

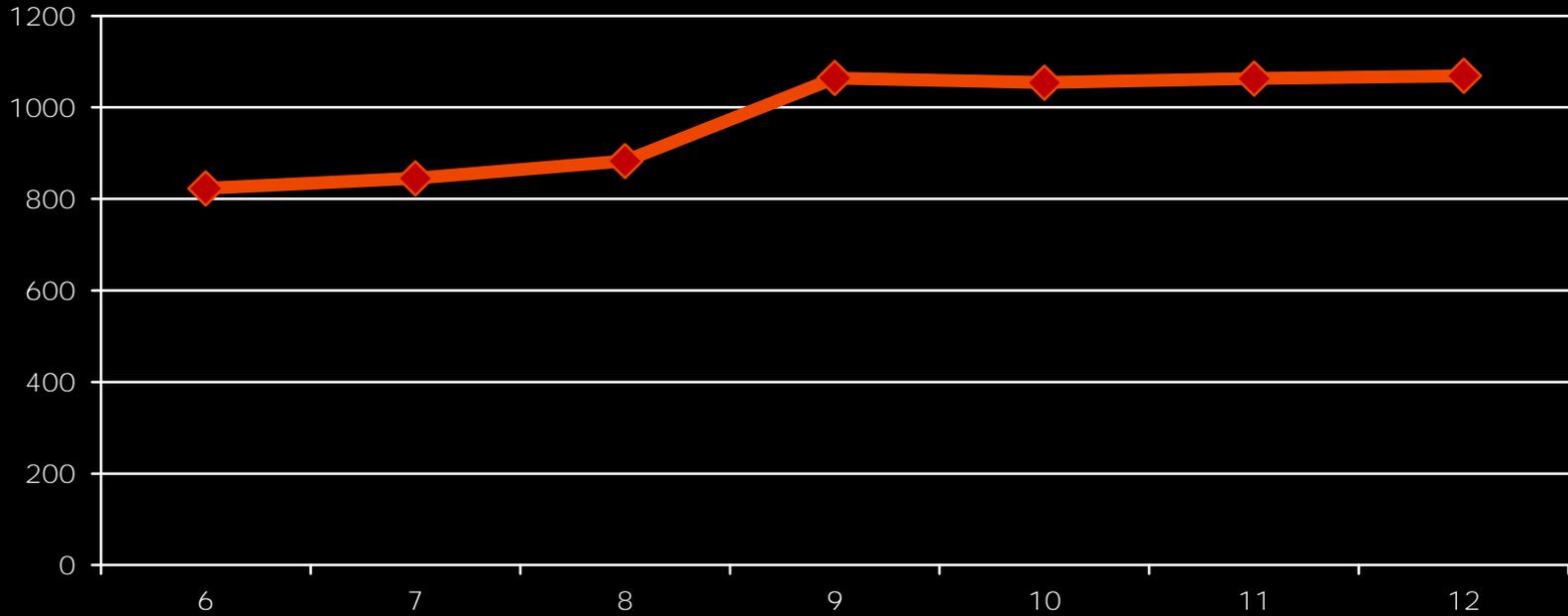


Department of Parks & Recreation

October 15, 2013

Youth Sports Participation Rates

Registration Totals



Year	2006	2007	2008	2009	2010	2011	2012
Registration Totals	823	845	883	1064	1054	1063	1069

Youth Sports

- **Girl's Softball**
 - Program for girl's ages 7-17
 - Partnership with Latin American Men's Softball League (LAMSL)
 - LAMSL will adopt many of the components that our youth sports programs offer (fingerprinting volunteers, skills testing and team drafts to ensure balanced teams, minimum play rule to ensure that everybody plays, etc.)



Youth Sports

- Little Dribblers Basketball League
 - New sports league for ages 4-6
 - 111 participants in inaugural season (11 teams)
 - Registration for new season begins in December 2013



New Classes

● Start Right!

- Ages 3-5
- 11 Week Class
- Mondays & Wednesdays, 9-11 a.m.

● Wee Scientist

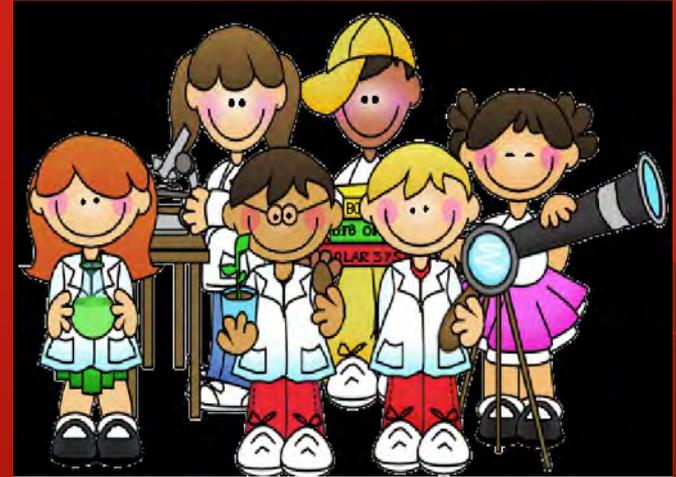
- Ages 2-4
- Mondays, 12-1 p.m.

● Lil' Sprouts

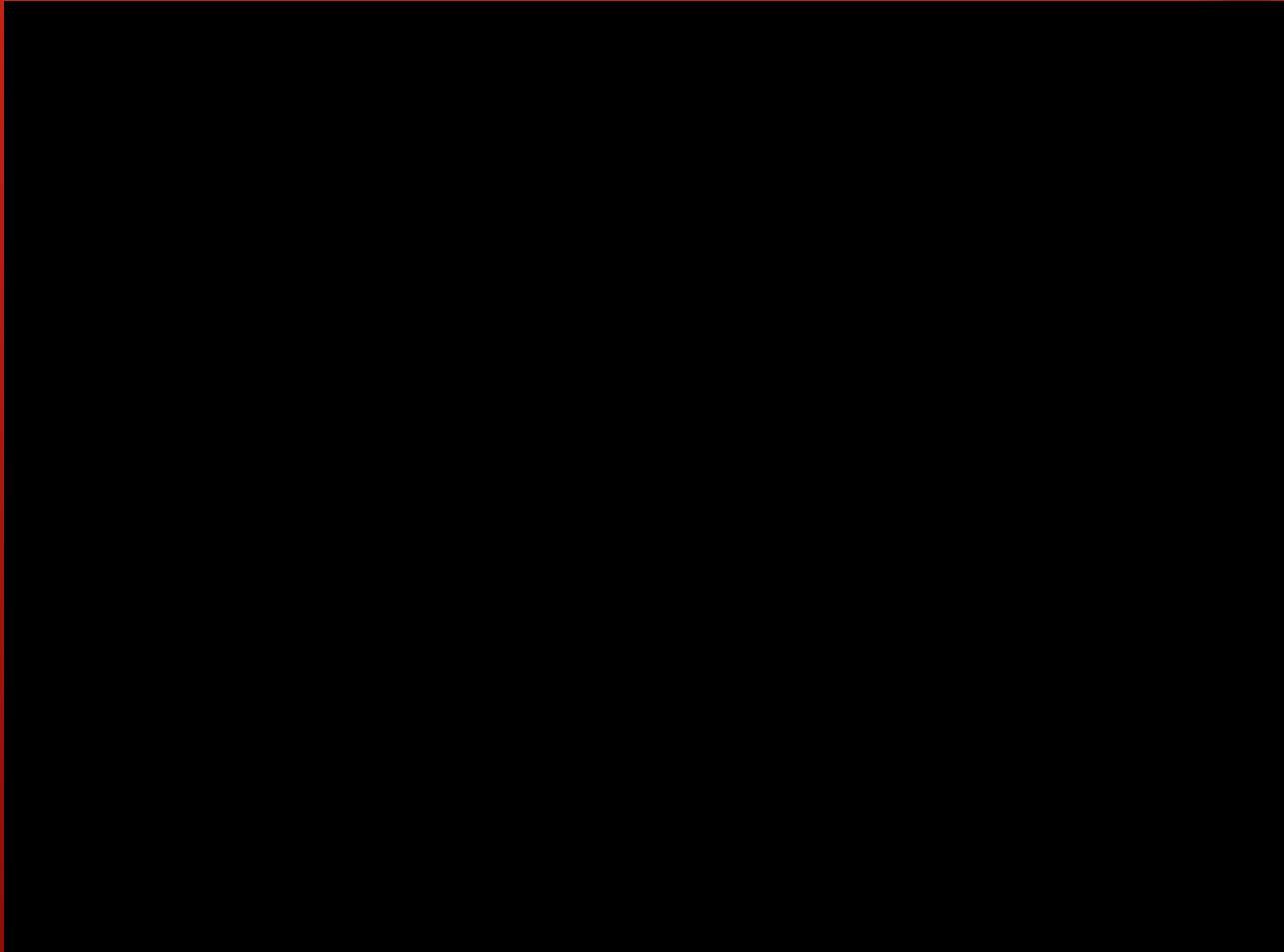
- Ages 2-4
- Mondays, 10-11 a.m.

● Mommy, Daddy & Me Karate

- Ages 3+
- Tuesdays, 10:30-11:15 a.m.



Senior Programming



Senior Programming

- Walking Club
- Knitting Club
- Recipe of the Month
- Birthday Celebrations
- AARP Bingo
- Workshops
 - Stress and Relaxation (October 9th)
 - Introduction to Alzheimer's (November 8th)
 - Senior Depression (November 4th)
- Next Casino Trip
 - Harrah's Casino (November 21st)



THE SPOT After-School Programming

“The Place to be in HP!”

- **Alliance for a Healthier Generation HOST Framework**
- **Health & Wellness focused**
- **30 min. of moderate to vigorous activity a day**
- **Homework help**
- **Research driven curriculum implemented monthly**
 - FoodandFun.org
 - EmpowerMe 4 Life
 - Power Play
- **Monthly Iron Chef activities with consolidated food budget and planning manual**
- **NO JUNK FOOD DESIGNATION AT EACH SITE**



Defensoras De La Salud



- Peer to Peer Collaboration Partnership
 - County of L.A. Public Health Nutrition Program
 - Network for a Healthier California
 - Woodcraft Rangers
 - Dept. of Parks & Recreation
- Certified group of parent advocates
 - Will offer workshops in the after school programs
 - Can offer workshops in other city programs/events
- FREE Series of Health & Wellness Workshops offered to the Community
 - Every Tuesday night, 3-6 p.m. from Sept. 10 thru Oct. 29 @ Freedom Park and State St. Elementary
 - Local business support offering healthy options @ each workshop

Supper Program

- NEW Supper program offered at HP Community Center and Freedom Park
 - Food meets national nutrition standards
 - Available to all the community
 - Feeding appr. 80 people daily, Mon – Fri
 - 3 – 4 p.m.



Upcoming Special Events

- HP Gran Prix
 - Saturday, October 19, 2013
- Day of the Dead Fun Run
 - Saturday, November 2, 2013
- Veterans Day Ceremony
 - Monday, November 11, 2013
- Tree Lighting Ceremony
 - Saturday, December 7, 2013