

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
HOLLENBECK RECREATION CENTER
415 S. St. Louis St., Los Angeles, CA 90033
323)261-0113



KARATE

Learn Shinto Karate Do exercise & technique

Develop coordination, focus, balance & discipline

Instructor: Sensei Jose Rosas

Days: Monday & Wednesday

Beginning Time: 5:30pm-6:30pm

Ages: 5-10

Intermed Karate: 6:30pm-7:30pm

Ages: 10 & 17

Cost: \$10.00 per session (8wks)

**CLASS STARTS
JAN. 8, 2024**

REGISTER NOW!

For more info, call (323)261-0113

PAYMENT: Cash, check, money order or credit card (VISA or MasterCard only) accepted. Please make checks payable to: City of Los Angeles. Please have the exact amount when paying with cash. A collection fee will be charged for each returned check. *Hollenbeck Recreation Center reserves the right to cancel, change, or substitute programs or activities as listed in this flyer when necessary.* Full refunds are only given if Hollenbeck Recreation Center cancels a class or program. There will be **NO REFUNDS** after the program has begun unless a class or sports league is changed or cancelled by the recreation center. Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with 30 days prior arrangements. Achieving equity through a continuous commitment to girls and women in sports.



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KARATE

Aprender Shinto Karate, hacer ejercicio y técnica
Desarrollar coordinación, enfoque, equilibrio y disciplina

Instructor: Sensei Jose Rosas

Días: Lunes & Miercoles

Edades: 5 a 10 años

Tiempo: 5:30pm-6:30pm

Edades: 10 a 17 años

Tiempo: 6:30pm-7:30pm

Costo: \$10.00 por sesión

(8 semanas)

CLASE COMIENZA
8 de Enero, 2024

¡REGÍSTRATE AHORA!

Para mas info, llama r al (323)261-0113

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