



City of Los Angeles Department of Recreation and Parks

DELANO RECREATION CENTER

15100 Erwin Street, Van Nuys, CA 91411 Phone: 818-756-8529



YOUTH BOXING



Ages 8-15

Kids will improve their fitness levels through fun, motivating exercise, while learning the art of boxing. Kids will learn self-discipline, proper boxing techniques and stances during the course of the class. Along with incorporating shadowboxing, heavy bag work, step, agility ladders and mini hurdles. This class is open to all kids. There is no contact fighting in the context of this program.

\$30 per month

Age Division	Days & Time
Co Rec Boxing (8-15)	Tuesdays (5:30pm - 6:30pm) Saturdays (3:30pm - 4:30pm)
We recommend you bring your own equipment.	

FOR INFORMATION 818 756-8529

Achieving gender equity through a continuous commitment to girls and women is sports

Persons with disabilities are welcome in our program.

Reasonable accommodation will be made with prior arrangements