



REGISTRATION BEGINS/ INSCRIPCIÓN COMIENZAN: 8/26/24

AMERICAN POLYNESIAN MARTIAL ARTS

ARTES MARCIALES POLINESIANAS AMERICANAS



COST: \$10 AGES: 5-17

Play LA 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: MARTIN ALCALA (LIMALAMA NOKAOI)

8 weeks of classes for \$10/ 8 semanas de clases son \$10:

Class Dates/ Fecha de Clases: 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7

Saturday / Sábado

Class / Clase	Ages / Edades	Time / Tiempo
Little Tigers / Tigres Pequeños	5-6	10:15-11:00am
White Belts / Cinto Blanco	7-17	11:15am-12:00pm
Color Belts** / Cintos de Color	7-17	12:15-1:00pm

**Color Belts registration must be approved by the instructor. Participants must enroll for both Wednesday & Saturday class.

**El registro del Cintos de Color debe ser aprobado por la instructora. Los participantes deben inscribirse para las dos clase del miércoles y sábados.

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.



Follow us for updates



City of Los Angeles Department of Recreation and Parks

SUN VALLEY RECREATION CENTER

8133 Vineland Avenue Sun Valley, CA 91352

818.767.6151 sunvalley.recreationcenter@lacity.org

