



Registration Nov. 30 **SCHEDULE of CLASSES at a GLANCE** Classes Begins Jan. 11

Youth & Teens

New LEARN TO PLAY- FREE
Sports lessons-*For local schools only*
Day/Time: Mon. - Fri. 8 - 3 pm
Call sports office 213 763-0114 Ext. 220

Jr. Clippers BASKETBALL
Ages: 5-16 yrs Fee: \$35
Day/Time: Wed. 5 - 8 pm
Location: North & South Gym
Day/Time: Practice, Mon-Fri/5p-8p*
Games, Sat/9a-5p

Season Begins: Week of January 18, 2010
**Practice time will be determined by team coaches.*

Evaluation Schedule

5-7 yrs old 1/12/10 @5p-8p
8-10 yrs old 1/13/10 @5p-8p
11-13 yrs old 1/14/10 @ 5p-8p
14-16 yrs old 1/15/10 @ 5p-8p
All Ages 1/16/10 @ 10a-4p

YOUTH SOCCER

Ages: 5-17 yrs Fee: \$40
Day/Time: Call 323 447-3943

GIRLS BASKETBALL (GPLA)

Ages: 13-16 yrs Fee: \$15
Day/Time: Tue./Thu. 6 - 9 pm

GIRL'S VOLLEYBALL CLINICS

Ages: 7-17 yrs Fee: \$20
Day/Time: Fri. 6 - 9 pm

CAPOEIRA FREE

Ages: 5-10 yrs Day/Time: Tue./Thu. 5-6pm
Ages: 11-17 yrs Day/Time: Tue./Thu. 6-8pm

MARTIAL ARTS

Ages: 5-15 yrs Fee: \$40
Day/Time: Mon./Wed. 6 - 8pm
Sat/ Time TDB

Fitness

HEALTH CLUB (Membership)

Allows access to fitness center, weight room, lap swim, open gym.

Fees: Quarterly \$45
Seniors/Disabled \$25
Monthly \$30
Day Pass \$5 - Seniors/Disabled \$2

SELF DEFENSE 16+ Fees: \$20

Day/Time: Mon./Wed. 5 - 6pm

CALL (213) 763-0114

AFTER SCHOOL CLUB

Registration - Sept. 9, 2009
1st - 5th grade 2 - 6 pm \$45/wk

After School Enrichment Program offers:
Academic and recreation enrichment activities, computer lab, dance, arts & crafts.
First-come first-served basis. Space is limited

Pick-Ups: 32nd St. & Weemes Elementary, Science Center, Menlo Ave., St. Agnes
For information call (213)763-0114 Ext. 227

WINTER CAMP

Registration - Nov. 9 6 - 11 yrs
7:30 am - 6 pm \$100/wk
Sessions: Dec. 21- Dec. 24 | Dec. 28 - Dec. 31
Jan. 4 - Jan. 8, 2010

For information call (213)763-0114 Ext. 257

Teens & Adults

BRAZILIAN SAMBA 17+ Fees: \$25
Day/Time: Thu. 6:30 - 8pm

BOXING 11+ Fee: \$25 *Limited enrollment*
Day/Time: Tue.-Fri/6-8pm
Sessions: Nov 30-Jan7
Jan 18 - Feb 25
Mar 8 - Apr 15

WOMENS BASKETBALL Fee: \$250.00 team
Day/Time: Sun. 12-5pm 10 game season
Call Bertha (310) 503-2309

New WOMENS SOCCER Fee: \$350.00 team
Day/Time: Sun. 8-11am 10 game season
Call Cesar Valera (213) 763-0114 x220

FITNESS CONSULTING & TRAINING

Fee: \$20 per hour
For appointments call (213) 763-0114 x263

CIRCUIT TRAINING Fee: \$60 Session
Aerobics and anaerobics in a group fitness training. *GREAT RESULTS!!!*

Sessions: Sessions: Nov 30-Jan7
Jan 18 - Feb 25
Mar 8 - Apr 15

All Classes are offered in 1 hour increments
Day/Time: Mon.-Thu. 7-10am
Day/Time: Tue./Thu. 6-8pm

Educational & Cultural

PARENT CHILD EDUCATION PROGRAM USC SEA GRANT

Grades: 4th-6th FREE
Day/Time: Tue. 6:15 - 8:15pm
Light refreshments served

New YOUTH VOCATIONAL TRAINING - Brotherhood Crusade

Prepare youth for employment. Computer Hardware & Software, Basic Skills, Employment Preparation, Lectures and Job Placement.
For info. call (213) 763-0114

Adults & Seniors

New MONTHLY Membership

Includes Free participation in all classes offered at Ahmanson Senior Center.
Fees: Ages 55+ \$5 Under 55 - \$10

SENIOR LUNCHEON

Day/Time: Last Thu. of the month
12:30 - 2:30 pm

COUPON CLUB

Day/Time: 3rd Thu. of the month
12:30 - 2:30 pm FREE

SENIOR COMPUTER TRAINING

Day/Time: Tue./Thu. 9:30am - 12pm
For info call (213) 763-0118

MAMBO MANIA

Day/Time: Tue./Thu. 9:30-11am
For info. call (213) 763-0118

YOGA

Day/Time: Tue./Thu. 11am-12pm

SENIOR CIRCUIT TRAINING

Day/Time: Mon./Wed. or Tue./Thu. 8 - 9 am

GUYS & DOLLS SQUARE DANCE

Day/Time: Thu. 7:30 - 9:30pm

SEWING/ARTS CRAFTS/QUILTING

Day/Time: Wed. 10 am - 2:30pm

SCRAPBOOKING FREE

Day/Time: Mon. 10am - 12:30pm

WALKING CLUB

Day/Time: Mon./Wed. 8am - 9am

Hours of Operation

Mon. - Fri. 8:00 am - 8:00 pm | Sat. 9:00 am - 5:00 pm | Sun. 12:00 pm - 4:00 pm

3980 Menlo Ave. Los Angeles, CA 90037

www.laparks.org/expo

City of Los Angeles Department of Recreation and Parks

All classes and programs listed may be subject to change or cancellation.