


CLASS SESSION: JUNE 17, 2024-AUGUST 9, 2024**SUMMER
CLASSES****MONDAY**

CLASS NAME	AGE	TIME	PRICE	SUPPLYS NEEDED	DESCRIPTION	INSTRUCTOR
Stride Masters	18+	9:00am-10:00am	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes Hat 	Join our adult walking club and stride into a healthier lifestyle while exploring scenic views of the Van Nuys Sherman Oaks park. Whether you're seeking fitness, fresh air, or simply some company on your walks, our club offers the perfect blend of exercise and socializing for all levels of walkers.	M. Curiel
Adult Tennis (Beg)	18+	9:00am-10:00am	\$100	<ul style="list-style-type: none"> Tennis Racket Tennis Balls (1 can) 	Dive into the exciting world of tennis with our beginner adult class, designed to introduce you to the fundamentals of the sport in a supportive environment. Learn essential techniques, develop your skills, and connect with fellow enthusiasts as you embark on your tennis journey with expert instruction and plenty of fun. <u>Class dates: 6/17, 7/1, 7/8, 7/15, 7/22,- 8/12, 8/19, 8/26 (7am-8am)</u>	N. Chamberlin
Adult Tennis (Int/Adv)	18+	10:00am-11:00am	\$110	<ul style="list-style-type: none"> Tennis Racket Tennis Balls (1 can) 	Elevate your game to the next level with our intermediate/advanced adult tennis class, tailored for seasoned players looking to refine their skills and strategy. Receive personalized coaching, engage in challenging drills, and participate in friendly yet competitive matches, all while honing your abilities alongside fellow enthusiasts in a dynamic and motivating atmosphere. <u>Class dates: 6/17, 7/1, 7/8, 7/15, 7/22,- 8/12, 8/19, 8/26 (8am-9am)</u>	N. Chamberlin
The perfect One Handed Backhand	18+	11:00am-12:00pm	\$90	<ul style="list-style-type: none"> Tennis Racket Tennis Balls (1 can) 	Tailored for players of all levels, this specialized session delves deep into the mechanics and finesse behind one of tennis' most crucial shots. Led by an expert instructor, you'll learn the fundamentals of grip, footwork, and timing, while also mastering advanced techniques such as topspin and slice. <u>Class dates: 6/17, 7/1, 7/8, 7/15, 7/22,- 8/12, 8/19, 8/26 (9am-10am)</u>	N. Chamberlin
Junior Beg Tennis	5yrs-7yrs	1:00pm-2:00pm	\$100	 <p>Scan for youth racket info.</p>	Whether you're just starting out or already have some experience on the court, come join us for a friendly session where we'll be covering the essentials: forehand, backhand, volleys, and serves. Our goal is to create a welcoming environment where everyone can improve their skills and share the joy of playing tennis together!	N. Chamberlin
Junior Beg Tennis	8yrs-14yrs	2:00pm-3:00pm	\$100			
Junior Beg Tennis	15yrs-17yrs	3:00pm-4:00pm	\$100			
Youth Group Guitar Lessons	5yrs-6yrs	4:30pm-5:30pm	\$100	Guitar (Instructor can help students find one suitable for their level)	Lessons for beginners: focus on finger placement, strumming, sight-reading, understanding groove and chord placement. Students will learn to care for their instrument as well as tuning the guitar. From classic rock to current music, guitar lessons are sure to excite your child.	R. Brown
Youth Group Guitar Lessons	7yrs-9yrs	5:30pm-6:30pm	\$100			

MORE CLASSES 

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.

"Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements"

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

Information on this flyer is subject to change or cancellation without prior notice.

MONDAY

CLASS NAME	AGE	TIME	PRICE	SUPPLYS NEEDED	DESCRIPTION	INSTRUCTOR
Outdoor Volleyball Minor Girls (Beg)	9yrs-10yrs	4:30pm-5:30pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes Knee pads 	Join our beginner outdoor volleyball class and dive into the exhilarating world of beach volleyball, where you'll learn the basics of serving, passing, and spiking in a fun and relaxed setting. Perfect for newcomers, our class offers expert guidance and plenty of opportunities to practice your skills while soaking up the sun and enjoying the camaraderie of fellow players.	KeAnne
Outdoor Volleyball Minor Girls (Int/ Adv)	11yrs-12yrs	5:30pm-6:30pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes Knee pads 	Elevate your beach volleyball game with our intermediate/advanced outdoor class, where experienced players can fine-tune their skills, master advanced techniques, and engage in high-energy matches.	KeAnne/ Christina

TUESDAY

CLASS NAME	AGE	TIME	PRICE	SUPPLYS NEEDED	DESCRIPTION	INSTRUCTOR
Adult Pickleball (Int)	18+	9am-10am	\$100	<ul style="list-style-type: none"> Pickleball Paddle Pickleball Balls (1 can) 	Whether you're new to Pickleball or just getting started, we're here to help you learn the basics. Join us as we cover everything from forehand and backhand techniques to volleys and serves. No prior experience necessary. <u>Class Dates: 6/18, 7/2, 7/9, 7/16, 7/23, 7/24, 7/25, 7/26</u>	D. Siazon
Adult Pickleball (Adv)	18+	10am-11am	\$100		Join us for a friendly session where we'll be diving into the fundamentals: forehand, backhand, volleys, and serves. No matter where you're at in your Pickleball journey, we're here to support and guide you.	D. Siazon
Little Kickers	2yrs	9:00am-9:30am	\$90	<ul style="list-style-type: none"> Athletic Attire Athletic Shoes 	Allow your toddler to embark on an exciting soccer journey for filled with fun, learning, and growth! Our soccer class offers a dynamic environment where toddlers and young children explore the basics of the beautiful game through engaging activities and drills.	P. Gonzalez
Little Kickers	2yrs	9:30am-10:00am	\$90			
Outdoor Volleyball Pee Wee Girls	7yrs-8yrs	4:30pm - 5:30pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes Knee pads 	Join our beginner outdoor volleyball class and dive into the exhilarating world of volleyball, where you'll learn the basics of serving, passing, and spiking in a fun and relaxed setting. Perfect for newcomers, our class offers expert guidance and plenty of opportunities to practice your skills while soaking up the sun and enjoying the camaraderie of fellow players.	KeAnne / Rolando
Outdoor Volleyball Pee Wee Girls	7yrs-8yrs	5:30pm - 6:30pm	\$80			
Soccer Co-Rec Pee Wee Class	7yrs-8yrs	5:00pm - 6:00pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes 	Join our vibrant soccer class designed specifically for 7 to 8-year-olds, where budding athletes enhance their skills and passion for the sport! Led by expert coaches, this energetic program combines skill-building exercises with friendly matches, fostering confidence and teamwork on the field.	Soccer Staff
Soccer Co-Rec Pee Wee Class	7yrs-8yrs	6:00pm - 7:00pm	\$80			
Taekwondo	4yrs-8yrs	4:45pm-5:30pm	\$110	<ul style="list-style-type: none"> Athletic attire Athletic shoes Uniform (instructors will provide information) 	Our Taekwondo class tailored for 4 to 8-year-olds, have young martial artists embark on a journey of self-discovery and physical prowess! Led by experienced instructors, this engaging program blends traditional techniques with interactive activities, empowering children to develop confidence, focus, and respect	Soki/Betty
Taekwondo	9yrs-14yrs	5:30pm-6:30pm	\$110		Our dynamic class designed for 9 to 14-year-olds delve into the rich traditions and physical challenges of martial arts! Led by skilled instructors, this program combines rigorous training with character development, empowering students to build strength, confidence, and resilience both on and off the mat	Soki/Betty

MORE CLASSES 

WEDNESDAY

CLASS NAME	AGE	TIME	PRICE	SUPPLYS NEEDED	DESCRIPTION	INSTRUCTOR
Preschool Ballet	3yrs	3:45pm-4:30pm	\$96	<ul style="list-style-type: none"> Ballet Slippers Leotard 	An introduction to dance . Exploration of fundamental dance concepts through the use of simple ballet techniques and connected movement. Focus on qualities of movement and spatial relationships. Ballet slippers and leotard required.	C. Recker
Beginning Ballet	4yrs-5yrs	4:30pm-5:30pm	\$96	<ul style="list-style-type: none"> Ballet Slippers Leotard 	A continuation of the concepts introduced in Pre-Ballet. Beginning identification of ballet positions and terms as well as working individually, in pairs and as a group. Ballet slippers and leotard required.	C. Recker
Beginning Ballet	4yrs-5yrs	5:30pm-6:30pm	\$96			
Storybook Ballet	6yrs-8yrs	6:30pm-7:30pm	\$96	<ul style="list-style-type: none"> Ballet Slippers Leotard 	Working within the context of ballet , we explore the creative process of story-telling through movement. In addition to expanding dance movement vocabulary and ballet technique, dancers will learn concepts of choreography. Ballet slippers and leotard required.	C. Recker
Live-ball I 3.0-3.5	18+	1pm-2pm	\$100	<ul style="list-style-type: none"> Tennis Racket Tennis Balls (1 can) Athletic attire Athletic shoes 	Live-ball tennis is a doubles-style game where pairs compete to gain and maintain control of a “champion” side. This format is great for players of all levels because it helps accelerate the learning process.	N. Chamberlin
Live-ball I 4.0	18+	7:00pm-8:00pm	\$100			
Adult Int/Adv Tennis	18+	2pm-3pm	\$100		Elevate your game to the next level with our intermediate/advanced adult tennis class, tailored for seasoned players looking to refine their skills and strategy. Receive personalized coaching, engage in challenging drills, and participate in friendly yet competitive matches, all while honing your abilities alongside fellow enthusiasts in a dynamic and motivating atmosphere.	
Adult Int/Adv Tennis	18+	3pm-4pm	\$100			
Outdoor Volleyball Jr Girls Beginner/ Intermediate	13yrs-15yrs	5:30pm - 6:30pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes 	Join our beginner/intermediate outdoor volleyball class and dive into the exhilarating world of volleyball, where you'll learn the basics of serving, passing, and spiking in a fun and relaxed setting. Perfect for newcomers, our class offers expert guidance and plenty of opportunities to practice your skills while soaking up the sun and enjoying the camaraderie of fellow players.	KeAnne/ Christina
Soccer Co-Rec Minor Class	9yrs-10yrs	5:00pm - 6:00pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes 	Join our Co-Rec Soccer class designed for 9yr-10yrs old's, where budding athletes enhance their skills and passion for the sport! Led by expert coaches, this energetic program combines skill-building exercises with friendly matches, fostering confidence and teamwork on the field.	Soccer Staff
Soccer Co-Rec Minor Class	9yrs-10yrs	6:00pm- 7:00pm	\$80			
Power Hour	18+	6:30pm-7:30pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes water 	This is an adult HIIT style cardio workout class that meets once a week. HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.	M. Curiel


MORE CLASSES 

THURSDAY

CLASS NAME	AGE	TIME	PRICE	SUPPLYS NEEDED	DESCRIPTION	INSTRUCTOR
Little Kickers	2yrs	9:00am-9:30am	\$90	<ul style="list-style-type: none"> • Athletic Attire • Athletic Shoes 	Embark on an exciting two-year soccer journey filled with fun, learning, and growth! Our soccer class offers a dynamic environment where toddlers and young children explore the basics of the beautiful game through engaging activities and drills.	P. Gonzalez
Little Kickers	2yrs	9:30am-10:00am	\$90			
Toddler Gymnastics	2yrs	2:30pm-3:00pm	\$90	<ul style="list-style-type: none"> • Athletic attire (something stretchy) • No oversized clothing • No jeans • No jewelry (studs okay) • Hair must be pulled back out of face. • Water bottle 	Our Gymnastics program teaches body and arm position, how to improve flexibility, body awareness, and more. These classes are a great way to enhance your child's strength, flexibility, and confidence.	S. Knight
Toddler Gymnastics	2yrs	3:00pm-3:30pm	\$90			
Preschool Gymnastics	3yrs-4yrs	3:30pm-4:15pm	\$96			
Preschool Gymnastics	3yrs-4yrs	4:15pm-5pm	\$96			
Beginning Gymnastics	5yrs-8yrs	5:15pm-6:15pm	\$96			
Beginning Gymnastics	5yrs-8yrs	6:15pm-7:15pm	\$96			
Beginning Gymnastics	9yrs-14yrs	7:15pm-8:15pm	\$96			
Beginning Gymnastics	5yrs-8yrs	6:15pm-7:15pm	\$96			
Soccer Co-Rec Major Class	11yrs-12yrs	5:00pm- 6:00pm	\$80	<ul style="list-style-type: none"> • Athletic attire • Athletic shoes 	Join our Co-Rec Soccer class designed for 11yr-12yrs old's, where budding athletes enhance their skills and passion for the sport! Led by expert coaches, this energetic program combines skill-building exercises with friendly matches, fostering confidence and teamwork on the field.	Soccer Staff
Soccer Co-Rec Major Class	11yrs-12yrs	6:00pm - 7:00pm	\$80			
Outdoor Volleyball Minor Girls (Int)	9yrs-10yrs	5:00pm - 6:00pm	\$80	<ul style="list-style-type: none"> • Athletic attire • Athletic shoes 	Join our intermediate or advanced outdoor volleyball class and dive into the exhilarating world of volleyball, where you'll learn the basics of serving, passing, and spiking in a fun and relaxed setting. Perfect for newcomers, our class offers expert guidance and plenty of opportunities to practice your skills while soaking up the sun and enjoying the camaraderie of fellow players.	Rolando/Dawi
Outdoor Volleyball Minor Girls (Adv)	9yrs-10yrs	6:00pm- 7:00pm	\$80			
Beginning Adult Pickleball	18+	5:00pm-6:00pm	\$90	<ul style="list-style-type: none"> • Pickleball Paddle • Pickleball Balls 	Whether you're new to Pickleball or just getting started, we're here to help you learn the basics. Join us as we cover everything from forehand and backhand techniques to volleys and serves. No prior experience necessary.	G. Lamb
Intermediate Adult Pickleball	18+	6:00pm-7:00pm	\$90			
Advanced Adult Pickleball	18+	7:00pm-8:00pm	\$90			
Youth Tennis (A)	7yrs-9yrs	6:00pm-7:00pm	\$100	<ul style="list-style-type: none"> • Youth Racket • Tennis Balls (1 can) 	Join us for a friendly session where we'll be covering the essentials: forehand, backhand, volleys, and serves. Our goal is to create a welcoming environment where everyone can improve their skills and share the joy of playing tennis together! Scan for youth racket info. 	R. Finks
Youth Tennis (B)	10yrs-14yrs	7:00pm-8:00pm	\$100			
Adult Beg Pickleball	18+	8:00pm-9:00pm	\$90	<ul style="list-style-type: none"> • Pickleball Paddle • Pickleballs (1 can) 	We're here to help you learn the basics. Join us as we cover everything from forehand and backhand techniques to volleys and serves. No prior experience necessary. Class dates: 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29	

MORE CLASSES 

FRIDAY

CLASS NAME	AGE	TIME	PRICE	SUPPLYS NEEDED	DESCRIPTION	INSTRUCTOR
Junior Beg Tennis	5yrs-7yrs	1:00pm-2:00pm	\$100	<ul style="list-style-type: none"> Youth Racket Tennis Balls (1can) 	Whether you're just starting out or already have some experience on the court, come join us for a friendly session where we'll be covering the essentials: forehand, backhand, volleys, and serves. Our goal is to create a welcoming environment where everyone can improve their skills and share the joy of playing tennis together! 	N. Chamberlin
Junior Beg Tennis	8yr-14yrs	2:00pm-3:00pm	\$100			
Junior Beg Tennis	15yrs-17yrs	3:00pm-4:00pm	\$100			
Competition Doubles	18+	7pm-8pm	\$110	<ul style="list-style-type: none"> Racket Tennis Balls 	Get ready to elevate your tennis game and team up for victory in our thrilling doubles competition class! Join fellow players in an exciting environment where strategic teamwork and individual skill combine for an unforgettable on-court experience	
Piano, Voice, or Violin Lessons	7+	3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm, 7pm, 7:30pm, 8pm, 8:30pm	\$180	<ul style="list-style-type: none"> Music Book (instructor will inform students on what book on first day of class.) 	30 minute individual private lessons. Emphasis is on piano but voice or violin lessons can be taught upon request. The instructor will recommend which book should be purchased by the student on the first day of classes	M. Popovich
Private Guitar Lessons	5+	3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm, 7pm, 7:30pm, 8pm,	\$180	<ul style="list-style-type: none"> Guitar (Instructor can help students find one suitable for their level) 	30 minute individual private lessons. Lessons for beginners: focus on finger placement, strumming, sight-reading, understanding groove and chord placement. Students will learn to care for their instrument as well as tuning the guitar. From classic rock to current music, guitar lessons are sure to excite your child.	R. Brown

SATURDAY

CLASS NAME	AGE	TIME	PRICE	SUPPLYS NEEDED	DESCRIPTION	INSTRUCTOR
Soccer Tiny Mite Class	3yrs-4yrs	9:00am-10:00am	\$80	<ul style="list-style-type: none"> Athletic Attire Athletic Shoes 	Kick-start your little one's soccer journey with our dynamic class tailored for ages 3 to 6! Led by enthusiastic coaches, this fun-filled program introduces fundamental skills through engaging activities, fostering a love for the game that will last a lifetime.	Soccer Staff
Soccer Mighty Mite Class	5yrs-6yrs	10:00am-11:00am	\$80			
Indoor Volleyball Major Girls Advance	11yrs-12yrs	5:30pm -6:30pm	\$80	<ul style="list-style-type: none"> Athletic attire Athletic shoes Knee pads 	Join our advanced outdoor volleyball class and dive into the exhilarating world of volleyball, where you'll learn the basics of serving, passing, and spiking in a fun and relaxed setting. Perfect for newcomers, our class offers expert guidance and plenty of opportunities to practice your skills while soaking up the sun, and enjoying the camaraderie of fellow players.	Rolando/Dawi
Indoor Volleyball Jr Girls Advance	13yrs-15yrs	5:30pm - 6:30pm	\$80			

MORE CLASSES 



CITY OF LOS ANGELES DEPT. OF RECREATION & PARKS



VAN NUYS SHERMAN OAKS RECREATION CENTER: 14201 HUSTON ST. SHERMAN OAKS, CA 91423

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SAVE THE DATE!



SUMMER CLASSES

REGISTRATION OPENS
APRIL 30, 2024 @9AM
ONLINE

8 Week classes
June 17th-August 9



CITY OF LOS ANGELES DEPT. OF RECREATION & PARKS



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