



**REGISTRATION BEGINS/ INSCRIPCIÓN COMIENZAN: 8/26/24**

# AGILITY & STRENGTH TRAINING

**ENTRENAMIENTO DE AGILIDAD Y FUERZA DEPORTIVA PARA NINAS**



**COST/ COSTO: \$10 AGES/ EDADES: 5-15**

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games providing parks an opportunity to participate for \$10. Waivers available, ask for details.

**INSTRUCTOR: AYLSSA EDWARDS**

**8 weeks of classes for \$10. / 8 semanas de clases por \$10.**

Class Dates/ Fecha de Clases: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4

**Wednesday/ Miércoles**

Class / Clase	Ages / Edades	Time / Tiempo
GPLA Agility & Strength	5-15	5:00 pm– 5:45 pm

**Co-Requisite: Participants must enroll for GPLA Agility and Strength Training and GPLA Soccer Skills simultaneously .**

**Co-Requisito: Los participantes deben inscribirse para GPLA Agility and Strength Training y GPLA Soccer Skills simultáneamente**

**All information is subject to change and/or cancellation at any time.**

Achieving gender equity through a continuous commitment to girls and women in sports.

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.

**Toda la información está sujeta a cambios y/o cancelaciones en cualquier momento.**

Logrando la equidad del genero por medio de continuo compromiso de niñas y mujeres en deportes.

Personas con discapacidades son bienvenidas para participar en nuestros programas.

Se harán acomodaciones razonables con arreglos previos. Tenga en cuenta que algunos acomodaciones pueden tardar 30 días o más.

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



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City of Los Angeles Department of Recreation and Parks

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