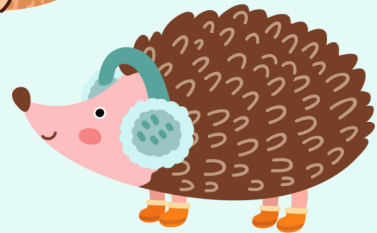




CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
 WESTCHESTER RECREATION CENTER | 310-670-7473

WESTCHESTER RC Winter 2025



 laparks.org/reccenter/westchester

 Westchester.RecreationCenter@lacity.org

 7000 MANCHESTER BLVD.
 LOS ANGELES, CA 90045

 310.670.7473

 @WestchesterRecCenter

310) 670-7473



"Achieving gender equity through continuous commitment to girls and women in sports."
 Play LA Youth and Adaptive Youth Sports Program is made possible by LA28 Olympic and Paralympic Games. Waiver available for those who qualify, ask for details.

Westchester RC - Winter Season '25



WRC 2025 Winter Class List

MONDAY | No Classes 1/20 & 2/17

PROGRAM	AGES	TIME	FEE	DATES
Knitting & Crotchet for Adults	18 & Up	9:00am - 12:00pm	\$75	01/06/25 - 03/24/25
Winter Meditation Group	40+	9:00 - 10:00am	Free	01/06/25 - 03/24/25
Winter Artists Way	40+	10:30-11:30am	Free	01/06/25 - 03/24/25
Winter Grief and Loss Group	40+	2:30 - 3:30pm	Free	01/06/25 - 03/24/25
Skateboarding I. (Beginner)	6-8	4:00 - 4:45pm	\$90	01/13/25 - 03/17/25
Skateboarding II. (Intermediate)	6-8	5:00 - 5:45pm	\$90	01/13/25 - 03/17/25
Karate for Kids	7 - 12	5:00 - 6:00pm	\$100	01/13/25 - 03/17/25
Skateboarding II. (Intermediate)	9-12	6:00 - 6:45pm	\$90	01/13/25 - 03/17/25
Bachata with Dania	18 & up	6:00 - 7:00pm	\$80	01/13/25 - 03/17/25
MMA For Fitness & Self Defense	18 & Up	7:00 - 8:30pm	\$90	01/13/25 - 03/17/25

TUESDAY

Tiny Tot Open Gymboree	3 - 5	10:00am-12:00pm	\$10/m	Tues/Thurs : 01/14 - 03/27
Private Guitar or Piano Lessons	7 & Up	2:00 - 7:00pm	\$150	01/14/25 - 03/04/25
Fusion Mat Pilates	18 & Up	6:00 - 6:45pm	\$90	01/14/25 - 03/04/25

WEDNESDAY *All Music Classes are 25 minutes each*

Private Guitar or Piano Lessons	7 & Up	2:00 - 7:00pm	\$150	01/15/25 - 03/05/25
Spanish for Kids	6 - 9	4:00 - 4:45pm	\$100	01/15/25 - 03/05/25
Improv for Kids	7 - 9	5:00 - 6:00pm	\$90	01/15/25 - 03/05/25
Skateboarding I. (Beginner)	8-12	5:00 - 5:45pm	\$100	01/15/25 - 03/05/25
Beginner Lacrosse	8-10	5:30 - 6:30pm	\$90	01/15/25 - 03/05/25
Spanish for Adult	16+	6:00 - 6:45pm	\$100	01/15/25 - 03/05/25

THURSDAY *All Music Classes are 25 minutes each*

Private Guitar or Ukulele Lessons	7 & Up	3:00 - 7:00pm	\$150	01/16/25 - 03/06/25
Tiny Wheels Skateboarding	4 - 5	4:00 - 4:45pm	\$90	01/16/25 - 03/06/25
Tiny Tot Gymboree	3-5	10:00am-12:00pm	\$10/m	Tues/Thurs : 01/14 - 03/27
Tiny Wheels Skateboarding	4 - 5	5:00 - 5:45pm	\$90	01/16/25 - 03/06/25
Tiny Wheels Skateboarding	4 - 5	6:00 - 6:45pm	\$90	01/16/25 - 03/06/25

FRIDAY *All Music Classes are 25 minutes each*

Private Guitar or Ukulele Lessons	7 & Up	9:30am-1:00pm	\$150	01/17/25 - 03/07/25
Gentle Yoga	18 & Up	10:15 - 11:15am	\$90	01/17/25 - 03/07/25
Skateboarding I. (Beginners)	6 - 8	4:00 - 4:45pm	\$90	01/17/25 - 03/07/25
GPLA Girls on Wheels I.	6-8	4:00 - 4:45pm	\$90	01/17/25 - 03/07/25
GPLA Girls on Wheels II.	7 - 9	5:00 - 5:45pm	\$90	01/17/25 - 03/07/25
GPLA Girls on Wheels II.	9 - 12	5:00 - 5:45pm	\$90	01/17/25 - 03/07/25
GPLA Girls on Wheels III.	10 - 12	6:00 - 6:45pm	\$90	01/17/25 - 03/07/25

SATURDAY

Yoga Flow	18+	9:00 - 10:00am	\$90	01/18/25 - 03/08/25
Karate I.	7 - 12	10:00 - 11:00am	\$100	01/18/25 - 03/08/25
Skateboarding for Adults	18+	12:00 - 1:00pm	\$120	01/18/25 - 03/08/25

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.

REFUND POLICY:

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



WINTER MUSIC

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

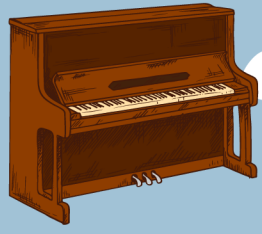
Day	Instrument	Available Lessons With Matthew	Fee	Ages	Class Dates
Tuesday	Piano or Guitar	2:00pm-7:00pm *25 minute private lessons every 1/2 hr.	\$150	7 & Up	01/14 - 03/04
Wednesday	Piano or Guitar	2:00pm-7:00pm *25 minute private lessons every 1/2 hr.	\$150	7 & Up	01/15 - 03/05

Day	Instrument	Available Lessons with Eric	Fee	Ages	Class Dates
Thursdays	Guitar or Ukelele	2:00pm-7:00pm *25 minute private lessons every 1/2 hr.	\$150	7 & Up	01/16 - 03/06

* 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



or Scan Me!



@WestchesterRecCenter

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new **winter** 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	Wednesdays 4pm - 4:45pm	01/15 - 03/05	\$ 80

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	Wednesdays 5pm - 5:45pm	01/15 - 03/05	\$ 80



to register visit:

laparks.org/reccenter/westchester



@WestchesterRecCenter

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SOCCER

DRILLS & SKILLS



AGES	DAY & TIME	DATES	FEE
7 - 8	Wednesdays 4pm - 4:45pm	01/15 - 03/05	\$ 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!

Wado-Ryu

KARATE

FOR KIDS!

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

AGES	DAY & TIME	DATES	FEE
7 - 12	Monday 5pm - 6pm	1/13 - 03/17 No Class 01/20 & 02/17	\$ 100
7 - 12	Saturday 10am - 11am	1/18 - 03/08	\$ 100



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



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TINY TOT GYMBOREE



NEW

Westchester Recreation Center will be opening its gym doors to children ages 3-5 for play in an enclosed space this winter season! Park will provide some toys - additional toys encourage. Light Snacks provided.

Parents or Guardian must be present, child cannot be left unattended.

Ages	Day	Time	Fee
3 - 5	Tues/Thurs	10am - 12pm	\$10/Month

NEW

Lacrosse



Ages	Day	Time	Dates	Fee
8 - 10	Wed	5:30-6:30pm	01/15-03/05	\$90

Lacrosse for Beginners! No experience necessary, no equipment needed. Wear soccer cleats and bring a water bottle

TO REGISTER VISIT:

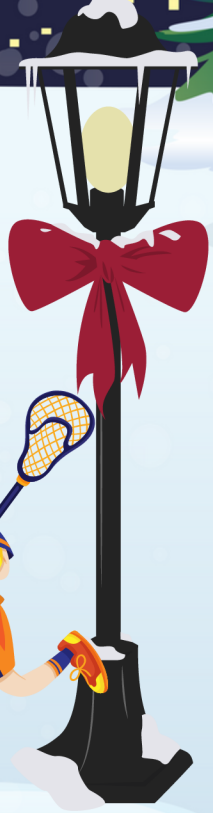
LAPARKS.ORG/RECCENTER/WESTCHESTER



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@WestchesterRecCenter



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 7000 W. Manchester Ave Los Angeles CA 90045 | 310-670-7473
 westchester.recreationcenter@lacity.org



WINTER SKATE BOARDING



Co-Ed Classes. All skill levels are welcome! **PLAY/A**
BYOSB: Bring Your Own Skateboard (and safety gear)

CLASS	AGES	DAY	TIME	DATES	FEE
Skateboarding I	6 - 8	Monday	4:00 - 4:45pm	0/13 - 3/17 No Class 1/20 & 2/17	\$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	01/15 - 03/05	\$90
Tiny Wheels	4 - 5	Thursday	4:00 - 4:45pm	01/16 - 03/06	\$90
			5:00 - 5:45pm		\$90
			6:00 - 6:45pm		\$90
Skateboarding I	6 - 8	Friday	4:00 - 4:45pm	01/17 - 03/07	\$90

To Register Visit:

LAPARKS.ORG/RECCENTER/WESTCHESTER

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



@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. | 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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 7000 W. Manchester Ave Los Angeles CA 90045 | 310-670-7473
 westchester.recreationcenter@lacity.org

WINTER **GPLA** SKATEBOARDING *for girls*



CLASSES BEGIN: 01/17/25

CLASSES END: 03/07/25



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



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:

LAPARKS.ORG/RECCENTER/WESTCHESTER



@WestchesterRecCenter

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Westchester's
 most popular youth program is
 now available for adults!



WINTER ADULT SKATEBOARDING

CLASSES BEGIN: 01/18/25
CLASSES END: 03/08/25

Learn the basics of skateboarding among your adult peers as you develop confidence on the board and have fun!

Day	Ages	Time	Weeks	Fee
Saturday	18+	12pm - 1pm	8	\$90



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:
LAPARKS.ORG/RECCENTER/WESTCHESTER

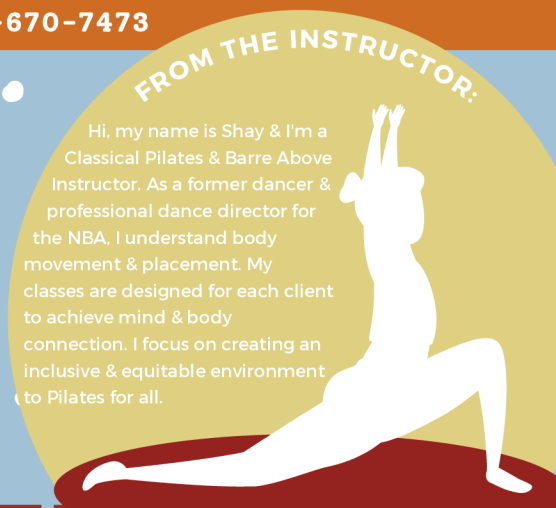
@WestchesterRecCenter



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Fusion Mat Pilates



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	6:00 - 6:45 pm	8	\$ 90	01/14-03/04

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



AGES	DAY	TIME	WKS	FEE	DATES
<u>Gentle Yoga</u> 18 & Up	Friday with Zara	10:15 am - 11:15am	8	\$ 90	01/17-03/07
<u>Yoga Flow</u> 16 & Up	Saturday with Rebecca	9:00 am - 10:00 am	8	\$ 90	01/18-03/08

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:

LAPARKS.ORG/RECCENTER/WESTCHESTER

or
Scan Me!

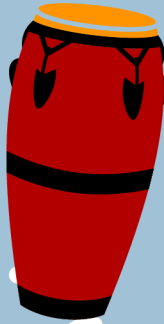


Yoga Flow explores the basic flows of yoga combining fluid movements and deep stretches to enhance flexibility and balance. Build your connection of breath with movement, as you flow through sequences to improve and challenge yourself. All levels welcome.





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	\$90	01/13-03/17

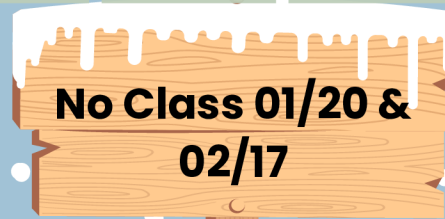
***No Class 01/20 & 02/17

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	Mondays	7:00 - 8:30p	8	\$90	01/13-03/17

TO REGISTER VISIT:
LAPARKS.ORG/RECCENTER/WESTCHESTER



or
Scan Me!



@WestchesterRecCenter



Adult Enrichment Classes

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	Monday	9am - 12pm	12	\$75	01/10-03/28

Get a workout in with one of the fastest growing sports - VOLLEYBALL! You'll learn the basic skills of passing, setting, hitting, and serving.



ADULT VOLLEYBALL CLUB

AGES	DAY	TIME	WKS	FEE	DATES
40 & Up	Wednesday	10:30am - 12pm	8	\$20	01/15 - 03/05

Learn basic Spanish through reading and writing and practice your speaking skills! .



INTRO TO SPANISH

AGES	DAY	TIME	WKS	FEE	DATES
16 & Up	Wednesdays	6:00pm - 6:45pm	8	\$ 80	01/15-03/05



WATERCOLOR STUDIO

Awaken your inner artist and let your emotions flow through you and onto paper.

AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Thursday	2pm - 4pm	8	\$30	01/04 - 03/27

TO REGISTER VISIT:
LAPARKS.ORG/RECCENTER/WESTCHESTER

or
Scan Me!



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Adult Groups & Clubs

WINTER MEDITATION GROUP

Join a 10-15 minute guided meditation with discussion that can help reduce stress, improve sleep quality, and increase better mood regulation



AGES	DAY	TIME	WKS	FEE	DATES
40 & Up	Monday	9 am - 10 am	12	Free	01/06-03/24

12 week interactive workshop for people interested in rediscovering their creative talents and move through creative "blocks."



ARTIST'S WAY GROUP

AGES	DAY	TIME	WKS	FEE	DATES
40 & Up	Monday	10:30 am - 11:30 am	12	Free	1/06 - 3/24

GRIEF AND LOSS GROUP



"Living with Loss" educational support group for people living with grief from all different types of loss in their lives

AGES	DAY	TIME	WKS	FEE	DATES
40 & Up	Monday	2:30 pm - 3:30 pm	12	Free	1/06 - 3/24

Come get scrappy and make new friends! Create unique works of art while making a fun mess! Supplies provided by the center.

SCRAPBOOKING CLUB



AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Friday	1pm - 3pm	12	\$15	1/10 - 3/28

TO REGISTER VISIT:

LAPARKS.ORG/RECCENTER/WESTCHESTER

or Scan Me!



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Sweetheart's PARENT & ME Dance

FEBRUARY

FRIDAY 07 6:30 - 8:30pm
2025

Join us with your #1 Sweetheart for a
Daddy/Daughter, Mother/Son or Caretaker & Child dance!
Create an unforgettable memory with your kiddo!
Get your dancing shoes ready!

Ages: 3 & Up

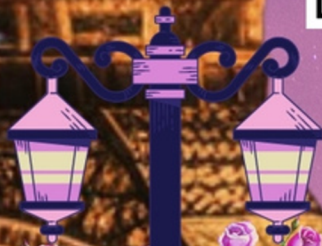
Attire: "Dress To Impress" - Semi Formal

Location: Westwood Recreation Center
1350 S. Sepulveda Blvd, LA CA 90025



TO REGISTER VISIT YOUR LOCAL PARK:
LAPARKS.ORG/RECCENTER/WESTCHESTER

\$10⁺
per person





CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

WESTCHESTER SENIOR CENTER

8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

Women's WELLNESS DAY

March 08, 2025

Happy International Women's Day!

Come together for a day of wellness while we celebration YOU! Join us for a series of workshops and informational booths, and get your self-care on as we celebrate the strength, resilience and passion of women around the world.

At Westchester Senior Center
8740 Lincoln Blvd
11am-2pm

Topic Discussions:

- Wellness and Self-Care
- Career and Relationships
- Women's Health
- Networking

Treat Yo' Self!

Ages 18+
\$Free
*Space is limited



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@WESTCHESTER.SCCLA

@WESTCHESTERRECCENTER





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



WESTCHESTER RECREATION CENTER CO-ED 2025 WINTER BASKETBALL



Registration Opens: 11/4
Season Begins: 1/4
Season Ends: 2/22
Fee: \$150

Division	Age	Evaluation Dates and Practice Times
Pee - Wee	5-6	No Evaluations/5pm practice times
Rookies	7-8	12/3 @ 6pm/League practice times @ 6pm
Minors	9-10	12/4 @ 6pm/League practice times @ 6pm
Majors	11-12	12/4 @ 7pm/League practice times @ 7pm

***Division placement is determined by athletes age as of 1/2025.
 Request will not be received for team placement.***

SCAN CODE TO REGISTER



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

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



FOLLOW US ON INSTAGRAM @WESTCHESTERRECCENTER

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WESTCHESTER RECREATION CENTER

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(310) 670-7473/Westchester.recreationcenter@lacity.org



WESTCHESTER RECREATION CENTER GIRLS 2025 WINTER BASKETBALL



Registration Opens: 11/4

Season Begins: 1/4

Season Ends: 2/22

Fee: \$150

Division	Age	Evaluations	Practice Day / Time
Minors	9-10	12/5 @ 6pm	Thursdays / 5pm
Majors	11-12	12/5 @ 7pm	Thursdays / 6pm

Division placement is determined by athletes age as of 1/2025



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WESTCHESTER RECREATION CENTER IMPORTANT PHONE NUMBERS

Westchester Recreation Center	310-670-7473
Westchester Senior Center	310-649-3317
Pickleball	https://westchesterlapickleball.com/
Tennis Center	323-644-3536
Westchester Pool	(310) 641-8734
Westchester Library	(310) 348-1096
CD11	310 568-8772

HOURS OF OPERATION

Monday-Friday: 9am-9pm

Saturday: 9am-5pm

Sundays: Closed



laparks.org/reccenter/westchester



Westchester.RecreationCenter@lacity.org



7000 MANCHESTER BLVD.
LOS ANGELES, CA 90045



310.670.7473



@WestchesterRecCenter



WESTCHESTER RECREATION CENTER

Karen Bass - Mayor
Traci Park, Councilwoman CD11

Recreation and Parks Commissioners
Renata Simril - President
Luis Sanchez - Vice President
Fiona Hutton, Marie Lloyd, Benny Tran - Members

Recreation and Parks Executive Staff
Jimmy Kim - General Manager
Matthew Rudnick - Executive Officer
Belinda Jackson - Assistant General Manager

West Region

Sonya Young Jimenez - Superintendent, Venice Beach & West Region
Ramon Cerrillos - Principal Recreation Supervisor II
Juan Soto, Principal Recreation Supervisor I
Melody Valenzuela - Recreation Supervisor, Viewpoint District

Westchester Recreation Center
Mychal Lynch Senior Recreation Director
Josh Finley, Recreation Coordinator
Westchester Recreation Center Staff

Ian Marlowe, Cameron Lowery, Giannina Campos, Juan Ramirez, Amayah Watson

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.
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- ALL REFUND REQUESTS MUST BE SUBMITTED VIA EMAIL.
- THERE ARE NO REFUNDS OR CREDITS FOR MISSED DAYS.

JOIN OUR MAILING LIST – EMAIL
WESTCHESTER.RECREATIONCENTER@LACITY.ORG

MORE INFO

