



DAVID M. GONZALES RECREATION CENTER

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PARK PROUD LA

Girls Play Los Angeles Winter Classes Begin January 6, 2020

CLASS	DAY/S	TIME	AGE	FEE	ROOM	INSTRUCTOR
Volleyball Clinic This clinic is designed for girls who want to have fun and develop motor skills through the sport of volleyball.	Monday	5:00pm - 5:55pm	6-7	\$10/ session	Gymnasium	Ms. Fega
Cheer Squad I	Tuesday & Thursday	3:30pm- 4:25pm	6-8	\$10/ session	Gymnasium	Ms. Jay & Ms. Ileya
Cheer Squad II	Tuesday & Thursday	4:30pm- 5:55pm	9-11	\$10/session	Gymnasium	Ms. Jay & Ms. Ileya
Cheer Squad III Students will learn the fundamentals of cheer, dance, jumps, kicks, voice projection and beginning tumbling.	Tuesday & Thursday	6:00pm- 7:25pm	12-15	\$10/session	Gymnasium	Ms. Jay
Folklorico	Tuesday	6:00pm - 6:55pm	6-8	\$10/session	Gymnasium	Ms. Ileya
Folklorico Girls will learn the basics of body awareness, alignment, posture, and fundamentals of folklorico footwork.	Thursday	6:00pm - 6:55pm	9-15	\$10/session	Gymnasium	Ms. Ileya
Archery I	Tuesday	5:00pm-5:55pm	8-9	\$10/session	Gymnasium	Ms. Jay
Archery II	Tuesday	6:00pm-6:55pm	10-11	\$10/session	Gymnasium	Ms. Jay
Archery III	Thursday	5:00pm-5:55pm	12-13	\$10/session	Gymnasium	Ms. Jay
Archery IV Students will learn the basics of archery form, how to aim, and range safety.	Thursday	6:00pm-6:55pm	14-15	\$10/session	Gymnasium	Ms. Jay
Gymnastics	Wednesday	4:00pm-4:55pm	6-8	\$10/session	Gymnasium	Ms Jay & Ms. Ileya
Gymnastics	Wednesday	5:00pm-5:55pm	9-12	\$10/session	Gymnasium	Ms. Jay & Ms. Ileya
Gymnastics Girls will develop and continuously improve their strength, flexibility, balance, coordination, and self esteem.	Wednesday	6:00pm-6:55pm	13-15	\$10/session	Gymnasium	Ms. Jay
Hip Hop I	Wednesday	6:00pm-6:55 pm	6-8	\$10/session	Gymnasium	Ms. Ileya
Hip Hop II This high energy class consists of rap, hip-hop and pop sounds while focusing on musicality and rhythm.	Wednesday	7:00pm-7:55 pm	10-15	\$10/session	Gymnasium	Ms. Jay & Ms. Ileya
Self Defense	Friday	4:00pm-4:55pm	6-8	\$10/session	Gymnasium	Ms. Jay & Ms. Daisy
Self Defense Students will learn to recognize and respond to threatening behavior with strong, assertive body language skills.	Friday	5:00pm- 5:55pm	9-15	\$10/session	Gymnasium	Ms. Jay & Ms. Daisy
Kick Boxing This high-energy workout helps build stamina, improve coordination and flexibility, and build lean muscle while having fun!	Friday	6:00pm- 6:55pm	6-15	\$10/session	Gymnasium	Ms. Jay & Ms. Daisy
Girls Run LA Students will learn goal setting, character development, adult mentoring, and improve their health and conditioning.	Saturday	8:00am -8:55am	8-15	\$10/session	Gymnasium	Ms. Jay & Ms. Daisy
Ballet I	Friday	5:00pm- 5:55pm	6-8	\$10/session	Gymnasium	Ms. Ileya
Ballet II Girls will learn the basics of ballet including conditioning, techniques, body alignment, and ballet etiquette.	Friday	6:00pm -6:55pm	9-15	\$10/session	Gymnasium	Ms. Ileya



Registration Begins Monday, December 2, 2019
For more information contact staff at (818) 899 -1950
Classes are subject to change depending on enrollment.



Persons with disabilities are encouraged to participate in our classes and programs.
Reasonable accommodations will be made with prior arrangements.
Activities, programs, and times are subject to change or cancellation.
Achieving Gender Equity through continuous commitment to Girls and Women in Sports.

