Department of Recreation and Parks
Mission Statement

Our Mission
Our mission is to enrich the lives of the residents of Los Angeles by providing safe, welcoming parks and recreation facilities and affordable, diverse recreation and human services and activities for people of all ages to play, learn, contemplate, build community and be good stewards of our environment.

Our Vision
Our vision is to provide affordable recreational, physical and cultural opportunities for all of Los Angeles residents, with a focus on families, youth development and building healthy communities. The programs and services offered by the department will provide excellent value and quality and emphasize the equitable distribution of resources throughout the City. We will offer these programs in safe, attractive and well-maintained facilities that will reflect the public's needs and interests.

Our Motto
We build healthy communities through people, parks and programs.

“Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.”

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

“Good sportsmanship is everyone’s responsibility. Be a good sport.”

“Participation in fitness classes involves varying degrees of accidental injury risks. The City of Los Angeles, Department of Recreation and Parks (RAP) is not responsible for any injury to any person suffered while warming up or participating in exercise and fitness classes for any reason whatsoever. Each adult participant certifies upon registration that he/she is physically capable of participating in a class. Parents and/or legal guardians are solely responsible for ensuring participants who are their legal minors are physically capable of participating in a class. RAP recommends that every participant speak with a physician and receive a physical prior to participating in any exercise and fitness class.”
CITYWIDE YOUTH SPORTS COMMITTEE
SPORTSMANSHIP STATEMENT

Good sportsmanship among spectators, Parents, coaches, players and officials is expected.

We require that all spectators practice supportive and encouraging behavior at all times.

Inappropriate conduct and / or negative gestures are not allowed during any part of the game.

Examples of such behavior include the following:
* Taunting the opposing team and their supporters.
* Derogatory comments to the officials / referees and others.
* Distracting players with stomping, yelling, and / or banging devices.
* Usage of loud sounds such as horns, whistles, and / or bells are prohibited.

Failure to comply with the above rules may officially end the game and result in a forfeit loss for the offending team(s).

We are accepting sign-ups for the following:
- Volunteers: youth sports coaches
- Class Park Teen Club membership
- Park Advisory Board membership
- L.A. Kids classes
- Girls Play Los Angeles fitness classes and sports clinics
- Youth co - rec basketball league (ages 5-15)
- Youth Girls Play Los Angeles basketball league (ages 9-15)
- Youth Basketball sport clinics.
- Teen Club 3 on 3 basketball league (ages 12-17)
- Youth folklorico class (ages 5-15)
- Adult Aerobics class

Important Registration Information
- Full payment is required at time of registration.
- Payment by cash, Visa or MasterCard, or by check or money order, payable to the City of Los Angeles. If paying with cash please bring Exact Amount. We do not carry change.
- A collection fee will be charged for each returned check.
- Monthly / weekly fees are due the 1st day of the class / activity.
- Sports leagues require a copy of the child's birth certificate at registration.
- There will be no classes on city celebrated holidays.
- The Classes and programs in this brochure may be subject to time and day changes and / or cancellation.
- The City of Los Angeles does not provide insurance for its registered program participants.
- Refund Policy: You may request a refund before the programs scheduled first day. A 15% administration fee will be assessed by the recreation center for any patron granted a refund. Full refunds will not be issued unless a class or sports league is cancelled by the recreation center. There will be no refunds after a program has begun unless a class or sports league is changed or cancelled by the recreation center.
Recreation Center Hours of Operation

Monday: 10:00AM - 9:00PM
Tuesday: 10:00AM - 9:00PM
Wednesday: 10:00AM - 9:00PM
Thursday: 10:00AM - 9:00PM
Friday: 10:00AM - 9:00PM
Saturday: 9:00AM - 5:00PM
Sunday: Closed (Open to permit groups only)

Open play gymnasium times for adult patrons
Monday: 12:00PM - 5:00PM
Tuesday: 1:30PM - 3:30PM
Wednesday: 12:00PM - 5:00PM
Thursday: 1:30PM - 3:30PM
Friday: Closed to the public
Saturday: 11:00AM - 3:00PM
Sunday: Closed to the public

Open play gymnasium times for youth only
Thursday: 3:30PM - 6:00PM
Saturday: 3:00PM - 5:00PM

Open play gymnasium times for girls only
Friday: 3:00PM - 6:00PM

Important note: Open play gymnasium hours are subject to change at any time dependent on recreation center’s programs and permits.

Important note: We will be closed in observance of the following Holidays:

Wednesday, January 1, 2020 (New Years holiday)
Monday, January 20, 2020 (Martin Luther King holiday)
Monday, February 18, 2020 (president’s Day holiday)
Monday, March 23, 2020 (Cesar Chavez holiday)

UPCOMING SPECIAL EVENTS

Teen / Volunteer Thanksgiving Dinner
Friday November 15, 2019
7:00P.M. - 9:00P.M. @ Cypress Park R.C.
The day when Cypress Park R.C. recognizes their teens and volunteers for all their hard work throughout the 2019 year by cooking an incredible meal fit for a king. Our way of saying thank you.

Winter Holiday Program
Dinner with Santa!
Friday, December 13, 2019
5:00P.M. - 9:00P.M. @ Cypress Park R.C.
Ho! Ho! Ho! Merry Christmas! Festive, fun activities like arts and crafts, music, live performances, Dinner with Santa for first 300 registered. Incredible event for all ages.

Spring Eggstravaganza
Saturday, April 11, 2020
11:00A.M. - 3:00P.M. @ Cypress Park R.C.
Enjoy a fun filled day of activities like arts and crafts, coloring station, music, moon bounce, interactive games, spring egg hunts, and a visit from the world famous spring bunny. Wonderful event for the entire family.
Community Weight Room
Need to get in shape? We can help. Drop by Cypress Park Recreation Center and take advantage of our community weight room. Hopefully our free weights and equipment can help you reach your goals.

CYPRESS PARK WEIGHT ROOM RULES
Patrons must provide valid I.D. and check in to obtain access.
Patrons must keep the weight room clean.
Please put away all equipment after use.
Patrons must have a shirt and closed-toe shoes on at all times.
No more than 10 patrons in weight room at one given time.
Do not remove any weight equipment from the weight room.
No food or beverage are allowed in the weight room (only water).
No loud music allowed.
No alcohol or drug use allowed.
No littering, graffiti or vandalism allowed on city property.

Hours of operation
Monday: 12:00PM - 6:00PM
Tuesday: 12:00PM - 6:00PM
Wednesday: 12:00PM - 6:00PM
Thursday: 12:00PM - 6:00PM
Friday: 12:00PM - 6:00PM
Saturday: 11:00AM - 6:00PM
Sunday: Closed

Note: Hours of operation are subject to change at recreation center staff’s discretion.
Note: Failure to follow rules can and will result in disciplinary action and or closure of the weight room for an approved amount of time.

Adult Programs

Aerobics Class
Ages 18 & up Cost: $20.00 per month
Mon., Wed., & Fri.: 6:00P.M. - 7:00P.M.
Firm and tone your body this fall. A great way to increase your energy, boost self-esteem and form new friendships.
Instructor: Marcial Guzman

Park Advisory Board

Park Advisory Boards (PAB) and their members are essential to the overall operation of a recreation facility. The Department of Recreation and Parks believes that the partnership between staff and the community is of primary importance in identifying and meeting the recreational needs of the community. A Park Advisory Board works to make facilities safe, clean and hospitable while offering guidance and assistance on programming and fundraising.

If you would like to join the Cypress Park Recreation Center Park Advisory Board or get more information about upcoming meeting dates, please stop by the recreation center’s main office or call us at (213) 485-5384.
Youth Programs

**Youth Co - Rec. Winter Basketball League**

Cost: $40.00 payment by December 07, 2019
$50.00 payment after December 07, 2019
Registration begins: November 2, 2019
Evaluations: Mandatory evaluations:
December 05, 2019 and December 07, 2019
Note: Fee covers cost of uniform, award, official fees and banquet.
League runs between January 6, 2020 - March 14, 2020

Volunteer coaches needed!!!
If interested please call Cypress Park @ (213) 485 - 5384

**Youth Girls Play Los Angeles (G.P.L.A.) Winter Basketball League**

Cost: $10.00 per person
Registration begins: November 2, 2019
Evaluations: Mandatory evaluations: December 12, 2019
Note: Fee covers cost of uniform, award, official fees and banquet.

**Youth Folklorico Dance**

Ages: Girls 5 - 15
Cost: $10.00 for 8 classes
Wednesdays: 4:30PM - 5:30PM
Learn traditional Mexican Dance in a safe and nurturing environment. Move and shake your way to lots of fun. A wonderful way to experience music and build new friendships.

**Girls Basketball Clinic**

Ages: Girls 9 - 15
Cost: $10.00 for 8 classes
Monday: 6:00PM - 7:00PM
Learn the fundamentals of basketball like dribbling, passing, shooting and learn the fundamentals of teamwork. Great way to make new friends.

For more information on volunteer opportunities please call Cypress Park Recreation Center at (213) 485 - 5384
Youth programs

Girls Play Los Angeles (G.P.L.A.)

Fitness Classes and Sports Clinics

Ages: 8-15  
Cost: $10.00 per 8 week session  
Note: Session runs from January 27, 2020 - March 20, 2020  
These $10.00 classes are offered to all girls ages 6 – 15. They are designed to get girls up and about and motivated through fitness programs.  
Classes for the Winter 2020 session include:

**Obstacle Course Challenge**
Ages: Girls 5 - 12  
Cost: $10.00 for 8 classes  
Tuesday: 6:00PM - 7:00PM  
How many rounds can you run through an obstacle course in an hour? Play, jump, crawl and run throughout the park in teams.

**Cheer Squad: Cheerleading Session**
Ages: Girls 5 - 15  
Cost: $10.00 for 8 classes  
Tuesday: 7:00PM - 8:00PM  
2-4-6-8 who do we appreciate? Cypress! Cypress! Yeah Cypress!! Learn various cheerleading chants, songs and cheers.

**Cheer Squad: Acrobat Session**
Ages: Girls 5 - 15  
Cost: $10.00 for 8 classes  
Friday: 7:00PM - 8:00PM  
2-4-6-8 who do we appreciate? Cypress! Cypress! Yeah Cypress!! Learn various cheerleading techniques like v-poses, hand-stands, cart-wheels, Flips and tumbling.

**Hip Hop Dance**
Ages: Girls 5 - 15  
Cost: $10.00 for 8 classes  
Friday: 8:00PM - 9:00PM  
Get Funky with it. Learn all the fun and exciting dances to hip hop music. Great way to exercise through dance and build new friendships in the process.

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Youth programs

**Youth Co-Rec. and Girls Basketball Clinics**

**Ages:** 5 - 12 years old.

**Cost:** Free! Free! Free!

**Attention parents or guardians:**

Learn the fundamentals of basketball like shooting, dribbling, passing and defensive techniques. Listed below are the days and times for the basketball clinics for our different divisions. Clinics run from Monday, November 18, 2019 - Friday, December 27, 2019. Please feel free to contact Cypress Park Recreation Center with any questions or concerns. Thank you.

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<th>DIVISION</th>
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<th>TIME</th>
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<td>Minors &amp; Majors</td>
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Please note that there will be no clinics on the following dates:

- Thursday, November 28, 2019 - Thanksgiving holiday
- Friday, November 29, 2019 - Thanksgiving holiday
- Thursday, December 05, 2019 - Basketball tryouts
- Tuesday, December 24, 2019 - Christmas eve
- Wednesday, December 25, 2019 - Christmas holiday
Youth programs

BTOP Computer Lab
Ages: 8 - adult  Cost: Free
Monday - Saturday: Hours vary
Need a computer? Drop by and use our computer lab for school work, creating documents and resumes, or to just surf the internet. Great way to become familiar with computers and its many resources. 
Note: Check with recreation office for current hours of operation.
Instructor: Staff

Storybook Artists
Ages: 2 - 5  Cost: $20.00 for 8 classes
Tuesday: 4:00PM - 5:00PM
This class will introduce children to the joy of exploring books. Each week the class will read a book together, encouraging social storytelling and literacy skills. Kids will then create their own works of art inspired by the characters found in the books read throughout the 8 week session.
Instructor: Staff

Incredible Edible Art
Ages: 2 - 5  Cost: $20.00 for 8 classes
Friday: 4:00PM - 5:00PM
Create incredible edible art projects using your favorite foods. Great class to find your creative side through food art.
Instructor: Staff

Class Parks Teen Club
Ages: 11 - 17  Cost: Free
Tuesday - Saturday: Hours vary
Teens ages 11-17 years old meet daily to participate in various supervised activities including sports, games, field trips, classes, volunteer opportunities, and adventure activities. Cypress Park Teen Club provides a healthy and safe place for teens to hang out.
Instructor: David Paz

Winter 2020 L.A. Kids session runs from:
Please check with Cypress Park Recreation center staff for upcoming winter 2020 L.A. Kids classes schedule.