*The Recreation & Community Services Department staff are available to provide information on our programs, activities and events. Monday-Friday 8:00am - 5:00pm*
*Phone: 626-307-1388 Email: recreation@montereypark.ca.gov*
*Web: www.montereypark.ca.gov/recreation*















# RECREATION CLASSES

*Register online, by phone or in-person.* www.montereypark.ca.gov/recreation (626) 307-1388 recreation@montereypark.ca.gov

## YOUTH CLASSES

**Chinese in the Park Weekend**
Various Mandarin classes for kids of all ages take place in the park and in an indoor classroom. Children learn Chinese through games, movement, and hands-on activities in an active and engaging environment. The class helps kids understand and speak Chinese with confidence while simple reading and writing are introduced. Small class sizes allow every child to participate and practice. Separate classes for kids 4 and under are available.

| | | | |
|---|---|---|---|
| **My Ms Panda** | | **Garvey Ranch Community Room** | |
| **Ages <4** | **8:45-9:15 am** | **Sun** | **$98** |
| **Ages 5+** | **9:30-11:00 am** | **Sun** | **$128** |

## HOLIDAY MINI CAMPS

**Brick Tech Camps**
All Brick Tech Summer Camps will explore STEM concepts using LEGO materials. Each camp has a unique theme with relevant projects. These camps will provide an opportunity for hands on learning and learning through play, as well as peer interaction. More information on each specific camp can be found at online registration.

**Brick Tech Location: Elder Park**

| | | | |
|---|---|---|---|
| **Sess 1:** | **Nov 23-25** | **M-W** | **$150** |
| **Sess 2:** | **Dec 21-23** | **M-W** | **$150** |

## RECREATION CASSES

**Community Sound Bath by PurePeace by Jay (Monthly)** Relax, recharge, and reconnect in this calming class combining guided meditation and sound healing to reduce stress, quiet the mind, and restore a sense of balance.

| | | | |
|---|---|---|---|
| **Janina Rincon-Radillo** | | | **Langley Center** |
| **Mon/Wed** | **7-8pm** | **$100** | |

**Laurinda's Line Dance**
A variety of music from Cha Cha,Rumba,Swing,Tango,Waltz and upbeat modern. Improves memory,coordination,and builds stamina. Requirement: Must be able to adapt to LOUD music and some line dance.

| | | | | |
|---|---|---|---|---|
| **Laurinda Truong** | | | | **Langley Center** |
| **18-99yrs** | **Oct 6 - Dec 22** | **Tu** | **6:30-9:30pm** | **$96** |

**Salsa Dance Class**
Get in shape while having fun moving to latin rhythm. We will start with a variety of footwork by partnering dance to Latin rhythm.

| | | | | |
|---|---|---|---|---|
| **Dorothy Tsu & Moses Navarro** | | | | **Langley Center** |
| **Oct 14 - Dec 13 (No Class 11/29)** | **Sun** | **11am -12:15pm** | **$128** | |

**Tai Chi (Monthly)**
Experience the healing power of Chi Gong with a master teacher who has studied Tai Chi and Chi Gong for over 50 years.Strengthen your body, calm your mind and uplift your spirit through the art of this exercise.

| | | | |
|---|---|---|---|
| **Peter Chen** | | **Sierra Vista Park Community Room** | |
| **Wed** | **9:00-10:00am** | **$32** | |

**Taiko Drumming**
Taiko drumming will increase your strength, flexibility, stamina and coordination in a fun and healthy way. This class does not require previous experience and will enhance your sense of rhythm and appreciation of music.

| | | | |
|---|---|---|---|
| **Michael Naishtut** | | **Sierra Vista Park Community Room** | |
| **Oct 6 - Nov 24** | **Tu** | **6:00-7:30pm** | **$160** |

**Yoga & Pilates**
This class features stretching exercises and yoga poses to help develop strength, flexibility, and body toning, with more focus on stretching the back/hip muscles. Katalina's professional dance teaching technique of flow Pilates will strengthen the entire body. Class exercises are taught for all levels of fitness – beginner or advanced.

| | | | | |
|---|---|---|---|---|
| **Katalina B** | | | **Sierra Vista Park Community Room** | |
| **18+ yrs** | **6 weeks: Nov & Dec** | **Mon** | **11:00am-12pm** | **$65** |










## SPORTS CLASSES

**Breakthrough Sports Basketball League**
Breakthrough Sports 3-on-3 league features a high-level clinic designed to improve mechanics, help develop basketball IQ and boost confidence ran by several of the league coaches. Our leagues are designed for players of ALL experience levels as we offer different skill divisions at each age level. Find out why Breakthrough Sports is changing the landscape of youth basketball!

**Evaluations: Dec 3**
**League Play: Dec 3 - Feb 7 (Break 12/24-1/7)**

| | Thu (Practice) | Sun (Games) | Elder Park Gym |
|---|---|---|---|
| **K-2nd** | **4:30-5:30pm** | **9-10am** | **$245** |
| **3rd-5th** | **5:30-6:30pm** | **10-11am** | **$245** |
| **6th-8th** | **6:30-7:30pm** | **11am-12pm** | **$245** |

**"MPK Minis" by Breakthrough Sports Little Hoopers**
Breakthrough Sports developed a learn to play basketball program with one goal in mind: instilling the basic fundamentals of basketball in a fun environment for kids 3-7years of age in Southern California.Our out-of-the-box approach to teaching basketball makes this class a must!

| | | | | |
|---|---|---|---|---|
| **Ages 3-7yo** | **Wed** | **4-5pm** | **$80-100** | **Barnes Park Gym** |

**Breakthrough Sports Basketball Training Academy**
Our weekly basketball training offers a different weekly curriculm designed to develop mechanics,improve basketball IQ and boost confidence in a fun environment.

| | | | | |
|---|---|---|---|---|
| **K-5th gr** | **5-6pm** | **Wed** | **$80 - 100** | **Barnes Park Gym** |
| **6th- 8th gr** | **6-7pm** | **Wed** | **$80 - 100** | **Barnes Park Gym** |

**Hitting Fundamentals for Beginning to Advanced Baseball/ Fast-Pitch Softball (30-Minute Private Instruction)**
Designed to teach boys/girls fundamentals of hitting. Students will get repetition by utilizing the latest tee drills, flip drills and front toss drills. Need your own bat and batting helmet. Contact instructor for times and days available.

| | | |
|---|---|---|
| **Jay Simper 626-664-4583** | | **La Loma Field** |
| **Private Lessons- 4 lessons total (8-18yrs)** | **$139** | |

**Johnny Allen Tennis Classes**
Johnny Allen Tennis Classes available for people of all ages. More information on each specific class can be found at online registration. For more information and rainy-day makeup policy, please visit www.johnnyallentennis.com or call 1-844-9TENNIS (1-844-983-6647)

**2026 Sessions:**
**Fall Session 3 - Oct 27 - Nov 12**
**Fall Session 4 - Nov 17 - Dec 10 (No Class 11/24 & 11/26)**

| | | | |
|---|---|---|---|
| **Johnny Allen Tennis – Tiny Aces Tennis Class (3-5 yrs)** | | | |
| **Highlands Park** | **Tue & Thu** | **4:15-5 pm** | **$108** |
| **Johnny Allen Tennis – Little Aces Tennis Class (6-8 yrs)** | | | |
| **Highlands Park** | **Tue & Thu** | **5-6 pm** | **$128** |
| **Johnny Allen Tennis – Junior Aces Tennis Class (9-12 yrs)** | | | |
| **Highlands Park** | **Tue & Thu** | **6-7 pm** | **$128** |
| **Johnny Allen Tennis – High School Aces Tennis Class (13-17 yrs)** | | | |
| **Highlands Park** | **Tue & Thu** | **7-8 pm** | **$128** |
| **Johnny Allen Tennis – Adult Cardio Tennis Class (18+ yrs)** | | | |
| **Highlands Park** | **Tue & Thu** | **8-9 pm** | **$128** |

**Soccer Shots Classes**
Soccer Shots is an engaging, non-competitive children's program with a focus on foundational soccer skills, fun, and character development. Our curriculum aligns with California Early Childhood Education standards and delivers a world-class approach designed by professional athletes, soccer coaches, and early childhood education experts. Over 2,000,000 children have begun the sport in the Soccer Shots Way. Material fee $20 for families who do not have a Soccer Shots jersey). More information on each specific class can be found at online registration.

| | | | |
|---|---|---|---|
| **Soccer Shots Mini (2-3yrs) - Monthly** | | | **George Elder Park** |
| **Thu** | **3:20-3:50pm** | **$89-109** | |
| **Thu** | **4:50-5:20pm** | **$89-109** | |
| **Soccer Shots Classic (3-5yrs) - Monthly** | | | **George Elder Park** |
| **Thu** | **4:00-4:40pm** | **$97-119** | |

**Youth Sports Leagues**

**Registration available at rec.montereypark.ca.gov**

# RECREATION CLASSES

## MARTIAL ART CLASSES

**Akikido for Teens & Adults: Self-Defense, Balance, Confidence**
Try Aikido, a Japanese martial art that teaches self-defense without relying on violent force. Training helps students improve balance, awareness, confidence and the ability to stay calm under stress. No experience necessary; designed for beginners. Take any or all of five classes per week with highly experienced instructors. Enroll for one month for $99 and receive a FREE uniform while supplies last.
**Location: Southland Aikido, 670 Monterey Pass Road, Suite 210, Monterey Park**

| | | | |
|---|---|---|---|
| **Basic Aikido** | **Tu & Thu** | **6:30-7:30pm** | **$99** |
| | **Sat & Sun** | **10-11 am** | |
| **Aiki Weapons** | **Sat** | **11:10-12:10pm** | |

**American Nippon Kenpo (Monthly)**
Nippon kenpo uses self-defense techniques in striking, kicking, throwing, reverse-holds, ground combat, grappling, and judo. Balance, coordination, stretching, strengthening, and cardiovascular fitness will equip each student to reach their goals in martial arts skills.
**Manuel Nunez** **George Elder Park Community Room**

| | | | |
|---|---|---|---|
| **4-7yrs** | **5:00-5:55pm** | **Tu** | **$34** |
| **8+yrs** | **6:00-6:55pm** | **Tu** | **$34** |

**BLee's Kung Fu & Tai Chi (Monthly)**
Kung Fu: Self-Defense awareness course and novice kung fu skills. Classes cover learning blocking, striking, kicking, evading, and footwork. Develop skills that are with you wherever you go. Understand street smarts, personal boundaries, avoiding grabs, and precision strikes.
Wu Tai Chi: Low impact exercise to improve balance, coordination, and reduce stress for adults. Tai Chi is known as "moving meditation" while staying relaxed doing slow movements with deep breathing. Expert instructor with over 40+ years of experience. Ages 16+.
**Location: 5423 Rosemead Blvd., San Gabriel CA 91776**
**2 Classes per week $109/Monthly**

| | | |
|---|---|---|
| **Tu & Thu** | **Kung Fu Self Defense** | **6:-7:15pm** |
| **Tu & Thu** | **Tai Chi Wellness** | **7:15-8:30pm** |

**Shotokan Karate Do (Monthly)**
Shotokan Karate-Do will help students develop mobility, balance, awareness, reflexes, timing, and discipline. Promotional rankings are available. Friday class is optional. Students must verify holiday make ups with instructor. Ages 6+ years.
**Richard Kageyama** **Langley Center**
**Mon/Wed/Fri 6:30pm - 7:45pm**
**$37/month - Adult $35/month - Child**

**Wing Chun Kung Fu - Resuming Jan 2027**
Introduction to Aumei Kung Fu including the official history of Wing Chun, Desui, Chi Kung, and their philosophy in fundamental training, and applications in all ranges, long, short, grappling, rejuvenation breathing exercise, and weapons.
**Tom Wong** **Garvey Ranch Park Community Room**

| | | | |
|---|---|---|---|
| **Sat** | **(Introductory)** | **9am - 10am** | **$89** |
| **Sat** | **(Intermediate)** | **10am - 11am** | **$89** |







## DAYCARE PROGRAMS







## ADULTS 50+ CLASSES

**Beginner Yoga**
Good for beginners who are new to yoga, this class emphasizes breathing, body awareness, steadiness, balance and patience, helping students increase flexibility and strength.
**Natalia La** **Langley Center**
**Oct 7 - Dec 30 Wed 3:30-4:30pm $90**

**Beginner Watercolor**
Learn beginner art techniques while creating a variety of fun and creative artwork. Students will explore different styles and materials in a supportive environment. Supplies included. Ages 50+
**Steven Acevedo** **Langley Center**
**Tue 9-10am $65/month**

**Community Sound Bath by PurePeace by Jay (Monthly)**
Relax, recharge, and reconnect in this calming class combining guided meditation and sound healing to reduce stress, quiet the mind, and restore a sense of balance.
**Janina Rincon-Radillo** **Langley Center**
**Senior 50+yo Sun 1-2pm $80/month**

**Friendship Chorus**
Sing in a Chinese Choir group with experienced instructors for over 30 years.
**Jia Fang Su** **Langley Center**
**Oct 7 - Dec 30 Wed 10am-12pm $75**

**International Folk Dance**
Explore folk dances from different countries around the world. Have fun learning about new cultures and while engaging in a rhythm activity for all.
**Cindy Fang** **Langley Center**
**OCt 2 - Dec 18 Fri 9am - 12:30pm $30**

**May's Tai Chi Class**
Learn and train in the fundamental skills of Tai Chi to improve coordination, strength, flexibility, and mental agility. Basic foundation in Tai Chi Chuan is helpful, but all levels are welcome. We will work on a variety of practices, such as Yang and Chen styles Tai Chi Chuan, Tai Chi Fan, and Health Qigong.
**Sing May Chen** **Langley Center**
**Intermediate- Chen Tai-Chi & Chi Sword**
**Oct 3 - Dec 19 Sat 9-10 am $150**
**Beginner – Yang Tai Chi & Health Qigong**
**OCt 3 - Dec 19 Sat 10-11 am $150**

**Taiko Drumming**
Taiko drumming will increase your strength, flexibility, stamina, and coordination in a fun and healthy way. This class does not require previous experience and will enhance your sense of rhythm and appreciation of music.
**Michael Naishtut** **Langley Center**
**Oct 6 - Nov 24 Tue $120**
**Genki Taiko 1 (Moderate) 9am-10am**
**Genki Taiko 2 (Int & Adv) 10am-11am**
**Beginner 11am-12pm**

Parks Make Life Better!

# LANGLEY CENTER - ADULTS 50+ PROGRAMS

**All activities and services for Adults 50 years and older unless otherwise noted.**
**Langley Center 400 West Emerson Avenue, Monterey Park CA 91754 Main 626-307-1395 * Dial-A-Ride 626-307-1396 * Lunch Hotline 626-307-1395**
**CENTER HOURS: Monday, Wednesday & Friday 8:00am - 5:00pm and Tuesday & Thursday 8:00am - 8:00pm Saturday & Sunday 8:00am - 2:00pm**

## NOVEMBER DATES TO REMEMBER

Mon-Fri - Senior Lunch Dine-In Program, starts at 11:00am
*Sponsored by YWCA Intervale - must be registered.First come,first served.

**Nov 11** - Langley Center Closed, Veteran's Day Holiday
**Nov 12** - Movie Day, Fatherhood (2021), 1:00pm, Free
**Nov 17** - Commission on Aging Meeting, 11:00am
**Nov 23** - Monthly Treat Day - Pie & Coffee Day, 1pm, Free
**Nov 24** - Thanksgiving Luncheon, 11:00am, Free (Registration req)
**Nov 26 & 27** - Langley Center Closed, Thanksgiving Holiday










## UPCOMING HOLIDAY LUNCHEONS

**Join us to celebrate the holidays with a special luncheon in partnership with the YWCA Intervale - San Gabriel Valley. Registration is required with limited quanities. Suggested Donation $3. Dine-in only.**

**Thanksgiving Luncheon, Nov 24th 11am - 12:30pm**

**Christmas Luncheon, Dec 17th 11am -12:30pm**

## SENIOR LUNCH 60YR+

**Langley Center Congregate In-Person Dining**
**Monday - Friday 11:00am - 12:30pm**

Join us for a hot lunch meal Monday - Friday at11am (except holidays or special events) in our Main Dining Room. Lunches are reserved on a ***first-come, first-served basis.*** The drop-in dine-in meals are open to any adult over 60+years and older. Our daily congregate in-kind lunch meals are provided by the YWCA - San Gabriel Valley Intervale Senior Services. Any questions, please call Langley Center 626-307-1396 or YWCA San Gabriel Valley Intervale at 626-214-9456.

- Dine-in only. Reservations begin at 8:00am. Must have ticket with lunch served at 11:30am.
- Lunches are reserved on a first-come,first-served basis.
- Must be 60+ years or individual wi th permanent or temporary disability.
- Complete YWCA Intervale lunch intake application form.
- Suggested Donation $3.00

## TRANSPORTATION SERVICES

**Dial-A-Ride** is a FREE SHARED transportation service for Monterey Park Senior Residents ages 55 years or older and/or have a signed form from a physician attesting to a disability. The service provides transportation within city limits, and to medical appointments in adjacent communities within five miles.

- Residents 55+ years or individual with permanent or temporary disability must complete an application and provide proof of residency (state issued ID card or utility bill).
- One-time $5 ID Card registration fee.

MPK Transit Express By Via



**MPK Transit Express -** Commute, run errands and more with MPK Transit Express. Call **626-307-1395** Monday-Friday 8:00am-4:00pm to schedule your ride on download the app. All rides are free from 8:00am-4:00pm. Before and after hours are $1.00 per trip via Via Transit.

## FREE DROP-IN DAILY ACTIVITIES & PROGRAMS

**CLASSES & ACTIVITIES ARE FREE & SUBJECT TO CHANGE.**
**CALL LANGLEY CENTER FOR MORE INFO.**

**Angkor Dance Sun 12:30 - 2:00pm**
**Basic Ballroom Dance Wed 12:30 - 4:30pm**

**Billiards, Ping Pong & Fitness Room**
**M-W-F 8:00am - 5:00pm Tu-Th 8:00am-8:00pm**

**Bridge Play Tu 12:00pm-4:00pm & Th 11:00am-4:00pm**
**Bunka Japanese Embrodiery Sat 9:00am-11:00am**

**Chess Club M 8-10:30am**
**Crochet & Knitting Tu 9:00am-11:00am**

**Drawing 101 Fri 8am-10am (registration req)**
**Happy Tuesday Karaoke Tu 12:30-5:00pm**

**Jennie's Line Dance M-Th-F 9:00am-10:00am**
**Jewelry Making Support 1st&3rd W 1:30pm-3:00pm**

**Joyful Karaoke Th 11:00am-3:00pm**
**Karaoke & Dancing M 12:00pm-4:30pm**

**Kimekomi Doll Making 2nd & 4th W 12:00pm-2:30pm**
**Line Dance Tu ,Th & Fri 9:00am-10:00am**

**Lovely Karaoke 1st & 2nd Sun 9:00am - 1:00pm**
**Mah Jong M-W-F 11:00am-4:30pm**

**Mah Jong 1st & 3rd Sun 8am-1:30pm**
**Tai-Chi Mon 9:00am-10:00am**
**Qi-Gong W 9-9:45am**

**World Cultural Dance Sat 10:00am-12:00pm**
**Yuen Chi Dance M-Tu-W-Th-Sat 8:00am-10:00am**