



Department of Parks and Recreation

Fall 2016

The mission of the Department of Parks and Recreation is to promote a healthier life-style and enhance the quality of life of Huntington Park residents by creating affordable, accessible and equitable recreational opportunities through innovative programming and services.



TINY TOTS

The City of Huntington Park's Tiny Tot program is geared for preschool aged children and is designed to build self-esteem, develop socialization skills, develop a sense of independence, assist children in learning how to play and share with others, assist children in learning how to express through arts & craft, music and dance activities, develop a basic understanding of shapes, colors, numbers and the alphabet, expand their vocabulary and listening skills, and foster a positive attitude towards school. A

Fee: \$85 **Age:** 3-4 **Days:** Tue & Thu **Time:** 10:45am-12:45pm **Session Dates:** 9/13/16 to 12/9/16

SENIOR PROGRAM

Calling out all Seniors! Join and participate in the senior program on Mondays, Wednesdays and Fridays. The program is located at the Huntington Park Community Center 9am - 2pm. Seniors dance, play bingo, knit, go on excursion trips and partake in recreational activities.



HALLOWEEN

Residents and visitors are invited to attend this year's Haunt'ington Park Halloween Festival on Monday, October 31, 2016 5-9pm. The special event will showcase the Huntington Park's Haunted Courthouse maze, prizes will given out costume contest winners and a free movie at the park. Families can enjoy games and other fun activities throughout the event.

VETERANS DAY

The City of Huntington Park will be hosting its annual Veteran's Day Ceremony on Thursday, November 10, 2016 at 4:00 p.m. The event will take place at the Huntington Park Community Center located at 6923 Salt Lake Avenue. City officials will be partake in the special event ceremony and honor U.S. Veterans. Free refreshments will be provided by City of Huntington Park. For more information, please contact the Parks and Recreation Center at 323-584-6218 or visit www.hpca.gov.



NEW HOURS OF OPERATION

Location:	Day:	Hours:
Salt Lake Park Recreation Office (323) 584-6218	Monday - Thursday Saturday Friday and Sunday	8am - 7pm 8am - 2pm Closed
Perez Park Recreation Office (323) 584-6363	Monday - Thursday Friday - Sunday	11am - 7pm Closed
Freedom Park (323) 584-6207	Monday - Saturday Sunday	1pm - 5pm Closed
Huntington Park Comm. Ctr. (323) 584-6218	Monday, Wednesday and Friday Saturday and Sunday	9am - 4pm Closed
Chesley Park (6531 E. Albany St.)	Monday - Sunday	Sunrise- Dusk

DEPARTMENT OF PARKS AND RECREATION

3401 E. Florence Ave. | Tel. (323) 584-6218

PARK LOCATIONS

Chesley Park	Robert Keller Park	Freedom Park	Salt Lake Park	Senior Citizen Park	Raul Perez Memorial Park
Zoe Ave & Albany St	6550 Miles Ave	3801 E 61st St	3401 E Florence Ave	6923 Salt Lake Ave	6208 Alameda St



RECREATION CLASSES

FITNESS & WELLNESS

Aerobic Body Toning

Aerobic Body Toning offers a well-balanced and complete workout that will help you improve your cardiovascular fitness coordination and burn calories by learning a choreographed routine to the latest music. **Yoga mat and hand weights are optional.**

Fee: \$28 **Instructor:** Estela Ramirez

Location: Salt Lake Park Social Hall (3401 E. Florence Ave.)

10/10/16 to 11/3/16 Mon - Thurs 8:30am - 9:30am 16 classes Ages: 12+
11/14/16 to 12/12/16 Mon - Thurs 8:30am - 9:30am 16 classes Ages: 12+

Cardio Kickboxing

Burn fat, firm muscles, and relieve stress with a total body workout. The movements learned in this class will help: work upper body by jabbing, lean/tone legs by kicking and firm your abdominal muscles with knee strikes.

Fee: \$35 **Instructor:** Norma Urena

Location: Salt Lake Park Mat Room (3401 E. Florence Ave.)

10/11/16 to 11/3/16 Tue - Thurs 6:30pm - 7:30pm 12 classes Ages: 12+
11/15/16 to 12/13/16 Tue - Thurs 6:30pm - 7:30pm 12 classes Ages: 12+

TODDLER CLASSES

Pee Wee Sports

Your young child will learn the basic fundamentals of popular sports such as t-ball, soccer, basketball, and more! They will play games while learning to dribble, pass, catch and kick. Participants will engage in different sports each week.

Fee: \$30 **Instructor:** Carla Torres

Location: Salt Lake Park Gym (3401 E. Florence Ave.)

10/11/16 to 11/3/16 Tue & Thu 9:30-10:30am 8 classes Ages: 3-5
11/15/16 to 12/13/16 Tue & Thu 9:30-10:30am 8 classes Ages: 3-5

Start Right!

In this 10 week program, students will have the opportunity to practice the essential skills needed to begin the school year successfully. Participants will engage in learning different academic concepts and have the chance to interact with old friends and meet new ones as well.

Fee: \$115 **Instructor:** Carla Torres

Location: Salt Lake Park Club Room #3 (3401 E. Florence Ave.)

9/12/16 to 11/16/16 Mon & Wed 8:30-10:30 am 20 classes Ages: 3-5

Creative Little Hands

Fun four-week program gives children the opportunity to develop their creativity through different arts and craft activities.

Fee: \$30 **Instructor:** Carla Torres

Location: Salt Lake Park Club Room #3 (3401 E. Florence Ave.)

10/14/16 to 11/4/16 Fri 9:30-11:00 am 4 classes Ages: 3-5
11/18/16 to 12/16/16 Fri 9:30-11:00 am 4 classes Ages: 3-5

SPECIAL INTEREST

Karate

Looking for a class where you or your child can learn self-defense and get a good workout? If so, karate is for you. Learn how to defend yourself while enjoying an excellent workout. **\$35 mandatory uniform fee**

Fee: \$40 **Instructor:** Adolfo Pacheco

Location: Salt Lake Park Social Hall (3401 E. Florence Ave.)

10/10/16 to 11/7/16 Mon & Wed 6:00pm - 7:00pm 8 classes Ages: 7+
11/14/16 to 12/7/16 Mon & Wed 6:00pm - 7:00pm 8 classes Ages: 7+

Comic Book Creation

Learn the skills you need to draw your favorite superhero in action! This fun four week course teaches students the fundamentals of comic book creation.

Fee: \$40 **Instructor:** Art Changing Lives

Location: Salt Lake Park Club Room 2 (3401 E. Florence Ave.)

10/14/16 to 11/4/16 Fri 4:30pm - 6:00pm 4 classes Ages: 5+

Drawing for Kids!

Explore the fundamentals of drawing through observational skills and principles. Students will become familiar with several drawing techniques in This course is designed for students of all levels who wish to enhance their ability to draw.

Fee: \$40 **Instructor:** Art Changing Lives

Location: Salt Lake Park Club Room 2 (3401 E. Florence Ave.)

10/14/16 to 11/4/16 Fri 3:00pm - 4:30pm 4 classes Ages: 5+

Become an Actor/Actress

Don't miss out on this energetic, exciting class that teaches the basics of acting. Participants will have the chance to learn how to act through "real life" experiences. They will also learn how to build character and how to portray different emotions. Who knows, maybe you can land the next big movie role!

Fee: \$55 **Instructor:** Hernan Davila

Location: Salt Lake Park Lounge (3401 E. Florence Ave.)

10/25/16 to 11/29/16 Tuesday 6:30pm-7:30pm 6 classes Ages: 4+

Let's Sing!

Discover and improve your singing voice in this group vocal class. You will learn the basics of vocalization through games, karaoke and other fun techniques. This class will work with you to gain control of your voice and build confidence in your singing abilities. Bring a water bottle to each class. Music will be provided.

Fee: \$55 **Instructor:** Hernan Davila

Location: Salt Lake Park Lounge (3401 E. Florence Ave.)

10/25/16 to 11/29/16 Tuesday 4:30pm - 6:30pm 6 classes Ages: 4+

Sewing & Auto Upholstery 101

Save money and dress in style by sewing your own clothes. Students will learn how to select patterns, fabrics, pattern layout, and construction. You can also learn auto upholstery, learn basic sewing, diamond tufting and how to sew pleats.... And much more! **\$20 mandatory materials fee**

Fee: \$60 **Instructor:** Cintia Valencia

Location: Salt Lake Park Lounge (3401 E. Florence Ave.)

10/29/16 to 12/10/16 Saturday 9:00am - 12:00pm 6 classes Ages: 12+

How to Register...

1. Fill out the Activity or League Registration Form. The form is available online at www.hpca.gov or at the Salt Lake Park Recreation Center (3401 E. Florence Ave.).
 2. Take the completed Activity/League Registration Form and payment to the Salt Lake Park Recreation Center.
- NOTE: Fees are payable by Check, Money Order, Visa, or MasterCard only
"City of Huntington Park".

RECREATION CLASSES

Ice Skating

Paramount Iceland's enthusiastic and dedicated coaching staff encourages skaters of all ages and all levels to have fun while learning the fundamentals of skating, gliding, turning, stopping....and a trick or two!
Skate rental is included in class fee. Must wear helmet.

Fee: \$50

Instructor: Iceland Staff

Location: Paramount Iceland (8041 Jackson St., Paramount, CA 90723)

Tuesday Classes

10/11/16 to 11/01/16 Tuesday 6:15pm - 6:45pm 4 classes Ages: 3-18

11/15/16 to 12/6/16 Tuesday 6:15pm - 6:45pm 4 classes Ages: 3-18

Friday Classes

10/14/16 to 11/4/16 Friday 6:15pm - 6:45pm 4 classes Ages: 3 - 18

11/18/16 to 12/16/16 Friday 6:15pm - 6:45pm 4 classes Ages: 3 - 18

Saturday Classes

10/15/16 to 11/5/16 Saturday 11:45am - 12:15pm 4 classes Ages: 3 - 18

11/19/16 to 12/10/16 Saturday 11:45am - 12:15pm 4 classes Ages: 3 - 18

Community First Aid & CPR

Course is for anyone with limited or no medical training who wants to learn basic first aid to help their family or co-worker. If participant requires a course completion card to meet job, regulatory or other requirements, participant may discuss with instructor prior to the class starting. (No refunds for this class 48 hours prior to the first day of class)

Fee: \$75 **Instructor:** Gerald Chavarria

Location: Salt Lake Park Club Room #2 (3401 E. Florence Ave.)

Spanish Classes

10/22/16 Saturday 10:00 am - 2:00 pm 1 class Ages: 13+

11/19/16 Saturday 10:00 am - 2:00 pm 1 class Ages: 13+

English Classes

10/8/16 Saturday 10:00 am - 2:00 pm 1 class Ages: 13+

11/5/16 Saturday 10:00 am - 2:00 pm 1 class Ages: 13+

Life Mastery: Making it Happen with Ganas!

Join us in this personal development program to success! This program will empower you to use your gifts and talents to advance your goals and happiness. We all want to be happy, let us share the tools to make it happen.

Fee: \$50 **Instructor:** Juliano Jarquin

Location: Salt Lake Park Club Room #2 (3401 E. Florence Ave.)

10/25/16 to 11/29/16 Tuesday 6:00pm - 7:30pm 6 classes Ages: 15+

Nippon Kempo (Self Defense)

Nippon Kenpo uses self-defense techniques in sticking, kicking, throwing, reverse-holds, and ground combat. We are very similar to MMA/UFC martial arts (body armor is used during training and competition tournaments). Leadership, anti-Bullying, health & wellness, and nutrition education classes are included in the curriculum. \$40 mandatory uniform fee

Fee: \$40 **Instructor:** Manuel Prieto

Location: Perez Park Banquet Hall (6208 Alameda St.)

10/11/16 to 11/3/16 Tue &Thurs 6:00pm - 7:00pm 8 classes Ages: 5+

10/11/16 to 11/3/16 Tue &Thurs 7:00pm - 8:00pm 8 classes Ages: 5+

11/15/16 to 12/13/16 Tue &Thurs 6:00pm - 7:00pm 8 classes Ages: 5+

11/15/16 to 12/16/16 Tue &Thurs 7:00pm - 8:00pm 8 classes Ages: 5+

MUSIC CLASSES

Guitar (Acoustic)

Don't sit back and watch others play guitar. Bring your guitar and learn: how to read music, different cords and how to play simple songs in a welcoming group setting.
\$15 MANDATORY material fee for guitar book. Students must provide their own guitar.

Fee: \$40

Instructor: Adolfo Pacheco

Location: Salt Lake Park Lounge (3401 E. Florence Ave.)

9/8/16 to 9/29/16 Thursday 6:30pm - 7:30pm 4 classes Ages: 8+

10/6/16 to 10/27/16 Thursday 6:30pm - 7:30pm 4 classes Ages: 8+

11/3/16 to 12/1/16 Thursday 6:30pm - 7:30pm 4 classes Ages: 8+

DANCE

Ballet

Creative movement class will introduce the basics of ballet techniques and terminology. Class includes learning body alignment, posture and flexibility.

Mandatory items include:

Ages 3-6 must wear pink tights, pink leotard, pink leather shoes and hair in a bun

Ages 7+ must wear pink tights, black leotard, pink leather ballet flats and hair in a bun

Fee: \$40 **Instructors:** Lucia Castillo (Fri), Dulce Chavez (Sat)

Location: Salt Lake Park Club Room #4 (3401 E. Florence Ave.)

Friday Classes

Pre Ballet 9/9/16 to 10/14/16 4:15pm - 5:00pm 6 classes Ages: 3 - 4

Pre Ballet 10/28/16 to 12/16/16 4:15pm - 5:00pm 6 classes Ages: 3 - 4

Kinder Ballet 9/9/16 to 10/14/16 5:00pm - 5:45pm 6 classes Ages: 5 - 6

Kinder Ballet 10/28/16 to 12/16/16 5:00pm - 5:45pm 6 classes Ages: 5 - 6

Beg Ballet 9/9/16 to 10/14/16 6:00pm - 6:45pm 6 classes Ages: 7 - 12

Beg Ballet 10/28/16 to 12/16/16 6:00pm - 6:45pm 6 classes Ages: 7 - 12

Saturday Classes

Pre Ballet 9/24/16 to 10/29/16 12:00pm - 12:45pm 6 classes Ages: 3.5 - 4

Pre Ballet 11/5/16 to 12/10/16 12:00pm - 12:45pm 6 classes Ages: 3.5 - 4

Kinder Ballet 9/24/16 to 10/29/16 11:00am - 11:45am 6 classes Ages: 5 - 6

Kinder Ballet 11/5/16 to 12/10/16 11:00am - 11:45am 6 classes Ages: 5 - 6

Beg Ballet 9/24/16 to 10/29/16 10:00am - 10:45am 6 classes Ages: 7 - 11

Beg Ballet 11/5/16 to 12/10/16 10:00am - 10:45am 6 classes Ages: 7 - 11

Int Ballet 9/24/16 to 10/29/16 9:00am - 10:00am 6 classes Ages: 9+

Int Ballet 11/5/16 to 12/10/16 9:00am - 10:00am 6 classes Ages: 9+



RECREATION CLASSES

Folklorico

Join the fun in Folklorico dance. Learn about Mexican culture through fun and enjoyable Folklorico dances that represent the different regions of Mexico. No previous experience necessary.

Mandatory items include: Shoes (\$45-child) (\$60 adult), Skirt (\$35), Head Piece (\$10), Black Leotard (\$12-\$20)

Fee: \$35 **Instructor:** Aaron Cruz

Location: Salt Lake Park Club Room #4 (3401 E. Florence Ave.)

Monday Classes

Folklorico Beg.	9/12/16 to 10/17/16	4:30pm - 5:30pm	6 classes	Ages: 4 - 7
Folklorico Beg.	10/24/16 to 12/5/16	4:30pm - 5:30pm	6 classes	Ages: 4 - 7
Folklorico Int.	9/12/16 to 10/17/16	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	10/24/16 to 12/5/16	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Adv.	9/12/16 to 10/17/16	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	10/24/16 to 12/5/16	6:30pm - 7:30pm	6 classes	Ages: 14 - 18

Tuesday Classes

Folklorico Int.	9/13/16 to 10/18/16	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Int.	10/25/16 to 11/29/16	5:30pm - 6:30pm	6 classes	Ages: 8 - 13
Folklorico Adv.	9/13/16 to 10/18/16	6:30pm - 7:30pm	6 classes	Ages: 14 - 18
Folklorico Adv.	10/25/16 to 11/29/16	6:30pm - 7:30pm	6 classes	Ages: 14 - 18

FARMERS MARKET

Support Your Local Farmers' Market

Make a healthy choice, grab your market basket and visit the Huntington Park Farmers' Market at Salt Lake Park. The farmers market provides residents access to healthy organic options which complement the City's efforts to become a healthier Huntington Park. This weekly market is open every Wednesday (rain or shine) from 9:30 am to 1:30 pm. Products available at the market include:

-Bee Products	-Baked Goods	-Processed Nuts
-Fruit/Veggie Juices	-Beverages	-Processed Seeds
-Fruit Jellies	-Cakes	-Roasted Corn
-Fruit Juices	-Cookies	-Shaved Ice
-Fruits	-Crepes	-Sprouts
-Herbs	-Fruit Cups	-Vegetables
-Mushrooms	-Spreads	-Wheatgrass Juice
-Nuts	-Granola	-Salvadoran Foods
-Plants	-Kettle Corn	-Mexican Foods

THE SPOT AFTER SCHOOL PROGRAM

The After School Program provides a place for school-aged children to be with their friends, with structured activities, supportive adults, and good nutrition. Participants will engage in various activities including: homework assistance, arts & crafts, intramural sports, board games, healthy snacks, and much more!

Fee: FREE **Ages:** 6 - 12

Salt Lake Park	3401 E. Florence Ave.	2:00 - 6:00 pm	Mon - Fri
Robert H. Keller Park	6550 Miles Ave.	2:00 - 5:00 pm	Mon - Thurs
Freedom Park	3801 E. 61st St.	2:00 - 5:00 pm	Mon - Fri

SPORTS

YOUTH SPORTS LEAGUES

The City of Huntington Park's Youth Sports program is recreational in nature and provides a safe, enjoyable and rewarding opportunity for boys and girls ages 4-17 to engage in physical activity. Youth Sports teach life skills like the importance of teamwork, competing through adversity, responsibility, dedication and commitment. At the end of the day, youth sports is simply about having fun, learning how to compete gracefully, and making new friends.

Program	Ages	Fee	Registration
Girls' Softball	11-14	\$65*	8/1/16 to 8/27/16
Youth Basketball	7-17	\$65*	8/15/16 to 10/15/16
Little Dribblers	4-6	\$65*	12/5/16 to 2/25/17
Youth Baseball	4-11	\$65*	1/3/17 to 3/4/17
Girls' Basketball	7-17	\$65*	1/23/17 to 4/15/17

*Fee is \$65 per child before registration deadline for Huntington Park residents and \$70 per child non-resident. There is a \$10 late fee for all registrations after the deadline.

Registration Requirements

1. Complete the Activity Registration Form and pay the registration fee
2. Sign the Parent Code of Conduct
3. Provide a copy of the participants' birth certificate
4. Please note that there are no refunds after the second scheduled team practice

ADULT SPORTS LEAGUES

The City of Huntington Park's Adult Sports programs provide an opportunity for adults to take part in an organized and structured athletic program that facilitate its participants to achieve a sense of personal enjoyment, physical growth and improvement.

Program	League Night	Team Fee	Registration
Co-ed Softball	Wednesday	\$378	11/14/16 to 1/31/17
Men's Softball	Tuesday	\$378	11/14/16 to 1/31/17
Men's Basketball	Friday	\$412	11/14/16 to 1/13/17



DROP IN SPORTS PROGRAMS

Program	Day	Ages	Time	Fee	Location
Free Play Soccer*	Friday	16+	8 PM - 10 PM	FREE	Salt Lake Park Soccer Square
Free Play Soccer	Mon-Fri	All Ages	2 PM - 4 PM	FREE	Salt Lake Park De Leon Soccer Field
Drop-in Soccer	Wednesday	All Ages	4 PM - 10 PM	\$3	Salt Lake Park De Leon Soccer Field
Drop-in Volleyball	Tuesday	16+	9 PM - 11:30 PM	\$2	Salt Lake Park gym
Drop-in Basketball	Thursday	16+	9 PM - 11:30 PM	\$2	Salt Lake Park gym