



City of Los Angeles Department of Recreation and Parks

## DELANO RECREATION CENTER

15100 Erwin Street, Van Nuys, CA 91411

Phone: 818-756-8529



### GIRLS BOXING - Ages 8-15



Girls will improve their fitness levels through fun, motivating exercise, while learning the art of boxing. Girls 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 girls.

# \$10 per month

### Days/Times

Tuesdays 4:30pm – 5:30pm

Saturdays 2:30pm – 3:30pm

## 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