



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

Normandale Recreation Center

22400 Halldale Ave. Torrance, CA 90501

(310) 328-3689 / normandale.recreationcenter@lacity.org

Instagram: normandale.rec.center



Go Rec Self- Defense

REGISTRATIONS BEGIN DECEMBER 2, 2024

~~\$200~~

\$10

TUESDAYS

AYZB YB

AGES 5-8 - 6PM-7PM

AGES 9-15 - 7PM-8PM

START DATE

JANUARY 18, 2025



SCAN ME

Person with disabilities are welcome to participate in our programs.

Reasonable accommodations will be made with prior arrangements.

All information/activities are subject to change and/or cancellation without prior notice.

Refunds granted will assess a 15% administrative fee.

No refunds will be issue unless a program is cancelled by the facility.

No refunds or credit issued on missed days.