

CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION AND PARKS  
CABRILLO BEACH BATHHOUSE



# BEACH SOCCER FITNESS

OCTOBER 6 - DECEMBER 4, 2025

PRICE \$10/ PER CHILD FOR THE SEASON



Warm-up Exercises



Agility Training



Speed Training



Strength Training

CO-ED (AGES 6-10)

THURSDAY TRAINING

Ages 6-10 | 4:00pm-5:00pm

Ages 11-15 | 5:00pm-6:00pm

CABRILLO BEACH BATHHOUSE

3800 STEPHEN M. WHITE DR. SAN PEDRO, CA 90731

(310) 548-7554 / CABRILLOBEACH.BATHHOUSE@LACITY.ORG



CABRILLO\_BEACH\_BATHHOUSE



LAPARKS.ORG/RECCENTER/CABRILLO-BEACH-BATH-HOUSE

REGISTER ONLINE



LAPARKS.ORG

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY (310) 548-7554 OR 711 FOR CA RELAY, TEN DAYS IN ADVANCE OF THE EVENT. WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE.

IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE.

PLAYLA YOUTH AND ADAPTIVE SPORTS PROGRAM IS MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES.  
WAIVERS AVAILABLE FOR THOSE WHO QUALIFY, ASK FOR DETAILS.  
CLASSES AND PROGRAMS ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT PRIOR NOTICE.