

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS
 VAN NUYS RECREATION CENTER
 14301 VANOWEN ST. VAN NUYS, CA 91405
 (818)756-8131



VANNUYS.RECREATIONCENTER@LACITY.ORG
 HTTPS://WWW.LAPARKS.ORG/RECCENTER/VAN-NUYS

Spring Classes

Class	Age	Day	Time
Basketball Skills	5-9	Mondays	5:30 PM-6:30 PM
GPLA Basketball 101	8-12	Mondays	6:40 PM-7:40 PM
Taekwondo 1	5-10	Tuesdays	6:00 PM-7:00 PM
Taekwondo 2	7-12	Tuesdays	7:00 PM-8:00 PM
Track and Field	5-10	Tuesdays	4:45 PM-5:45 PM
GPLA Folklorico Beginner	5-8	Wednesdays	5:00 PM-6:00 PM
GPLA Folklorico Intermediate	9-17	Wednesdays	6:10 PM-7:10 PM
Folklorico 101	9-17	Wednesdays	7:15 PM- 8:15 PM
GPLA Pre-Ballet and Dance	3-4	Thursdays	10:00 AM-11:00 AM
Youth Fitness	5-12	Thursdays	5:30 PM-6:30 PM
Soccer Skills	3-4	Saturdays	8:30 AM-9:30 AM
Boxing Skills	9-17	Saturdays	9:30 AM-10:30 AM
Rock Climbing	8-13	Saturdays	2:00 PM-3:30 PM



*****Registration begins: March 4, 2024*****

Register in person or online @

<https://www.laparks.org/discover-activities?filters=location.popular.-1>

Session runs: April 8, 2024 - June 8, 2024

Each class is offered for 8 sessions.

Each class is only \$10

"Persons with disabilities are welcome 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.

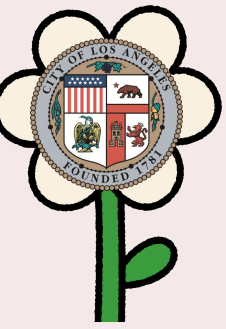
Please submit your request for an accommodation as soon as possible."

"Achieving gender equity through a continuous commitment to girls and women in sports."

Information on this flyer is subject to change or cancellation without prior notice.

\$10

\$10

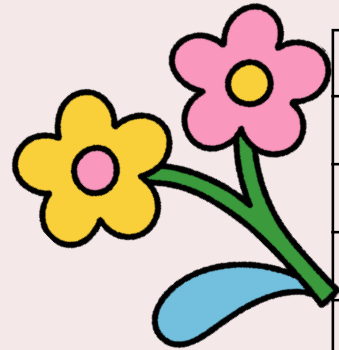


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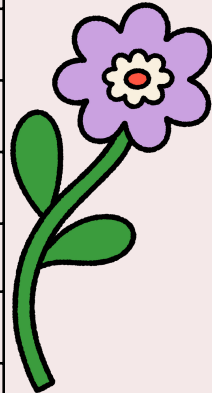


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Clases de Primavera



Clase	Edad	Día	Hora
Habilidades de baloncesto	5-9	lunes	5:30 PM-6:30 PM
Baloncesto GPLA 101	8-12	lunes	6:40 PM- 7:40 PM
Taekwondo 1	5-10	martes	6:00 PM-7:00 PM
Taekwondo 2	7-12	martes	7:00PM-8:00 PM
Atletismo	5-10	martes	4:45 PM-5:45 PM
GPLA Folklórico Principiante	5-8	miércoles	5:00 PM-6:00 PM
GPLA Folklórico Intermedio	9-17	miércoles	6:10 PM-7:10 PM
Folklorico 101	9-17	miércoles	7:15 PM-8:15 PM
Pre-Ballet y Danza GPLA	3-4	jueves	10:00 AM-11:00AM
Fitness juvenil	5-12	jueves	5:30 PM- 6:30 PM
Habilidades futbolísticas	3-4	sábados	8:30 AM-9:30 AM
Habilidades de boxeo	9-17	sábados	9:30 AM-10:30 AM
Escalada de roca	8-13	sábados	2:00 PM-3:30 PM



*****La inscripción comienza: 4 de marzo de 2024*****

Regístrese en persona o en línea @

[https://www.laparks.org/discover-activities?](https://www.laparks.org/discover-activities?filters=location.popular.-1)

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Duración de la sesión: 8 de abril de 2024 - 8 de junio de 2024

Cada clase se ofrece durante 8 sesiones.

Cada clase cuesta solo \$10

"Las personas con discapacidades pueden participar en nuestras clases y programas.

Se harán adaptaciones razonables con arreglos previos. Tenga en cuenta que algunas adaptaciones pueden tardar 30 días o más. Envíe su solicitud de adaptación lo antes posible." "Lograr la equidad de género a través de un compromiso continuo con las niñas y mujeres en el deporte". La información de este folleto está sujeta a cambios o cancelación sin previo aviso.

\$10

\$10



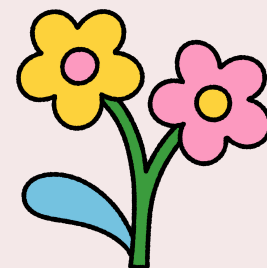


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Spring Clinics



Clinic	Age	Day	Date	Date	Date	Time
Basketball 101	5-9	Saturday	4/13	4/20	4/27	3:00PM-5:00PM
Basketball Fun	10-13	Saturday	5/11	5/18	5/25	3:00PM-5:00PM
Baseball 101	5-8	Friday	4/12	4/19	4/26	3:45PM-5:45PM
Soccer	14-17	Friday	4/12	4/26	5/10	5:45PM-7:45PM
GPLA Running Clinic	5-12	Saturday	5/11	5/18	5/25	2:00PM-4:00PM
GPLA Fitness	5-12	Thursday	4/18	4/25	5/2	6:35PM-8:35PM
GPLA Soccer	15-17	Friday	5/3	5/17	5/24	5:45PM-7:45PM
GPLA Volleyball	9-13	Saturday	6/1	6/8	6/15	3:00PM-5:00PM



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[https://www.laparks.org/discover-activities?](https://www.laparks.org/discover-activities?filters=location.popular.-1)

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Each Clinic meets three times for two hours.

Each Clinic is only \$10

\$10

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"Achieving gender equity through a continuous commitment to girls and women in sports."

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Clínicas de primavera

Clínica	Edad	Día	Fecha	Fecha	Fecha	Hora
Baloncesto 101	5-9	Sábado	4/13	4/20	4/27	3:00 PM-5:00 PM
Diversión de baloncesto	10-13	Sábado	5/11	5/18	5/25	3:00 PM-5:00 PM
Béisbol 101	5-8	Viernes	4/12	4/19	4/26	3:45 PM-5:45 PM
Fútbol	14-17	Viernes	4/12	4/26	5/10	5:45 PM-7:45 PM
Clínica de carrera GPLA	5-12	Sábado	5/11	5/18	5/25	2:00 PM-4:00 PM
Fitness GPLA	5-12	Jueves	4/18	4/25	5/2	6:35 PM-8:35 PM
Fútbol GPLA	15-17	Viernes	5/3	5/17	5/24	5:45 PM-7:45 PM
Voleibol GPLA	9-13	Sábado	6/1	6/8	6/15	3:00 PM-5:00 PM



\$10

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Cada clínica se reúne tres veces durante dos horas.

Cada clínica cuesta solo \$10

"Las personas con discapacidades pueden participar en nuestras clases y programas.

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