All participants must be paid and registered before attending activities. Children must be supervised by a parent or guardian. Members must abide by facility rules. Private trainers or lessons are prohibited. If determined that paid or unpaid personal training is being conducted, the involved parties will be subject to immediate removal from the facility. Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement. Achieving gender equity through a continuous commitment to girls and women in sports.

All activities, programs, events, classes, dates, and times are subject to change or cancellation.

CENTER IS CLOSED ON ALL CITY AND FEDERAL HOLIDAYS

DUE TO BUDGET CONSTRAINTS A FEE INCREASE WILL BE INCURRED 2020, & CLASSES WILL BE INDEPENDENT OF MEMBERSHIP. FOR MORE INFO PLEASE SEE DIRECTOR

Lincoln Heights Youth Center ● 2911 Altura Street, Los Angeles, CA  90031 ● 323-226-1401 ● rap.lincolnheightsyc@lacity.org
Winter Break Camp
12/23/2019 - 01/10/2020
Time: 8:00 am - 4:00 pm
Ages: 5 - 12
Extended care available
Field trips & meals not included in weekly fee
$5 Reg fee / $65 per week

New Classes
Participants do not need to be a member to join these classes.
Winter Session: Jan 6th - Feb 28th
Lab Coat Squad Ages 7-12
Fridays 4:00-5:00pm
$40 per session
Krafty Kids Ages 5-12
Thursdays 4:00-5:00pm
$40 per session
Little Chefs Cooking Class Ages 7-12
Wednesdays 4:00-5:00pm
$55 per session

Free Holiday Showcase & Fair
Friday 12/13/19 4pm-9pm
Crafts, Fair, Student Showcase, Give-Aways

Please note: as of January 1, 2020 classes will no longer be included with membership.

SCHEDULE OF CLASSES
Monthly membership fee covers some classes below

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIME</th>
<th>AGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Martial Arts</td>
<td>Tue./Thur.</td>
<td>5:45-6:45pm</td>
<td>7-14 yrs.</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Wednesday</td>
<td>6:00-7:00pm</td>
<td>7-14 yrs.</td>
</tr>
<tr>
<td>Boxing</td>
<td>Mon.-Thur.</td>
<td>5:30-7:30pm</td>
<td>7-17 yrs.</td>
</tr>
<tr>
<td>Beg. Self Defense</td>
<td>Saturday</td>
<td>9:00-10:00am</td>
<td>5-7 yrs.</td>
</tr>
<tr>
<td>Adv. Self Defense</td>
<td>Saturday</td>
<td>10:00-11:00am</td>
<td>8-14 yrs.</td>
</tr>
<tr>
<td>Roller Hockey</td>
<td>Tue./Thur. &amp; Fri</td>
<td>5:00-7:30 pm</td>
<td>7-17 yrs.</td>
</tr>
<tr>
<td>Adult Jiu Jitsu</td>
<td>Tue./Thur.</td>
<td>7:00 – 7:55 pm</td>
<td>15 +</td>
</tr>
<tr>
<td>Muay Thai Kickboxing</td>
<td>Saturday</td>
<td>11:00-12:55pm</td>
<td>15 +</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>Mondays</td>
<td>6:30- 7:30pm</td>
<td>10 +</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>Mondays</td>
<td>10:30-11:30am</td>
<td>Adults &amp; Seniors</td>
</tr>
<tr>
<td>Yoga Sculpt **</td>
<td>Mondays</td>
<td>9:30-10:30am</td>
<td>Adults &amp; Seniors</td>
</tr>
<tr>
<td>Yoga Sculpt **</td>
<td>Tue./Thur.</td>
<td>9:30-10:30am</td>
<td>Adults &amp; Seniors</td>
</tr>
</tbody>
</table>

Classes** will require an additional fee. Yoga sculpt is $5 per class, see office for more details.

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