

Spling-2024

Westchester Rec Center

7000 W.MANCHESTER AVE, LOS ANGELES CA 90045 (310)670-7473

WESTCHESTER.RECREATIONCENTER@LACITY.ORG



TO REGISTER IN OUR PROGRAMS VISIT: LAPARKS.ORG/RECCENTER/WESTCHESTER OR CALL US AT: 310-670-7473

"PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details."







FAUS General Informatio



What is your refund policy?

Full refunds are only issued when the Recreation Center cancels the activity. After the Wednesday prior to the week of the activity beginning, no refunds will be issued. A 15% administrative fee will be assessed by the City of Los Angeles Department of Recreation and Parks for any patron granted a refund. There are no refunds or credits for missed days.



How Do I register

To register Visit: laparks.org/reccenter/westchester

Or Scan the QR with your phone:



In person registration available. Please call (310) 670-7473 to find out more.



Interested In Being a

Volunteer Basketball Coach or Referee? Camp volunteer, camp counselor or an instructor? (Great opportunity for community service for High Schoolers) Email Us! Westchester.RecreationCenter@lacity.org

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	MONDAY						
ij	PROGRAM	AGES	TIME	FEE	DATES		
	Skateboarding I. (Beginner)	6 - 8	4:00 - 4:45pm	\$90	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	Skateboarding II. (Intermediate)	6 - 8	5:00 - 5:45pm	\$90	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	Skateboarding III. (Intermediate)	9 - 12	6:00 - 6:45pm	\$90	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
5	Kids Painting	8 - 11	4:00 - 5:00pm	\$90	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
ות	Kar <mark>ate I. (Mo</mark> n. & Wedn.)	7 - 11	4:00 - 4:45pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	Karate II. (Mon. & Wedn.)	12 - 17	5:00 - 5:45pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	Karate III. (Mon. & Wedn.)	18 & Up	6:00 - 6:45pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	NEW Yoga Grounding	18 & Up	5:00 - 6:00pm	\$80	4/01/24 - 5/20/24 8 wks		
	NEW Kickboxing for Adults	18 & Up	7:30 - 8:30pm	\$80	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
5			TUES	S D A Y			
Catchica	Guitar or Piano Lessons *25 minutes per lesson*	7 & Up	2pm, 2:30pm, 3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm	\$150	4/09/24 - 5/28/24 8 weeks		
3	Fusion Mat Pilates	18 & Up	6:00 - 6:45pm	\$80	4/09/24 - 5/28/24 8 weeks		
I			WEDN	ESDAY			
	Guitar or Piano Lessons *25 minutes per lesson*	7 & Up	2pm, 2:30pm, 3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm	\$150	4/10/24 - 5/29/24 8 wks		
	Karate I. (Mon. & Wedn.)	7 - 11	4:00 - 4:45pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	Karate II. (Mon. & Wedn.)	12 - 17	5:00 - 5:45pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	Karate III. (Mon. & Wedn.)	18 & Up	6:00 - 6:45pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27 = Holiday		
	NEW MMA Fundamentals	18 & Up	7:30 - 8:30pm	\$80	4/10/24 - 5/29/24 8 wks		
Ί			THURS	DAY			
	Tiny Wheels Skateboarding	4 - 5	4:00 - 4:45pm	\$90	4/11/24 - 5/30/24 8 weeks 4/11/24 - 5/30/24 8 weeks		
	Skateboarding I. (Beginner)	6 - 8	5:00 - 5:45pm	\$90	4/11/24 - 5/30/24 8 weeks		
	Skateboarding I. (Beginner)	9 - 12	6:00 - 6:45pm	\$90	4/11/24 - 5/30/24 8 weeks		
	Piano Lessons - Individual *25 minutes per lesson*	7 & Up	3pm, 3:30pm, 4pm	\$150	4/11/24 - 5/30/24 8 weeks		
	GPLA Ballet Basics - Beginner	7 - 9	5:00 - 5:45pm	\$90	4/11/24 - 5/30/24 8 weeks		
	GPLA Ballet Basics - Intermediate	7 - 9	6:00 - 6:45pm	\$90			
	NEW Adult Dance Workshop	18+	7:00 - 8:30pm \$140		4/11/24 - 5/30/24 8 weeks 4/11/24 - 5/30/24 8 weeks		
1	4 /4=		FRID	A Y			
1	GPLA Skateboarding	7 - 9	4:00 - 4:45pm	\$90	4/12/24 - 5/31/24 8 weeks		
	GPLA Skateboarding	7 - 9	5:00 - 5:45pm	\$90	4/12/24 - 5/31/24 8 weeks		
1	GPLA Skateboarding	10 - 12	6:00 - 6:45pm	\$90	4/12/24 - 5/31/24 8 weeks		
	NEW Gentle Yoga	18 & Up	10:15 - 11:15am	\$80	4/05/24 - 5/24/24 8 weeks		



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		MONDAY			
PROGRAM	TIME	NON MEMBER FEE	MEMBER FEE	DATES	
Knitting & Crochet Class	9am-12pm	\$25 / month	\$25 / month	4/1-6/24	
Genealogy 101 (*)	10am - 11am	\$12	Free	4/1-6/24	
Master Sculpters	12pm-1pm	\$15	Free	4/1-6/10	
Breath & Balance	2pm-3pm	\$5 / session	Free	4/1-5/20	
Watercolor for Beginners	2pm-4pm	\$100	\$50	4/1-5/20	
Yoga: Grounding	5pm-6pm	\$80	\$40	4/1-5/20	
Kickboxing	7:30-8:30pm	\$80	\$40	4/8-6/1	
		TUESDAY			
Zumba	9am - 10am	\$10 /month	Free	4/2-6/25	
Garden Charm	10am-11am	\$10 / month	Free	4/2-6/25	
Bingosize T/Th	11:30am-1:30pm	Free	Free	4/16-6/20	
Mixed Media Studio Time	lpm-4pm	\$20 / month	\$10 / month	4/2-6/25	
Walking Club	1pm - 2pm	Free	Free	4/2-6/25	
Pilates	6pm-7pm	\$90	\$45	4/9-5/28	
	W	EDNESDAY			
Country Line Dance	9am-10am	\$40	\$20	4/3-5/24	
Chair Yoga	10:30-11:30am	\$10 / month	Free	4/3-6/26	
Bingo	12pm-2pm	\$.25c a card	\$.25c a card	4/3-6/26	
Ping Pong	2:30-3:30pm	Free	Free	4/3-6/26	
MMA Fundamentals	7:30 - 8:30pm	\$80	\$40	4/10-5/28	
		THURSDAY			
Latin Ballroom Dance	9am-10am	\$40	\$20	4/4-5/25	
Gentle Exercise	10am - 11am	\$10 / month	\$5 / month	4/4-6/27	
Spring crafting w/ Jolene	10am - 11:30am	Free	Free	4/4-5/30	
Bingosize T/Th	11:30am-1:30pm	Free	Free	4/16-6/20	
Karaoke: 1&3 Thurs	12pm - 2pm	Free	Free	4/4-6/27	
Watercolor Studio	2pm - 4pm	\$10 / month	\$5 / month	4/4-6/27	
Adult Dance Workshop	7-8:30pm	\$120 / session	\$60 / session	4/11-5/30	
		FRIDAY			
Zumba	9am-10am	\$10 / month	Free	4/5-6/28	
Walking Club	9:15am-10am	Free	Free	4/5-6/28	
One on One Tech Help	10am - 2pm	Free	Free	4/5-6/28	
Gentle Yoga	10:15am - 11:15am	\$80	\$40	4/5-5/24	
Memory Retention	12pm - 1pm	\$15	Free	4/5-5/24	
Cinema Club: 2/4th Fri	1pm - 3pm	Free	Free	4/5-6/28	
Knitting Club	1pm - 3pm	Free	Free	4/5-6/28	
Scrapbooking Club	2pm - 3pm	\$15	Free	4/5-6/28	

MEMBERSHIP AVAILABLE: 50+, \$12/YEAR



HRLS CHAM STR

SEASON BEGINS: 04/06 SEASON ENDS: 06/08

DIVISION	AGES	FEE	EVALUATIONS
Rookies	7-8	\$150	03/09 @ 10:00am
Minors	9-10	\$150	03/09 @ 10:30am
Majors	11-12	\$150	03/09 @ II:00am
Juniors	13-15	\$150	03/09 @ II:30am

DIVISION PLACEMENT IS DETERMINED BY ATHLETE'S AGE AS OF 01/2024

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INTERESTED IN COACHING? EMAIL: WESTCHESTER.RECREATIONCENTER@LACITY.ORG



@WESTCHESTERRECCENTER













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pring Sports





DIVISION	AGES	FEE
T-Ball	5 - 6	\$150
Coach Pitch	7 - 8	\$150
GPLA Softball Minors	9-10	\$150
GPLA Softball Majors	11-12	\$150

REGISTRATION BEGINS: 2/06/24

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CLASS	AGE	DAY	TIME	FEE
Ballet Basics - Beginner	7 - 9	Thursday	5:00 - 5:45pm	\$90
Ballet Basics - Intermediate	7 - 9	Thursday	6:00 - 6:45pm	\$90

Classes Run: 4/11/24 - 5/30/24

Do you have an aspiring ballerina? Then these classes are for them! The beginner class is perfect for all starting levels. No prior experience is necessary. Ballet with Miss Cynthia will focus on the fundamentals of this style of dance. The intermediate class is recommended for returning students.

To Register Visit:

LAPARKS.ORG/RECCENTER/WESTCHESTER





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of Los Angeles Department of Recreation & Parks Westchester Rec Center | 7000 W. Manchester Ave

SKATEBOARDING

CLASS	AGES	DAY	TIME	wks	FEE
Skateboarding I. (Beginner)	6 - 8	Monday	4:00 - 4:45pm	8	\$90
Skateboarding II. (Intermediate)	6 - 8	Monday	5:00 - 5:45pm	8	\$90
Skateboarding II. (Intermediate))	9 - 12	Monday	6:00 - 6:45pm	8	\$90
Tiny Wheels	4 - 5	Thursday	4:00 - 4:45pm	8	\$90
Skateboarding I. (Beginners)	6 - 8	Thursday	5:00 - 5:45pm	8	\$90
Skateboarding I.(Beginners)	9 - 12	Thursday	6:00 - 6:45pm	8	\$90
GPLA-Girls Skateboarding	7 - 9	Friday	4:00 - 4:45pm	8	\$90
GPLA-Girls Skateboarding	7 - 9	Friday	5:00 - 5:45pm	8	\$90
GPLA-Girls Skateboarding	10 - 12	Friday	6:00 - 6:45pm	8	\$90



Monday Classes Run: 4/08/24 - 6/03/24 *no class on 5/27* Thursday Classes Run: 4/11/24 - 5/30/24 | Friday Classes Run: 4/12/24 - 5/31/24

Skateboarding I. (Beginners): gain confidence getting on a skateboard and learning the ropes of the skatepark, Can't do kick turns.

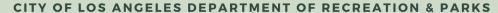
Skateboarding II. (Intermediate): Skater can do kick turns, balance, and ride ramps.

Skateboarding III. (Advanced): Skater can do ollies and some tricks.

To Register Visit:

laparks.org/reccenter/westchester or call: 310-670-7473







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City of Los Angeles Department of Recreation & Parks **Westchester Recreation Center** 7000 W.Manchester Ave, Los Angeles CA 310-670-7473 westchester.recreationcenter@lacity.org



Wado-Ryu

KARATE

CLASS	AGES	DAYS	TIME	WKS	FEE
Karate I	7 - 11	Mondays & Wednesdays 2x	4:00 - 4:45pm	8	\$140
Karate II	12 - 17		5:00 - 5:45pm	8	\$140
Karate III	18 & Up	Per Week	6:00 - 6:45pm	8	\$140

Classes Begin Week Of: 4/08/24

Classes End Week Of: 6/03/24

NO CLASS ON: 5/27/24

ABOUT THE INSTRUCTOR:

Instructor Natineal Wondwosen has been a practitioner of Wado-Ryu Karate since 2010 and has dedicated his life to the art since that time. The purpose of practicing Wado-Ryu Karate-Do is fostering the spirit of peace and harmony in oneself. The goal is strive to be a better version of yourself.

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in-person private music lessons!
Private Lessons are in 25 minute increments

Day	Class	Available Lessons	Fee	Ages	Class Dates
NEW Tuesday	Guitar or Piano with Matthew	2pm, 2:30pm, 3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm	\$150	7 & Up	4/09/24 - 5/28/24 8 weeks
Wednesday	Guitar or Piano with Matthew	2pm, 2:30pm, 3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm	\$150	7 & Up	4/10/24 - 5/29/24 8 wks
Thursday	Piano with Miss Cynthia	3:00pm, 3:30pm, 4:00pm	\$150	7 & Up	4/11/24 - 5/30/24 8 wks

Now enrolling all level Mozart's for IN-PERSON piano or voice classes. Classes will focus on learning the fundamentals of Music Theory, Technique, Practice and Performance. These classes are open to kids & adults!



TO REGISTER VISIT:



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CLASS	AGES	DAY & TIME	FEE	DATES
Yoga Grounding	18 & Up	Monday 5pm - 6pm	\$80	4/08/24 - 6/03/24 8 wks No Class on 5/27
Karate	18 & Up	Monday & Wednesday 6pm - 7pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27
Kickboxing	18 & Up	Monday 7:30pm - 8:30pm	\$80	4/08/24 - 6/03/24 8 wks No Class on 5/27
Mat Pilates	18 & Up	Tuesday 6pm - 7pm	\$80	4/09/24 - 5/28/24 8 weeks
Mixed Martial Arts	18 & Up	Wednesday 7:30pm - 8:30pm	\$80	4/10/24 - 5/29/24 8 wks
Adult Dance Workshop	18 & Up	Thursday 7:00pm - 8:30pm	\$140	4/11/24 - 5/30/24 8 weeks

Classes and programs may be subject to cancellation or change

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phing Camp

DATES

FEE

Tuesday 3/26 - Friday 3/29

\$150

AGES: 5 TO 12

TIME: 10AM TO 4PM

Extended Care Available for additional \$30 from 8-10am & 4-6pm

sports

snacks & more!



TO REGISTER VISIT:





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laparks.org/reccenter/westchester



SPRING EGG HUNT

Saturday, March 30th



TIME

11:00 am

11:30 am

12:00 pm

12:30 pm

AGE GROUP

2 - 3 years

4 - 6 years

7 - 9 years

10 - 12 years

BOUNCY HOUSE, GAMES, TREATS & PHOTOS WITH MR.BUNNY!

snacks will be available for purchase



To Register Visit: laparks.org/reccenter/westchester

or scan our QR code!



















FRIDAY APRIL 19TH

6 PM - 9 PM AGES: 6-12 YRS

Capture the flag, open obstacle courses & more!



TO REGISTER VISIT: LAPARKS.ORG/RECCENTER/WESTCHESTER

PIZZA DINNER PROVIDED



Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please submit your request for an accommodation as soon as possible. Programs are subject to change or cancellation.



The Rec Center and Senior Center are joining forces for an intergenerational event celebrating the ladies of the hour: Moms! Come join us for an afternoon delight with a Tea Party, fun activities, and an unforgetable opportunity to spend time with your dear Mom! Don't forget to come dressed in your Mother's Day best!

Saturday, May 11th | 11am to 1pm

Location: Westchester Senior Center

8740 Lincoln Blvd, Los Angeles, CA 90045



Ages: 4+ to Senior

*This event is for mother's & daughter's /sons of all age pairings.

Please RSVP



TO REGISTER VISIT:

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@WESTCHESTER.SCCLA

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS



What Is Westchester Rec Center Up To?

Stay Connected for Our Latest News & Updates & More!



www.laparks.org/reccenter/westchester



Westchester.RecreationCenter@lacity.org



BIT.LY/WRC-Email-List

Link is case sensitive, please copy link as it appears.



@WestchesterRecCenter



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

Mayor: Karen Bass

11th District Councilmember: Traci Park

B<u>oard of Recreation and Park Commissioners</u> Renata Simril, President Luis Sanchez, Vice President Fiona Huton, Marie Lloyd, Benny Tran - Members

Recreation & Parks Administration
Jimmy Kim, General Manager
Matthew Rudnick, Executive Officer
Belinda Jackson, Asst. General Manager, Recreational Services Branch

Sonya Young-Jimenez, Superintendent - Venice Beach & West Region Ramon Cerrillos, Principal Recreation Supervisor II Juan Soto, Principal Recreation Supervisor I Melody Valenzuela Gutierrez, District Supervisor, Viewpoint District

Recreation Staff

Mychal Lynch, Senior Facility Director Kirstin Aceves, Facility Director (Westchester Senior Center) Daisy Gomez, Recreation Coordinator

Recreation Assistants

Sharon Arnsworth, Chelsea Hanzy, Chance Hanzy, Cameron Lowery, Ian Marlowe, Juan Ramirez, Torraye Hightower







