



SOUTH SEAS HOUSE RECREATION CENTER

2301 W. 24TH ST. LOS ANGELES, CA 90018

PHONE: (323)373-9483 / RAP.SOUTHSEASHOUSE@LACITY.ORG

**REGISTER NOW!!!**

REGISTRATION BEGINS: MONDAY, SEPTEMBER 8, 2025

CLASSES BEGIN: MONDAY, OCTOBER 6, 2025

WWW.LAPARKS.ORG/RECCENTER/SSH

**YOUTH CLASSES**
FALL 2025
\$10 - 8 Weeks

CLASS NAME	AGES	TIME	INSTRUCTOR
MONDAYS: 10/06 - 11/24			
Dodgeball	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF
Ultimate Frisbee	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF
TUESDAYS: 10/07 - 11/25			
Capture the Flag	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF
Co-Ed Flag Football	5 - 7	4:00 p.m. - 5:00 p.m.	MARIO
GPLA Flag Football	5 - 7	5:00 p.m. - 6:00 p.m.	MARIO
Kids Zumba	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF
WEDNESDAYS: 10/08 - 11/26			
Basketball Shoot Out	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF
Dodgeball	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF
THURSDAYS: 10/09 - 11/27			
Co-Ed Soccer	5 - 7	4:00 p.m. - 5:00 p.m.	MARIO
GPLA Soccer	5 - 7	5:00 p.m. - 6:00 p.m.	MARIO
The Art of Yoga	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF
Parachute Play Fitness	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF
FRIDAYS: 10/10 - 11/28			
Co-Ed Basketball	5 - 7	4:00 p.m. - 5:00 p.m.	MARIO
GPLA Basketball	5 - 7	5:00 p.m. - 6:00 p.m.	MARIO
Beginners Badminton	5 - 12	4:00 p.m. - 5:00 p.m.	STAFF
Playground Parkour	5 - 12	5:00 p.m. - 6:00 p.m.	STAFF

****THE CLASSES AND PROGRAMS IN THIS FLYER MAY BE SUBJECT TO CHANGE OR CANCELLATION****

FULL REFUNDS ARE ONLY ISSUED WHEN THE RECREATION CENTER CANCELS THE ACTIVITY.

NO REFUNDS WILL BE GIVEN AFTER OCTOBER 6, 2025.

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!

FOLLOW US
@SOUTH_SEAS_HOUSE