



Registration Aug. 31 **SCHEDULE of CLASSES at a GLANCE** Classes Begins Oct. 5

## 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. 253

**Pee Wee BASKETBALL** Fee: \$30  
Ages: 4-7yrs Oct. 19 - Dec. 18  
Day/Time: Wed. 5 - 8 pm

**BOY'S & GIRL'S SOCCER** Fee: \$40  
Ages: 5-17 yrs  
Day/Time: Call 323 447-3943



**FLAG FOOTBALL**  
Ages: 8-16 yrs Fee: \$50  
Day/Time: Mon./Wed. 5 - 9 pm

**GIRLS BASKETBALL (GPLA)**  
Ages: 8-16 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: 11-17yrs Day/Time: Tue./Thu. 6-8pm

**MARTIAL ARTS**  
Ages: 5-15 yrs Fee: \$40  
Day/Time: Mon./Wed. 6 - 8pm

## Intergenerational

**LA84 Foundation/John C. Argue  
Swim Stadium**

**RECREATIONAL SWIM**  
Mon.-Fri. 11- 4 pm Sat./Sun. 1- 4 pm  
Children 17 yrs under FREE

Adults 18-64yrs \$2.50 Seniors 65+ FREE

**GROUP SWIMMING LESSONS**  
Infant-Preschool, Youth, Adult & Seniors

Session 1: Sept. 21-Oct. 15 Register: Sept. 14  
Session 2: Oct. 19-Nov. 13 Register: Oct. 17

**Fees:** Youth (7-17) \$20 (8 lessons)  
Adult (18+) \$40 (8 lessons)

**HEALTH CLUB (Membership)**  
Allows access to fitness center, weight room, lap swim, open gym.

Fees: Quarter \$45 Seniors 55+ \$25  
Monthly \$30 Day Pass \$5

## 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

**New SELF DEFENSE 16+** Fees: \$20  
Day/Time: Mon./Wed. 5 - 6pm

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

**BOXING 14+** Fee: \$25 *Limited enrollment*  
Day/Time: Tue.-Fri. 6-8pm  
Sessions: Aug. 31- Oct. 9 | Oct. 19 - Dec. 4  
Dec. 14 - Jan. 29

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

**YOGA 18+** Fees: \$7 per class  
Day/Time: Wed. 5:20-6:30pm

**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: Oct. 19 - Nov. 25 | Nov. 30 - Dec. 18  
Jan. 4 - Feb. 12

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 PHOTOGRAPHY BASICS** Fee: \$40  
Day/Time: Mon. 6 - 7 pm Ages: 8-12 yrs  
Day/Time: Mon. 7 - 8 pm Ages: 13-17 yrs

**New DRAWING BASICS** Fee: \$40  
Day/Time: Thu. 6 - 7 pm Ages: 8-12 yrs  
Day/Time: Thu. 7 - 8 pm Ages: 13-17 yrs

## Adults & Seniors

### New SENIOR LUNCHEON

Day/Time: Last Thu. of the month  
12:30 - 2:30 pm Fee: \$5

### New COUPON CLUB

Day/Time: 3<sup>rd</sup> 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

Fee: \$6.00 per month  
Day/Time: Tue./Thu. 11am-12pm

### SENIOR CIRCUIT TRAINING

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

### AQUACISE CLASS

Fee: \$25 for 30 classes  
Day/Time: Mon./Wed./Fri. 12 - 1 pm Seniors  
Day/Time: Mon./Wed./Fri. 5 - 6 pm

### GUYS & DOLLS SQUARE DANCE

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

### SEWING/ARTS CRAFTS

Fee: \$6 per month  
Day/Time: Wed. 10am-2:30pm

### QUILTING

Fee: \$6 per month  
Day/Time: Wed. 10 am - 2:30pm

### SCRAPBOOKING

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

## 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. Revised 9-02-09