



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS  
WESTCHESTER RECREATION CENTER | 310-670-7473

# WESTCHESTER RC

## Fall 2024



[laparks.org/reccenter/westchester](https://laparks.org/reccenter/westchester)



[Westchester.RecreationCenter@lacity.org](mailto:Westchester.RecreationCenter@lacity.org)



7000 MANCHESTER BLVD.  
LOS ANGELES, CA 90045



310.670.7473



@WestchesterRecCenter

# WRC 2024 Fall Class List



Westchester RC - Fall Season '24

310) 670-7473

| MONDAY                                    |         |                  |       |   |
|---|---------|------------------|-------|---|
| PROGRAM                                   | AGES    | TIME             | FEE   | DATES   |
| Knitting & Crotchet for Adults            | 18 & Up | 9:00am - 12:00pm | \$75  | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Public Speaking Workshop                  | 18 & Up | 1:00 - 2:00pm    | \$80  | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Skateboarding I. (Beginner)               | 6-8     | 4:00 - 4:45pm    | \$90  | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Poetry for Kids                           | 8-12    | 4:00 - 4:45pm    | \$100 | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Skateboarding II. (Intermediate)          | 6-8     | 5:00 - 5:45pm    | \$90  | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Skateboarding II. (Intermediate)          | 9-12    | 5:00 - 5:45pm    | \$90  | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Scriptwriting for Kids                    | 8-12    | 4:00 - 4:45pm    | \$100 | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Karate for Kids                           | 7 - 12  | 5:00 - 6:00pm    | \$100 | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Bachata with Dania                        | 18 & up | 6:00 - 7:00pm    | \$80  | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| Karate for Adults                         | 13 & up | 6:00 - 7:30pm    | \$120 | 10/07/24 - 12/09/24   No Classes: 10/14 & 11/11             |
| TUESDAY                                   |         |                  |       |   |
| Creative Writing Workshop                 | 18+     | 1:00 - 2:00 pm   | \$48  | 10/15/24 - 11/05/24   4 weeks                               |
| Private Guitar or Piano Lessons           | 7 & Up  | 2:00 - 7:00pm    | \$150 | 10/08/24 - 11/26/24   8 weeks   25 min each                 |
| Fusion Mat Pilates                        | 18 & Up | 6:00 - 6:45pm    | \$90  | 10/08/24 - 11/26/24   8 weeks                               |
| MMA For Fitness & Self Defense            | 18 & Up | 7:00 - 8:30pm    | \$90  | 10/08/24 - 11/26/24   8 weeks                               |
| WEDNESDAY                                 |         |                  |       |   |
| Private Guitar, Ukulele, or Piano Lessons | 7 & Up  | 2:00 - 7:00pm    | \$150 | 10/09/24 - 11/27/24   8 weeks   25 min each                 |
| Soccer Skills & Drills                    | 7 - 8   | 4:00 - 4:45pm    | \$90  | 10/09/24 - 11/27/24   8 weeks                               |
| Skateboarding I. (Beginner)               | 7 - 9   | 5:00 - 6:00pm    | \$90  | 10/09/24 - 11/27/24   8 weeks                               |
| THURSDAY                                  |         |                  |       |   |
| Private Guitar or Ukulele Lessons         | 7 & Up  | 3:00 - 7:00pm    | \$150 | 10/10/24 - 12/05/24   No Class 11/28/24   25 min each       |
| Spanish for Kids                          | 6 - 9   | 4:00 - 4:45pm    | \$100 | 10/10/24 - 12/05/24   No Class on 11/28/24                  |
| Improv for Kids                           | 8-12    | 5:00 - 5:45pm    | \$100 | 10/10/24 - 12/05/24   No Class on 11/28/24                  |
| Tiny Wheels Skateboarding                 | 4-5     | 4:00 - 4:45pm    | \$90  | 10/10/24 - 12/05/24   No Class on 11/28/24                  |
| Skateboarding I. (Beginner)               | 6 - 8   | 5:00 - 5:45pm    | \$90  | 10/10/24 - 12/05/24   No Class on 11/28/24                  |
| Skateboarding I. (Beginner)               | 9 - 12  | 6:00 - 6:45pm    | \$90  | 10/10/24 - 12/05/24   No Class on 11/28/24                  |
| Improv for Adults                         | 18+     | 6:00 - 6:45pm    | \$80  | 10/10/24 - 12/05/24   No Class on 11/28/24                  |
| FRIDAY                                    |         |                  |       |   |
| Private Guitar or Ukulele Lessons         | 7 & Up  | 9:30am-1:00pm    | \$150 | 10/10/24 - 12/05/24   No Class on 11/28/24   25 min lessons |
| Gentle Yoga                               | 18 & Up | 10:15 - 11:15am  | \$90  | 10/11/24 - 11/26/24   8 weeks                               |
| Skateboarding I. (Beginners)              | 6 - 8   | 4:00 - 4:45pm    | \$90  | 10/11/24 - 12/06/24   8 weeks                               |
| GPLA Girls on Wheels I.                   | 6-8     | 4:00 - 4:45pm    | \$90  | 10/11/24 - 12/06/24   8 weeks                               |
| GPLA Girls on Wheels II.                  | 7 - 9   | 5:00 - 5:45pm    | \$90  | 10/11/24 - 12/06/24   8 weeks                               |
| GPLA Girls on Wheels II.                  | 9-12    | 5:00 - 5:45pm    | \$90  | 10/11/24 - 12/06/24   8 weeks                               |
| GPLA Girls on Wheels III.                 | 10 - 12 | 6:00 - 6:45pm    | \$90  | 10/11/24 - 12/06/24   8 weeks                               |
| SATURDAY                                  |         |                  |       |   |
| Yoga Flow                                 | 16 & Up | 9:00 - 10:00am   | \$80  | 10/12/24 - 12/07/24   8 weeks                               |
| Karate I.                                 | 7 - 12  | 10:00 - 11:00am  | \$100 | 10/12/24 - 11/30/24   8 weeks                               |
| Karate II. Adults                         | 18 & Up | 11:30 - 1:00pm   | \$120 | 10/12/24 - 11/30/24   8 weeks                               |

**REFUND POLICY:** AFTER THE WEDNESDAY PRIOR TO THE WEEK EACH SESSION BEGINS, NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE SENIOR CENTER. A 15% ADMINISTRATIVE FEE WILL BE ASSESSED BY THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS FOR ANY PATRON GRANTED A REFUND. ALL REFUND REQUESTS MUST BE SUBMITTED VIA A REFUND REQUEST FORM. THERE ARE NO REFUNDS OR CREDITS FOR MISSED DAYS.



# FALL MUSIC

Guitar, Piano, and **NEW** Ukulele!

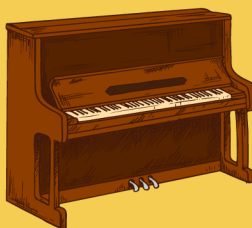
| Day                   | Instrument      | Available Lessons with Matthew                            | Fee   | Ages   | Class Dates                                  |
|-----------------------|-----------------|---|-------|--------|--|
| Tuesdays or Wednesday | Guitar or Piano | 2:00pm-7:00pm<br>*25 minute private lessons every 1/2 hr. | \$150 | 7 & Up | Tues : 10/08 - 11/26<br>Weds : 10/09 - 11/27 |

| Day       | Instrument        | Available Lessons With Eric                               | Fee   | Ages   | Class Dates  |
|-----------|-------------------|---|-------|--------|--|
| Wednesday | Guitar or Ukulele | 4:00pm-7:00pm<br>*25 minute private lessons every 1/2 hr. | \$150 | 7 & Up | 10/09, 10/16, 10/23, 10/30, 11/06, 11/13, 11/20, 11/27 |
| Thursday  | Guitar or Ukulele | 3:00pm-7:00pm<br>*25 minute private lessons every 1/2 hr. | \$150 | 7 & Up | 10/10, 10/17, 10/24, 10/31, 11/07, 11/14, 11/21, 12/05 |
| Friday    | Guitar or Ukulele | 9:30am-1:00pm<br>*25 minute private lessons every 1/2 hr. | \$150 | 7 & Up | 10/11, 10/18, 10/25, 11/01, 11/08, 11/15, 11/22, 12/06 |

\* Private Lessons are in 25 minute increments \*

Now enrolling all eager musicians for our piano, guitar, and **NEW** ukulele private lessons! If enrolling in guitar or ukulele lessons, please bring your own instrument. This class is open to kids & adults!

**TO REGISTER VISIT:**  
[LAPARKS.ORG/RECCENTER/WESTCHESTER](http://LAPARKS.ORG/RECCENTER/WESTCHESTER)



or Scan Me!



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



# new fall classes for kids

## POETRY

Learn the art of writing poetry! Students will learn to use their imagination and emotions to create an intentional piece of artistic literature.

| AGES | DAY & TIME              | DATES                    | FEE    |
|------|-------------------------|--------------------------|--------|
| 8-12 | Mondays<br>4pm - 4:50pm | 10/07 - 12/16<br>8 weeks | \$ 100 |

**\*\*\*No class 10/14, 11/11, & 11/25**

## SCRIPTWRITING

Come learn how to write scripts for Hollywood! Begin and refine your writing and storytelling skills through this fun class that will challenge you creatively to think outside of the box!

| AGES  | DAY & TIME              | DATES                    | FEE    |
|-------|-------------------------|--------------------------|--------|
| 10-16 | Mondays<br>5pm - 5:50pm | 10/07 - 12/16<br>8 weeks | \$ 100 |

**\*\*\*No class 10/14, 11/11, & 11/25**



**to register visit:**

**[laparks.org/reccenter/westchester](http://laparks.org/reccenter/westchester)**



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\*\*\*"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 encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements. Achieving gender equity through a continuous commitment to girls and women in sports. Good sportsmanship is everyone's responsibility. Be a good sport. Classes and programs may be subject to cancellation or change\*\*\*"



# new fall classes for kids

## SPANISH

uno, dos, tres! brush up your Spanish and learn new vocabulary through fun and games

| AGES | DAY & TIME                | DATES                      | FEE    |
|------|---------------------------|----------------------------|--------|
| 6-9  | Thursdays<br>4pm - 4:45pm | 10/10 - 12/05  <br>8 weeks | \$ 100 |

\*\*\*No class 11/28

## IMPROV 101

Kickstart your child's acting journey with this intro to improvisation class for kids. Through games and fun, your little shakespeare will learn the basics of improv and acting among their peers.

| AGES | DAY & TIME                | DATES                      | FEE    |
|------|---------------------------|----------------------------|--------|
| 8-12 | Thursdays<br>5pm - 5:45pm | 10/10 - 12/05  <br>8 weeks | \$ 100 |

\*\*\*No class 11/28



to register visit:

[laparks.org/reccenter/westchester](http://laparks.org/reccenter/westchester)



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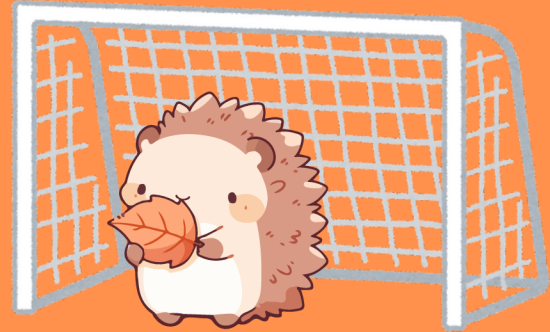
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WESTCHESTER RECREATION CENTER  
 7000 W.MANCHESTER AVE, LA CA 90045 | 310-670-7473 |



# SOCCER DRILLS & SKILLS



| AGES  | DAY & TIME                 | DATES                      | FEE   |
|-------|----------------------------|----------------------------|-------|
| 7 - 8 | Wednesdays<br>4pm - 4:45pm | 10/09 - 11/27  <br>8 weeks | \$ 90 |

**Kickstart your child's soccer journey in our fun-filled Soccer Skills Class! Learn dribbling, passing, shooting, and teamwork. Perfect for beginners and budding stars. Join us for great fun, new friends, and lots of soccer magic!**



**TO REGISTER IN OUR PROGRAMS VISIT:  
 LAPARKS.ORG/RECCENTER/WESTCHESTER  
 OR CALL US AT: 310-670-7473**

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**NEW**

# Gymnastics



Riding high off the Summer Olympic Games, we're happy to offer a **NEW** sports class - **GYMNASTICS!** Come join us as we teach the fundamentals of gymnastics while learning how to move our bodies through gross and fine motor skills

| Ages                           | Day      | Time                | Dates                          | Fee  |
|--------------------------------|----------|---------------------|--------------------------------|------|
| Tiny Tots Tumbling ages 3 -4   | Thursday | 11:30 am - 12:30 pm | 10/10 - 12/05   NO CLASS 11/28 | \$10 |
| Beginner's Gymnastics ages 5-7 | Friday   | 4:00 pm - 5:00 pm   | 10/11 - 12/06   NO CLASS 11/29 | \$10 |

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# FALL SKATE BOARDING



**Co-Ed Classes. All skill levels are welcome!**

**BYOSB: Bring Your Own Skateboard (and safety gear)**

| CLASS            | AGES   | DAY       | TIME          | DATES  | FEE  |
|------------------|--------|-----------|---------------|--|------|
| Skateboarding I  | 6 - 8  | Monday    | 4:00 - 4:45pm | 10/07 - 12/09  <br>NO CLASS<br>10/14 & 11/11 | \$90 |
| Skateboarding II | 6 - 8  |           | 5:00 - 5:45pm |  | \$90 |
| Skateboarding II | 9 - 12 |           | 6:00 - 6:45pm |  | \$90 |
| Skateboarding I  | 7 - 9  | Wednesday | 5:00 - 6:00pm | 10/09 - 11/27                                | \$90 |
| Tiny Wheels      | 4 - 5  | Thursday  | 4:00 - 4:45pm | 10/10 - 12/05  <br>NO CLASS<br>11/28         | \$90 |
| Skateboarding I  | 6 - 8  |           | 5:00 - 5:45pm |  | \$90 |
| Skateboarding I  | 9 - 12 |           | 6:00 - 6:45pm |  | \$90 |
| Skateboarding I  | 6 - 8  | Friday    | 4:00 - 4:45pm | 10/11 - 12/06  <br>NO CLASS 11/29            | \$90 |

**To Register Visit:**

**LAPARKS.ORG/RECCENTER/WESTCHESTER**

**\*\*\*Classes Fill Up Fast, Don't Wait To Register!\***



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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 through a continuous commitment to girls and women in sports. Good sportsmanship is everyone's responsibility. Be a good sport.





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# FALL GPLA SKATEBOARDING for girls



**CLASSES BEGIN: 10/11/24**

**CLASSES END: 12/06/24**

| CLASS                | AGES  | DAY    | TIME          | WKS | FEE  |
|----------------------|-------|--------|---------------|-----|------|
| Girls on Wheels I.   | 6-8   | Friday | 4:00 - 4:45pm | 8   | \$90 |
| Girls on Wheels II.  | 7-9   | Friday | 5:00 - 5:45pm | 8   | \$90 |
| Girls on Wheels II.  | 9-12  | Friday | 5:00 - 5:45pm | 8   | \$90 |
| Girls on Wheels III. | 10-12 | Friday | 6:00 - 6:45pm | 8   | \$90 |

\*No class on 11/29\*

**BYOSB: Bring Your Own Skateboard & Safety Gear (helmet, kneepads, etc).**

**All skill levels are welcome!**



**\*\*Classes Fill Up Fast, Don't Wait To Register!\*\***



**To Register Visit:**  
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# Wado-Ryu KARATE

## WEEKDAY CLASSES

| CLASS             | AGES    | DAYS   | TIME          | DATES         | FEE   |
|-------------------|---------|--------|---------------|---------------|-------|
| Karate for Kids   | 7 - 12  | Monday | 5:00 - 6:00pm | 10/07 - 12/09 | \$100 |
| Karate for Adults | 13 & Up |        | 6:00 - 7:30pm |               | \$120 |

\*\*\*No Class 10/14 & 11/11

## WEEKEND CLASSES

| CLASS             | AGES    | DAYS     | TIME            | DATES         | FEE   |
|-------------------|---------|----------|-----------------|---------------|-------|
| Karate for Kids   | 7 - 12  | Saturday | 10:00a - 11:00a | 10/12 - 11/30 | \$100 |
| Karate for Adults | 13 & Up |          | 11:30a - 1:00p  |               | \$120 |

**\*SPARRING GLOVES MAY BE NEEDED, INSTRUCTOR WILL PROVIDE ADDITIONAL INFORMATION AT FIRST CLASS\***

### ABOUT THE INSTRUCTOR:

Instructor Natineal Wondwosen has been a practitioner of Wado-Ryu Karate since 2010 and has dedicated his life to the art since that time. The purpose of practicing Wado-Ryu Karate-Do is fostering the spirit of peace and harmony in oneself. The goal is strive to be a better version of yourself.

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 through a continuous commitment to girls and women in sports. Good sportsmanship is everyone's responsibility. Be a good sport.

**TO REGISTER VISIT:**

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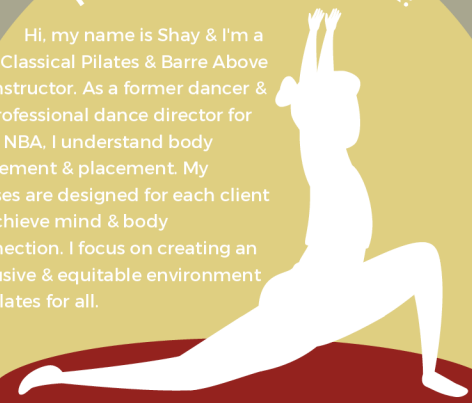
# Fusion Mat

# Pilates



FROM THE INSTRUCTOR:

Hi, my name is Shay & I'm a Classical Pilates & Barre Above Instructor. As a former dancer & professional dance director for the NBA, I understand body movement & placement. My classes are designed for each client to achieve mind & body connection. I focus on creating an inclusive & equitable environment to Pilates for all.



| AGES    | DAY      | TIME        | WKS | FEE   | DATES         |
|---------|----------|-------------|-----|-------|---------------|
| 18 & Up | Tuesdays | 6 - 6:45 pm | 8   | \$ 90 | 10/08 - 11/26 |

Fusion Mat Pilates includes: Mat Pilates, Pilates Barre/Ballet & light weights. This class will help strengthen the mind - body connection & help you center in to develop a strong core. This is an all levels class and instructor will offer modifications & progressions for everyone.

# Gentle & Flow

# Yoga

| AGES                          | DAY       | TIME              | WKS | FEE   | DATES                             |
|-------------------------------|-----------|-------------------|-----|-------|-----------------------------------|
| <u>Gentle Yoga</u><br>18 & Up | Fridays   | 10:15-<br>11:15am | 8   | \$ 90 | 10/11 - 12/06<br>**No class 11/29 |
| <u>Yoga Flow</u><br>16 & Up   | Saturdays | 9 - 10 am         | 8   | \$ 90 | 10/12 - 12/07<br>**No class 11/30 |

**Gentle Yoga** is for those looking for a restorative yoga class that is gentle on the body and relaxing to the mind.

**TO REGISTER VISIT:**

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**Yoga Flow** explores the basic flows of yoga combining fluid movements and deep stretches to enhance flexibility and balance. Build your connection of breath with movement, as you flow through sequences to improve and challenge yourself. All levels welcome.





**NEW**

# Bachata Hour



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   | \$80 | 10/07 - 12/16 |

\*\*\*No Class 10/14, 11/11, & 11/25

**NEW**

# Mixed Martial Arts (MMA) FUNDAMENTALS

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.

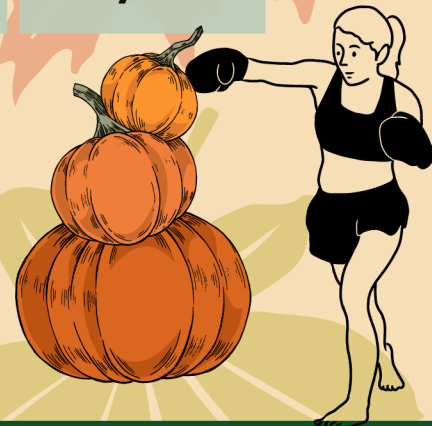
| AGES    | DAY      | TIME         | WKS | FEE  | DATES         |
|---------|----------|--------------|-----|------|---------------|
| 18 & Up | Tuesdays | 7:00 - 8:30p | 8   | \$90 | 10/08 - 11/26 |

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# Adult Enrichment

## KNIT & CROCHET

Join Ms Shirley Mondays to learn how to knit or crochet. Students can work on any projects they chose, or be guided by the instructor.

| AGES    | DAY     | TIME     | WKS | FEE  | DATES         |
|---------|---------|----------|-----|------|---------------|
| 18 & Up | Mondays | 9am-12pm | 12  | \$75 | 10/08 - 11/26 |

Overcome your fear of public speaking by learning communication techniques to help you build confidence and comfort in yourself.



## PUBLIC SPEAKING WORKSHOP

| AGES    | DAY     | TIME  | WKS | FEE  | DATES         |
|---------|---------|-------|-----|------|---------------|
| 18 & Up | Mondays | 1-2pm | 8   | \$80 | 10/08 - 11/26 |

## CREATIVE WRITING WORKSHOP



Join Lauryn in this 4 week session exploring your inner weird, wild, passionate, dark, and joy. as Each week there will be one writing topic given so that you can write a story, poem, song, or even just a free write to journal.

| AGES    | DAY      | TIME   | WKS | FEE   | DATES         |
|---------|----------|--------|-----|-------|---------------|
| 18 & Up | Tuesdays | 1-2 pm | 4   | \$ 48 | 10/15 - 11/05 |

Learn the basics of improvised theater! Enhance your skills of spontaneity, creativity, listening and storytelling all while having fun!

## ADULT IMPROV



| AGES    | DAY       | TIME   | WKS | FEE   | DATES         |
|---------|-----------|--------|-----|-------|---------------|
| 18 & Up | Thursdays | 6-7 pm | 8   | \$ 90 | 10/10 - 12/05 |

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WESTCHESTER RECREATION CENTER



# GIRLS GPLA FALL VOLLEYBALL LEAGUE

SEASON BEGINS: 10/05 SEASON ENDS: 11/23

| DIVISION | AGES  | FEE   | EVALUATIONS     |
|----------|-------|-------|-----------------|
| ROOKIES  | 7-8   | \$150 | 09/07 @ 10:00am |
| MINORS   | 9-10  | \$150 | 09/07 @ 10:30am |
| MAJORS   | 11-12 | \$150 | 09/07 @ 11:00am |
| JUNIORS  | 13-15 | \$150 | 09/07 @ 11:30am |

DIVISION PLACEMENT IS DETERMINED BY ATHLETE'S AGE AS OF 01/2024

EVALUATION DAY IS MANDATORY FOR PLAYER PLACEMENT. TEAM PLACEMENT FOR PLAYERS REQUESTS ARE ACCEPTED, BUT NOT GUARANTEED.

TO REGISTER VISIT:

LAPARKS.ORG/RECCENTER/WESTCHESTER

INTERESTED IN COACHING? EMAIL:

WESTCHESTER.RECREATIONCENTER@LACITY.ORG



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# WESTCHESTER RECREATION CENTER



## CO-ED

# FLAG FOOTBALL

## LEAGUE



**REGISTRATION OPENS: 7/29**

**SEASON BEGINS: 10/05**

**SEASON ENDS: 11/23**

| DIVISION | AGE | FEE   |
|----------|-----|-------|
| PEE-WEE  | 5-6 | \$130 |
| ROOKIES  | 7-8 | \$130 |

**DIVISION PLACEMENT IS DETERMINED BY ATHLETE'S AGE AS OF 01/2024**



**TO REGISTER VISIT:  
LAPARKS.ORG/RECCENTER/WESTCHESTER**

**INTERESTED IN COACHING? EMAIL:  
WESTCHESTER.RECREATIONCENTER@LACITY.ORG**

**FOLLOW US ON INSTAGRAM @WESTCHESTERRECCENTER**



\*\*\*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 encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements. Achieving gender equity through a continuous commitment to girls and women in sports. Good sportsmanship is everyone's responsibility. Be a good sport. Classes and programs may be subject to cancellation or change\*\*\*



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



# WESTCHESTER RECREATION CENTER



# GPLA FLAG FOOTBALL LEAGUE



**REGISTRATION OPENS: 7/29**

**SEASON BEGINS: 10/05**

**SEASON ENDS: 11/23**

| DIVISION           | AGE          | FEE          |
|--------------------|--------------|--------------|
| <b>GPLA MINORS</b> | <b>9-10</b>  | <b>\$130</b> |
| <b>GPLA MAJORS</b> | <b>11-12</b> | <b>\$130</b> |

**DIVISION PLACEMENT IS DETERMINED BY ATHLETE'S  
 AGE AS OF 01/2024**



**GPLA**  
 Girls Play Los Angeles



**TO REGISTER VISIT:  
 LAPARKS.ORG/RECCENTER/WESTCHESTER**

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WESTCHESTER RECREATION CENTER | 310-670-7473

# WESTCHESTER PARK COMMUNITY SHOWCASE SEPT 28

Drop-in for an afternoon of fun,  
skateboarding, community booths,  
and a movie in the park.



SKATE SESSIONS &

BOOTHS: 3:30 - 6:30PM

MOVIE: 7PM



This is a **FREE** event!  
Bring your own beach chair or blanket,  
and picnic at the park!

[laparks.org/reccenter/westchester](http://laparks.org/reccenter/westchester)





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WESTCHESTER RECREATION CENTER PRESENTS

# **HALLOWEEN** **KID ZONE**



## **THURSDAY OCTOBER 31ST** **5PM - 9PM**

**\*\*FREE EVENT, MUST PRE-REGISTER\*\***

**GAMES**

**MOON BOUNCE**

**COSTUME CONTEST**

**FACE PAINTING**

**LOTS OF CANDY**

**& MORE**



**PRE-REGISTER AT:**  
**LAPARKS.ORG/RECCENTER/WESTCHESTER**



**FOLLOW US ON INSTAGRAM @WESTCHESTERRECCENTER**

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.



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# WESTCHESTER RECREATION CENTER PARK OF PAIN PRESENTS "THE FINAL PHASE"

CELEBRATING 41 YEARS OF FEAR

FEAR WON'T LAST  
FOREVER



**SELF GUIDED  
HAUNTED HOUSE**

**OCTOBER FRI. 25TH, SAT. 26TH, TUES. 29TH, WED. 30TH, & THURS. 31ST**

**7PM-11PM | TICKET \$10 PER ENTRY**  
**\*\*\*CASH ONLY DAY OF EVENT\*\*\***

**RECOMMENDED AGES: 12 & UP**

**\*\*\* YOUNGER AGES MAY PARTICIPATE, PER PARENT'S DISCRETION \*\*\***

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**WESTCHESTER RECREATION CENTER PRESENTS**

# **Halloween**

# **Movie Night**

## **FRIDAY 10/25/2024**

BRING YOUR OWN BLANKET & PILLOWS

"NO CHAIRS ALLOWED"

**DOORS WILL OPEN @ 6:30PM**

**MOVIE WILL START @ 7PM**

**\$5  
TICKET**

**REGISTER AT: [LAPARKS.ORG/RECCENTER/WESTCHESTER](http://LAPARKS.ORG/RECCENTER/WESTCHESTER)**

**EACH TICKET INCLUDE (1) POPCORN  
(1) CANDY & (1) BEVERAGE**



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