



City of Los Angeles Department of Recreation & Parks Westchester Recreation Center 7000 W. Manchester Ave Los Angeles CA 90045 310-670-7473 | westchester.recreationcenter@lacity.org



Come dance your stresses away during Bachata Hour. Learn to release your emotions through the power of movement and music!

AGES DAY TIME WKS FEE DATES

18 & Up | Mondays | 6:00 - 7:00p | 8 | \$90 | 01/13-03/17

\*\*\*No Class 01/20 & 02/17



Mixed martial arts (MMA) incorporates striking, grappling, and ground fighting techniques from multiple combat arts from around the world. In this class, students will cover basic movement, offense, defense, strategy, and fundamental techniques, with a focus on improving overall fitness, and applications in potential self-defense scenarios. This safe, non-competitive class is open to men, women, and minors 16 & up with parental signature. Boxing gloves or MMA gloves are required.

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TO REGISTER VISIT:

LAPARKS.ORG/RECCENTER/WESTCHESTER





No Class 01/20 & 02/17



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. | Achieving gender equity though a continuous commitment to girls and women in sports. Good sportsmanship is everyone's responsibility. Be a good sport.