



- Coaches
- Fundamental Clinics
- Social Team Building
- Daily Scrimmages

Includes Dry-Fit Practice
Jersey & Swag Bag

FLAG FOOTBALL
PLAY LA
BATTLE ON THE BEACH

@CABRILLO

- NFL Flag Football Rules
- Throwing & Catching Mini Games
- Offensive & Defensive Position Practice Drills
- Injury Reduction Techniques

SATURDAYS FROM 9 A.M.-11 A.M.

FALL 2025

\$10

GPLA
Girls Play Los Angeles
5 VS.5 BEACH
GIRLS FLAG FOOTBALL

GIRLS AGE:
5-13 YEARS OLD

SEPTEMBER 13TH
SEPTEMBER 20TH
SEPTEMBER 27TH

CABRILLO BEACH BATHHOUSE
3800 STEPHEN M. WHITE DR. SAN PEDRO

(310) 548-7554

CABRILLOBEACH.BATHHOUSE@LACITY.ORG
REGISTER AT LAPARKS.ORG OR SCAN THE QR LINK



@cabrillo_beach_bathhouse



@CabrilloBB



Pursuant to City of Los Angeles Ordinance No. 187219, beginning Monday, November 29, 2021, PROOF OF COVID-19 VACCINATION will be required for individuals 12 and older eligible for COVID vaccination to enter all indoor LA Parks facilities. All individuals that are eligible for COVID vaccination participating or entering an indoor facility must show PROOF OF COVID-19 VACCINATION. For those unable to provide PROOF OF COVID-19 VACCINATION, alternative programming is available. Information can be found here: bit.ly/rapalt.

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.



OTOÑO 2025

\$10

- Entrenadores semi pro
- Clínica de fundamentos
- Formación de equipos sociales
- Partidos diarios

Incluye camisa de práctica
y una bolsa de regalo

- Reglas del fútbol bandera de la NFL
- Juegos de lanzar y atrapar
- Ejercicios de práctica de posiciones ofensivas y defensivas
- Técnicas par evitar lesiones

Sabados de 9 a.m. a 11 a.m. horas



**Fútbol bandera de playa
para niñas y muchachas
5 vs 5**



Fechas:

**13 de Septiembre
20 de Septiembre
27 de Septiembre**

**Niñas y muchachas
5-13 años de edad**

CABRILLO BEACH BATHHOUSE
3800 STEPHEN M. WHITE DR. SAN PEDRO, CA 90731

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REGISTRESE EN LAPARKS.ORG O ESCANEE EL QR

@cabrillo_beach_bathhouse **@CabrilloBB**



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REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.
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