

# City of Los Angeles Department of Recreation & Parks



PARK PROUD LA

## Betty Hill Senior Center

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### SUMMER 2022

### SCHEDULE OF CLASSES

CLASSES START AUGUST 1st and END SEPTEMBER 23rd.

Limited space! Adult ages 50 +



CLASS	DESCRIPTION	DAY - TIME	COST
<b>FITNESS CLASS</b>	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.
<b>ARTS &amp; CRAFTS</b>	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.
<b>YOGA</b>	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.
<b>PAINTING &amp; COLORING</b>	A basic introduction to Painting and Coloring while meeting new friends.	Thursdays 11:00am-12:00pm	\$5 per participant, per class. Each class is 8 weeks.
<b>LATIN DANCE</b>	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.

Pursuant to City of Los Angeles ordinance No. 187219, beginning Monday, November 29, 2021, Proof of COVID-19 vaccination will be required for individuals, ages 12 years and older, to enter all indoor LA Park facilities. All individuals that are eligible for COVID-19 vaccination and will be participating and/or entering an indoor facility must show proof of COVID-19 Vaccination. For those unable to show proof of Covid-19 vaccination alternate programming is available.

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.