

OCTOBER MONTHLY

RECREATION

AND PARK SERVICES DEPARTMENT SCHEDULE OF ACTIVITIES

The Norwalk Recreation and Park Services Department offers a variety of programming for youth, teens and adults.

Register now: tinyurl.com/registernorwalk

Keep up to date with us on social media for more programs, activities and events! We will also be sharing specific COVID-19 related protocols and procedures.

Instagram: RecNorwalk
Facebook: Norwalk Arts & Sports Complex
Twitter: RecNorwalk

- CULTURAL ARTS CENTER -

Paint Class and a Glass

Cultural Arts Center
13200 Clarkdale Ave.

Artists of all experience levels are invited to an evening of socializing and step-by-step painting instruction. The night will feature a predetermined painting, simple enough for first-time painters or with suggestions and instructions for those with a higher experience level. Come with friends and family; enjoy the complimentary drinks and snacks.

AGE	DAY	DATES	TIME	FEE
21+	F	Oct 15	7-9 p	\$25

- YOUTH SPORTS -

Foot Golf

Don Knabe Golf Center
13717 Shoemaker Ave

Footgolf is a sport in which players kick a soccer ball into a cup in as few shots as possible. The game is a combination of soccer and golf.

AGE	DAY	DATES	TIME	FEE
8-13	TBA	Oct	TBA	\$39

- CONTRACT CLASSES -

Recreation and Park Services Department

O A C F A L L S E S S I O N 2

LI'L MUNCHKIN CLASSES (AGES 1-2)

MONSTER MASH

Mondays
Oct 4-25
6:00 p.m.
Cost: \$10

PRIMARY COLORS

Wednesdays
Oct 6-27
6:00 p.m.
Cost: \$10

TOT CLASSES AGES (3-6)

JACK-O-LANTERNS

Mondays
Oct 4-25
3:00 p.m.
Cost: \$10

NO TRICKS, JUST TREATS

Mondays
Oct 4-25
4:00 p.m.
Cost: \$15

READY SET GHOUL!

Mondays
Oct 4-25
5:00 p.m.
Cost: \$15

MONSTER CREATIONS

Mondays
Oct 4-25
6:00 p.m.
Cost: \$10

HAVING A SKELETON-OF-FUN

Wednesdays
Oct 6-27
3:00 p.m.
Cost: \$10

CREEPY CRAWLERS

Wednesdays
Oct 6-27
4:00 p.m.
Cost: \$15

OBEY GOD

Wednesdays
Oct 6-27
5:00 p.m.
Cost: \$10

SPOOKY SNACKS

Wednesdays
Oct 6-27
5:00 p.m.
Cost: \$15

ZOMBIE FINGER PAINTING

Fridays
Oct 8-29
3:00 p.m.
Cost: \$10

YOUTH CLASSES (AGES 7-12)

CREATURE FEATURE

Tuesdays
Oct 5-26
3:00 p.m.
Cost: \$10

TRICK OR TREAT BARS OF SWEETS

Tuesdays
Oct 5-26
4:00 p.m.
Cost: \$10

HOCUS POCUS

Tuesdays
Oct 5-26
5:00 p.m.
Cost: \$10

WICKED SCIENTISTS

Tuesdays
Oct 5-26
6:00 p.m.
Cost: \$10

POTION COMMOTION

Thursdays
Oct 7-28
3:00 p.m.
Cost: \$10

MAD MASQUERADE

Thursdays
Oct 7-28
4:00 p.m.
Cost: \$15

SUGAR SKULLS

Thursdays
Oct 7-28
5:00 p.m.
Cost: \$15

DECORATION CREATION

Thursdays
Oct 7-28
6:00 p.m.
Cost: \$15

TEEN CLASSES (AGES 13-17)

COOKING MASTERS

Fridays
Oct 8-29
4:00 p.m.
Cost: \$15

POTION PAINTING

Fridays
Oct 8-29
5:00 p.m.
Cost: \$15

SPOOKY FACEPAINTING

Fridays
Oct 8-29
6:00 p.m.
Cost: \$15

Cultural Arts Center • 13200 Clarkdale Avenue

Online registration: Saturday, September 18, 9:00 a.m.

In person registration: Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

For more information, please call 562-929-5521.





Cheer & Dance:

All Stylez Dance Party
NASC, 13000 Clarkdale Ave.

From ballet and jazz to tap and hip-hop, students will learn to become a well-rounded dancer!

AGE	DAY	DATES	TIME	FEE
5-12	T	Oct 19-Nov 9	5-5:45p	\$45

Aztec Dance

Hermosillo Park, 11959 162nd St.

This class will introduce dancers to the basics of Aztec dance while obtaining a great workout. Enjoy fun, high-energy footwork to the chatter of ankle rattles, and dramatic choreography full of symbolism.

AGE	DAY	DATES	TIME	FEE
5+	T/TH	Sept 14-Nov 18	7-9p	FREE
No class Nov 11				

Beginner Ballet/Jazz Combo

NASC, 13000 Clarkdale Ave.

Dancers will learn simple rhythm techniques, musicality, and terms. Class focuses on the foundation and fundamental skills of dance! No experience needed.

AGE	DAY	DATES	TIME	FEE
5-12	W	Oct 20-Nov 10	5-5:45p	\$45

Beginner Ballet/Tap Combo

NASC, 13000 Clarkdale Ave.

Ballerina and tap dancers will develop an enjoyment of music & movement, while learning the basics of ballet and tap dancing with turns, kicks, leaps, & more! Dancers will learn simple rhythm techniques, musicality, ballet and tap terms, fine motor skills, and fun expression. Ballet and tap shoes required. No experience required.

AGE	DAY	DATES	TIME	FEE
5-12	SAT	Oct 23-Nov 13	10-10:45a	\$45

Beginning Hip Hop Dance

NASC, 13000 Clarkdale Ave.

Get funky in your dance style with this fun hip hop class. This is a high energy class that will teach you the basics of hip hop dancing. No experience needed!

AGE	DAY	DATES	TIME	FEE
5-12	W	Oct 20-Nov 10	6-6:45p	\$45
5-12	SAT	Oct 23-Nov 13	11-11:45a	\$45

Beginning & Intermediate

Teen Hip Hop

NASC, 13000 Clarkdale Ave.

Students will learn choreography to various hip hop and pop songs! Students will strengthen their hip hop dance skills and build on the basics! No experience needed.

AGE	DAY	DATES	TIME	FEE
13-17	TH	Oct 21-Nov 18	5-5:45p	\$45
No class Nov 11				

Dance Fit Bootcamp

NASC, 13000 Clarkdale Ave.

Exercise will be fun and effective with an emphasis on endurance and strength! Burn calories by dancing, circuit training (option to add weights) and yoga!

AGE	DAY	DATES	TIME	FEE
18+	M	Oct 18-Nov 8	6-6:45p	\$40

Folklorico

Sara Mendez Park Patio, 11660 Dune St.

Come and learn about our cultural richness where we travel through dance to northern and southern states, while exploring customs and Mexican traditions. Ven y aprende mas de nuestra riqueza cultura donde viajamos altravez de la danza a cada estado del norte al sur, costumbres y tradicion mexicano.

BEGINNER

AGE	DAY	DATES	TIME	FEE
5-10	TH	Oct 21-Nov 18	6-7p	\$40
No class Nov 11				

ADVANCED

11-15	T	Oct 19-Nov 9	6-7p	\$40
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ADULTS

30+	TH	Oct 21-Nov 18	7-8p	\$40
No class Nov 11				

Li'l Cheerleaders

NASC, 13000 Clarkdale Ave.

Cheerleaders will learn the fundamentals and basics of cheerleading and performance dance! Learn team building, choreography, cheer movements, and more with this fun and upbeat class! No experience required!

AGE	DAY	DATES	TIME	FEE
4-6	M	Sept 13-Nov 8	4-4:45p	\$90
No class Oct 11				

Parent & Tot Dance Time

NASC, 13000 Clarkdale Ave.

Class will focus on music and movement activities that can improve coordination, rhythm, and fine motor skills with upbeat music. Tots and parents will use props, play games, and more! Parent participation required.

AGE	DAY	DATES	TIME	FEE
1½-3	T	Oct 19-Nov 9	9:30-10:15a	\$45

Pump It Up Cheer & Dance

NASC, 13000 Clarkdale Ave.

Cheerleaders will learn the fundamentals and basics of cheerleading and performance dance! Learn team building, choreography, cheer movements, and more with this fun and upbeat class! No experience required!

AGE	DAY	DATES	TIME	FEE
7-12	M	Sept 13-Nov 8	5-5:45p	\$90
No class Oct 11				

Sassy Jazz Dance Fusion

NASC, 13000 Clarkdale Ave.

Attendees will learn basic dance terms and movement through choreography with a special emphasis on your personal style! No experience required.

AGE	DAY	DATES	TIME	FEE
18+	F	Oct 22-Nov 19	5:30-6:15p	\$45
No class Oct 29				

Tot Hip Hop

NASC, 13000 Clarkdale Ave.

This class will teach you the basics of hip hop dancing while learning simple dance terms. No experience needed!

AGE	DAY	DATES	TIME	FEE
2-5	TH	Oct 21-Nov 18	9:30-10:15a	\$45
No class Nov 11				

Tu-Tu Cuties (Ballet/Tap Combo)

NASC, 13000 Clarkdale Ave.

Students will learn basic ballet and tap terms while building memorization skills, musicality with dance counts, and perfecting fine motor skills.

AGE	DAY	DATES	TIME	FEE
2-4	M	Oct 18-Nov 8	10-10:45a	\$45
2-4	SAT	Oct 23-Nov 13	9-9:45a	\$45

- Fine Arts -

Beginning/Intermediate Piano/Keyboarding

NASC, 13000 Clarkdale Ave.

Learn the basics of how to play piano/electric keyboard through hands-on techniques, exercises, practice regimens, note reading, melodies, and songs! Students must provide their own electronic keyboard.

Please note: A \$15 book fee is due the first day of class. Cash only.

AGE	DAY	DATES	TIME	FEE
5+	T	Oct 19-Nov 16	3:15-4:10p	\$55

Commercial Acting for Kids

NASC, 13000 Clarkdale Ave.

This commercial and improvisation class will dive into the fundamentals of basic acting skills needed for commercial acting! Students will learn to retain skills in front and behind the camera with scene writing and script creation! While focusing on improvisation skills, students will bring their ideas and imagination to life! No experience needed!

AGE	DAY	DATES	TIME	FEE
6-13	SAT	Sept 18-Nov 13	12-12:45p	\$90

No class Oct 9

Guitar for Beginners

NASC, 13000 Clarkdale Ave.

Learn the basic skills of playing the guitar, including chords, finger picking, hand techniques, rhythms, and songs in a variety of styles! Students must provide their own acoustic guitar.

Please note: A \$10 book fee is due the first day of class. Cash only.

AGE	DAY	DATES	TIME	FEE
5+	T	Sept 14-Oct 12	4:25-5:20p	\$55
5+	T	Oct 19-Nov 16	4:25-5:20p	\$55

- Health & Fitness -

Yoga for Life

NASC, 13000 Clarkdale Ave.

Class focuses on releasing tension, gaining strength and flexibility, balance, controlled breathing, and relaxation through non-intimidating yoga techniques. Class uses traditional Hatha standing and seated postures with slight variations to accommodate different skill levels.

AGE	DAY	DATES	TIME	FEE
14+	T	Oct 19-Nov 16	6-7p	\$35

Zumba Fitness

NASC, 13000 Clarkdale Ave.

Zumba incorporates several forms of dance, some of which include Salsa, Merengue, Cumbia, Belly Dancing, and Cha-Cha. Zumba benefits include burning calories, relieving stress, lowering cholesterol, improving mood, and easy to follow!

AGE	DAY	DATES	TIME	FEE
18+	T/TH	Oct 19-Nov 16	6-7p	\$32

No class Nov 11

- Martial Arts -

Tae Kwon Do

NASC, 13000 Clarkdale Ave.

A well balanced program designed to teach girls, boys, and adults, confidence, self-discipline, coordination, safety, blocking, spectacular kicking and punching skills, including Korean terminology, and respect associated with Tae Kwon Do. Student must purchase a uniform prior to the first class.

AGE	DAY	DATES	TIME	FEE
5+	M/W/F	Oct 19-Nov 15	6-7p	\$50

No class Oct 29

Karate

Gerdes Park, 14700 Gridley Rd.

This program combines safety awareness education with self-defense instruction in a fun, structured environment! Students learn verbal and physical skills for self-defense against “Bullies” and “Strangers”. Escape maneuvers are taught to defend against being grabbed or abducted, and communication skills are taught to counteract threats. Safety tips are discussed each week! Students progress in rank and earn their belts!

AGE	DAY	DATES	TIME	FEE
4-15	T	Sept 28-Nov 16	5:45-6:25p	\$72

- NORWALK AQUATIC PAVILION -

Please Note: The Aquatic Pavilion will be closed Friday, Oct. 22 for special events.

Pumpkin Float

Join us for our first ever Pumpkin Float this fall! Carve a design into a pumpkin and watch it glow while it floats over the pool water. It’s a perfect seasonal photo opportunity! Registration includes pumpkin and supplies. Event does not include recreational swim. Event is all ages, but children ages 13 and under require parent supervision. Pre-registration required before October 15 at tinyurl.com/norwalkaquatics

DAY	DATES	TIME	AGE	FEE
F	Oct 22	5-8p	All	\$10/pumpkin + entry fee*

*Entrance fees collected at door

Water Aerobics

This is one of our most popular programs! Make your workouts fun and get into great shape. No reservation required; first come, first served.

Shallow				
DAY	DATES	TIME	AGE	FEE
M-F	Sept 13-Nov 19	1-2p & 7-8p	18+	\$4 Adults
			55+	\$3Seniors
Sat	Sept 18-Nov 20	10-11a	18+	\$4 Adults
			55+	\$3Seniors

Deep				
DAY	DATES	TIME	AGE	FEE
M-F	Sept 13-Nov 19	12-1p & 6-7p	18+	\$4 Adults
			55+	\$3Seniors
Sat	Sept 18- Nov 20	9-10a	18+	\$4 Adults
			55+	\$3Seniors

Lap Swim

Use our facility to stay in shape and look great, too! Swimming is one of the most effective and complete exercises you can do. Lap swimmers have dedicated lanes, but may be shared with an additional party. One hour maximum per swimmer. First come, first served.

DAY	DATES	TIME	AGE	FEE
M-F	Sept 13-Nov 19	12-2p & 6-8p	18+	\$4 Adults
			55+	\$3Seniors
Sat	Sept 18- Nov 20	9-11a	18+	\$4 Adults
			55+	\$3Seniors

Recreational Swim

Recreational swimmers of all ages are invited to cool off and have fun at the Aquatic Pavilion. For your safety, children 10 years and younger or under 48 inches tall must be accompanied by an adult 16 years or over, in water (one adult per child is required).

DAY	DATES	TIME	AGE	FEE
Sat	Sept 18-Nov 20	11:30a-1p	18+	\$4 Adults
			17-	\$3 Kids
			55+	\$3Seniors

Norwalk Stingrays Youth Swim Team



The Norwalk Stingrays is a novice swim team designed to teach and encourage young people to participate in

watersports on a competitive, yet fun, basis. Team members will learn basic competitive skills and train to compete in swim meets against other area swim teams. Competitions will resume in 2022. Swimmers are divided into different levels for practice and competitions. Children should be able to swim the front-crawl for 50 yards continuously, and have a basic knowledge of the competitive strokes at the time of registration. To try out for the Swim Team, please call ahead to make an appointment with the Aquatic Staff. For more information, please call (562) 929-5622.

DAY	DATES	TIME	AGE	FEE
M-F*	Sept 13-Nov 19	6-8p	6-18	\$70mo/swimmer
				\$60mo/second swimmer (In immediate family)
				\$50mo/third swimmer (in immediate family)

TEEN CENTER

12305 Sproul St • 929-4260 • NorwalkTeenCenter@norwalkca.gov

Calling all teens ages 13 to 18! Text, call, or snap your friends and join us at the Norwalk Teen Center for some fun! The Center is equipped with computers, gaming equipment, a big screen television, pool table, and much more. Staff will keep you entertained with cooking, crafts, outdoor activities, and more.

Please Note: The Teen Center will be closed Oct 29, Nov 11, 25, & 26.

General Schedule

Sept 1-Oct 22 • M-F • 3:30-7p

Oct 25-Nov 30 • M-F • 3:30-6:30p

Teen Alliance Program “TAP”

Join TAP and learn valuable working skills, develop social and interpersonal skills, and gain a sense of accomplishment, all while giving back to your community. You will have an opportunity to volunteer at City-wide special events and other activities. This is also a great way to serve volunteer hours for school or church. The Teen Alliance Program General Membership meetings are held on the first Wednesday of each month.

AGE	DAY	DATES	TIME	LOCATION
13-18 yrs	Wed	Oct 6, Nov 3, Dec 1	5:30p	NASC

- TEEN EXCURSIONS -

Knott’s Scary Farm

AGE	DAY	DATES	TIME	FEE
13-18	Fri	Oct 8	5p-1a	\$35

Halloween Party

AGE	DAY	DATES	TIME	FEE
13-18	Fri	Oct 15	6-9p	\$5

L.A. Haunted Hay Ride

AGE	DAY	DATES	TIME	FEE
13-18	Fri	Oct 22	7-10p	\$15

Sunset Hike - Getty View Park

AGE	DAY	DATES	TIME	FEE
13-18	Sat	Nov 6	1-8p	FREE

The Art of Brick Museum

AGE	DAY	DATES	TIME	FEE
13-18	Sat	Nov 13	10a-3p	\$5

Thanksgiving Potluck

AGE	DAY	DATES	TIME	FEE
13-18	Fri	Nov 19	6-9p	FREE

Park Programs

Ghosts and Goblins at Glazier Park Movie Night

10810 Excelsior Drive

Bring your blankets and lawn chairs and enjoy a fun filled spooky night! We will be watching an all-time Halloween favorite “Hocus Pocus.” The movie will be displayed on a 400 square foot screen. There will also be games and activities prior to the movie starting which will be at dusk. Food will also be available for purchase to help support the Teen Alliance Program scholarship fund. For more information, please call (562) 929-5922.

AGE	DAY	DATES	TIME	FEE
All	F	Oct 8	6:30p	Free

Pumpkin Festival at Hermosillo Park

11959 162nd Street

Carve or paint your very own pumpkin! There will also be an opportunity to take part in our Minute to Win it pumpkin games along with creating additional pumpkin themed crafts! Fee includes pumpkin, carving tools, paint, and refreshments. For more information, please call (562) 929-5922.

AGE	DAY	DATES	TIME	FEE
All	F	Oct 15	6-8 p.m.	\$7 per person