City Information

Featured on front cover:
Photo:

Parks, Recreation & Community Services
Department Numbers

Recreation Office...........................................(310) 253-6650
Municipal Plunge.................................(310) 253-6680
Senior Center...........................................(310) 253-6700
Teen Center...........................................(310) 253-6676

Parks, Recreation & Community Services
Commission

Kay Heineman..................................................Chair
William Rickards.............................................Vice Chair
Khary Cuffe....................................................Commissioner
Palvi Mohammed............................................Commissioner
Scott Zeidman................................................Commissioner

Other important City Phone Numbers

Animal Control............................................(310) 253-6143
Building and Safety..............................(310) 253-5800
Business License (Recorded Info)......(310) 253-5888
City Clerk.......................................................(310) 253-5851
CityBus.........................................................(310) 253-6500
CityBus Route Info.............................(310) 253-6510
Code Enforcement........................................(310) 253-5940
Cultural Affairs........................................(310) 253-5716
Disability Services.................................(310) 253-6727
Film Permits................................................(310) 253-6216
Finance Department...............................(310) 253-5850
Fire Department Administration........(310) 253-5900
Fire Prevention/Fire Marshal................(310) 253-5925
Graffiti Removal Hotline...................(310) 253-5555
Housing Division........................................(310) 253-5780
Neighborhood Watch...........................(310) 253-6258
Personnel Dept./Job Hotline..............(310) 253-5651
Planning Division....................................(310) 253-5710
Police Department/Non-Emergency....(310) 837-1221
Redevelopment Agency.......................(310) 253-5760
Sanitation/Recycling..............................(310) 253-6400
SPCLA.........................................................(310) 676-1149
Street Lights/Traffic Signals............(310) 253-6433
Street Permits..............................................(310) 253-5600
Street/Sewer Maintenance.................(310) 253-6440
Traffic Management.............................(310) 253-5600
Trees..............................................................(310) 253-6428

www.culvercity.org
JOINING THE FUN IS FOR EVERYONE!

The Culver City Parks, Recreation and Community Services (PRCS) Department believes in providing quality programs for all community members. While each program site and amenities are slightly different in nature, PRCS staff-run programs strive to maintain a 1:12 child to staff ratio. Our day camp and afterschool programs are designed to balance the needs of each child with the needs of all participants. If you believe your child may need additional assistance, reasonable accommodations can be made with prior arrangements. Please contact the PRCS Department at (310) 253-6650 to speak with the Recreation and Community Services Supervisor or Manager.
REGISTRATION AND REFUND INFORMATION

REGISTRATION PROCEDURE FOR CITY PROGRAMS
Classes must be paid for in full prior to the first class meeting. Enrollment may be completed at the registration office or online at www.culvercity.org/active. We accept cash, money orders, checks, VISA or MasterCards. Credit cards must be presented in person or saved to your ActiveNet account.

REGISTRATION DATES
Residents: Monday, August 1
Non-Residents: Monday, August 8

CREATE AN ACCOUNT ON-LINE
1. Click here to set up an account.
2. Click on the “create account” in the upper right corner.
3. Enter your email address in the box.
4. Click on the green box that says “Next”.
5. Enter your first name, last name, date of birth, create a password and confirm your password. Check the two boxes.
6. Click on the green box that says “Next”.
7. Enter your gender, address and phone number.
8. Create your security question, fill in your answer and then confirm your answer.
9. Check the “I’m not a robot box”.
10. Click on the green box that says “Submit”.

REGISTER FOR A CLASS OR ACTIVITY ON-LINE
1. Log in to your account.
2. Click on the “Activities” Link - the second word on the gray bar below the green logo/picture.
3. If you know the name of the course you would like to register for enter it in the search bar.
4. If you would like to browse the activities we are offering you can search by date, age groups, or program area using the side bar or the drop down menu under the activities link in the gray bar at the top of the page.
5. Select the course dates and times you would like to enroll in and add them to your cart.
6. Enter the participant’s information or choose your participant.
7. Read the waiver and initial the box next to it.
8. Enter your payment method.

HAVE ANY QUESTIONS, SUGGESTIONS OR CONCERNS?
• Give us a call: (310) 253-6650
• Visit us on-line: www.culvercity.org
• Email us: info.recreation@culvercity.org
• Register for programs: www.culvercity.org/active
• Report any issues or concerns: Contact Culver City

REFUND INFORMATION

GENERAL REFUNDS GUIDELINES:
All refunds must be requested in writing. Refunds will be issued either in the form of a check which may take up to 2-6 weeks to process. Refunds in the form of an account credit or a refund back to the credit card of purchase may take up to 2-5 days to process.

PROGRAMS AND ACTIVITIES REFUND GUIDELINES:
Full refunds will be extended when a program is cancelled by the City.
• No refunds, transfers, or cancellations will be granted after the second activity/program day.
• Refunds/prorations will not be given for missed days nor may they be made up due to participant illness or absence.
• Refunds requested at least 7 days prior to the start of an activity will be granted a full refund.
• Refunds requested 6 days prior to and/or before the second activity/program day will be issued a refund less a 15% processing fee.

RENTAL REFUND GUIDELINES:
Full refunds will be extended when a rental is cancelled by the City.

Outdoor Rentals:
• There will be no refunds for any cancellations or rescheduling of a rental without 7 days’ notice.
• Refunds requested at least 7 days prior to the rental will be granted a refund less a 15% processing fee.

Rescheduling an Outdoor Rental Guidelines:
• Location/date/time changes can be made up to 7 days prior to rental for an additional 15% processing fee.
• The new rental must be booked at the time of cancellation of the original rental.
• The rescheduled rental must take place within 90 days of the original reservation date.
• There will only be one rescheduling allowed per rental.
• Refunds will not be granted in the event the rescheduled rental is cancelled.

Building Rentals:
• There will be no refunds for any cancellations or rescheduling of a rental without 14 days’ notice.
• Refunds requested at least 14 days prior to the rental will be granted less a 15% processing fee.

Rescheduling a Building Rental Guidelines:
• Location/date/time changes can be made up to 14 days prior to rental for an additional 15% processing fee.
• The new rental must be booked at the time of cancellation of the original rental.
• The rescheduled rental must take place within 90 days of the original reservation date.
• There will only be one rescheduling allowed per rental.
• Refunds will not be granted in the event the rescheduled rental is cancelled.
Upcoming Community Events and Programs

July is Parks Make Life Better Month

MOVIES in the PARK

• July 23 - National Treasure
• July 30 - Uncharted

Culver City Park – Baseball Field #1
9910 Jefferson Blvd. Culver City, CA 90232

Movie begins at dusk. Gates open at 6 PM. No tickets or RSVPs needed. Bring your own chairs, blanket & picnic. We’ll see you at the top of Culver City Park!

Save the Dates!

Just4Kids Winter Holiday Camp

The Just4Kids Winter Holiday Camp will take place the last two weeks of December. Look for all the details in the seasonal Culver City Living recreation guide covering activities for December through February. Details for Winter Camp will be available there, and through our online registration system at the end of September.

REGISTER @ WWW.CULVERCITY.ORG/ACTIVE • FOR MORE INFORMATION (310) 253-6650
In accordance with new Los Angeles County Public Health guidelines, indoor masking is now strongly recommended, but not required, for vaccinated and unvaccinated employees and patrons at City facilities. However indoor masking continues to be required for vaccinated and unvaccinated individuals at any indoor in-person meetings of City Council and City Commissions, Boards and Committees. Click here to view the City of Culver City’s COVID-19 Vaccination Requirement FAQ’s.
Get your wristband vouchers today at culvercity.org/active!
Visit: fiestalaballona.org for more information.
FALL AFTERSCHOOL PROGRAM INFORMATION

CCARP

The PRCS Culver City Afterschool Recreation Program (CCARP) locations are currently full. As hiring continues, we plan to add capacity at CCARP sites, while maintaining a 1:2:1 staff ratio. We look forward to serving those on the waitlists as space becomes available or staffing levels allow for program expansion.

You may register a child online for the waitlist for free. Please join only one waitlist for the school your child will attend during the 2022/2023 academic year.

CCARP provides supervised recreational activities for students at four Culver City Elementary Schools. Activities include homework time, arts and crafts, games, free play, and special events.

- Waitlist – CCARP – Blanco (El Rincon Elementary)
- Waitlist – CCARP – El Marino
- Waitlist – CCARP – Lin Howe
- Waitlist – CCARP – Lindberg (Farragut Elementary)

YSE

The YSE Afterschool Program focuses on team-building and sport skills. YSE participates in fun and learning through sports, games, music, and fitness activities that develop sport skills, teach good sportsmanship, refine body movement and coordination, and reinforce health and wellness values. Academics are also important and homework assistance is offered.

Instructor: Coach DJ and YSE Staff
Location: Culver City Middle School

Note(s): Monthly fees are adjusted to account for school holidays, pupil free days and breaks. YSE schedule will follow CCUSD School calendar and start time in line with the school dismissal/bell schedule.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug/Sept</td>
<td>M-F</td>
<td>2:15 PM - 6 PM</td>
<td>11 - 14</td>
<td>$340/$351</td>
</tr>
<tr>
<td>October</td>
<td>M-F</td>
<td>2:15 PM - 6 PM</td>
<td>11 - 14</td>
<td>$250/$261</td>
</tr>
<tr>
<td>November</td>
<td>M-F</td>
<td>2:15 PM - 6 PM</td>
<td>11 - 14</td>
<td>$229/$240</td>
</tr>
<tr>
<td>December</td>
<td>M-F</td>
<td>2:15 PM - 6 PM</td>
<td>11 - 14</td>
<td>$208/$219</td>
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</tbody>
</table>

FALL AFTERSCHOOL PROGRAM INFORMATION

FOLLOW US ON  @CULVERCITYPRCS  @CULVERCITYPRCS
The Teen Center serves middle and high school students and provides a welcoming, positive space for youth and teens. Membership is open to students that live in Culver City or attend a Culver City School. Staff are onsite to supervise, offer homework encouragement, and facilitate a variety of activities. The facility is equipped with the following: WiFi, pool tables, game room, TV lounge, foosball, multipurpose room, patio, ping pong tables, homework/study space, video/arcade games, and a computer lab. Though fully staff supervised, the Teen Center program allows participants to sign themselves in and out. Some students stay until picked up by parents; however, we will not enforce attendance.

Teen Center Location:
4153 Overland Ave., Culver City, CA 90230

Hours of Operation:
During the school year the Teen Center is open Monday through Friday, from 2 PM to 6:30 PM. On Wednesdays, the Teen Center will open one hour earlier at 1 PM. The Teen Center does not offer regular hours during summer, winter, and spring recesses; however, alternative teen programming including arts and learning classes, camps, meetup groups and field trips will be offered at various facilities as staffing levels allow.

Membership:
Membership fees are $50 per semester for each student. Purchasing a membership is fast and easy. You can register online at [www.culvercity.org/active](http://www.culvercity.org/active) or in person at the Culver City Registration Office located at 4117 Overland Avenue. Please call (310) 253-6676 for more information.

Teen Employment
The PRCS department regularly hires young adults ages 15 and older with a valid work permit for our introductory position of Recreation Leader I and those age 16 and older as Lifeguards. These valuable members of our team are vital support for our various programming: afterschool, day camps, aquatics, special events etc.

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**Friday, July 29th**

**Teen Movie Night at the Plunge**

Teens 13-18 years old are welcome join the Plunge for recreational swim and a screening of “Aquaman”!

7pm - 10:30 pm
(the movie will begin at sundown)

$3 per teen
Pre-registration is required. Space is limited.
Registration will begin Monday, June 27th

Visit the Teen Center webpage for full details and to register.
**1st CLASS PREP: FALL**

**Monthly**

1st Class Pre-K’s program is designed to provide children 2 ½ - 6 with a loving, safe, diverse and stimulating environment where everyone feels relaxed and ready to learn through play. Class time and special activities are planned according to themes designed to meet the individual needs of children during this active time of growth and development. Our zoophonics curriculum encourages an enthusiastic and receptive attitude toward school, with an emphasis on Kinder. Activities which include an introduction to Spanish, letter and sound recognition, shape and number recognition, cooking, math, reading and art, are centered around seasonal themes. Students must be potty trained. Please provide a healthy lunch. A morning and afternoon snack will be provided. Students must be signed up for Mini Day or Part Day to enroll in morning care or afternoon care.

**Instructor:** Mari Davis and Michaela Davis

**Location:** Syd Kronenthal Park

**Dates:** September 6 - September 30 and monthly thereafter

**Materials Fee:** A non-refundable material fee of $250 is due September 6, 2022 and January 3, 2023 in class. Students who start in the months in between, will pay a prorated material fee. No registration prorating. For more info or questions please email us at 1stclassprepla@gmail.com.

**Note(s):** Orientation Day - September 6 from 10 AM - 12 PM

September fees are due by the September 6 Orientation Day. All paperwork should be printed and turned in on September 6th.

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<thead>
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<th>Ages</th>
<th>Fees</th>
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<tbody>
<tr>
<td>M - F</td>
<td>8 AM - 3 PM</td>
<td>2½ - 6</td>
<td>$1196/$1207</td>
</tr>
<tr>
<td>M - F</td>
<td>9 AM - 1 PM</td>
<td>2½ - 6</td>
<td>$832/$844</td>
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<tr>
<td>M/W/F</td>
<td>9 AM - 1 PM</td>
<td>2½ - 6</td>
<td>$676/$687</td>
</tr>
<tr>
<td>Morning Care</td>
<td>8 AM - 9 AM</td>
<td>2½ - 6</td>
<td>$168/$179</td>
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<tr>
<td>Afternoon Care</td>
<td>1 PM - 3 PM</td>
<td>2½ - 6</td>
<td>$291/$302</td>
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**BEYOND PRE-K IN SPANISH: FALL**

**Monthly**

Help your child begin the journey of acquiring a second language in Spanish at an early age! Our hands-on immersion program is taught by trained native speakers with college degrees in Child Development and Education from the U.S. and Mexico. The Spanish language is introduced through multi-sensory activities that stimulate children’s natural curiosity and creativity and with the goal to foster life-long learning, the development of motor skills, self-expression, empathy and exposure of diverse cultures to adapt to this globally changing world. Class meets continuously within the CCUSD schedule. Please pack a healthy lunch. Child must be potty trained.

For those registered there will be a MANDATORY MEETING: Thursday, September 1, 2022 at 5:30 PM.

**Location:** Culver West Alexander Park

**Dates:** September 6 - June 16

Note: It is mandatory to contact teachers prior to enrollment at beyondpk@gmail.com. Children need to listen and follow directions for safety reasons. We will be following updated CDC guidelines. Feel free to visit our website at https://beyondpk.wixsite.com/website

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<th>Fees</th>
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<tr>
<td>M - TH</td>
<td>9 AM - 2 PM</td>
<td>3½ - 5</td>
<td>$1040/$1051</td>
</tr>
<tr>
<td>F</td>
<td>9 AM - 12:30 PM</td>
<td>3½ - 5</td>
<td>$1040/$1051</td>
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<tr>
<th>Times</th>
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<th>Fees</th>
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<tbody>
<tr>
<td>2 PM - 4 PM</td>
<td>3½ - 5</td>
<td>$416/$427</td>
</tr>
<tr>
<td>12:30 PM - 2:30 PM</td>
<td>3½ - 5</td>
<td>$416/$427</td>
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</table>
**KIDS TIME: FALL**

**Monthly**
This program provides a nurturing environment for kids. Children will participate in creative art, music, movement and play activities designed to develop motor skills, self-awareness and independence in an environment that is full of fun. Children will be introduced to their ABC's, phonics, reading and numbers along with simple math concepts through play and hands on activities. This program is ideal for learning and preparing for kindergarten.

**Instructor:** Poonam Sharma  
**Location:** Blanco Park  
**Dates:** September 6 - September 30 & monthly thereafter  
**Materials Fee:** $20 per month.

Note(s): Mandatory Parents meeting on September 6th at 9 AM at Blanco Park. Kids must be potty trained. Classes to follow CCUSD school calendar. We will follow updated CDC guidelines.

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<th>Ages</th>
<th>Fees</th>
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<tbody>
<tr>
<td>9/7 - 9/30</td>
<td>M - F</td>
<td>9 AM - 1 PM</td>
<td>2½ - 5</td>
<td>$572/$583</td>
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<tr>
<td>10/3 - 10/31</td>
<td>M - F</td>
<td>9 AM - 1 PM</td>
<td>2½ - 5</td>
<td>$572/$583</td>
</tr>
<tr>
<td>11/1 - 11/30</td>
<td>M - F</td>
<td>9 AM - 1 PM</td>
<td>2½ - 5</td>
<td>$572/$583</td>
</tr>
<tr>
<td>12/1 - 12/31</td>
<td>M - F</td>
<td>9 AM - 1 PM</td>
<td>2½ - 5</td>
<td>$572/$583</td>
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**LEARN ‘N PLAY THE BILINGUAL WAY: FALL**

**Monthly**
This program is designed to stimulate early education in a bilingual (English and Spanish) environment. Promoting social, intellectual, physical and emotional development as the children “Learn and Play”. They will participate in a day filled with multi-sensory activities, lessons, arts & crafts, recognizing the alphabets, letter sounds, numbers, shapes, colors and songs. Children will also be introduced to simple science experiments, music and movement. This class will prepare your child for Kindergarten. Please pack a healthy snack and lunch. Class meets continuously within the CCUSD school calendar. Children must be fully potty trained, able to stay by themselves and follow directions. For more info or questions, please email at learnnplaybilingualway@gmail.com.

**Instructor:** Angie Cady  
**Location:** El Marino Park  
**Material Fee:** A two-time non-refundable material fee of $250 is due September 6th & January 3rd.

Notes: Will continue to follow strict CDC guidelines, including checking temperatures and frequent hand washing. Daily cleaning of toys, tables and chairs as sanitization is of the utmost importance. At this time no parents will be allowed in the building.

<table>
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<th>Fees</th>
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<tr>
<td>M - F</td>
<td>9 AM - 1 PM</td>
<td>3 - 5</td>
<td>$832/$843</td>
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</table>
Youth Art, Dance and Music Programs

CHILDREN'S PIANO: BEGINNING

Resident: $187
Non-resident: $198

A solid foundation in the fundamentals of playing piano is offered by a teacher with many happy years of working with children of all ages. Students must bring their own keyboard to class. All Culver City COVID-19 protocols apply, and the Instructor will contact you with an informational email before the Spring Session begins.

Instructor: Jennifer Macchiarella
Location: Veterans Memorial Building – Multipurpose Room
* 12/10 in Teen Center Room 1.

Material Fee: $20

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<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
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<tbody>
<tr>
<td>10/22 - 12/10</td>
<td>SA</td>
<td>8:45 AM - 10 AM</td>
<td>4 - 17</td>
</tr>
<tr>
<td>10/22 - 12/10</td>
<td>SA</td>
<td>10 AM - 11:15 AM</td>
<td>4 - 17</td>
</tr>
</tbody>
</table>

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CHILDREN'S PIANO: CONTINUING

Resident: $187
Non-resident: $198

A solid foundation in the fundamentals of playing piano is offered by a teacher with many happy years of working with children of all ages. Students must bring their own keyboard to class. All Culver City COVID-19 protocols apply, and the Instructor will contact you with an informational email before the Spring Session begins.

Instructor: Jennifer Macchiarella
Location: Veterans Memorial Building – Uraupan Room
* 12/10 in Teen Center Room 1.

Material Fee: $20

<table>
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<tr>
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<td>11:15 AM - 12:30 PM</td>
<td>4 - 17</td>
</tr>
<tr>
<td>10/22 - 12/10</td>
<td>SA</td>
<td>12:30 PM - 1:45 PM</td>
<td>4 - 17</td>
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</tbody>
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DEE - LIGHTFUL MUSICAL THEATRE WORKSHOP

KIDS (6-11)

Resident: $519
Non-resident: $530

For our younger performers we are offering the Kids version of one of these 3 fabulous shows: A Year with Frog and Toad, Willy Wonka, Elf (Revue). In one 4- hour class per week our kids will have the learning experience of auditioning and rehearsing (the script, music and choreography) culminating in 3 final performances!

Instructor: Dolores Aguanno
Location: Culver West Alexander

Material Fee: $335, payable to dee-Lightful Productions, includes, script, music, some production costs, and a professionally produced DVD of our show.

Note: our performances will take place Dec 15-17 at the Veterans Memorial Auditorium.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
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<tbody>
<tr>
<td>10/8 - 12/17</td>
<td>SA</td>
<td>10 AM - 2 PM</td>
<td>6 - 11</td>
</tr>
</tbody>
</table>

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DEE - LIGHTFUL MUSICAL THEATRE WORKSHOP

TWEEENS AND TEENS (10-17)

Resident: $1144
Non-resident: $1155

For our older performers we are offering the Junior version of one of these fabulous shows: High School Musical, Legally Blonde, Bugsy Malone, Singin in the Rain, Elf, MTI’s Broadway Revue: Raise Your Voice. In two classes per week our participants will have the learning experience of auditioning and rehearsing (the script, music and choreography) culminating in 4 final performances!

Instructor: Dolores Aguanno
Location: Culver West Alexander

Material Fee: $335, payable to dee-Lightful Productions, includes, script, music, some production costs, and a professionally produced DVD of our show.

Note: our performances will take place Dec 15-17 at the Veterans Memorial Auditorium.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
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</thead>
<tbody>
<tr>
<td>9/9 - 12/17</td>
<td>F</td>
<td>3:30 PM - 6:30 PM</td>
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</tr>
<tr>
<td></td>
<td>SA</td>
<td>2 PM - 6 PM</td>
<td>10 - 17</td>
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</tbody>
</table>
TINY TOTS BALLET & TAP

Resident: $183  Non-resident: $194
Young Dancers will learn the basics of Ballet, Tap and Creative Movement in a safe and fun environment. This is a great way to let your child explore their creative side using the foundation and technique of Ballet and the sense of rhythm through Tap.

Instructor: Caroline Antunes
Location: VMB- Garden Room
Materials Fee: $5 for costume rental

Note(s): Please wear leotard, tights and ballet shoes. Tap shoes strongly recommended but not mandatory. We will be following CDC and COVID19 guidelines. At time of this printing face masks are optional during class. Parents and siblings will not be allowed inside classroom.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/12 - 11/14</td>
<td>M</td>
<td>3:45 PM - 4:30 PM</td>
<td>3 - 4</td>
</tr>
</tbody>
</table>

YOUTH BALLET & TAP

Resident: $183  Non-resident: $194
Ballet is the foundation of dance technique, developing grace, flexibility, strength and balance. Tap is great to exercise the body and the mind, challenging children to integrate rhythmic patterns using their feet as the instrument. This class will focus on coordination, confidence and choreography through fun and exciting exercises.

Instructor: Caroline Antunes
Location: VMB- Garden Room
Materials Fee: $5 for costume rental

Note(s): Please wear leotard, tights and ballet shoes. Tap shoes strongly recommended but not mandatory. We will be following CDC and COVID19 guidelines. At time of this printing face masks are optional during class. Parents and siblings will not be allowed inside classroom.

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<th>Times</th>
<th>Age</th>
</tr>
</thead>
<tbody>
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<td>9/12 - 11/14</td>
<td>M</td>
<td>4:30 PM - 5:30 PM</td>
<td>5 - 8</td>
</tr>
</tbody>
</table>
ARISE SELF-DEFENSE: GIRLS

Monthly Resident: $25  Non-resident: $36

Girls will be educated in awareness and techniques. Be loud and vocal. Practice how to Hit and Kick against Attackers. Escape from Arm Grabs, Bear Hugs, Hair Grabs, etc.

Instructor: Andy Pancho, ARISE Staff

Location: Veterans Memorial Building – Yangi/Iksan Room

Note(s): Female Class. Beginners. Bring Water.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
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</thead>
<tbody>
<tr>
<td>9/3 - 9/24</td>
<td>SA</td>
<td>12 PM - 12:45 PM</td>
<td>5 +</td>
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<tr>
<td>10/1 - 10/29</td>
<td>SA</td>
<td>12 PM - 12:45 PM</td>
<td>5 +</td>
</tr>
<tr>
<td>11/5 - 11/26</td>
<td>SA</td>
<td>12 PM - 12:45 PM</td>
<td>5 +</td>
</tr>
</tbody>
</table>

PINTSIZE SOCCER

Resident: $123  Non-resident: $134

This class is designed as an introduction to soccer and prepares children for organized sports league play in a FUN, positive environment. Children will learn and practice a variety of soccer skills such as dribbling, kicking and passing, trapping, throwing, and agility. They will also learn how to work within a team, the basic rules of the game and much more. Parents are encouraged to participate and must stay for the duration of the class for the 9:30-10:50 AM class and parents or an adult are required to participate for the 10:20 - 11:50 AM class.

Instructor: Pintsize Sports Instructors

Location: Culver West Alexander Park

Note(s): Participants should bring their own soccer ball with their name on it. Parents are encouraged to participate and must stay for the duration of the class. *No Class 10/29.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/10 - 11/05*</td>
<td>SA</td>
<td>9:30 AM - 10:15 AM</td>
<td>4 - 6</td>
</tr>
<tr>
<td>9/10 - 11/05*</td>
<td>SA</td>
<td>10:20 AM - 10:50 AM</td>
<td>2 - 4</td>
</tr>
</tbody>
</table>

PINTSIZE TEE BALL

Resident: $123  Non-resident: $134

This class is designed as an introduction to Tee Ball and prepares children for organized sports league play in a FUN, positive environment. Children will learn and practice a variety of baseball skills such as throw, catching, hitting with a bat, running bases, and agility skills. They will also learn how to work within a team, the basic rules of the game and much more. Parent or adult participation recommended. *No Class 10/29.

Instructor: Pintsize Sports Instructors

Location: Culver West Alexander Park

Note(s): Parents are encouraged to participate and must stay for the duration of the class. *No Class 10/29.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/10 - 11/05*</td>
<td>SA</td>
<td>10:55 AM - 11:40 AM</td>
<td>3 - 5</td>
</tr>
</tbody>
</table>
YOUTH RECREATIONAL ACTIVITIES

THE SKATESIDE - AFTERSCHOOL

- Monthly: Resident: $363 Non-resident: $374
- Get more skateboard instruction at a skatepark. Learn how to use your skateboard for transportation or learn advanced tricks like how to drop in, how to ollie, and more. Great for friends and siblings!
- This is a monthly class that meets 2 times per week on the days and times listed below. Skatepark is reserved for enrolled students during program time.
- Instructor: The Skateside Staff
- Location: Culver City Skate Park
- Note(s): Wrist guards, knee pads, elbow pads and helmet ARE MANDATORY! An email will be sent out with rules and safety protocols.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/7 - 10/3</td>
<td>MW</td>
<td>3:30 PM - 4:50 PM</td>
<td>5 - 16</td>
<td>Beg/Int</td>
</tr>
<tr>
<td>10/5 - 10/31</td>
<td>MW</td>
<td>3:30 PM - 4:50 PM</td>
<td>5 - 16</td>
<td>Beg/Int</td>
</tr>
<tr>
<td>11/2 - 11/30</td>
<td>MW</td>
<td>3:30 PM - 4:50 PM</td>
<td>5 - 16</td>
<td>Beg/Int</td>
</tr>
</tbody>
</table>

THE SKATESIDE - BEGINNER

- Monthly: Resident: $269 Non-resident: $280
- The quickest and safest way for beginners to learn how to ride a skateboard. Learn skateboard safety, balance, pushing, turning, and cool tricks. Great for friends and siblings! This is a monthly class that meets 4 times per month. The Skatepark is reserved for enrolled students during program time.
- Instructor: The Skateside Staff
- Location: Culver City Skate Park
- Note(s): Wrist guards, knee pads, elbow pads and helmet ARE MANDATORY! An email will be sent out with rules and safety protocols.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/4 - 9/25</td>
<td>SU</td>
<td>9:00 AM - 10:20 AM</td>
<td>5 - 16</td>
<td>Beginner</td>
</tr>
<tr>
<td>10/2 - 10/23</td>
<td>SU</td>
<td>9:00 AM - 10:20 AM</td>
<td>5 - 16</td>
<td>Beginner</td>
</tr>
<tr>
<td>11/6 - 11/27</td>
<td>SU</td>
<td>9:00 AM - 10:20 AM</td>
<td>5 - 16</td>
<td>Beginner</td>
</tr>
</tbody>
</table>

THE SKATESIDE - INTERMEDIATE

- Monthly: Resident: $269 Non-resident: $280
- Take your skills to the next level and learn advanced tricks like how to drop in, how to ollie, and more. Students should be able to navigate the skatepark comfortably and do basic beginner tricks. Great for friends and siblings! This is a monthly class that meets 4 times per month. The Skatepark is reserved for enrolled students during program time.
- Instructor: The Skateside Staff
- Location: Culver City Skate Park
- Note(s): Wrist guards, knee pads, elbow pads and helmet ARE MANDATORY! An email will be sent out with rules and safety protocols.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/4 - 9/25</td>
<td>SU</td>
<td>10:30 AM - 11:50 AM</td>
<td>5 - 16</td>
<td>Intermediate</td>
</tr>
<tr>
<td>10/2 - 10/23</td>
<td>SU</td>
<td>10:30 AM - 11:50 AM</td>
<td>5 - 16</td>
<td>Intermediate</td>
</tr>
<tr>
<td>11/6 - 11/27</td>
<td>SU</td>
<td>10:30 AM - 11:50 AM</td>
<td>5 - 16</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

REGISTER @ WWW.CULVERCITY.ORG/ACTIVE • FOR MORE INFORMATION (310) 253-6650
Youth Tennis

TENNIS FOR KIDS AT FOX HILLS- BEGINNER

Resident: $156  Non-resident: $167
Skill level beginner. Duration is one hour per lesson. Students sign up for a series of five lessons. Class maximum: 6 students.
Instructor: Ted Salter- Certified Teaching Pro thru the Professional Tennis Registry (PTR)
Location: Fox Hills Tennis Court #1
Note(s): Participants must furnish their own racket. No Class 8/26, 8/27, 9/5, or 11/21 through 11/25. Mon, Fri and Sat Sections Session 1 are 4 classes. Fees: $125 for Residents and $136 for Non residents)

SESSION DATES
Session 1:  8/22 - 9/24*
Session 2:  10/3 - 11/5
Session 3:  11/19 - 12/17

CLASS DAYS AND TIMES

<table>
<thead>
<tr>
<th>Days</th>
<th>Time/s</th>
<th>Age</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>M*</td>
<td>3 PM - 4 PM</td>
<td>7-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>M*</td>
<td>4 PM - 5 PM</td>
<td>9-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>T</td>
<td>3 PM - 4 PM</td>
<td>7-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>T</td>
<td>4 PM - 5 PM</td>
<td>9-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>W</td>
<td>3 PM - 4 PM</td>
<td>7-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>W</td>
<td>4 PM - 5 PM</td>
<td>9-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>TH</td>
<td>3 PM - 4 PM</td>
<td>7-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>TH</td>
<td>4 PM - 5 PM</td>
<td>9-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>F*</td>
<td>3 PM - 4 PM</td>
<td>7-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>F*</td>
<td>4 PM - 5 PM</td>
<td>9-11</td>
<td>Beginner</td>
</tr>
<tr>
<td>SA*</td>
<td>9 AM - 10 AM</td>
<td>7-11</td>
<td>Beginner</td>
</tr>
</tbody>
</table>

TENNIS FOR KIDS AT FOX HILLS- INT/ADV

Resident: $156  Non-resident: $167
Skill level intermediate to advanced. Duration is one hour per lesson. Students sign up for a series of five. Class maximum: 6 students.
Instructor: Ted Salter- Certified Teaching Pro thru the Professional Tennis Registry (PTR)
Location: Fox Hills Tennis Court #1
Note(s): Participants must furnish their own racket. No Class 8/26, 8/27, 9/5, or 11/21 through 11/25. Mon, Fri and Sat Sections Session 1 are 4 classes. Fees: $125 for Residents and $136 for Non residents)

SESSION DATES
Session 1:  8/22 - 9/24
Session 2:  10/3 - 11/5
Session 3:  11/19 - 12/17

CLASS DAYS AND TIMES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time/s</th>
<th>Age</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>5 PM - 6 PM</td>
<td>7-10</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>M</td>
<td>6 PM - 7 PM</td>
<td>11-17</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>T</td>
<td>5 PM - 6 PM</td>
<td>7-10</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>T</td>
<td>6 PM - 7 PM</td>
<td>11-17</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>W</td>
<td>5 PM - 6 PM</td>
<td>7-10</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>W</td>
<td>6 PM - 7 PM</td>
<td>11-17</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>TH</td>
<td>5 PM - 6 PM</td>
<td>7-10</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>TH</td>
<td>6 PM - 7 PM</td>
<td>11-17</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>F</td>
<td>5 PM - 6 PM</td>
<td>7-10</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>F</td>
<td>6 PM - 7 PM</td>
<td>11-17</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>SA</td>
<td>10 AM - 11 AM</td>
<td>7-10</td>
<td>INT/ADV</td>
</tr>
<tr>
<td>SA</td>
<td>11 AM - 12 PM</td>
<td>11-17</td>
<td>INT/ADV</td>
</tr>
</tbody>
</table>

TENNIS FOR KIDS AT FOX HILLS- TINY TOTS

This class is designed as an introduction to tennis and prepares children for organized sports league play in a FUN, positive environment. Children will learn tennis skills and the basic rules of the game. Class offered in 5-week cycle
Instructor: Ted Salter- Certified Teaching Pro thru the Professional Tennis Registry (PTR)
Location: Fox Hills Tennis Court #1
Note(s): Participants must furnish their own racket.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Level</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/03 - 9/24</td>
<td>SA</td>
<td>8:00 AM - 9:00 AM</td>
<td>4-6</td>
<td>TINY TOT</td>
<td>$125/$136 * 4 Classes</td>
</tr>
<tr>
<td>10/8 - 11/5</td>
<td>SA</td>
<td>8:00 AM - 9:00 AM</td>
<td>4-6</td>
<td>TINY TOT</td>
<td>$156/$167 * 5 Classes</td>
</tr>
<tr>
<td>11/19 - 12/17</td>
<td>SA</td>
<td>8:00 AM - 9:00 AM</td>
<td>4-6</td>
<td>TINY TOT</td>
<td>$156/$167 * 5 Classes</td>
</tr>
</tbody>
</table>
PRCS THANKSGIVING CAMP

JUST4KIDS THANKSGIVING CAMP: Join the fun for a stimulating, jam-packed program of engaging activities both indoor and outdoor, with structured camp activities from 9:30 AM – 4:30 PM. Camp is Monday, Tuesday, and Wednesday prior to the Thanksgiving holiday.
Location: Veterans Park Teen Center

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/21 - 11/23</td>
<td>7:30 AM - 6 PM</td>
<td>5 - 12</td>
<td>$97/$108</td>
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</table>

SKATESIDE ONE DAY CAMPS

The quickest and safest way for beginners to learn how to ride a skateboard. This skateboard skill focused camp that brings you everything you love about skateboarding. Learn how to shred the Culver City Skate Park and learn basic skateboard skills or take your skills to the next level.
Location: Culver City Skate Park

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/26</td>
<td>9 AM - 11:50 AM</td>
<td>5 - 16</td>
<td>$135/$146</td>
</tr>
<tr>
<td>10/05</td>
<td>9 AM - 11:50 AM</td>
<td>5 - 16</td>
<td>$135/$146</td>
</tr>
<tr>
<td>10/30</td>
<td>9 AM - 11:50 AM</td>
<td>5 - 16</td>
<td>$135/$146</td>
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<tr>
<td>11/11</td>
<td>9 AM - 11:50 AM</td>
<td>5 - 16</td>
<td>$135/$146</td>
</tr>
</tbody>
</table>

SKATESIDE THANKSGIVING CAMP

The quickest and safest way for beginners to learn how to ride a skateboard. This skateboard skill focused camp that brings you everything you love about skateboarding. Learn how to shred the Culver City Skate Park and learn basic skateboard skills or take your skills to the next level.
Location: Culver City Skate Park

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
</table>

YSE FALL SPORTS CAMP

YSE Sports Camp is a program that focuses on Youth Sports Enrichment. Campers play daily sports such as basketball and field games such as dodgeball. This camp also teaches the foundation of different sports to young children while building on sport skills for older children. Campers may also participate in baking and crafts.
Location: Veterans Park
Materials Fee: $20
Notes: Campers must wear tennis shoes and light comfortable clothes. Must bring a daily snack, lunch, and water.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Ages</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/21 - 11/23</td>
<td>9 AM - 3 PM</td>
<td>5 - 15</td>
<td>$125/$136</td>
</tr>
</tbody>
</table>

*Sibling Rate $115/$126
ARISE SELF-DEFENSE: FAMILY
Monthly Resident: $20  Non-resident: $31
Family class (Parents-Daughters, Brothers-Sisters, Relatives) to help Females and their families learn self-defense techniques togeth- er. Learn how to escape from strangers attacking. * Family must include one female.
Instructor: Andy Pancho, ARISE Staff
Location: Veterans Memorial Building – Iksan/Yanji Room

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/3 - 9/24</td>
<td>SA</td>
<td>10 AM - 10:45 AM</td>
<td>5+</td>
</tr>
<tr>
<td>10/1 - 10/29</td>
<td>SA</td>
<td>10 AM - 10:45 AM</td>
<td>5+</td>
</tr>
<tr>
<td>11/5 - 11/26</td>
<td>SA</td>
<td>10 AM - 10:45 AM</td>
<td>5+</td>
</tr>
</tbody>
</table>

ARISE SELF-DEFENSE: MOMS & DAUGHTERS
Monthly Resident: $20  Non-resident: $31
Moms & Daughters learning together techniques in self-defense. How to protect each other from attackers and escape from Bear Hugs, Choke Holds, Hair Grabs..
Instructor: Andy Pancho, ARISE Staff
Location: Veterans Memorial Building – Iksan/Yanji Room

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/3 - 9/24</td>
<td>SA</td>
<td>11 AM - 11:45 AM</td>
<td>5+</td>
</tr>
<tr>
<td>10/1 - 10/29</td>
<td>SA</td>
<td>11 AM - 11:45 AM</td>
<td>5+</td>
</tr>
<tr>
<td>11/5 - 11/26</td>
<td>SA</td>
<td>11 AM - 11:45 AM</td>
<td>5+</td>
</tr>
</tbody>
</table>

ARISE SELF-DEFENSE: TEENS TO ADULT
Monthly: Resident: $25  Non-resident: $36
Teens and Adults will build awareness and confidence to fight off attackers and bullies. Learn to Elbow, Punch, and Kick. Escape from Bear Hugs, Hair Grabs, Headlocks, etc
Instructor: Andy Pancho, ARISE Staff
Location: Veterans Memorial Building – Iksan/Yanji Room
Note(s): Female class. Beginners and Intermediate. Bring Water.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
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</thead>
<tbody>
<tr>
<td>9/3 - 9/24</td>
<td>SA</td>
<td>1 PM - 1:45 PM</td>
<td>9+</td>
</tr>
<tr>
<td>10/1 - 10/29</td>
<td>SA</td>
<td>1 PM - 1:45 PM</td>
<td>9+</td>
</tr>
<tr>
<td>11/5 - 11/26</td>
<td>SA</td>
<td>1 PM - 1:45 PM</td>
<td>9+</td>
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</tbody>
</table>
GOLDEN TIGER KUNG FU, FU JOW PAI (BEGINNER)

Real and effective self-defense for kids and adults. This style of kung fu is based on the movements and demeanor of an attacking tiger and includes empty hand forms, weapon forms, and empty hand against weapon forms. The official curriculum promotes fitness, weight control, cardio, stamina, strength, patience, discipline and stress reduction! Our certified ranking system is recognized worldwide.

Instructor: Behnam Kanani
Location: Veterans Memorial Building – Rotunda Room (10/4 Multipurpose Room)
Material Fee: $30 KGTKF T-shirt (Paid to instructor)
$55 Testing, Belt, Certification (paid to instructor upon ranking)
Note(s): Light comfortable clothes, Kung fu or flat heel shoes. Re-assessment test/Administration fee of $100 for lapsed memberships.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/6 - 9/29</td>
<td>T/TH</td>
<td>5:45 PM - 6:55 PM</td>
<td>5+</td>
<td>$166/$177</td>
</tr>
<tr>
<td>10/4 - 10/27</td>
<td>T/TH</td>
<td>5:45 PM - 6:55 PM</td>
<td>5+</td>
<td>$166/$177</td>
</tr>
<tr>
<td>11/1 - 11/29</td>
<td>T/TH</td>
<td>5:45 PM - 6:55 PM</td>
<td>5+</td>
<td>$163/$174</td>
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<tr>
<td>9/6 - 11/29</td>
<td>T/TH</td>
<td>5:45 PM - 6:55 PM</td>
<td>5+</td>
<td>$437/$448</td>
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</tbody>
</table>

GOLDEN TIGER KUNG FU, FU JOW PAI (INTERMEDIATE)

Real and effective self-defense for kids and adults. This style of kung fu is based on the movements and demeanor of an attacking tiger and includes empty hand forms, weapon forms, and empty hand against weapon forms. The official curriculum promotes fitness, weight control, cardio, stamina, strength, patience, discipline and stress reduction! Our certified ranking system is recognized worldwide.

Instructor: Behnam Kanani
Location: Veterans Memorial Building – Rotunda Room (10/4 Multipurpose Room)
Material Fee: $30 KGTKF T-shirt (Paid to instructor)
$55 Testing, Belt, Certification (paid to instructor upon ranking)
Note(s): Comfortable clothes, Kung fu/flat heel shoes. Re-assessment test/Administration fee of $100 for lapsed memberships.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/6 - 9/29</td>
<td>T/TH</td>
<td>5:45 PM - 7:15 PM</td>
<td>9+</td>
<td>$194/$205</td>
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<tr>
<td>10/4 - 10/27</td>
<td>T/TH</td>
<td>5:45 PM - 7:15 PM</td>
<td>9+</td>
<td>$194/$205</td>
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<tr>
<td>11/1 - 11/29</td>
<td>T/TH</td>
<td>5:45 PM - 7:15 PM</td>
<td>9+</td>
<td>$163/$174</td>
</tr>
<tr>
<td>9/6 - 11/29</td>
<td>T/TH</td>
<td>5:45 PM - 7:15 PM</td>
<td>9+</td>
<td>$520/$531</td>
</tr>
</tbody>
</table>
Adult Ceramics

Resident: $198 Non-resident: $209

A unique experience to learn basic hand building and wheel work in a multi-level shared environment, beginner to advanced. Projects range from simple plates, mugs and bowls to complex projects designed by students.

Instructor: Barbara Lamb

Location: El Marino Park Ceramics Hut

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Wks</td>
<td>9/13 - 11/15</td>
<td>T</td>
<td>6:30 PM - 8:30 PM</td>
<td>20+</td>
</tr>
<tr>
<td>10 Wks</td>
<td>9/14 - 11/16</td>
<td>W</td>
<td>10 AM - 12 PM</td>
<td>20+</td>
</tr>
<tr>
<td>10 Wks</td>
<td>9/15 - 11/17</td>
<td>TH</td>
<td>6:30 PM - 8:30 PM</td>
<td>20+</td>
</tr>
</tbody>
</table>

Cardio Tennis at Fox Hills

Resident: $156 Non-resident: $167

Cardio Tennis is a fun group activity and is a great way to get in shape and enjoy the game of tennis. Cardio Tennis is offered for adults from beginning to advanced levels. Class offered in 5-week cycle.

Instructor: Ted Salter-Certified Teaching Pro thru the Professional Tennis Registry (PTR)

Location: Fox Hills Tennis Court #1

Note(s): Participants must furnish racket. Students must use face covering at all time and follow Covid-19 regulations.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/25 - 9/22</td>
<td>TH</td>
<td>7 PM - 8 PM</td>
<td>18+</td>
<td>Beg to Adv</td>
</tr>
<tr>
<td>10/6 - 11/3</td>
<td>TH</td>
<td>7 PM - 8 PM</td>
<td>18+</td>
<td>Beg to Adv</td>
</tr>
<tr>
<td>11/7 - 12/22</td>
<td>TH</td>
<td>7 PM - 8 PM</td>
<td>18+</td>
<td>Beg to Adv</td>
</tr>
</tbody>
</table>

Iaido - Way of the Japanese Sword

Resident: $151 Non-resident: $162

Iaido is the ancient Japanese art of drawing the sword and cutting in a single movement. Originally created for the physical and mental discipline of the Samurai warrior, today the martial art joins together various defensive and offensive sword movements, along with related weapons training, in order to develop a calm mind, better concentration, and physical coordination.

Instructor: Masakazu Tazaki 7th Degree Black Belt

Location: Veteran's Memorial Complex - Teen Center

Note(s): Must meet instructor approval. Testing fees apply for all belt progression. Students under 14 must have instructor approval.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/7 - 11/30</td>
<td>W</td>
<td>7 PM - 8:30 PM</td>
<td>14+</td>
<td>Teen Center</td>
</tr>
</tbody>
</table>

Intro to Fencing

Resident: $78 Non-resident: $87

Fencing helps develop balance, agility, reflexes, and leg strength. Course is for fencers of all levels. Students are grouped based on their current level of fencing, as determined by the instructors. Instruction will begin with the foil and advanced students may also choose epee or saber. Group instruction is done during the first hour and the remaining time is for drills and practice. All equipment is supplied for beginners.

Instructors: Instructors from Salle d’Armes Couturier

Location: VMB

Materials fee: $20 for equipment.

Note(s): USA Fencing Association annual membership required. ($10) *No Class 9/5 and 11/24.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/01 - 11/28*</td>
<td>M/TH</td>
<td>7:45 PM - 9:45 PM</td>
<td>18+</td>
</tr>
</tbody>
</table>
LET’S GET FIT- FOR SENIORS (50+)

Resident: $42, Non-resident: $53 Any 5 Classes
Resident: $52, Non-resident: $63 Monthly
Resident: $140, Non-resident: $151 Season Pass*

*Monthly and season pass can be used for any T/TH/SAT class and each pass has an expiration of 11/29.

Let’s get fit! is a Low-Impact exercise class that allows you to strength train and stretch your body with easy, unique dance movements. Each session is 1 hour long, and if you want to workout more, we offer an additional conditioning chair-workout for 25-30 minutes after the first session. Would you like to start a healthy routine and make new friends? We are a very cheerful group and waiting for you to join!

Instructor: Akiko Miyoshi
Location: Veterans Memorial Building -
Note(s): Wear walking shoes and comfortable clothing. Bring a pair of 1-3lbs hand held weights and water for hydration. Exercise mat is optional.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Times</th>
<th>Age</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/1 - 9/29</td>
<td>T/TH</td>
<td>9:30 AM - 11:15 AM</td>
<td>50+</td>
<td>VMC</td>
</tr>
<tr>
<td></td>
<td>SA</td>
<td>9:30 AM - 11:15 AM</td>
<td>50+</td>
<td>VMC</td>
</tr>
<tr>
<td>10/4 - 10/27</td>
<td>T/TH</td>
<td>9:30 AM - 11:15 AM</td>
<td>50+</td>
<td>VMC</td>
</tr>
<tr>
<td></td>
<td>SA</td>
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<td>50+</td>
<td>VMC</td>
</tr>
<tr>
<td>11/01 - 11/29</td>
<td>T/TH</td>
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</tr>
<tr>
<td></td>
<td>SA</td>
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<tr>
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<td>T/TH</td>
<td>9:30 AM - 11:15 AM</td>
<td>50+</td>
<td>VMC</td>
</tr>
<tr>
<td></td>
<td>SA</td>
<td>9:30 AM - 11:15 AM</td>
<td>50+</td>
<td>VMC</td>
</tr>
</tbody>
</table>

YOGA FROM THE INSIDE OUT

Resident: $87, Non-resident: $98 6 Class Series
Resident: $150, Non-resident: $161 12 Class Series

Yoga provides simple tools to build strength, flexibility, and balance in body, mind, and spirit. Stop striving, find ease within difficult poses and emotions, and calm your mind with this gentle practice. Breathe and move more freely; experience deep rest and renewal in a friendly, inclusive environment, whatever your skill level.

Instructor: Tara Kamath
Location: Veterans Memorial Building - Garden Room
Note(s): Bring a yoga mat, a large towel or yoga blanket, and two yoga blocks to class and wear layers (e.g., sweater, socks) for temperature control. *No Class 11/24.

<table>
<thead>
<tr>
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<th>Days</th>
<th>Times</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
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<td>9/8 - 10/13</td>
<td>TH</td>
<td>4 PM - 5:30 PM</td>
<td>18 - 85</td>
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<tr>
<td>6 wks</td>
<td>10/20 - 12/1</td>
<td>TH</td>
<td>4 PM - 5:30 PM</td>
<td>18 - 85</td>
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<tr>
<td>12 wks</td>
<td>9/8 - 12/1</td>
<td>TH</td>
<td>4 PM - 5:30 PM</td>
<td>18 - 85</td>
</tr>
<tr>
<td>6 wks</td>
<td>9/12 - 10/17</td>
<td>M</td>
<td>6:30 PM - 8 PM</td>
<td>18 - 85</td>
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<tr>
<td>6 wks</td>
<td>10/24 - 11/28</td>
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<td>6:30 PM - 8 PM</td>
<td>18 - 85</td>
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<tr>
<td>12 wks</td>
<td>9/12 - 11/28</td>
<td>M</td>
<td>6:30 PM - 8 PM</td>
<td>18 - 85</td>
</tr>
</tbody>
</table>

DID YOU KNOW CULVER CITY HAS ADULT SPORTS LEAGUES?
CHECK OUT THE LINKS BELOW FOR MORE INFORMATION!

CULVER CITY ADULT SOFTBALL LEAGUE
MAJOR LEAGUE SOFTBALL

CULVER CITY ADULT BASKETBALL LEAGUE
ALL CITY ATHLETICS
ADULT EXERCISE

Aquatics - Exercise Classes

Senior (50+): $1  Adult (18-49): $2

Per Class

Low-impact water exercise in shallow water; ideal for all fitness levels, including non-swimmers, and anyone recovering from injuries. The class will be offered Monday, Wednesday and Friday from 9:00-9:50am. Pre-Registration required.

Instructor: Sandy Devlin
Location: Culver City Municipal Plunge

Low-impact water exercise in shallow water; ideal for all fitness levels, including non-swimmers, and anyone recovering from injuries. The class will be offered Monday, Wednesday and Friday from 9:00-9:50am. Pre-Registration required.

Instructor: Sandy Devlin
Location: Culver City Municipal Plunge

Dates  Day  Time  Age
On Going  M/W/F  9 AM - 9:50 AM  18+

AQUAFIT DEEP WATER

AquaFit Deep Water - Beginning April 18

$12 per Class

If you are an above average exerciser, DEEP WATER AEROBICS is the perfect workout for you. Buoyancy belts are provided for each client. They give you support while moving freely in the water. Hand buoys, and noodles are some of the equipment items used to create a well balanced body exercise.

Instructor: Allyson Bailey
Location: Culver City Municipal Plunge

Dates  Days  Times  Age
On Going  M/W  7 PM - 7:50 PM  18+
On Going  SA  9 AM - 9:50 AM  18+

AQUAFIT SHALLOW WATER

$11 per Class

If you are an a beginner or average water exerciser, SHALLOW WATER AEROBICS is the perfect workout for you. Buoyancy belts are provided to give support while moving freely in the water. Hand buoys and noodles are some of the equipment used to create a well balanced body exercise.

Instructor: Allyson Bailey
Location: Culver City Municipal Plunge

Dates  Days  Times  Age
On Going  M/W  10 AM - 10:50 AM  18+
On Going  SA  10 AM - 10:50 AM  18+

AQUAFIT STAND UP

$21 per Class

AQUA STAND UP is the best total body workout on an inflatable stand up paddle board. Fun and safe exercises are designed to improve balance, stabilize the core muscle groups, and increase cardiovascular endurance. Burn up to 650 calories during each workout.

Instructor: Allyson Bailey
Location: Culver City Municipal Plunge

Dates  Day  Time  Age
On Going  M/W  11 AM - 11:50 AM  18+
On Going  SA  11 AM - 11:50 AM  18+

Visit us in person at  4175 Overland Ave.
Culver City, CA 90230
(310) 253-6680

Visit us at on-line at:
Culver City Website - Municipal Plunge
Culver City Municipal Plunge Facebook Page

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Visit us at on-line at:
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Culver City Municipal Plunge Facebook Page

22
LAP SWIM: FALL HOURS

$4 Adult (18 - 49)
$3 Senior (50+) Youth (13 -17) & Disabled
For Swimmers age 13 and up. Swimmers must pre-register for a 50-minute block of time. Upon arrival Swimmers must check in. Lanes are limited to 3 swimmers per lane. Spaces left open at 10 minutes after the hour will be opened up to standby swimmers. Click here for current Summer hours.

Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>6 AM - 1:50 PM, 8 PM - 8:50 PM</td>
</tr>
<tr>
<td>T/TH/F</td>
<td>6 AM - 1:50 PM, 7 PM - 8:50 PM</td>
</tr>
<tr>
<td>SA</td>
<td>7 AM - 2:50 PM</td>
</tr>
<tr>
<td>SU</td>
<td>9 AM - 10:50 AM, 12 PM - 2:50 PM</td>
</tr>
</tbody>
</table>

FAMILY SWIM: FALL HOURS

$4 Adult (18 - 49)
$3 Senior (50+) Youth (Up to 17) & Disabled
Allows for 6 participants per 1/2 lane space. Preregistration for a 50 minute time block required. *Lap swim will not be permitted in a family swim lane. Children under 48 inches tall must be accompanied by an adult 18 years or older within arms reach in the water, in a 1 to 1 ratio. Click here for current Summer hours.

Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>6 AM - 1:50 PM, 6 PM - 8:50 PM</td>
</tr>
<tr>
<td>T/TH/F</td>
<td>6 AM - 1:50 PM, 6 PM - 8:50 PM</td>
</tr>
<tr>
<td>SA</td>
<td>7 AM - 9:50 AM</td>
</tr>
</tbody>
</table>

RECREATIONAL SWIM: THROUGH OCTOBER 30

$4 Adult (18 - 49)
$3 Senior (50+) Youth (Up to 17) & Disabled
Enjoy shallow water open areas where participants may navigate freely, a deep water play lane, diving boards and log rolling for those that pass the swim test. Pre-registration for a 70 minute time block is required. Children under 48 inches tall must be accompanied in the water by an adult 18 years or older within arms reach, in a 1 to 1 ratio. Click here for Summer hours.

Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>SA</td>
<td>12 PM - 2:55 PM</td>
</tr>
<tr>
<td>SU</td>
<td>9 AM - 2:55 PM</td>
</tr>
</tbody>
</table>

YOUTH LAP SWIM: FALL HOURS

$3 Youth (Up to 17)
For Swimmers age 48 inches or taller and under 18. Swimmers must pre-register for a 50-minute block of time. Upon arrival Swimmers must check in. Lanes are limited to 3 swimmers per lane. Spaces left open at 10 minutes after the hour will be opened up to standby swimmers.

Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>M - F</td>
<td>6 PM - 6:55 PM</td>
</tr>
</tbody>
</table>
JUNIOR GUARDS/L6 SWIM FOR FITTNESS

Resident: $37.50  Non-resident: $45
A 3 week course designed to give Red Cross Swimmers Level 5 or higher a sneak peak into what it takes to become a lifeguard. Junior Guards introduces participants to in-water rescues, first aid, and CPR all while improving their swimming technique, strength, speed, and endurance. Sign up for both Mon/Wed and Tue/Thu sessions for a full week of fun.*No Class 7/4

Instructor: Plunge Staff
Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Fall</th>
<th>Dates</th>
<th>Days</th>
<th>Times Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9/12 - 9/29</td>
<td>M/W or T/TH</td>
<td>5:30 PM - 7 PM</td>
</tr>
<tr>
<td>2</td>
<td>10/10 - 10/27</td>
<td>M/W or T/TH</td>
<td>5:30 PM - 7 PM</td>
</tr>
<tr>
<td>3</td>
<td>11/7 - 11/23</td>
<td>M/W or T/TH</td>
<td>5:30 PM - 7 PM</td>
</tr>
</tbody>
</table>

PRIVATE LESSONS: FRIDAY

Resident: $162  Non-resident: $173
Let our friendly and experienced instructors help you reach your swimming goals! Each 3 week session of classes will meet once a week for 50 minutes each Friday. Tentatively schedule pending staff availability.

Instructor: Plunge Staff
Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Fall</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9/09 - 9/23</td>
<td>3 PM, 4 PM, 5 PM</td>
</tr>
<tr>
<td>2</td>
<td>10/05 - 10/21</td>
<td>3 PM, 4 PM, 5 PM</td>
</tr>
</tbody>
</table>

SATURDAY GROUP LESSONS: CHILDREN

Resident: $31  Non-resident: $42
Let our friendly and experienced instructors help you reach your swimming goals! Each 3 week session of classes will meet once a week for 50 minutes each Saturday.

Instructor: Plunge Staff
Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Session</th>
<th>Fall Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9/10 - 9/24</td>
</tr>
<tr>
<td>2</td>
<td>10/8 - 10/22</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level</th>
<th>Times offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1/L2, L3, L4/L5, Parent &amp; Me</td>
<td>10 AM, 11 AM, 1 PM, 2 PM</td>
</tr>
</tbody>
</table>

WEEKDAY GROUP LESSONS: ADULT

Resident: $52  Non-resident: $62
Back by popular demand! This summer we will offer Adult Beginner and Adult Intermediate courses for participants age 13 and up. Each 3 week session of swim classes will meet 2 times a week on either Monday/Wednesday or Tuesday/Thursday for 50 minutes each day.

Instructor: Plunge Staff
Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Fall</th>
<th>Dates</th>
<th>Days</th>
<th>Times Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9/12 - 9/29</td>
<td>M/W or T/TH</td>
<td>8 AM or 7 PM</td>
</tr>
<tr>
<td>2</td>
<td>10/10 - 10/27</td>
<td>M/W or T/TH</td>
<td>8 AM or 7 PM</td>
</tr>
<tr>
<td>3</td>
<td>11/7 - 11/23</td>
<td>M/W or T/TH</td>
<td>8 AM or 7 PM</td>
</tr>
</tbody>
</table>

WEEKDAY GROUP LESSONS: CHILDREN

Resident: $41.60  Non-resident: $49.60
Let our friendly and experienced instructors help you reach your swimming goals! Each 2 week session of swim classes will meet Monday through Thursday for 30 minutes each day. Tentatively schedule pending staff availability.

Instructor: Plunge Staff
Location: Culver City Municipal Plunge

<table>
<thead>
<tr>
<th>Fall</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>9/12 - 9/29</td>
</tr>
<tr>
<td>2</td>
<td>10/10 - 10/27</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Days</th>
<th>Level</th>
<th>Times Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W or T/TH</td>
<td>L1/L2, L3, L4/L5</td>
<td>3 PM, 4 PM, 5 PM</td>
</tr>
<tr>
<td>M/W or T/TH</td>
<td>Parent &amp; Me</td>
<td>2 PM</td>
</tr>
</tbody>
</table>
AMERICAN RED CROSS SWIM LEVEL DESCRIPTIONS

All City of Culver City Swim Instructors are American Red Cross certified Water Safety Instructors and our swim lessons are developed based on the American Red Cross Learn to Swim Program guidelines. Please see below for brief description of what swimmers should know going into each lesson. Visit our website for a more detailed description and look at the skills your swimmers will learn in each level.

- **LEVEL 1 (L1):** For participants 3 and up who have not had lessons before or are uncomfortable in/fearful of the water.
- **LEVEL 2 (L2):** For participants 3 and older who are comfortable in the water, can submerge their head, hold their breath for 5 seconds and can float on their front and back with support comfortably.
- **LEVEL 3 (L3):** Incoming Level 3 participants are able to float on their front and back independently, kick and glide on their front and back for 3 body lengths independently, and also know the basic crawl stroke.
- **LEVEL 4 (L4):** Incoming Level 4 participants are able to complete 25 yards of front crawl, 15 yards of backstroke, 15 yards of breaststroke kick, and can tread in deep water.
- **LEVEL 5 (L5):** Incoming Level 5 participants are able to complete 50 yards of front crawl, 25 yards of backstroke, 25 yards of breaststroke, 15 yards of butterfly kick and can tread in deep water.
- **JUNIOR GUARDS/LEVEL 6 (L6) SWIM FOR FITNESS:** For participants that have completed Level 5 to get a sneak peek into what it takes to become a lifeguard and swim team swimmer. Junior Guards introduces participants to first aid and CPR all while improving their swimming technique, strength, speed, and endurance.
- **PARENT & ME:** Participants 6 months to 3 years old will work on developing swimming readiness through water exploration activities geared to create a fun experience for both parent and child.
- **ADULT BEGINNER:** For participants 13 and up that have not had lessons before or are uncomfortable in/fearful of the water.
- **ADULT INTERMEDIATE:** For participants 13 and up that know how to swim 25 yards front crawl and back crawl and have a basic understanding of breaststroke.

AMERICAN RED CROSS FIRST AID AND CPR

<table>
<thead>
<tr>
<th>Resident: $ 75</th>
<th>Non-resident: $90</th>
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</thead>
<tbody>
<tr>
<td>Resident: $172</td>
<td>Non-resident: $182</td>
</tr>
<tr>
<td>Resident: $206</td>
<td>Non-resident: $218</td>
</tr>
</tbody>
</table>

American Red Cross Lifeguarding provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Blended learning combines online learning with in-person skills sessions. Upon successful completion of this course participants will receive a digital Lifeguarding certificate.

AMERICAN RED CROSS LIFEGUARDING

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR

RED CROSS CLASS REGISTRATION OPENS

<table>
<thead>
<tr>
<th>Days</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>11/5</td>
<td>SA/SU</td>
<td>9 AM - 3 PM</td>
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<table>
<thead>
<tr>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/16</td>
<td>F</td>
<td>4 PM - 7 PM</td>
</tr>
<tr>
<td>9/17-9/18</td>
<td>SA/SU</td>
<td>9 AM - 6 PM</td>
</tr>
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</table>

AMERICAN RED CROSS FIRST AID AND CPR

<table>
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<tr>
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AMERICAN RED CROSS FIRST AID AND CPR

AMERICAN RED CROSS LIFEGUARDING

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR

RED CROSS CLASS REGISTRATION OPENS

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</thead>
<tbody>
<tr>
<td>10/7</td>
<td>F</td>
<td>3 PM - 7 PM</td>
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<tr>
<td>10/8 - 10/9</td>
<td>SA/SU</td>
<td>10:00 AM - 6 PM</td>
</tr>
</tbody>
</table>

REGISTER @ WWW.CULVERCITY.ORG/ACTIVE • FOR MORE INFORMATION (310) 253-6650
The Senior Center offers various fitness, art, and language classes per week, plus support groups, special interest groups and live entertainment, musical programs, and special events. For information on specific daily, weekly, monthly “ongoing” classes and activities, readers have been directed to the Senior Center Newsletter online at the link below.

Location: 4095 Overland Ave, Culver City, CA 90232

Hours of Operation:
Monday through Friday ............................................ 9 AM - 5 PM
Weekends & Holidays .............................................. 12 PM - 4 PM
Business Desk: Weekdays ........................................... 9 AM - 4 PM
Business Desk: Weekends ......................................... 12 PM – 3:30 PM

Membership: Membership in the Culver City Senior Citizens Association Inc. (CCSCA), a 501(c)(3) organization, is open to individuals 50 years of age and over. CCSCA Membership is required for participation in classes and most activities at the Senior Center. Participants must have a 2022 CCSCA membership to attend classes, join the Fitness Room, Computer Lab, movies and most activities. CCSCA Membership is based on the calendar year as follows:
• $20 annual 2022 membership
• $5 annual membership for seniors who turn 90 in 2022 and older
• $5 parking pass
• $75 Fitness Room fee for Jan. - Jun. 2022,
• $125 Fitness Room fee for calendar year Jan.-Dec. 2022

*The Newsletter is free if you pick it up in person or view it online at: http://www.culvercity.org/live/community-neighborhood/adult-senior-services/senior-center-newsletters

For information please call:  
(310) 253-6700 • (310) 253-6736 (TDD)
Email: senior.center@culvercity.org

Congratulations to the Culver City Senior Citizens Association, Inc. on its 50th anniversary of service to our Culver City community!
CCSCA Classes and Activities at the Senior Center

As members of the CCSCA at the Senior Center, members have the opportunity to participate in any of the classes and activities listed below for a small additional fee (activities with an asterisk require an additional class fee*) or for free.

**ARTS AND CRAFTS**
- Ceramics*
- Art with Coco
- Crochet Group
- Watercolor*
- Fun with Pastels
- Knitting Group
- Kindness
- Rock Painting

**CARD GAMES**
- Bridge, Mah Jong & Pan
- Duplicate Bridge (Meets in the Veterans Building)
- Beginning Mah Jong
- Bingo

**DANCE CLASSES**
- Dancercise*
- Line Dancing*
- Hula Dance
- MindBodyDance*
- International Folk Dance
- Dance Fit with John

**DISCUSSION**
- Genealogy
- Current Events*
- The Cunning Consumer
- Trivia with Michael
- Adventures with Doug
- Ask the Physical Therapist

**FITNESS**
- Zumba Gold*
- Stretch & Flex*
- Chair Zumba*
- Sit N Be Fit*
- Tai Chi with Anton*
- Yoga with Phil*
- Gentle Mat Yoga with Lauren*
- Tai Chi with Greg
- Walking Group (meets 1st & 3rd Tuesday)
- Balance Challenge*
- Chair Yoga with Caroline*
- Gentle Yoga with Cyndi*
- Chair Abs & Core
- Chair Yoga with Caroline
- Yoga with Phil*
- Ping Pong
- Balance Challenge with Marguerite*
- Fitness Room*

REGISTER @ WWW.CULVERCITY.ORG/ACTIVE  •  FOR MORE INFORMATION (310) 253-6650
CCSCA Classes and Activities at the Senior Center

As members of the CCSCA at the Senior Center, members have the opportunity to participate in any of the classes and activities listed below for a small additional fee (activities with an asterisk require an additional class fee*) or for free. CHECK OUT OUR MONTHLY CLASS SCHEDULE IN OUR MONTHLY NEWSLETTER!

FACILITY SPACES AND ACTIVITIES
- Open Computer Lab
- Tuesday & Sunday Movie Showings
- Blood Pressure Checks
- AARP Driver Safety Courses

LANGUAGE CLASSES
- German (Meets 1st Monday of the month)
- Beginning Spanish
- Beginning Sign Language
- Intermediate Sign Language
- Spanish (Meets Last Thursday)
- French (Meets 3rd Thursday)
- German Conversations

LITERATURE
- Reading Short Stories
- Book Club

MUSIC
- Beginning Ukulele*
- Intermediate Ukulele*
- Karaoke
- Monthly concerts
- Music Time Machine (meets last Friday of the month)
- Music Mends Minds Drum Circle (meets 2nd Friday of the month)

SOCIAL GROUPS
- Merry Makers Club (Meets 1st Monday of the month)
- Platicando Sabroso
- Veterans Social Group (meets 1st Tuesday of the month)
- Latin American Group
- Remembranzas

SUPPORT GROUPS
- Special Services for Groups Support Group
- Loss Support Group

THEATRE
- Improv on the Patio (meets 4th Tuesday of the month)

WELLNESS
- Heartfulness Meditation
- Mindfulness Meditation on the Patio

VIRTUAL ACTIVITIES
- Cal Fresh Classes
- Bob Levy, The Music Man
- Music with Michael

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As members of the CCSCA at the Senior Center, members have the opportunity to participate in any of the classes and activities listed below for a small additional fee (activities with an asterisk require an additional class fee*) or for free. CHECK OUT OUR MONTHLY CLASS SCHEDULE IN OUR MONTHLY NEWSLETTER!
Disability and Social Services

**DISABILITY & SOCIAL SERVICES PROGRAMS**

Located at the Senior Center, staff are available Monday through Friday via phone and in-person to residents of all ages to offer assistance with information, referrals, and help on topics such as transportation, counseling, caregiver information, support groups, disability programs, aging resources, low income programs and services, government benefits, abuse reporting, health and medical resources and others.

For questions or more information, contact Senior & Social Services Recreation Coordinator: Melanie Morales at (310) 253-6727 or email melanie.morales@culvercity.org

**COMPLIMENTARY SOCIAL WORK SERVICE**

The Senior Center has a partnership with Social Service for Groups SILVER (SSG), who specializes in field based case management and behavioral health services. If you or someone you know needs a little extra help, you can speak with an SSG social worker via phone at (310) 253-6717 or in person at the Senior Center on Tuesdays from 10 AM to 2 PM or Wednesdays from 10:30 AM to 3 PM.

Website: [www.ssg.org](http://www.ssg.org)

**HOUSING AND ROOMMATE SERVICES**

The Affordable Living for the Aging program is available to seniors and non-seniors who are seeking roommates or shared and affordable housing arrangements. To make an appointment to speak with staff at the Senior Center, please call (323) 650-7988 to begin the intake process.

**SENIOR NUTRITION PROGRAM**

The Culver City Senior Center is partnered with Jewish Family Services (JFS) to provide the Elderly Nutrition Program. JFS is a Los Angeles based non-profit organization. This program continues to provide nutritionally balanced lunches to eligible participants. Meal delivery is an available option for eligible homebound senior participants. If you are interested in joining this program, need information, or are already enrolled and have delivery schedule updates or questions, please contact Jewish Family Services at (323) 937-5843

Website: [www.jfsla.org](http://www.jfsla.org)
Address: 330 N. Fairfax Avenue Los Angeles, CA 90036

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**Join us for Dances for the Developmentally Disabled and Socialites events!**

To volunteer or for program information, please contact Melanie Morales by email at melanie.morales@culvercity.org
PICNIC AND PARK BUILDING RENTALS

Picnic areas and park building rental requests are available online at [www.culvercity.org/active](http://www.culvercity.org/active) or in person, with a minimum of 14 days advance notice. Rental fees are based on a minimum of 3 hours. Maximum limits vary by location and groups may not exceed the limit. If there is no picnic rental issued for an area when a party shows up to a site, it is then available to the public on a first come first served basis unless otherwise reserved.

Picnic Rental Process

Step 1: Click here to access the Picnic Permit Reservations or visit the Recreation Office at 4117 Overland Ave, Culver City, CA 90230. Office hours: are Mon-Fri: 8:00 AM – 7:00 PM and Sat & Sun: 9:00 AM - 5:00 PM.

Step 2: You will receive an email once your request has been approved.

Step 3: Log on to your Active Net account to pay your fees or pay in person at the Recreation Office.

Step 4: Upon the payment of your fees your reservation will be complete.

Step 5: Bring a copy of your permit with you to your picnic site the day of your event.

MOONBOUNCES, FOOD TRUCKS, GAMING TRUCKS/VENDORS

Moonbounces, food and gaming trucks and vendors are allowed in designated Culver City parks by special permit only. Moonbounces may be a maximum size of 15’X15’. No moonbounces at Carlson Park, Lindberg Park and SK Park Picnic Shelter. A Certificate of Liability Insurance is required from the moonbounce rental company, food truck and/or gaming truck/vendor. Permit will not be issued until after moonbounce, food truck or gaming truck/vendor insurance is received. Insurance must be received no later than 2 business days before permit date. Moonbounce, food truck and/or gaming truck/vendor permit fees are $32.00 per item.

RENTAL BLACK OUT DATES - PICNIC AREAS WILL BE OPEN ON A FIRST COME FIRST SERVED BASIS

- 4/17
- 5/08
- 5/30
- 6/04
- 7/04
- 8/26 - 8/28
- 9/05
- 11/24
- 11/25
RENTAL INFORMATION - VMC

VMC RENTALS

Let us help you plan your parties, milestone family events, community meetings, recitals, rehearsals, screenings, and private classes. Facility rentals are available seven days a week and, as always, event parking is free. Book your event today! Contact the Registration Office at (310) 253-6650 or email us at book.VMC@culvercity.org for an appointment to tour Veterans Memorial Building, the Culver City Senior Center, and the Culver City Teen Center to find the room you need.

REFUND POLICY

There will be no refunds for any cancellations or rescheduling of a rental without 14 days’ notice. Refunds requested at least 14 days prior to the rental will be granted less a 15% processing fee.

VMC HOURLY ROOM RATES

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<tr>
<th>Veterans Memorial Building</th>
<th>NonProfit Resident/Government</th>
<th>Non Profit Resident</th>
<th>Private Party Resident</th>
<th>Private Party Non-Resident</th>
<th>Commercial Resident</th>
<th>Commercial Non-Resident</th>
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<th>Food Fee</th>
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Then and Now—Parks Edition

Can you guess which Culver City Parks these are?

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Can you guess which Culver City Parks these are?

Parks In the Spotlight
Carlson Park
Braddock Dr. at Motor Ave. Culver City CA, 90232

HISTORY
Culver City’s First Park and Culver City’s Historical Site #12: The land was first traversed by Native Americans, called Tongva, later known as Gabrielenos. Under Spanish rule, it was settled as a portion of Rancho La Ballona. After Culver City was incorporated in 1917, the property became a horse racing track (1923-24), and in 1924, a reported 50,000 people attended the opening of “The Speedway,” a board racing track. This section was designated as “Victory Park,” the first city park, in 1927. The name was changed in 1964 by the city council to honor United States medical missionary, Dr. Paul Carlson, who was born in Culver City in 1928. Dr. Carlson was killed in 1964 while serving in the Republic of the Congo and he was survived by his wife and two children. In 1993, President William Jefferson Clinton addressed Culver City citizens in this park on health care. (marked Spring, 2010- corner of Braddock / LeBourget)

FEATURES
• Large Passive Grass Area
• BBQs
• Shaded Picnic Area (max capacity 50 people)
• Restroom Facilities

POINTS OF INTEREST
Tree of Life, by artist Dora De Larios, is a three-sided sculpture that incorporates images of plants, flowers, and various animals into each of the panels. The artist used the natural setting of Carlson Park as a departure point for this design.

DID YOU KNOW?
This park, originally named Victory Park by the mayor’s wife in 1927, because “it was a victory to get a park”.

REGISTER @ WWW.CULVERCITY.ORG/ACTIVE • FOR MORE INFORMATION (310) 253-6650
Non-Profit Youth Group Directory

COMMUNITY NON PROFIT YOUTH GROUP DIRECTORY

AYSO Region 19.................................................................................................................................www.ayso19.com
Culver City Football Club................................................................................................................www.culvercityfootballclub.com
United States Youth Volleyball League............................................................................................www.usyvl.org
California Youth Sports Federation....................................................................................................www.open990.org
Edge Americas Sports.....................................................................................................................www.edgeamericassports.com
USA Dance........................................................................................................................................www.usadance.org
Brazil Stars Soccer Club..................................................................................................................www.instagram.com/brazilstarssoccerclub
Allyson Bailey- Youth Private Swim Lessons.....................................................................................www.aquafitali.com
Culver City Swim Team Booster - Youth USA Swim Team.................................................................www.blastswimming.org
One with the Water - Youth Adaptive Swim Lessons........................................................................www.onewiththewater.org
Royal Swim Team- Youth USA Swim Team........................................................................................Royal Swim Team: Team Unify
SCAQ Kids-Youth Lessons and Novice Swim Team........................................................................www.swim.net
Volunteer Opportunities

The Culver City volunteer directory provides the community with information on more than 80 local service opportunities. The directory is here to help you find a meaningful volunteer opportunity. It provides questions to think about when starting a volunteer position, links to general online volunteer databases and resources and specific information about various non-profit, schools, hospitals and community sites within Culver City and the local community. It also includes information about the site such as address, telephone number, email and website if available.

To go to the directory please visit:

Directory: culvercity.org/Explore/Volunteer
Twitter
Email Blast Registration

Job Opportunities

AQUATICS JOB OPPORTUNITIES

LIFEGUARDS
$18.15 - 19.89 Hourly
The positions assigned to this classification are responsible for the safety and well being of persons using the City Municipal Plunge and performing light maintenance duties on the pool, locker room and grounds.

LIFEGUARD/SWIM INSTRUCTORS
$19.65 - $21.55 Hourly
The positions assigned to this classification are responsible for the safety and well being of persons using the City Municipal Plunge; teaching swimming lessons and performing light maintenance duties on the pool, locker room and grounds.

RECREATION JOB OPPORTUNITIES

SENIOR RECREATION LEADER:
$20.57 - $22.67 Hourly
The Senior Recreation Leader is the third level in the Recreation Leader series. Classifications in this series organize, lead and participate in the various recreation programs at City parks, playgrounds, day camps, and other community facilities on a part-time basis.

RECREATION LEADER II
$17.48 - $19.27 Hourly
A Recreation Leader II is distinguished from a Recreation Leader I in that the Recreation Leader II implements and takes the lead on programs, performs more complex work requiring greater skill and often supervises lower level Recreation Leaders. Classifications in this series organize, lead and participate in the various recreation programs at City parks, playgrounds, day camps, and other community facilities on a part-time basis.

Click here for the latest recruitment information.
Park Locations and Hours of Operation

1. **Blair Hills Park**: 5950 Wrightcrest Dr.
2. **Blanco Park**: 5801 Sawtelle Blvd. (310) 253-6681
3. **Dr. Paul Carlson Park**: 10400 Braddock Dr.
4. **Culver City Park** (*): 9910 Jefferson Blvd.
5. **Culver West-Alexander Park (CWA)**: 4162 Wade St. (310) 253-6644
6. **Ivy Substation & Media Park**: 9070 Venice Blvd.
7. **El Marino Park**: 5301 Berryman Ave. (310) 253-6648
8. **Fox Hills Park**: 5809 Green Valley Cir.
9. **Lindberg Park**: 5401 Rhoda Way (310) 842-8459
10. **Linwood E. Howe Playground**: 4100 Irving Pl.
    (Open only Sat/Sun from 8:00-5:00pm)
11. **Paddle Tennis Park**: Culver Blvd & Elenda Ave.
    Open 7 days a week from 8:00 AM - 10:00 PM
12. **Syd Kronenthal Park**: 3459 McManus Ave. (310) 839-0127
14. **Veterans Park** (**): 4117 Overland Ave. (310) 253-6650

* Culver City Park includes:
  • Dog Park: Open 7 days a week from Sunrise to Sunset.
  • Skate Park: Open 7 days a week from 8:00 AM - 6:00 PM
  • Bill Botts Fields
  • Fulcrum Ropes Course

** Veteran’s Park Includes:
  • Municipal Plunge,
  • Senior Center,
  • Teen Center, &
  • Veterans Memorial Building