



A GUIDE TO LEISURE ACTIVITIES

FALL 2023

Parks Make Life Better!

AFTER SCHOOL PROGRAMS PAGE 5 TEEN CENTER UPCOMING EVENTS PAGE 9

# **City Information**



### 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

Palvi Mohammed	Chair
Jane Leonard	Vice Chair
William Rickards	Commissioner
Khary Cuffe	Commissioner
Crystal Alexander	



This original photo of the first Culver City Hall was taken by Herman J. Schultheis in 1937. It was built in 1928 and demolished in the early 1990's

### **Other Important City Phone Numbers**

Animal Control	
Building and Safety	
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) 253-6420
Street Permits	(310) 253-5600
Street/Sewer Maintenance	(310) 253-6420
Traffic Management	(310) 253-5600
Trees	(310) 253-6420

### www.culvercity.org

### **City Officials**

Albert Vera - Mayor Yasmine-Imani McMorrin - Vice Mayor Göran Eriksson - Councilmember Dan O'Brien - Councilmember Freddy Puza - Councilmember



John Nachbar- City Manager

### (310) 253-6000

www.culvercity.org/city-hall/city-council

City Elected and Appointed Officials can be reached by mail at City of Culver City, PO Box 507, Culver City, CA 90232-0507

### **City Meetings**

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. Call for actual location. Free parking is available and may be accessed off of Duquesne Avenue.

City Council	(310) 253-5851
Civil Service Commission	(310) 253-5640
Cultural Affairs Commission	(310) 253-5716
Equity & Human Relations Advisory Committee	(310) 253-5640
Parks, Recreation and Community Servic	es
Commission	(310) 253-6645
Planning Commission	(310) 253-5741
Committee on Permits and Licenses	(310) 253-5870
Landlord Tenant Mediation Board	(310) 253-5780
Committee on Homelessness	(310) 253-5780
General Plan Advisory Committee	(310) 253-5740
Disability Advisory Committee	(310) 253-6722
Fiesta La Ballona Committee	(310) 253-6471

### **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 is slightly different, our PRCS staff-run programs strive to maintain a 1:12 child to staff ratio. Our day camp and afterschool programs are designed to prioritize the needs of all participants. If you believe your child may need additional assistance, reasonable accommodations can be made with prior arrangements. Please contact a PRCS staff member at (310) 253-6650 with questions, comments, or concerns.

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**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 MasterCard. Credit cards must be presented in person or saved to your ActiveNet account.

### **REGISTRATION DATES**

### **Residents: Monday, July 31** Non - Residents: Monday, August 7



### **CREATE AN ACCOUNT ON-LINE**

- Visit www.culvercity.org/active. 1.
- Click on the "create account" in the upper right corner. 2.
- 3. Enter your email address in the box.
- 4. Click on the green box that says "Next".
- Enter your first name, last name, date of birth, create a password 5. and confirm your password. Check the two boxes.
- Click on the green box that says "Next". 6.
- 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 ONLINE**

- 1. Login at <u>www.culvercity.org/active</u>.
- Click on the "Activities" link- the second word on the gray bar 2. 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 group, 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.
- Enter the participant's information or choose your participant. 6.
- Read the waiver and initial the box next to it. 7.
- Enter your payment method. 8.

### HAVE ANY QUESTIONS, SUGGESTIONS OR CONCERNS?

- Give us a call: (310) 253-6650
- Visit us online: www.culvercity.org
- Email us: info.recreation@culvercity.org
- Register for programs: <u>www.culvercity.org/active</u>
- Report any issues or concerns: <u>www.culvercity.org/contact-us</u>

### **REFUND INFORMATION**

### **GENERAL REFUND GUIDELINES:**

All refunds must be requested at <u>www.culvercity.org/active</u>. Refunds will be issued either in the form of a credit to your Culver City ActiveNet account, back to the card of purchase or by check.

\*Note: Check refunds may take up to 2-6 weeks to process. Refunds issued back to the card of purchase or to your Culver City ActiveNet account may take up to 72 hours to process.

Full refunds will be extended when a program or rental is cancelled by the City.

### PROGRAMS AND ACTIVITIES REFUND GUIDELINES:

- 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.

### **OUTDOOR RENTALS REFUND GUIDELINES:**

- 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 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 REFUND GUIDELINES:**

- 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.



# **Afterschool Programs**



### CCARP

CCARP is a fee-based program run by Culver City Parks, Recreation and Community Services staff which provides supervised recreational activities, including homework time, arts and crafts, games, and free play. The program serves elementary school-aged students at the program sites listed below who attend full-day school programs. Priority registration is given for currently registered participants.

Program Schedule:

• Monday- Friday: After school to 6:00 PM. The program is not offered on pupil-free days and holidays. CCARP is closed during winter, spring, and summer recesses.

Locations:

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

### INFORMATIONAL WEBEX MEETING:

Please email **jacob.bakke@culvercity.org** for the link to attend.

### YSE AFTERSCHOOL MIDDLE SCHOOL

The YSE afterschool program is a unique sports and academics program. YSE focuses on fun and learning through sports, games, music and fitness activities that develop skills, teach good sportsmanship and wellness values. Academics are also important and homework assistance is offered along with tutoring.

Instructor: Coach DJ and YSE Staff Location: Culver City Middle School Materials Fee: \$30 (Optional for a daily snack) Days: Monday - Friday on CCUSD school days only. (YSE will not be held on school holidays or pupil free days.)

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 or bell schedule.

Dates	Days	Times	Ages	Fees
August 23 - Sept	M - F	2:15 PM - 6 PM	11 - 14	\$442/\$453
October	M - F	2:15 PM - 6 PM	11 - 14	\$312/\$323
November	M - F	2:15 PM - 6 PM	11 - 14	\$312/\$323
December	M - F	2:15 PM - 6 PM	11 - 14	\$260/\$271





# **Community Events**



Veterans Memorial Park 4117 Overland Avenue, Culver City, CA 90230



# Fiesta 2023

# Culver CITY FIESTA LA BALLONA

# VETERANS PARK AUGUST 25 - AUGUST 27

### **Event Hours**

Friday, August 25 Event: 4:30 PM- 10:00 PM Carnival: 4:30 PM- 10:00 PM

Saturday, August 26 Event: 10:00 AM - 10:00 PM Carnival: 10:00 AM - 10:00 PM

Sunday, August 27 Event: 10:00 AM - 6:00 PM Carnival: 10:00 AM - 9:00 PM

### Park-Walk-Ride-Bike-Drop Off

Park- Free Parking at Sony Picture Studies (Enter off Overland) Welk- Neighbors are encouraged to walk Ride- Culver City Bus-Let us take you to Fresta. Plan your trip: (3)

Ride- Culver City Bus-Let us take you to Fiesta. Plan your trip: (310) 253-6500 an www.culvercitybus.com Bike- Culver City Bus equipped with Bike Rocks. Free Bike Valet and e-Scooter parking in Veteran's Park Drop Off- Designated Uber/Lift and Parent Drop Off On Overland outside of the Teen Center: 4153



### Beer and Wine Garden Live performances

Games

Activities

Carnival Rides

Food Trucks & Vendors Artisan Wares Local Vendors & Organizations

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

Carnival Wristbands

While entance to the event is free if you want to

go on the comival rides you will need to

purchase tickets or a wristband.

Purchased your wristband voucher in advanced

for the rides either of the ways listed below:

1. Online at www.culvercity.org/active

2. In person: Culver City PRCS Registration Office-

4117 Overland Ave.

M - F:10 AM - 6 PM, SAT & SUN: 10 AM - 4 PM.

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# **Teen Center Year Round Programming**



### ABOUT THE TEEN CENTER

The Teen Center serves 6th through 12th grade students. We pride ourselves on striving to be a positive outlet for youth in Culver City. Staff provides a safe, inclusive, and supervised drop-in program for students who live in Culver City or attend a Culver City Unified School District school, offering a variety of services and programs throughout the year. The PRCS Teen Center employees are an invaluable support for our various programs which include day camps, workshops, afterschool programs, special events and much more.

### Hours of Operation:

During the school year the Teen Center is open Monday, Tuesday, Thursday and Friday, from 2 PM to 6:30 PM. On Wednesdays, the Teen Center is open from 1 PM - 6:30 PM.

The Teen Center is not open during school holidays, summer, winter, and spring breaks.

### **Teen Center Location:**

4153 Overland Ave., Culver City, CA 90230

### Membership:

Membership fees are \$50 per semester for each student. Registration is open and purchasing a membership is fast and easy. You can register online at 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 and Volunteer Opportunities**

The PRCS department regularly hires youth with a valid work permit for our introductory position of Recreation Leader I (ages 15 and older) and as Lifeguards (ages 16 and older). Also, PRCS has volunteer opportunities available for teens to work in our Senior Center. Go to www.culvercity.org for more information and to apply.





# Teen Events, Workshops and Seminars



# **OPENHOUSE** \* Food Friday, September 15, 2023 | 5:00 PM-7:00 PM \* Fun **With Control of Cont**



# 4153 OVERLAND AVE CULVER CITY, CA 90230 (310) 253-6663 Call for more information.



### 1st CLASS PREP PRE -K: FALL

### Monthly

1 st 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 towards school, with an emphasis on Kinder. Activities which include an introduction to Spanish and Japanese, 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.

### Instructors: Mari Davis and Michaela Davis Location: Syd Kronenthal Park

### Dates: Monthly September 5, 2023 - May 24, 2024

No Class: 10/4, 11/10, 11/20 - 11/24, and 12/25/23 - 1/5/24 Orientation Day: September 5, 10 AM - 12 PM to drop in, meet your teachers and turn in classroom paperwork.

**Materials Fee:** A non-refundable materials fee of \$250 is due at Orientation on September 5, 2023 and January 3, 2024. For more info, or questions, please email us at **1stclassprepla@gmail.com** 

Notes: All fees are due before the first day of the session. All paperwork should be printed and turned in on the first day of class. Students who start in the months in between, will pay a prorated material fee. No registration prorating.

Days	Times	Ages	Fees
M - F	8 AM - 3 PM	2½ - 6	\$1196/\$1207
M - F	9 AM - 1 PM	2½ - 6	\$832/\$844
M/W/F	9 AM - 1 PM	2½ - 6	\$676/\$687
*Morning Care	8 AM - 9 AM	2½ - 6	\$166/\$177
*Afternoon Care	1 PM - 3 PM	2½ - 6	\$291/\$302

Class Preparatory P

Syd Kron

Ave Culver City, Ca

310-925-6394

### **BEYOND PRE-K IN SPANISH: FALL**

### Monthly

Help your child learn 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 to diverse cultures in order to adapt to this globally changing world. Class meets continuously within the CCUSD schedule. Please pack a healthy lunch. Child must be potty trained.

### Location: Culver West Alexander Park Dates: August 21, 2023 through June 14, 2024

**No Class:** 9/4, 11/10, 11/20 - 11/24, and 12/25/23 - 1/5/24 Materials Fee: \$600/twice a year in September and Feburary for extra-curricular activities and materials.

Notes: It is mandatory to contact teachers prior to enrollment at **beyondpk@gmail.com**. Children need to be able to listen and follow directions for safety. This is a yearly program. You pay for August. No payment is due for June.

Days	Times	Ages	Fees
M - TH	9 AM - 2 PM	3½ - 4	\$1125/\$1134
F	9 AM - 12:30 PM		
Afternoon Care	Times	Ages	Fees
T, W, TH	2 PM - 3:45 PM	3½ - 4	\$187/\$198



### KIDS TIME: PARENT AND ME

### Quarterly

Children at the age of 2 start talking and enjoying activities with other kids of their age and are not totally dependent on their parents. This class will provide an educational setting to help them play with other kids, follow directions, and learn alphabets and numbers through rhymes/songs, stories, and other activities. Please pack a healthy snack. Parents must stay in class.

### Instructor: Poonam Sharma

Location: Blanco Park

### Dates: September 5 through November 10

### Materials Fee: \$20 per month.

Notes: Parents must stay in class. Classes follow the CCUSD school calendar.

Dates	Days	Times	Ages	Fees
9/5 - 11/10	F	9:15 AM - 10:30 AM	2 - 3	\$208/\$219

### **KIDS TIME: TRANSITIONS**

### Monthly

This recreational-based class is designed to help children transition from mommy and me time to preschool. Children will be encouraged to be more independent and express their creativity through arts and crafts. They will enjoy dance, games, exercise, story time and share time. Children will spend more time with their peers while learning. Please pack a healthy snack.

### Instructor: Poonam Sharma Location: Blanco Park

### Dates: September 5 - September 30 & monthly thereafter

### Materials Fee: \$20 per month.

Notes: Kids must be potty trained. Classes follow the CCUSD school calendar.

Dates	Days	Times	Ages	Fees
9/5 - 9/30	MW or TTH	9 AM - 11 AM	21/2 - 31/2	\$208/\$219
October	MW or TTH	9 AM - 11 AM	21⁄2 - 31⁄2	\$208/\$219
November	MW or TTH	9 AM - 11 AM	21/2 - 31/2	\$208/\$219



### 1st Class Preparatory Pre-K: Transitional 2's

### Monthly

The world is a playground for active, energetic 2-year-olds. Channeling that enthusiasm into opportunities for growing, learning, building independence, and achieving success is the design of this unique educational program. Our mommy and me classes offer our 2-year-old learners a fun curriculum for milestone development, interactive, hands-on learning experiences, fun arts & crafts and music and movement.

### Instructors: Mari Davis and Michaela Davis Location: Syd Kronenthal Park

Dates: September 5, 2023 through November 30, 2023 No Class: 9/25, 10/18, 11/10, 11/20-11/24

**Materials Fee:** A non-refundable materials fee of \$30. **Notes:** Parents stay with children for the duration of class or until parent and child have attended 4 classes and the child is ready to attend class independently. All fees are due before the first day of the session. All paperwork should be printed and turned in on the first day of class.

Dates	Days	Times	Ages	Fees
9/5 - 11/30	MWF	9:30am-11:00am 12:00pm-1:30pm	2	\$270/\$281
9/5 - 11/30	TTH	9:30am-9:45am 10:45am-11:30am 12pm-1:30pm	2	\$114/\$125



# Youth Art, Dance, and Music Programs

### **DEE-LIGHTFUL PRODUCTIONS FALL MUSICAL WORKSHOP**

### Resident: \$1300

### Non-resident: \$1311

Our musical theatre program offers kids ages 7-18 an opportunity to experience the art of musical theatre focusing on the audition, rehearsal, and production processes. They will learn character development, scene study, choreography, and music from a specific show, culminating in multiple performances during the last week of the session. This season we will offer the Broadway Jr. version of Madagascar, A Musical Adventure.

### Instructor: dee-Lightful Instructors

Location: Culver West Alexander Park Materials Fee: \$395.00 Notes: No class 11/24-11/25 and 12/29-12/30.

Dates	Days	Times	Ages
10/13 - 1/27	F SA	4 PM - 6:30 PM 12:30 PM - 5 PM	7 - 18











FOLLOW US ON

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**AGES 7 - 18** 

# Youth Art, Dance, and Music Programs

### **CHILDREN'S PIANO: BEGINNING**

### Resident: \$196

### Non-resident: \$207

A solid foundation in the fundamentals of playing piano music is offered by a teacher with many happy years of working with children of all ages. Students must bring their own keyboard to class. No class 11/25.

### Instructor: Jennifer Macchiarella

Location: Veterans Memorial Building – Multipurpose Room Materials Fee: \$20

Dates	Days	Times	Ages
10/14 - 12/9	SA	8:45 AM - 9:45 AM	5 - 17
10/14 - 12/9	SA	10 AM - 11 AM	5 - 17

### CHILDREN'S PIANO: CONTINUING

### Resident: \$196

Non-resident: \$207

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. No Class 11/25.

### Instructor: Jennifer Macchiarella

Location: Veterans Memorial Building – Multipurpose Room Materials Fees: \$20

Dates	Days	Times	Ages
10/14 - 12/9	SA	11:15 AM - 12:15 PM	5 - 17
10/14 - 12/9	SA	12:30 PM - 1:30 PM	5 - 17



### TINY TOTS BALLET AND TAP

### Non-resident: \$240

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

Resident: \$229

**Location:** Veterans Memorial Building – Multipurpose Room **Materials Fees: \$5** for costume rental.

Notes: Please wear leotard, tights, and ballet shoes. Tap shoes are strongly recommended but not mandatory. Parents and siblings will not be allowed inside classroom. NO CLASS: 9/25 and 11/20

Dates	Days	Times	Ages
9/16 - 10/8	М	3:45 PM - 4:30 PM	3 - 5
10/14-11/18	м	3:45 PM - 4:30 PM	3 - 5



### YOUTH BALLET AND TAP

### Resident: \$229

### Non-resident: \$240

Ballet is the foundation of dance technique, developing grace, flexibility, strength and balance. Tap is a great way 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 routines.

### Instructor: Caroline Antunes

Location: Veterans Memorial Building – Multipurpose Room Materials Fees: \$5 for costume rental.

Notes: Please wear leotard, tights, and ballet shoes. Tap shoes are strongly recommended but not mandatory. Parents and siblings will not be allowed inside classroom. NO CLASS: 9/25 and 11/20

Dates	Days	Times	Ages
9/18-12/4	Μ	4:30 PM - 5:30 PM	6 - 9

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

# **Youth Sports and Recreational Activities**

### **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, passing, trapping, throwing, and agility. Coaches will teach the basic rules of the game while emphasizing teamwork. No Class: 9/16 and 10/28

### Instructor: Pintsize Sports Instructors

Location: Culver West Alexander Park

**Notes:** Participants should bring a soccer ball with their name on it.

- 2-4yrs. olds: Parent/adult participation is required.
- 4-6yrs olds: Parent/adult is encouraged to participate but must stay for the duration of the class.

Dates	Days	Times	Ages
9/9 - 11/11	SA	9:30 AM - 10:15 AM	4 - 6
9/9-11/11	SA	10:20 AM - 10:50 AM	2 - 4

### **PINTSIZE TEE-BALL**

### Non-resident: \$134

Resident: \$123 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 throwing, 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 is recommended.

### Instructor: Pintsize Sports Instructors

Location: Culver West Alexander Park

Notes: Adults are encouraged to participate and must stay for the duration of the class.

Dates	Days	Times	Ages
9/9 - 11/11	SA	10:55 AM - 11:40 AM	3 - 6

### **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 a 5-week cycle.

Instructor: Ted Salter- Certified Teaching Pro thru the Professional Tennis Registry (PTR) Location: Fox Hills Tennis Court #1 Notes: Participants must furnish their own racket.

Dates	Days	Times	Ages	Fee
9/16 - 10/7	SA	8:00 AM - 9:00 AM	4 - 6	\$125/\$136







# Youth Sports and Recreational Activities

### Monthly Resident: \$125 Non-resident: \$136 Players learn to serve rally and play. We follow the USTA UTSA 10 and Under Tennis for Beginners. We introduce children to Netgeneration Program which prepares children for competitive play. the game of tennis through a variety of fun, skill building activities. For those who like to compete you will have an opportunity to go out Classes meet one day a week. for our USTA Junior Team Tennis. Classes meet one day a week. Instructor: Ted Salter- Certified Teaching Pro thru the Professional Tennis Registry (PTR) Instructor: Ted Salter- Certified Teaching Pro thru the Professional Location: Fox Hills Tennis Court #1 Tennis Registry (PTR) Notes: Participants must furnish their own racket. Tennis shoes are Location: Fox Hills Tennis Court #1 a must; bring water and children should be capable of following Notes: Tennis shoes are a must; bring water and children basic instructions. should be capable of following basic instructions. **SESSION DATES SESSION DATES** SESSION 1 9/11-10/7

SESSION 1 9/11-10/7 11/6 - 12/16 SESSION 2

### **CLASS DAYS AND TIMES**

Days	Time (s)	Days	Time (s)
M, T, W , TH or F	3:30 PM - 4:30 PM	M, T, W , TH or F	4:30 PM - 5:30 PM



### **TENNIS FOR KIDS FOX HILLS- INT B-**

### Monthly Resident: \$187

SESSION 2 11/6 - 12/16

**CLASS DAYS AND TIMES** 

### Non-resident: \$198

Players learn to serve rally and play. We follow the USTA Netgeneration Program which prepares children for competitive play. for those who like to compete youwill have an opportunity to go out for our USTA Junior Team Tennis.Classes meet one day a week.

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

Location: Fox Hills Tennis Court #1

Notes: Tennis shoes are a must; bring water and children should be capable of following basic instructions.

### **SESSION DATES**

SESSION 1 9/11-10/7 SESSION 2 10/9-11/18

### **CLASS DAYS AND TIMES**

Days M, T, W, or TH Time (s) 5: 30 PM - 6:30 PM

### **TENNIS FOR KIDS AT FOX HILLS- ADV**

### Monthly Resident: \$187

Non-resident: \$198

AGES 12-18

Players learn to serve rally and play. We follow the USTA Netgeneration Program which prepares children for competitive play. For those who like to compete you will have an opportunity to go out for our USTA Junior Team Tennis. Classes meet one day a week.

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

Location: Fox Hills Tennis Court #1

Notes: Tennis shoes are a must; bring water and children should be capable of following basic instructions.

### **SESSION DATES**

session 1	9/11-10/7
SESSION 2	10/9-11/18

### **CLASS DAYS AND TIMES**

Days	
M, T, W, or TH	

Time (s) 6:30 PM - 7:30 PM

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

### 15

TENNIS FOR KIDS AT FOX HILLS- BEG.

TENNIS FOR KIDS AT FOX HILLS- INT A AGES: 7-10

### Monthly Resident: \$125

Non-resident: \$136

# Youth Sports and Recreational Activities



### **THE SKATESIDE - AFTERSCHOOL**

THE SKATESIDE after school skateboarding program at the skatepark is perfect for beginners and experienced skaters alike. Participants will learn essential skills such as balance, coordination, and proper technique. This program is a great opportunity to improve your skills and have fun in a safe and supportive environment. Join us today and discover the joys of skateboarding!

Instructor: The Skateside Staff

Location: Culver City Skate Park

Notes: Students must bring their own skateboard. Wrist guards, knee pads, elbow pads and helmet ARE MANDATORY! An email will be sent out with rules and safety protocols. \*No class 11/1.

Dates	Days	Times	Ages	Fees
9/6 - 9/27	W	3 PM - 5 PM	5 - 14	\$281/\$292
10/4 - 10/25	W	3 PM - 5 PM	5 - 14	\$281/\$292
11/8 - 11/29*	W	3 PM - 5 PM	5 - 14	\$281/\$292

### **THE SKATESIDE - BEGINNER**

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 on the days and times listed below. Skatepark is reserved for enrolled students.

### Instructor: The Skateside Staff

Location: Culver City Skate Park

**Notes: Students must bring their own skateboard.** Wrist guards, knee pads, elbow pads and helmet ARE MANDATORY! An email will be sent out with rules and safety protocols. \*No class 9/3.

Dates	Days	Times	Ages	Fees
9/10 - 9/24*	SU	9 AM - 10:20 AM	5 - 14	\$269/\$280
	SU	9 AM - 10:20 AM	5 - 14	\$269/\$280
	SU	9 AM - 10:20 AM	5 - 14	\$269/\$280



**THE SKATESIDE - INTERMEDIATE** 

Take your child's skateboarding skills to the next level and learn advanced tricks like how to drop in 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 on the days and times listed below. The Skatepark is reserved for enrolled students during program time.

Instructor: The Skateside Staff

Location: Culver City Skate Park

Notes: Students must bring their own skateboard. Wrist guards, knee pads, elbow pads and helmet ARE MANDATORY! An email will be sent out with rules and safety protocols. \*No class 9/3.

Dates	Days	Times	Ages	Fees
9/10 - 9/24*	SU	10:30 AM - 11:50 AM	5 - 15	\$269/\$280
	SU	10:30 AM - 11:50 AM		
	SU	10:30 AM - 11:50 AM		

### THE SKATESIDE - ROLLERSKATING BEGINNER

THE SKATESIDE roller skating program at the skatepark is perfect for beginners. It's a non-intimidating class that offers a supportive environment for learning. In this program, beginners will learn essential skills: how to balance on skates, how to stop safely, and how to turn, and more. Join us and gain the confidence to skate like a pro!

Instructor: The Skateside Staff

Location: Culver City Skate Park

Notes: Students must bring their own helmet, wrist guards, elbow pads, knee pads, and roller skates. Protective gear is MANDATORY! An email will be sent out with rules and safety protocols. \*No class 9/3.

Dates	Days	Times	Ages	Fees
9/10 - 9/24*	SU	9 AM - 10:20 AM	5 - 14	\$269/\$280
	SU	9 AM - 10:20 AM	5 - 14	\$269/\$280
	SU	9 AM - 10:20 AM	5 - 14	\$269/\$280

# **Job and Volunteer Opportunities**

### **AQUATICS JOB OPPORTUNITIES**



### **LIFEGUARDS**

### \$20.02 - \$21.95 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 rooms and grounds. No certification? No problem, we can certify you!

### LIFEGUARD/SWIM INSTRUCTORS

### \$21.68 - \$23.77 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 rooms and grounds. Applicants must have American Red Cross Lifeguarding or equivalent and Water Safety Instructor certification to apply.

### **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.

Visit <u>www.culvercity.org/jobopportunities</u> for the latest info.

### **VOLUNTEER OPPORTUNITIES**

Culver City has volunteer opportunities available for you! We can provide you with a community volunteer directory with information on more than 80 local service opportunities. It provides questions to think about when applying for a volunteer position, links to general online volunteer databases, resources and specific information about various organizations and companies within Culver City and the local community.



# Thanksgiving, One Day, and Winter Camps

### JUST 4 KIDS THANKSGIVING CAMP

An enriching camp for children ages 5-11. Where fun, safe and age appropriate activities create memorable experiences for first time campers. Camp is Monday - Wednesday from 7:30am-6pm with structured activities from 9:30am-5pm. **Location:** Culver City Teen Center

Dates	Days	Time	Fees Res/NR
11/20 - 11/22	M, T, W	7:30 AM - 6 PM	\$84/\$103

### JUST 4 KIDS ONE DAY CAMPS

Just4Kids Day Camp is a stimulating, power-packed program filled with engaging activites for campers 5-11 years of age. Camp offered on the dates listed below from 7:30am-6pm with structured activities from 9:30am-5pm. Schedule will coincide with CCUSD holidays. See dates offered below. Location: Culver City Teen Center

Dates	Day	Time	Fees Res/NR
11/1	W	7:30 AM - 6 PM	\$84/\$103
11/10	F	7:30 AM - 6 PM	\$84/\$103

### JUST 4 KIDS WINTER CAMP

An enriching camp for children ages 5-11. Where fun, safe and age appropriate activities create memorable experiences for first time campers. Camp is Tuesday through Friday from 7:30am-6pm with structured activities from 9:30am-5pm. No Camp 12/25 and 1/1.

Location: Lindberg Park. Sibling discount available - See below.

Dates	Days	Time	Fees Res/NR
12/26 - 12/29	T, W, TH F	7:30 AM - 6 PM	\$112/\$138.40
1/2 - 1/5	T, W, TH F	7:30 AM - 6 PM	\$112/\$138.40







### THE SKATESIDE CAMPS

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

Instructor: The Skateside Staff Location: Culver City Skate Park

Notes: Skateboard, Helmet, Knee and Elbow Pads, Wrist Guards, ARE MANDATORY. Mouth Guard (optional) \* If students are not wearing all equipment, they will not be able to participate in the program for the day. No rental equipment available. You can purchase equipment at <u>www.theskateside.com/store</u>. \* No camp 11/24 and 11/25.

### **THANKSGIVING CAMP**

Dates	Days	Times	Age	Fees Res/NR
11/20 - 11/23	M/T/W	9 AM - 11:50 AM	5 - 14	\$287/\$298

### FALL ONE DAY CAMPS AND WORKSHOPS

Dates	Day	Time	Ages	Fees
9/1	F	9 AM - 11:50 AM	5 - 14	\$146/\$157
9/23	SU	9 AM - 11:50 AM	5 - 14	\$146/\$157
10/29	SU	9 AM - 11:50 AM	5 - 14	\$146/\$157
11/1	W	9 AM - 11:50 AM	5 - 14	\$146/\$157
11/10	F	9 AM - 11:50 AM	5 - 12	\$140/\$151

### **SKATESIDE WINTER CAMP PREVIEW**

Dates	Time	Ages	Fees
12/26 - 12/29	9 AM - 11:50 AM	5 - 15	\$411/\$422
1/2 - 1/5	9 AM - 11:50 AM	5 - 15	\$411/\$422



### YSE CAMPS

YSE Camp is a program that focuses on Youth Sports Enrichment and team building. 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 sport skills for older children. Campers may also participate in arts and crafts. Campers get wet in the summer through water play or take a dive in the pool on swim day. Also, we are proud to welcome back field trips! Campers may enjoy trips such as sporting events, theme parks, and much more!

Instructor: Coach DJ and YSE Staff Location: Veterans Memorial Park

Materials fee will be due the Monday of the camp week to instructor. Notes: No prorations or refunds any cancellations will be charged a 15% fee \* No camp 11/24, 11/25, 12/25, 1/1

### THANKSGIVING CAMP

Dates	Days	Times	Age	Fees
11/20 - 11/22	M/T/W	8:30 AM - 5 PM	5 - 14	\$130/\$141
Extended Care: \$47				

Materials Fee: \$25 material fee for field trips & activity supplies for the week enrolled.

### **YSE WINTER CAMP PREVIEW**

Dates	Time	Ages	Fees		
12/26 - 12/29	8:30 AM - 5 PM	5 - 15	\$156/\$167		
1/2 - 1/5	8:30 AM - 5 PM	5 - 15	\$156/\$167		
Extended Care: \$78					

Materials Fee: \$45 material fee for field trips & activity supplies for the week enrolled.



# **Intergenerational Recreational Activities**



### **ARISE SELF-DEFENSE: FAMILY & FRIENDS**

### Non-resident: \$32

Monthly Resident: \$21 Families, friends and senior citizens will learn self-defense together. How to defend and escape against strangers attacking. Practice various techniques. Beginner to intermediate classes.

\* Family and Friends must include one female.

### \* Price per person.

### Instructor: Andy Pancho, ARISE Staff

Location: Veterans Memorial Building – Iksan/Yanji Room

Notes: Families together and friends are welcome. Price per person. Please bring water.

Dates	Days	Times	Ages
9/2 - 9/30	SA	10 AM - 11 AM	5 +
10/7 - 10/28	SA	10 AM - 11 AM	5 +
11/4 - 11/25	SA	10 AM - 11 AM	5 +

### ARISE SELF-DEFENSE: FEMALE

### Monthly Resident: \$21

Non-resident: \$32

Learn self-defense techniques to escape and fight back from arm grabs, bear hugs, choke holds, hair grabs, etc. Block, hit, and kick against attackers and bullies. Beginner to intermediate classes.

### Instructor: Andy Pancho, ARISE Staff

Location: Veterans Memorial Building – Iksan/Yanji Room Notes: Females only class. Please bring water.

Dates	Days	Times	Ages
9/2 - 9/30	SA	11 AM - 12 PM	5 +
10/7 - 10/28	SA	11 AM - 12 PM	5 +
11/4 - 11/25	SA	11 AM - 12 PM	5 +



# Intergenerational Recreational Activities





### GOLDEN TIGER KUNG FU, FU JOW PAI (BEGINNER)

This class entails real urban 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 weapons 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: Senior Center - Room B45

Materials Fee: \$35 Uniform T-Shirt cost paid directly to the instructor.

**Notes:** Kung Fu or flat heel shoes recommended. Belt, testing and certification fees are due at ranking..

Dates	Days	Times	Ages	Fees
9/5-9/26*	T/TH	5:45 PM - 7 PM	6+	\$160/\$171
10/3 - 10/26*	T/TH	5:45 PM - 7 PM	6+	\$183/\$194
11/2 - 11/16*	T/TH	5:45 PM - 7 PM	6+	\$115/\$126
9/5 - 11/16*	T/TH	5:45 PM - 7 PM	6 +	\$426/\$437

\*NO CLASS: 9/28, 10/31, 11/16, 11/21, 11/23, 11/28 \* \*Seasonal pass fee for 23 classes - reflects a 7% savings



### GOLDEN TIGER KUNG FU, FU JOW PAI (INTERMEDIATE)

The class entails real urban 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, 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: Senior Center - Room B45

Materials Fee: \$35 Uniform T-Shirt cost is paid directly to the instructor.

**Notes:** Kung Fu or flat heel shoes recommended. Belt, testing and certification fees are due at ranking. Must have at least one year experience and gold stripe ranking to participate in the intermediate class.

Dates	Days	Times	Ages	Fees
9/5 - 9/26*	T/TH	5:45 PM - 7:15 PM	9 +	\$182/\$193
10/3 - 10/26*	T/TH	5:45 PM - 7:15 PM	9 +	\$208/\$219
11/2 - 11/16*	T/TH	5:45 PM - 7:15 PM	9 +	\$130/\$141
9/5 - 11/16*	T/TH	5:45 PM - 7:15 PM	9 +	\$484/\$495

\*NO CLASS: 9/28, 10/31, 11/16, 11/21, 11/23, 11/28 \* \*Seasonal pass fee for 23 classes - reflects a 7% savings

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

# **Adult Recreational Activities**



### **CERAMICS: ADVANCED WHEEL THROWING**

### Resident: \$208

### Non-resident: \$219

Class is designed to provide guidance and encourage the exploration of creating ceramic art using the potter's wheel. Lessons are designed to walk through the fundamental steps to create both functional and artistic projects. Each week builds on the previous week's projects. Individuals will create multiple pieces and learn various wheel techniques, as well as glazing and decorating styles. This class is for beginners and those who are looking to brush up on their throwing process, with individual time for those who are more advanced in their techniques.

Instructor: Jeffrey Greathouse

Location: El Marino Ceramics Hut

Materials Fee: \$25 due st first class.

Dates	Days	Times	Ages
9/14 - 11/16	ТН	6 PM - 9 PM	18+

### **CERAMICS: BEGINNER WHEEL THROWING**

### Resident: \$208

### Non-resident: \$219

Class is designed to provide guidance and encourage the exploration of creating ceramic art using the potter's wheel. Lessons are designed to walk through the fundamental steps to create both functional and artistic projects. Each week builds on the previous week's work. Individuals will create multiple pieces and learn various various wheel techniques, as well as glazing and decorating styles. This class is for beginners and those who are looking to brush upon their throwingprocess, with individual time for those who are more advanced in their techniques.

### Instructor: Jeffrey Greathouse Location: El Marino Ceramics Hut

Materials Fee: \$25 due at first class.

Dates	Days	Times	Ages
9/11 - 11/13	м	6 PM - 9 PM	18+

### **CARDIO TENNIS AT FOX HILLS**

### Resident: \$125

### Non-resident: \$136

Cardio Tennis is a fun group activity and is a great way to get in shape and enjoy the game of tennis. This 6 week program is offered for adult tennis players of all skill levels.

Instructor: Ted Salter- Certified Teaching Pro thru the Professional Tennis Registry (PTR) Location: Fox Hills Tennis Court #1 Notes: Participants must furnish racket.

Dates	Days	Times	Ages	Level
9/14-10/5	TH	7 PM - 8 PM	18+	BEG TO ADV
10/12-11/16	TH	7 PM - 8 PM	18+	BEG TO ADV



### IAIDO - WAY OF THE JAPANESE SWORD

### Resident: \$151

### Non-resident: \$162

laido 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: Jeff Learned 7th Degree Black Belt **Location: Teen Center**

**Notes:** Must meet instructor approval. Testing fees apply for all belt progression.

Dates	Days	Times	Ages	Location
9/6 - 11/29	W	7 PM - 8:30 PM	14+	TBD

### **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. All equipment is supplied for beginners. \*No Class 11/23. Instructors: Instructors from Salle d'Armes Couturier

### Location: Senior Center - Room B45 Materials fee: \$20 for equipment.

Notes: Group instruction is done during the first hour and the remaining time is for drills and practice. USA Fencing Association annual membership required. (\$10)

Dates	Days	Times	Ages
9/11-12/18	M /TH	7:45 PM - 9:45 PM	18+



FOLLOW US ON **f @ @CULVERCITYPRCS** 

# **Adult Recreational Activities**

### LET'S GET FIT- FOR BEGINNERS AND SENIORS

### Resident: \$47, Non-resident: \$58 Resident: \$55, Non-resident: \$66

Resident: \$149, Non-resident: \$160 \* Season Pass \*Passes can be used at any T/TH/SA classes and have an expiration date. Please feel free to attend one free trial class before you enroll.

Let's Get Fit! is a low-impact exercise program that includes simple light cardio, strength training and stretching with easy steps and unique dance movements. We are a very cheerful and supportive group and would love for you to join! We meet 3 days a week and you can come in on any day and for any part of the class. After the first hour of low impact cardio, there is a 35-40 minute conditioning chair exercise session with tube band/hand-held weights as an optional session for those who want to do more strength training. If you want to only do the chair exercise session, please come to class at 10:30am. We are open for people of any age who want to do light exercises. No experience is needed!

### Instructor: Akiko Miyoshi Location: Veterans Memorial Building

Notes: Wear walking shoes and comfortable clothing. Bring a pair of 1-3 lb handheld weights and water for hydration. Exercise mat is optional. \* No class 11/23.

Dates	Days	Times	Ages	Room
9/2 - 9/30	T/TH	9:30 AM - 11:15 AM	21+	VMC
	SA	9:30 AM - 11:15 AM	21+	VMC
10/3 - 10/31	T/TH	9:30 AM - 11:15 AM	21+	VMC
	SA	9:30 AM - 11:15 AM	21+	VMC
11/2 - 11/30	T/TH	9:30 AM - 11:15 AM	21+	VMC
	SA	9:30 AM - 11:15 AM	21+	VMC
9/2 - 11/30	T/TH	9:30 AM - 11:15 AM	21+	VMC
Season Pass	SA	9:30 AM - 11:15 AM	21+	VMC

### YOGA FROM THE INSIDE OUT

### **Drop In: \$20**

**Any 5 Classes** 

Monthly

Resident: \$100, Non-resident: \$111	Any 6 Classes*
Resident: \$150, Non-resident: \$161	<b>Monday Series</b>
Resident: \$150, Non-resident: \$161	<b>Thursday Series</b>

\* 6 class option can be used for any combination of Mon. & Thurs. classes.

### YOGA FROM THE INSIDE OUT I

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. Learn to breathe and move more freely; experience deep rest and renewal in a friendly, inclusive environment whatever your skill level.

### Instructor: Tara Kamath

Notes: Bring a yoga mat, a large towel or yoga blanket, and two yoga blocks to class and wear layers. NO CLASS 9/4 and 11/23

Dates	Day	Time	Ages	Location
9/11-11/27	М	6:30 PM - 8 PM	18 +	Senior Center
8/31-11/16	TH	4 PM - 5:30 PM	18 +	VMB

### YOGA FROM THE INSIDE OUT II

The same gentle, inwardly guided practice we use in all Yoga From the Inside Out classes, with a higher level of physical challenge. This class is for those without injuries who want to build more strength and stamina, along with the deep inner benefits of yoga practice.

### Instructor: Tara Kamath

Note(s): Bring a yoga mat, a large towel or yoga blanket, yoga strap and two yoga blocks to class and wear layers. NO CLASS 11/23

Dates	Day	Time	Ages	Location
8/31-11/16	TH	6:30 PM - 8 PM	18 +	Senior Center



### **CULVER CITY ADULT SPORTS LEAGUES**





# **Aquatics- Exercise Classes**

### ADULT EXERCISE

### Senior (50+): \$1 Per Class 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. Location: Culver City Municipal Plunge

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

### AQUAFIT DEEP WATER

### \$12 Per Class

UATICS- ADULT EXERCISE CLASSE

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	Ages
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 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	Ages
On - Going	M/W	10 AM - 10:50 AM	18+
On - Going	SA	10 AM - 10:50 AM	18+

### **AQUAFIT STAND UP**

### \$25 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	Ages
On Going	W	11 AM - 11:50 AM	18+
On Going	SA	11 AM - 11:50 AM	18+









# **Aquatics- Lap and Recreational Swim**

### FAMILY SWIM/WATER EXERCISE BEGINNING AUGUST 21

### \$4 Adult (18 - 49)

### \$3 Senior (50+) Youth (Up to 17) and Disabled

Family Swim allows for 6 participants per 1/2 lane space to play and exercise in the water. Lap swim is not permitted in family/water exercise lanes. Children under 48 inches tall must be accompanied by an adult 18 years or older within arms reach in the water, in a 1:1 ratio. Family Swim sessions begin at the start of each hour for 50 minute time blocks. Pre Registration and check in are required. Location: Culver City Municipal Plunge

Days	Times
Μ	6 AM - 8:55 AM, and 11 AM - 8:55 PM
T/TH	9 AM - 5:55 PM
W	6 AM - 8 AM, 12 PM - 8:55 PM
F	6 AM - 8:55 AM, 10 AM - 8:55 PM

### **RECREATIONAL SWIM** AUGUST 21 THROUGH OCTOBER 29

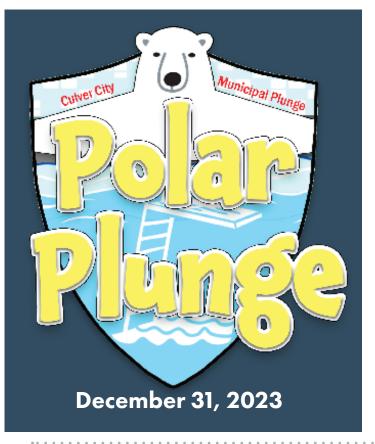
### \$4 Adult (18 - 49)

### \$3 Senior (50+) Youth (Up to 17) and 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 75 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.

### Location: Culver City Municipal Plunge

Days	Times
SA & SU	12 PM - 2:55 PM



### LAP SWIM HOURS

### **BEGINNING AUGUST 21**

### \$4 Adult (18 - 49)

\$3 Senior (50+) Youth (Up to 17) and Disabled

Swimmers must pre-register for a 50-minute block of time. Swimmers under 13 must be accompanied by an adult at all times while swimming. 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. Pre Registration and check in are required. Lanes are limited to 3 swimmers per lane. Unclaimed spaces open up to standby swimmers 10 minutes after the hour.

Location: Culver City Municipal Plunge

### SHORT COURSE

Days	Times
M/W	6 AM - 2:55 PM and 8 PM - 8:55 PM
T/TH	9 AM - 2:55 PM and 7 PM - 8:55 PM
F	6 AM - 2:55 PM, 7 PM - 8:55 PM
SA	7 AM - 2:55 PM
SU	12 PM - 2:55 PM

### LONG COURSE

Lanes are limited to 6 swimmers per lane. Spaces left open at 10 minutes after the hour will be opened up to standby swimmers.

Days	Times
T/TH	5:30 AM - 8:25 AM
SU	8:30 AM - 11:25 AM

### OOC 6 PLUNGE CLOSURE DATES

will be	closed as listed on the	e following dates.	
		g taking place and the poo	

8/25-8/2/	SPECIAL EVENT HOUKS: Fiesta
9/04	POOL CLOSED: Labor Day
11/23 - 11/24	POOL CLOSED: Thanksgiving Holiday
12/24	LIMITED HOURS: 6 AM-12 PM
12/25	POOL CLOSED: Christmas
12/31	LIMITED HOURS: 9 AM-12 PM
•	Open for the Polar Bear Plunge Only
1/01	POOL CLOSED: New Years Day
0 1/15	POOL CLOSED: Martin Luther King Jr. Day

### **Culver City Municipal Plunge**

4175 Overland Ave. Culver City, CA 90230 (310) 253-6680

> Visit us online at: www.culvercity.org

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# **Aquatics Classes**

### ADULT WEEKDAY GROUP LESSONS

### Resident: \$69.28

### Non-resident: \$82.64

This summer the Plunge will offer Adult Beginner and Adult Intermediate courses for participants age 13 and up. Adult Weekday Group Lessons will run for two weeks. M/W or T/TH for 50 minutes for 3 weeks.

### Instructor: Plunge Staff

**AQUATICS-SWIM LESSONS** 

Location: Culver City Municipal Plunge

Session	Dates	Days	Times
1	9/11 - 9/21	M/W	8 AM or 5 PM
		T/TH	9 AM or 5 PM
2	10/02 - 10/12	M/W	8 AM or 5 PM
		T/TH	9 AM or 5 PM
3	10/23 - 11/2	M/W	8 AM or 5 PM
		T/TH	9 AM or 5 PM

### PLUNGE PROGRAM REGISTRATION DATES

SESSION	RESIDENT REGISTRATION	NON - RESIDENT REGISTRATION
1	September 4 at 7 AM	September 6 at 7 AM
2	September 25 at 7 AM	September 27 at 7 AM
3	October 16 at 7 AM	October 18 at 7 AM

### **ADULT EXERCISE, AQUAFIT, LAP & FAMILY SWIM**

Takes place weekly for the next week's swims on: Mondays at 7 AM for Culver City residents Wednesdays at 7 AM for non - Culver City residents.









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### JUNIOR GUARDS

### Resident: \$37.50

### Non-resident: \$45

This 3 week course is designed to give Red Cross Swimmers Level 5 or higher a sneak peek 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.

### Instructor: Plunge Staff

Location: Culver City Municipal Plunge

Session	Dates	Days	Times Offered	
1	9/11 - 9/28	M-TH	5:30 PM - 7 PM	
2	10/09 - 10/26	M-TH	5:30 PM - 7 PM	
3	11/06 - 11/22*	M-TH	5:30 PM - 7 PM	
No class 11/23-11/24. Session will be prorated.				

### LEVEL 6 FITNESS SWIMMER

### Resident: \$65

Non-resident: \$77.50

This program is a 3 week program. Students will build their endurance, learn the basics of diving, Water Polo, and personal water safety.

Instructor: Plunge Staff

Location: Culver City Municipal Plunge

Session	Dates	Days	Times Offered				
1	9/11 - 9/28	M-F	4 PM - 4:50 PM				
2	10/09 - 10/26	M-F	4 PM - 4:50 PM				
3	11/06 - 11/22*	M-F	4 PM - 4:50 PM				
No class 11/23 11/24 Session will be provated							

No class 11/23-11/24. Session will be prorated.

### YOUTH WATER POLO BEGINING AND INTERMEDIATE

### Resident: \$65

Non-resident: \$77.50

This 3 week couse is an introduction to water polo, designed to bridge the gap between learn-to-swim and the sport of water polo for children. The intent is to provide basic skills and understanding of the sport in a recreational format. Swim evaluation will take place the first day of class to ensure all participants are at eh appropriate skill level.

### Instructor: Plunge Staff

Location: Culver City Municipal Plunge

Session	Dates	Days	Times
1	9/11 - 9/28	M-F	3 PM - 3:50 PM
2	10/09 - 10/26	M-F	3 PM - 3:50 PM
3	11/06 - 11/22*	M-F	3 PM - 3:50 PM

No class 11/23-11/24. Session will be prorated.



# Aquatics Classes ° (

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 <u>www.culvercity.org/swim-levels</u> 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 who 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 who have not had lessons before or are uncomfortable in/fearful of the water. For participants 13 and up who know how to swim 25 yards front crawl, back crawl, and have a basic understanding of breaststroke.



# **Senior Center**

### SENIOR CENTER PROGRAMMING

The Culver City Senior Center in partnership with the Culver City Senior Citizens Association, Inc. (CCSCA) 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 about classes, events, and activities you may pick up a copy of the Senior Center Newsletter for free in-person at the center or view it online at www.culvercity.org/seniorcenternewsletter.

### Location:

Culver City Senior Center 4095 Overland Ave, Culver City, CA 90232

### Hours of Operation:

Monday through Friday	9 AM - 5 PM
Weekends & Holidays	
Business Desk: Weekdays	
Business Desk: Weekends	

**Membership:** Membership in the Culver City Senior Citizens Association Inc. (CCSCA), a 501(c)(3) organization, is required to participate in all CCSCA activities at the center and is open to individuals 50 years of age and over. CCSCA Membership is based on the calendar year as follows:

- \$20 Annual 2023 membership
- \$5 Annual membership for seniors 90 and older (or if you turn 90 in 2023)
- \$5 Parking pass
- \$25 Newsletter mailing (optional)
- \$75 Fitness Room fee for six months from July December 2023 or January - June 2024
- \$125 Fitness Room Fee for the 2024 calendar year January -December 2024

For information please call: (310) 253-6700 Email: info.seniorcenter@culvercity.org





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# **CCSCA Classes and Activities at the Senior Center**

As members of the CCSCA at the Senior Center, participants 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 AND BOARD GAMES

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

### DANCE

Dancercise\* Line Dancing\* Hula Dance MindBodyDance\* International Folk Dance Dance Fit with John



### DISCUSSION

Current Events\* The Cunning Consumer Trivia with Michael Adventures with Doug Underwater World with Craig Ask the Physical Therapist

### FITNESS

Zumba Gold\* 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\* Mat Pilates\*







# **CCSCA Classes and Activities at the Senior Center**

As members of the CCSCA at the Senior Center, participants 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 <u>www.culvercity.org/senior-programs</u> for our weekly class schedule in our monthly newsletter!

### FACILITY SPACES AND ACTIVITIES

Open Computer Lab Tuesday & Sunday Movie Showings Blood Pressure Checks AARP Driver Safety Course

### LANGUAGE CLASSES

German (meets 1 st Monday of the month) Beginning Spanish Beginning Sign Language Intermediate Sign Language Spanish (meets last Thursday of the month) French (meets 3rd Thursday of the month) German Conversation Yiddish Conversation

### LITERATURE

Reading Short Stories Book Club

### MUSIC

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

### **SOCIAL GROUPS**

Merry Makers Club (meets 1 st Monday of the month) Platicando Sabroso Veterans Social Group (meets 1 st Tuesday of the month) Latin American Group Remembranzas Yiddish Social Group Mandarin Conversations Group Spanish Conversations Group

### SUPPORT GROUPS

Special Services for Groups Support Group Loss Support Group

### THEATRE

Improv on the Patio (meets 4th Tuesday of the month) Actors Craft Workshops

### WELLNESS

Heartfulness Meditation Mindfulness Meditation on the Patio

### **VIRTUAL ACTIVITIES**

Cal Fresh Classes Bob Levy, The Music Man



# **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 Recreation & Community Services Coordinator: Mike Odunze at (310) 253-6716 or email mike.odunze@culvercity.org

### SOCIAL WORK SERVICES FOR SENIORS

The Senior Center has a partnership with Special Services for Groups (SSG), which 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.

### Website: <u>www.ssg.org</u>

Address: 905 E. 8th Street, Los Angeles CA 90021

### 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 partners 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: <u>www.jfsla.org</u>

Address: 330 N. Fairfax Avenue Los Angeles, CA 90036

## Join us for Socialites Dinners and Dances for the Developmentally Disabled events!

To volunteer or for program information, please contact Mike Odunze by email at mike.odunze@culvercity.org

# **Rental Information - Parks and Park Buildings**



### PICNIC AND PARK BUILDING RENTALS

Picnic areas and park building rental requests are available online at <u>www.culvercity.org/permits-rentals</u> 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.

Picnic Rental Process

**RENTAL INFORMATION- PARKS AND PARK BUILDINGS** 

Step 1: Visit www.culvercity.org/permits-rentals or stop by the Recreation Office at

4117 Overland Ave, Culver City, CA 90230. 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 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 certificate is received. Insurance must be received no later than 5 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



- 8/25 8/27 9/4
- 11/23 and 11/24
- 12/25
- 1/1/24
- 1/15/24



# **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 <u>bookVMC@culvercity.org</u> 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**

Veterans Memo- rial Building	NonProfit Resident/ Goverment	Non Profit Non-Resident	Private Party Resident	Private Party Non-Resident	Commercial Resident	Commercial Non-Resident	Damage Deposit	Food Fee
Auditorium	\$172	\$238	\$245	\$274	\$308	\$342	\$520	\$104
Room "A"	\$8	\$12	\$14	\$15	\$20	\$23	\$52	\$10
Room "B"	\$8	\$12	\$14	\$15	\$20	\$23	\$52	\$10
Room "C"	\$8	\$12	\$14	\$15	\$20	\$23	\$52	\$10
Rotunda	\$34	\$50	\$79	\$87	\$ 113	\$127	\$312	\$26
Garden	\$24	\$34	\$64	\$71	\$110	\$ 111	\$312	\$26
Kaizuka	\$10	\$16	\$31	\$34	\$47	\$52	\$104	\$15
Uraupan	\$10	\$16	\$31	\$34	\$47	\$52	\$104	\$15
lkan	\$11	\$17	\$24	\$27	\$31	\$34	\$52	\$16
Multi-purpose	\$26	\$36	\$54	\$60	\$68	\$75	\$312	\$26
Classroom "2"	\$9	\$14	\$17	\$20	\$23	\$25	\$52	\$15
Classroom "3"	\$11	\$17	\$24	\$27	\$31	\$34	\$52	\$15
Teen Center	NonProfit Resident/	Non Profit	Private Party	Private Party	Commercial Resident	Commercial	Damage	Food

leen Center	NonProfit Resident/ Goverment	Non Profit Non-Resident	Private Party Resident	Private Party Non-Resident	Commercial Resident	Commercial Non-Resident	Damage Deposit	Food Fee
Teen Center	\$56	\$80	\$97	\$107	\$121	\$134	\$416	\$104
Classroom "1"	\$10	\$15	\$24	\$26	\$41	\$45	\$52	\$15

CulverCity Senior Center	Non Profit Resi- dent/Goverment	Non Profit Non-Resident	Private Party Resident	Private Party Non-Resident	Commercial Resident	Commercial Non-Resident	Damage Deposit	Food Fee
Dining Room	\$81	\$89	\$113	\$126	\$134	\$149	\$104	\$26
B45	\$64	\$71	\$85	\$95	\$107	\$119	\$104	\$15
B47	\$64	\$71	\$85	\$95	\$107	\$119	\$104	\$15
C71	\$17	\$18	\$22	\$24	\$27	\$30	\$52	\$15
C73	\$18	\$23	\$29	\$32	\$57	\$63	\$52	\$15
C75	\$18	\$23	\$29	\$32	\$57	\$63	\$52	\$15
C77	\$17	\$18	\$22	\$24	\$27	\$30	\$52	\$15
Crafts Room	\$10	\$15	\$24	\$26	\$41	\$45	\$52	\$15

# VETERANS MEMORIAL COMPLEX RENTALS

# WE HAVE THE PERFECT PLACE TO CELEBRATE YOUR NEXT SPECIAL OCCASION!

Let us help you plan your parties and milestone family events, community meetings, recitals and rehearsals, screenings, and private classes. Facility rentals are available seven days a week and, as always, event parking is free.





### If's time to book your event!

Contact the Rental Office at (310) 253-6625 or empilius at vmdbooking Boulvercity.org for an appairment to four Veterans Memorial Building, the Culver City Senior Center, and the Culver City Teen Center to find the room you need.

# **Non-Profit Youth Group Directory**



### COMMUNITY NON PROFIT YOUTH GROUP DIRECTORY

AYSO Region 19	<u>www.ayso19.com</u>
Brazil Stars Soccer Club	
California Youth Sports Federation	<u>www.open990.org</u>
Culver City Football Club	<u>www.culvercityfootballclub.com</u>
Culver City Little League	<u>www.culvercitylittleleague.org</u>
Culver City Swim Team Booster - Youth USA Swim Team	<u>www.blastswimming.org</u>
Didi Hirsch Mental Health Services	<u>www.teenline.org</u>
Edge Americas Sports	<u>www.edgeamericassports.com</u>
One with the Water - Youth Adaptive Swim Lessons	
Royal Swim Team- Youth USA Swim Team	<u>www.royalswimteam.com</u>
SCAQ Kids-Youth Lessons and Novice Swim Team	<u>www.swim.net</u>
United States Youth Volleyball League	
USA Dance	www.usadance.org



# **Park Locations and Hours of Operation**



- Bill Botts Fields
- Fulcrum Ropes Course
- \* Veterans Memorial Park Includes:
  - Municipal Plunge
  - Senior Center
  - Teen Center
  - Veterans Memorial Building

