

# City of Los Angeles Department of Recreation and Parks

Lemon Grove Recreation Center  
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## ARCHERY CLASS

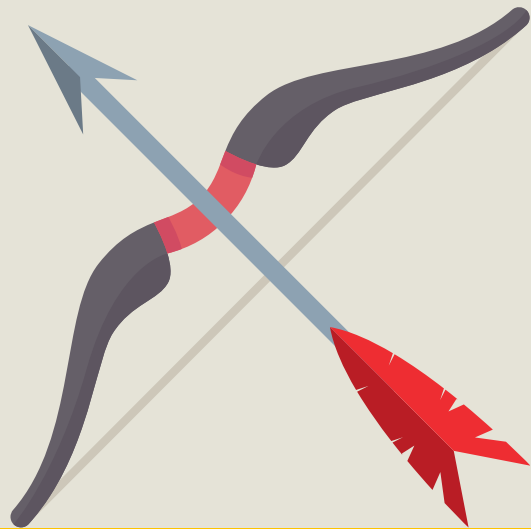
ALL SATURDAYS FROM 7/20-9/14/24  
\*No Class 8/31

# \$10

10a-11a (ages 9-12)  
11a-12p (ages 13-15)

### Learn How To:

- positioning
- nock the arrow
- draw and anchor bow
- aim
- release string
- follow through



"PERSONS WITH DISABILITIES ARE WELCOMED TO PARTICIPATE IN OUR CLASSES AND PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE."

# Cuidad de Los Angeles Departamento de Recreation y Parkes

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Oficina: (323) 666 - 4144

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## CLASE DE TIRO CON ARCO

TODOS LOS SABADOS DE 7/20-9/14/24  
\*Sin Clase 8/31

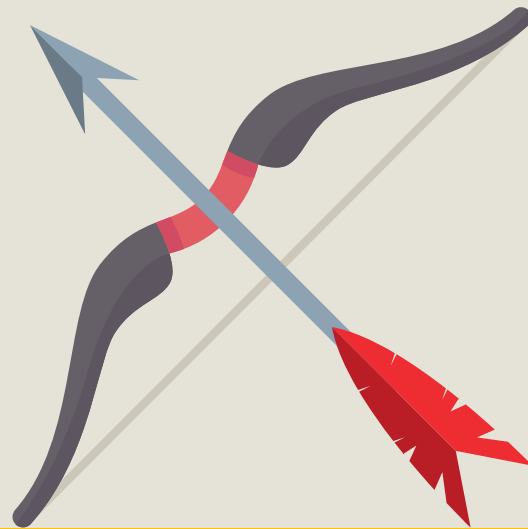
# \$10

10a-11a (edades 9-12)

11a-12p (edades 13-15)

### Aprender Como:

- posicion
- apuntar la flecha
- tiro al arco
- apuntar
- soltar el cordon
- seguir adelante



"LAS PERSONAS CON DISCAPACIDADES SON BIENVENIDAS A PARTICIPAR EN NUESTRAS CLASES Y PROGRAMAS. SE HARÁN ADAPTACIONES RAZONABLES CON ARREGLOS PREVIOS. TENGA EN CUENTA QUE ALGUNAS ADAPTACIONES PUEDEN TARDAR 30 DÍAS O MÁS. ENVÍE SU SOLICITUD DE ADAPTACIÓN LO ANTES POSIBLE".