

\$10
8 WEEK
SESSION



FALL 2025 LACROSSE CLASSES

REGISTRATION BEGINS 09/08
CLASSES BEGIN 10/06

CLASSES

WEDNESDAYS

LACROSSE FUNDAMENTALS

6PM / AGES 8-14

LACROSSE OFFENSIVE STRATEGIES & CONCEPTS

7PM / AGES 8-14



FRIDAYS

LACROSSE FITNESS

6PM / AGES 8-14

LACROSSE SKILLS TRAINING

7PM / AGES 8-14

ACHIEVING GENDER EQUALITY THROUGH A CONTINUOUS COMMITMENT TO GIRLS AND WOMEN IN SPORTS.

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY AT (323) 290-3141, OR 711 FOR CA RELAY, TEN DAYS IN ADVANCE OF THE EVENT.

WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE.

IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE.

MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES



OBAMA SPORTS COMPLEX AT RANCHO CIENEGA
5001 OBAMA BLVD., LOS ANGELES, CA 90016
(323) 290-3141
RANCHOCIENEGA.SPORTSCENTER@LACITY.ORG

