



CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION & PARKS



323-226-1401



2911 Altura Street  
Los Angeles, 90031



lincolnheightsync



rap.lincolnheightsync@lacity.org

# LINCOLN HEIGHTS YOUTH CENTER FALL 2024

CLASS	DAY	TIME	AGES	SESSION DATES
Beginner Boxing	Mon-Fri	5:00PM-6:00PM	7-17	10/7-12/20
Continuation Boxing	Mon-Fri	6:00PM-7:00PM	7-17	10/7-12/20
Boxing Team	Mon-Fri	7:00PM-8:00PM	7-17	10/7-12/20
GPLA Weightlifting	Mon-Wed-Fri-Sat	6:00PM-7:00PM 10:00AM-11:00AM	14-17	10/7-12/20
Youth Weightlifting	Mon-Wed-Fri-Sat	7:00PM-8:00PM 10:00AM-11:00AM	14-17	10/7-12/20
Roller Hockey (Co-ed)	Mon-Wed-Fri	6:00PM-7:00PM	5-15	10/7-12/20
Roller Hockey (Co-ed)	Mon-Wed-Fri	7:00PM-8:00PM	5-15	10/7-12/20
Futsal Class (Co-ed)	Tues-Thurs	5:00PM-6:00PM	13-17	10/7-12/20
Futsal Pick-Up (Co-ed)	Tues-Thurs	6:00PM-7:00PM	13-17	10/7-12/20
Judo (Co-ed)	Fri	6:00PM-7:00PM	5-17	10/7-12/20
Judo (Co-ed)	Fri	7:00PM-8:00PM	5-17	10/7-12/20
Judo (Co-ed)	Sat	9:00AM-10:00AM	5-17	10/7-12/20
Judo (Co-ed)	Sat	10:00AM-11:00AM	5-17	10/7-12/20
Judo (Co-ed)	Sat	11:00AM-12:00PM	5-17	10/7-12/20

No Class 10/14, 10/28, 10/29 & 11/11  
(Holidays)



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.



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## YOUTH CENTER

### OTOÑO 2024

CLASE	DÍA	TIEMPO	EDADES	FECHAS DE LAS SESIONES
Boxeo Principiante	Lunes-Viernes	5:00PM-6:00PM	7-17	10/7-12/20
Boxeo De Continuación	Lunes-Viernes	6:00PM-7:00PM	7-17	10/7-12/20
Equipo De Boxeo	Lunes-Viernes	7:00PM-8:00PM	7-17	10/7-12/20
Levantamiento De Pesas GPLA	Lunes, Miércoles, Viernes, Sábado	6:00PM-7:00PM 10:00AM-11:00AM	14-17	10/7-12/20
Levantamiento De Pesas Para Jóvenes	Lunes, Miércoles, Viernes, Sábado	7:00PM-8:00PM 10:00AM-11:00AM	14-17	10/7-12/20
Hockey Sobre Patines Intermedio (Mixto)	Lunes, Miércoles, Viernes	6:00PM-7:00PM	5-15	10/7-12/20
Hockey Sobre Patines Intermedio (Mixto)	Lunes, Miércoles, Viernes	7:00PM-8:00PM	5-15	10/7-12/20
Clase De Futsal (Mixto)	Martes y Jueves	5:00PM-6:00PM	13-17	10/7-12/20
Futsal Improvisado (Mixto)	Martes y Jueves	6:00PM-7:00PM	13-17	10/7-12/20
Judo (Mixto)	Viernes	6:00PM-7:00PM	5-17	10/7-12/20
Judo (Mixto)	Viernes	7:00PM-8:00PM	5-17	10/7-12/20
Judo (Mixto)	Sábado	9:00AM-10:00AM	5-17	10/7-12/20
Judo (Mixto)	Sábado	10:00AM-11:00AM	5-17	10/7-12/20
Judo (Mixto)	Sábado	11:00AM-12:00PM	5-17	10/7-12/20

No clases 10/14, 10/28, 10/29 & 11/11

(Dia Festivo)



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. Por favor, envíe su solicitud de adaptación lo antes posible.