato

## **Yoga** (Class will meet:

Ages: Adults

Tuesdays, Fee: \$80

Suitable for all levels. Hatha is a potent alignment-oriented practice that emphasizes the forms and actions within yoga postures. This class is based on physical postures, deep breathing, mindfulness and listening to the body.

Located inside the Dance Room

Instructor: Linda Cook

## **Tai-Chi** (Monthly Class)

Ages: Adults

Tuesday & Thursday 10:00am-11:00am (2 classes per week) Fee: \$40

A Chinese practice for both its defense training and its health benefits. Philosophy of the forces of yin and yang related to the moves known to achieve longer longevity.

Located in the Dance Room.



Instructor: Mark Bonnet

## **Saturday Theater Camp** (Class will meet: April 14, 21, 28, May 5, 12, 19, 26, June 2)

Ages: 10 & up

Saturdays, 11:00am-1:00pm Fee: \$80

Join this unique creative writing and theater program where participants learn how to write and perform their own staged productions. Theater can help young individuals improve on their confidence, public speaking, social skills, and problem solving. Explore curiosity without limits!

Located in the Meeting Room.

Instructor: Ciera Peyton

## **1 Week of Spring Camp**

*Camp Explore*

Ages: 5-13 years old

Monday-Friday 8am-4pm March 26-30, 2018 Fee: \$150

Experience camp at Chatsworth Park South. Kids will do tons of activities including sports, games, crafts, cooking projects, science experiments, hiking, special parties and more. Our staff is great! Camp can positively impact a child's life. Join us this Spring to see how much fun your kids will have.

Located in the Gym.

## **Spring Soccer League** (April-June 2018)

Ages: 3-4 year olds, and 5-6 year olds

Practices: Wednesday 3:30pm or 4:30pm, Games Saturdays, starting at 9:30am

Fee: \$125 (Includes uniform, trophy, and 6 games)

Learn the fundamental, proper skills and techniques of soccer, and participate in friendly games to develop teamwork.

## **Spring Egg Hunt**

**Saturday, March 31<sup>st</sup> 10am-12pm**

Crafts, Face Painting, Snacks, Bunny Photo Area, & Egg Hunt (begins at 10:30am)

We'll be on the grass field

Don't forget your basket!