

City of Los Angeles Department of Recreation & Parks

Betty Hill Senior Center

3570 S. Denker Ave Los Angeles, CA 90018

Phone: (323) 733-3986

Email: bettyhill.seniorcenter@lacity.org

Winter 2024

SCHEDULE OF CLASSES

CLASSES START January 8th. and end March 12th.

Limited space! Adult ages 50 +



CLASS	DESCRIPTION	DAY - TIME	COST
FITNESS CLASS	A total body workout using our outdoor fitness machines and our recreation facility.	Mondays 10:00am-11:00am Wednesdays 2:00pm-3:00pm	\$5 per participant, per class. Each class is 8 weeks.
ARTS & CRAFTS	A basic introduction to a variety of Arts and Crafts projects.	Mondays 11:00am-12:00pm	\$5 per participant, per class. Each class is 8 weeks.
YOGA	A basic introduction to Yoga postures through step-by-step verbal description and demonstration.	Tuesdays 9:30am-10:30am Thursdays 2:00pm-3:00pm	\$5 per participant, per class. Each class is 8 weeks.
PAINTING & COLORING	A basic introduction to Painting while meeting new friends.	Thursdays 11:00am-12:00pm	\$5 per participant, per class. Each class is 8 weeks.
LETS PLAY BINGO	Day of Bingo, Socializing and Prizes	Fridays 12:00pm-1:00pm	Free 25 cents per bingo card
LATIN DANCE	Learn the basic fundamentals to Salsa, Cha Cha, Cumbia, Merengue and much more.	Fridays 1:00pm-2:00pm	\$5 per participant, per class. Each class is 8 weeks

All information/activities are subject to change and/or cancellation with out prior notice.

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

City of Los Angeles Department of Recreation & Parks
Betty Hill Centro De Personas Mayores

3570 S. Denker Ave, Los Angeles, CA 90032

Phone: (323) 733-3986

VIENO 2024

HORARIO DE CLASES

Inicio de las clases el 8 de Enero y se terminan el 12 de Marzo.

Espacio limitado! Adultos edades 50 +



CLASE	DESCRIPCIÓN	DIA - HORA	COSTO
CLASE de EJERCICIO	Haga ejercicio mientras usa nuestra maquina de ejercicios.	Lunes 10:00am-11:00am Miercoles 2:00pm-3:00pm	\$5 por participante, por clase. 8 semanas cada clase.
CLASE de ARTE	Aprenda tecnicas basicas de arte.	Lunes 11:00am-12:00pm	\$5 por participante, por clase. 8 semanas cada clase.
YOGA	Aprenda tecnicas basicas de Yoga, a traves de una demostracion verbal paso a paso.	Martes 9:30am-10:30am Jueves 2:00pm-3:00pm	\$5 por participante, por clase. 8 semanas cada clase.
CLASE de PINTAR y COLOREANDO	Introduccion basica a la pintura y coloreando mientras conoces nuevos amigos.	Jueves 11:00am-12:00pm	\$5 por participante, por clase. 8 semanas cada clase.
JUGAMOS BINGO	Dia de Bingo, Socializacion y premios	Viernes 12:00pm-1:00pm	Gratis 25 centavos por trajeta de bingo
BAILE LATINO	Aprenda tecnicas basicas de salsa, cha cha, cumbia, merengue y otros ritmos.	Viernes 1:00pm-2:00pm	\$5 por participante, por clase. 8 semanas cada clase.

Toda la information y actividades podran cambiar o ser canceladas sin aviso previo.

Personas con discapacidades son bienvenidas a participar en nuestros programas. Se haran ajustes razonables con arreglos previos.